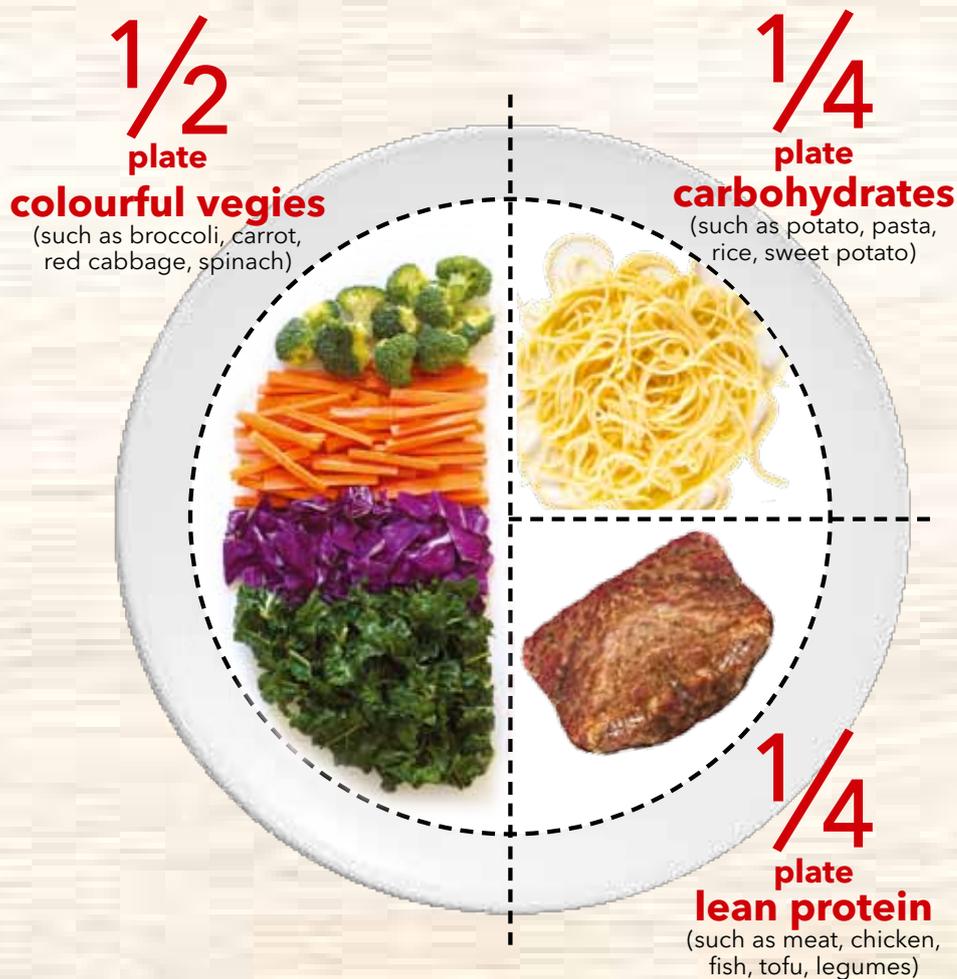
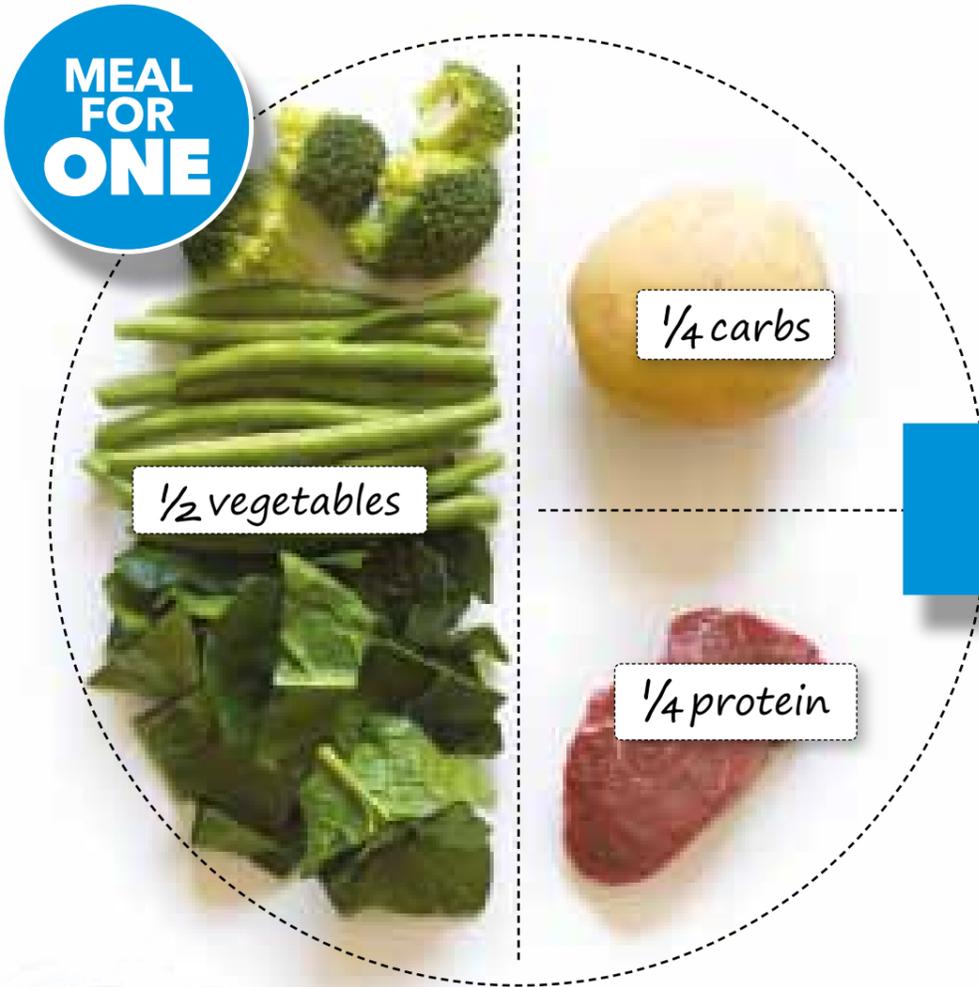


the **PERFECT PLATE**

We all know what a balanced meal should look like. The hard part is making it happen. Not anymore! We show how to get food proportions right – every time.





Steak with baked potato, horseradish cream & greens

Serves 1 Cost per serve \$6.85
Time to make 30 min
✓diabetes friendly

- 1 medium (150g) potato
- 1 teaspoon reduced-fat sour cream
- 3 teaspoons reduced-fat Greek-style yoghurt

- 1 teaspoon horseradish sauce
- 1 x 130g lean scotch fillet steak
- 1/2 cup broccoli florets
- 3/4 cup green beans, trimmed
- 1 cup baby spinach, roughly chopped
- 1 teaspoon olive oil
- 1 teaspoon sliced almonds, to garnish



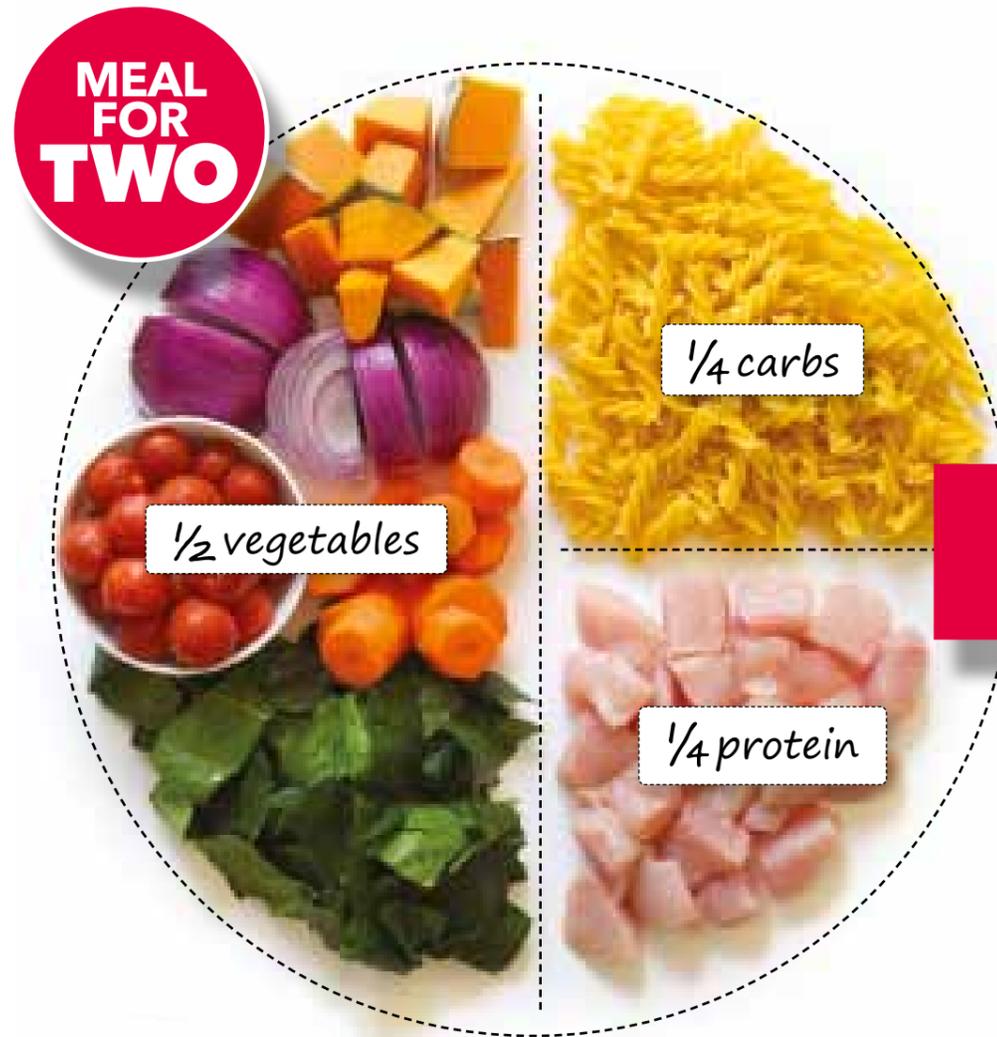
Recipes: Niki Bezzant. Photography: Melanie Jenkins. Styling & food prep: Sarah Swain.

- 1 Preheat oven to 200°C. Line a baking tray with baking paper. Cut a cross in the top of the potato, and microwave on high for 6-7 minutes until just tender. Place on prepared tray and bake for about 15 minutes, or until browned and skin is crisp.
- 2 Combine sour cream, yoghurt and horseradish sauce in a small bowl. Cover and set aside.
- 3 Spray a heavy-based frying pan with olive oil and set over medium-high heat. Cook steak for 3-4 minutes for medium rare, or until done to your liking.
- 4 While steak cooks, steam or microwave broccoli and beans until tender. Add baby spinach in the last 30 seconds and cook until just wilted. Mix vegetables with olive oil and season with pepper. Garnish with almonds.
- 5 Serve steak with baked potato, steamed veg and horseradish cream on the side.

Note To make this dish gluten free, use gluten-free sour cream and horseradish sauce.

HIGH PROTEIN HIGH FIBRE LOW SODIUM HIGH IRON 4 VEGIE SERVES

PER SERVE	
1909kJ/457cal	Sugars 4.0g
Protein 41.6g	Fibre 8.6g
Total Fat 19.1g	Sodium 109mg
Sat Fat 4.8g	Calcium 148mg
Carbs 24.2g	Iron 6.6mg



MEAL FOR TWO

1/2 vegetables

1/4 carbs

1/4 protein



Chicken & roast vegetable pasta

Serves 2 Cost per serve \$4.60
Time to make 40 min
✓diabetes friendly

- 1 medium carrot, chopped
- 100g pumpkin, chopped
- 1 medium red onion, roughly chopped
- 1 cup (150g) pasta

- 250g chicken breast fillets, chopped into 2cm cubes
- 1 x 400g can cherry tomatoes, drained
- 2 cups chopped silverbeet
- 2 tablespoons finely grated parmesan

FINAL DISH



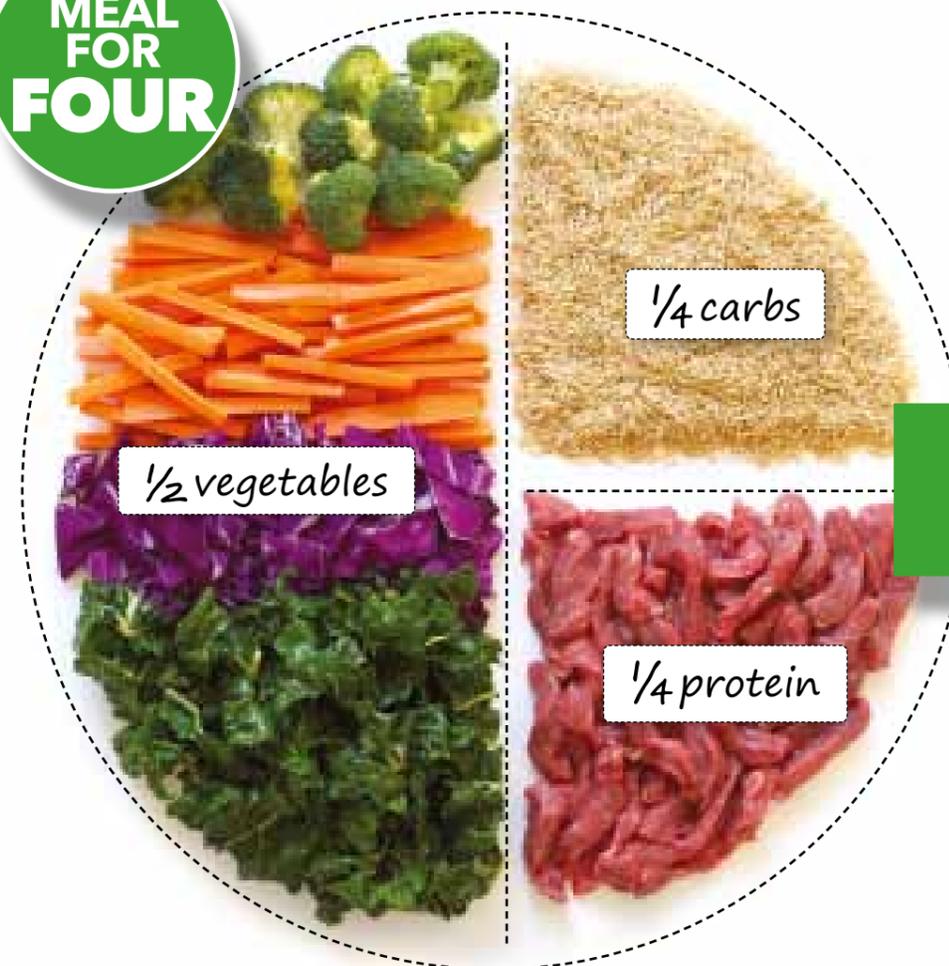
- 1 Preheat oven to 200°C. Place carrot, pumpkin and onion in a large baking dish and spray with olive oil. Roast for 30 minutes, or until golden and tender.
- 2 Meanwhile, cook pasta according to packet instructions. Drain pasta; set aside, reserving 1/4 cup of the pasta water.
- 3 Spray a medium non-stick frying pan with olive oil and set

- over a medium-high heat. Cook chicken for 3-4 minutes, or until browned and cooked through.
- 4 Remove vegetables from the oven. Add pasta, cherry tomatoes and silverbeet to baking dish. Toss to combine, adding reserved pasta water to form a thin sauce.
- 5 Garnish pasta with grated parmesan and cracked black pepper, and serve.

HIGH PROTEIN HIGH FIBRE LOW SODIUM HIGH CALCIUM 4 VEGIE SERVES

PER SERVE	
2242kJ/536cal	Sugars 10.1g
Protein 42.6g	Fibre 7.5g
Total Fat 11.8g	Sodium 475mg
Sat Fat 4.7g	Calcium 256mg
Carbs 59.9g	Iron 3.4mg

MEAL FOR FOUR



FINAL DISH



Hoisin beef stir-fry with brown rice

Serves 4 Cost per serve \$4.85
Time to make 30 min
✓dairy free ✓diabetes friendly

- 1 cup brown rice
- 1 tablespoon sesame oil
- 500g beef stir-fry strips

- 3 medium carrots, sliced into batons
- 2 cups shredded red cabbage
- 2 cups broccoli florets
- 4 cups shredded silverbeet
- 1/4 cup hoisin sauce
- 1/4 cup roasted cashews, roughly chopped
- Fresh chilli, sliced, to garnish

- 1 Cook brown rice in a large saucepan of boiling water according to packet instructions.
- 2 Heat half of the sesame oil in a large wok or non-stick frying pan over high heat. Stir-fry beef for 2-3 minutes, or until browned. Remove beef from pan; set aside and cover to keep warm.

- 3 Add remaining oil to wok. Stir-fry vegetables for 5 minutes, adding a little water, if necessary.
- 4 Return beef to pan with any juices. Add hoisin sauce with 1/4 cup of hot water. Cook, stirring for 1-2 minutes to heat sauce. Garnish stir-fry with cashews and chilli, and serve with brown rice. *hfg*

HIGH PROTEIN
HIGH FIBRE
LOW SODIUM
HIGH IRON
2 VEGIE SERVES

PER SERVE	
2120kJ/507cal	Sugars 10.8g
Protein 39.2g	Fibre 9.0g
Total Fat 14.3g	Sodium 444mg
Sat Fat 2.8g	Calcium 101mg
Carbs 50.2g	Iron 5.9mg