




7  
delicious  
recipes  
inside

# Heart Healthy

MADE EASY

BROUGHT  
TO YOU BY



A top-down view of a variety of fresh ingredients including fish, vegetables, fruits, nuts, and oils on a light-colored surface. The ingredients are arranged in a circular pattern around the central text. On the left, there is a large piece of fish on a metal tray, garnished with lemon slices and cherry tomatoes. Below it are several avocados, some sliced, and a bowl of almonds. In the center, there are several carrots, some whole and some sliced, along with a bunch of fennel and some nuts. On the right, there are more avocados, a bowl of chickpeas, a bottle of olive oil, and some purple carrots. At the bottom, there are cucumbers, a bowl of olives, and some red and orange peppers. The overall scene is vibrant and fresh, suggesting a healthy and delicious meal.

With a shared passion to get more  
New Zealanders eating nutritious  
food without compromising on taste,  
we've partnered with the Heart  
Foundation to bring you these simple  
and delicious crowd favourites.



GET A DELICIOUS

**50% OFF**

YOUR FIRST  
MY FOOD BAG ORDER\*

Use this code at [www.myfoodbag.co.nz](http://www.myfoodbag.co.nz)

**HH50**

\*TsCs apply. New Customers Only.

## CONTENTS

1. One-Pan Breakfast
2. Mini Green Frittata
3. Blueberry & Ricotta Muffins
4. Five-Minute Salmon Poke Bowl
5. Curried Lentil & Coconut Soup
6. Chipotle Roasted Cauliflower Tacos
7. Zingy Chimichurri Chicken

# ONE-PAN BREAKFAST

SERVES 1 | READY IN 15 mins



1 cup cherry tomatoes  
(or 400g can chopped  
tomatoes)

1 clove garlic, finely  
chopped

1 Tbsp fresh basil,  
chopped

1 tsp olive oil

2 eggs

1 Tbsp feta, crumbled

1 slice wholegrain toast  
(optional)

1. If using fresh tomatoes, cut any bigger cherry tomatoes in half, leaving the rest whole. Finely chop garlic and chop basil. Set aside separately.
2. Heat oil in a medium frying pan on medium heat. Add garlic and tomatoes and cook for 4-5 minutes until softened but still holding their shape.
3. Move the tomatoes to make two gaps in the pan. Crack eggs into gaps, lightly season with salt and pepper and cover with a lid. Cook for 3-5 minutes until eggs are cooked to your liking.
4. Take pan off the heat, crumble over feta and sprinkle with basil.
5. Serve either in the pan with toast on the side or transfer to a plate.

Who knew a breakfast could be so simple and delicious?! This one-pan wonder is not only super tasty, it's easy to whip up, too.

# MINI GREEN FRITTATA

MAKES 12 | READY IN 35 mins



- 1 tsp oil
- ½ red onion, finely chopped
- ½ broccoli, finely chopped
- 150g baby spinach, finely chopped
- 4 Tbsp parsley, finely chopped
- 2 tsp oil
- 1 cup frozen peas
- 8 eggs
- ¼ cup lite sour cream
- 50g feta cheese, diced 1cm

1. Preheat oven to 180°C. Grease a 12-hole muffin tin with first measure of oil.
2. Finely chop onion, broccoli, spinach and parsley. Heat second measure of oil in a frypan on medium heat. Add onion to pan and cook for about 1 minute, until starting to soften. Add peas and broccoli and cook for a further 3-4 minutes, until soft. Drain off any excess liquid.
3. In a large bowl, whisk eggs and sour cream together. Add cooked veggies, along with spinach, parsley and feta. Fold to combine and season well with black pepper. Evenly distribute mixture between muffin cups, being careful not to overfill.
4. Place frittata in the oven and cook for 18-20 minutes, until egg is set. Allow to cool for a few minutes before using a knife to separate frittata from tin.

These mini frittata are a great protein-packed snack or easy on-the-go breakfast. Meal prep on a Sunday and enjoy across the week.

# BLUEBERRY & RICOTTA MUFFINS

MAKES 12 | READY IN 30 mins



125g ricotta  
2 eggs  
1 cup milk  
1 tsp vanilla extract  
1/4 cup maple syrup  
1 cup wholemeal flour  
100 g ground almonds  
1 tsp baking powder  
1 tsp baking soda  
1 tsp ground cinnamon  
125g blueberries  
125g ricotta

1. Preheat oven to 180°C bake (do not use fan bake). Lightly grease a muffin tin or line each hole with a muffin case or baking paper.
2. In a bowl, whisk together first measure of ricotta, eggs, milk, vanilla, and maple syrup.
3. To the wet ingredients, add wholemeal flour, ground almonds, baking powder, baking soda, cinnamon and pinch of salt.. Whisk together until combined.
4. Carefully fold the blueberries into the muffin mixture.
5. Spoon equal amounts of the muffin mix into prepared 12 muffin cups. Place a teaspoon of remaining ricotta on top of each muffin.
6. Bake the muffins for 18-20 minutes, until a toothpick inserted into the middle of one of the centre muffins comes out clean. Cool on a wire rack

A simple, delicious and healthy snack that can be made with fresh or frozen blueberries and topped with creamy ricotta.

# FIVE-MINUTE SALMON POKE BOWL

SERVES 2 | READY IN 5 mins



250g precooked rice

2 Tbsp mayonnaise

1 tsp sesame oil

350g slaw

180g smoked salmon, cut  
into 2 pieces

1 tsp toasted sesame  
seeds

1 tsp toasted black  
sesame seeds

2 Tbsp shredded nori

1. Squeeze rice in pack to separate grains. Tear top and microwave in pack for two minutes. In a small bowl, mix mayo and sesame oil.
2. Divide rice and slaw between two bowls and top with salmon.
3. Dollop over sesame mayo and sprinkle with sesame seeds and nori.

A quick and easy heart healthy lunch to whip up when you're short on time but want something delicious.

# CURRIED LENTIL & COCONUT SOUP

SERVES 2 | READY IN 30 mins



2 carrots grated  
2 sticks celery, finely diced  
1 tsp oil  
100g dried split red lentils  
1 tsp curry powder  
2 cups vegetable stock  
100ml lite coconut milk  
1 bunch coriander  
2 slices wholegrain toast

1. Grate carrots and finely chop celery.
2. Heat oil in a medium pot on medium heat. Add carrot and celery and cook for about 3 minutes, until soft. Add lentils, curry powder, a pinch of salt and stock and bring to a simmer.
3. Simmer for about 20 minutes, until lentils are tender. Stir through coconut milk and lightly season.
4. Serve soup in bowls, with toast on the side. Sprinkle over coriander leaves.

This delicious, warming soup is the perfect lunch to enjoy on a chilly winter's day. Lentils are a heart healthy source of protein and fibre, so are a great option to keep you satisfied for longer!



# CHIPOTLE ROASTED CAULIFLOWER TACOS

with Avocado & Pico de Gallo

SERVES 4 | READY IN 35 mins



2 Tbsp coarse polenta  
1 tsp ground coriander  
1 tsp ground cumin  
1 cauliflower, cut into small florets  
2 Tbsp chipotle sauce  
1 Tbsp olive oil  
2 tomatoes, finely diced  
1 shallot, finely diced  
1 bunch coriander  
400g can of black beans, drained & rinsed  
4 Tbsp toasted pumpkin seeds  
2 Tbsp apple cider vinegar  
1 tsp olive oil  
12 wholemeal tortillas  
1 avocado, cut into wedges  
4 Tbsp lite sour cream  
100g baby leaf lettuce

1. Preheat oven to 230°C (or 210°C fan bake).
2. Combined polenta, ground coriander and cumin in a small bowl.
3. Cut cauliflower into small florets and toss in a bowl with chipotle sauce, until well coated. Sprinkle over spice mix and toss so cauliflower is well coated. Transfer to 1-2 lined oven trays and spread in a single layer. Drizzle with first olive oil measure and roast on upper oven rack for about 20-25 minutes until golden and tender.
4. To make pico de gallo, finely dice tomato and shallot. Finely chop half of the coriander. Drain and rinse black beans. Toss together in a bowl with pumpkin seeds, vinegar, second olive oil measure and a pinch of salt.
5. Place stack of tortillas on a plate and microwave for 1-2 minutes to warm. Alternatively, wrap tortillas in foil and heat in oven for 8-10 minutes, until warmed through.
6. Cut avocado into wedges.
7. Fill tortillas with sour cream, lettuce, avocado, cauliflower, pico de gallo and remaining coriander.

Cauliflower has never looked so good! Tossed with Mexican flavours and piled into wholemeal tortillas with an easy black bean salsa, this recipe will be an instant hit around the dinner table.

# ZINGY CHIMICHURRI CHICKEN

with Aji Verde Sauce & Super Green Quinoa

SERVES 4 | READY IN 30 mins



1 broccoli, finely chopped  
200g white quinoa  
1 bunch fresh parsley, finely chopped  
1-2 garlic cloves, minced  
¼ cup olive oil  
¼ cup red wine vinegar  
600g free range chicken breast, cut into steaks  
1 Tbsp olive oil  
1 bunch coriander, roughly chopped  
30g pickled jalapeños, roughly chopped  
200g Greek yoghurt  
1 carrot, grated  
100g baby spinach, roughly chopped

1. Bring a pot of unsalted water to the boil.
2. Finely chop broccoli and set aside. Once water is boiling, add quinoa to pot and cook for about 15 minutes, until tender and white quinoa tails begin to show. When there is 3 minutes of cook time remaining, add broccoli and cook for 3 minutes, until bright green and tender. Drain well and return to pot.
3. Finely chop parsley and mince garlic. To make chimichurri dressing, combine parsley, garlic, olive oil and vinegar in a bowl. Season to taste with salt and pepper and set aside for serving.
4. Pat chicken dry. Cut into steaks by placing your hand flat on top of chicken and slicing through horizontally. Season lightly. Heat olive oil in a frypan on medium-high heat. Cook chicken for 3-5 minutes each side (depending on thickness), or until cooked through. Rest, covered, before slicing thinly.
5. To make aji verde, roughly chop coriander and jalapeños. Combine in a bowl with yoghurt and a pinch of salt. Set aside for serving.
6. Grate carrot and roughly chop spinach. Add to pot with cooked quinoa and broccoli. Toss to combine and season to taste with pepper.
7. Spoon quinoa onto plates and top with slices of chicken, dressing and a dollop of aji verde.

Zesty, vibrant chicken is matched with the perfect sides to create a flavourful, yet heart healthy meal.

## WHAT MAKES A MEAL HEART HEALTHY?



### VEGGIES & FRUIT

A variety of colourful veggies and fruit in their whole form as nature intended.



### WHOLE GRAINS

Unrefined whole grains to get fibre and all the extra nutritional goodness.



### GOOD FATS

Heart healthy fats from olive oil, nuts, seeds, olives, avocado and oily fish like salmon too.



### HEART HEALTHY PROTEINS

Plant-based proteins like beans, chickpeas, lentils, tofu, nuts and seeds along with fish, seafood and lean meats.



### PACKED FULL OF FLAVOUR

Herbs, spices, chilli and carefully selected condiments to deliver plenty of flavour alongside the heart healthy goodness.





**BROUGHT TO YOU BY MY FOOD BAG**

© 2024 My Food Bag Ltd. All Rights Reserved.