



TUNA, HALOUMI AND BEAN SALAD

Prep 15min **Cook** 5min **Serves** 4

INGREDIENTS

420g can butter beans, rinsed, drained
185g can tuna chunks in spring water, drained, coarsely broken
120g pkt Garden Salad mix
80g (1/2 cup) pitted kalamata olives
2 tomatoes, cut into wedges
1 Lebanese cucumber, trimmed, thinly sliced
1/2 red capsicum, seeded, coarsely chopped
1/2 small red onion, thinly sliced
60ml (1/4 cup) bought French dressing (see note)
Olive oil spray
120g haloumi, cut into small pieces

METHOD

- Step 1** Combine the beans, tuna, salad mix, olives, tomato, cucumber, capsicum and onion in a large bowl. Add the dressing and toss to coat.
- Step 2** Spray a large non-stick frying pan lightly with oil. Heat over medium heat. Cook the haloumi, turning, for 1-2 minutes or until golden.
- Step 3** Divide the salad among serving plates and top with the haloumi.

Coles price total \$13.50* | per serve \$3.35*

Woolworths price total \$13.60* | per serve \$3.40*

**Prices are approximated and worked out based on amount required*



WARM CHICKEN SALAD

Prep 10min **Cook** 25min **Serves** 4

INGREDIENTS

1 roast chicken
800g butternut pumpkin, deseeded, cut into 8cm x 2cm thick triangles
olive oil cooking spray
175g baby beans, topped
1/4 cup olive oil
1/2 tablespoon red wine vinegar
125g semi-dried tomatoes, drained
1/2 cup kalamata olives
1/4 cup flat-leaf parsley, roughly chopped

METHOD

- Step 1** Preheat oven to 220C. Line a baking tray with baking paper. Place pumpkin onto tray. Spray with oil. Season with salt and pepper. Roast for 20 minutes, turning once, or until tender. Set aside.
- Step 2** Cook beans in boiling water for 2 minutes or until tender. Drain.
- Step 3** Combine oil, vinegar, and salt and pepper in a jar. Shake until combined.
- Step 4** Cut chicken into 8 pieces. Arrange pumpkin, beans, chicken, tomatoes, and olives on plates. Drizzle with oil mixture. Sprinkle with parsley. Serve.

Coles price total \$20.60* | per serve \$5.15*

Woolworths price total \$21.50* | per serve \$5.40*

**Prices are approximated and worked out based on amount required*



'WHAT'S IN THE FRIDGE' FRIED RICE

Prep 30min **Cook** 25min **Serves** 4

INGREDIENTS

2 1/2 cups long-grain white rice
1 tablespoon peanut oil
1 brown onion, cut into thin wedges
2 garlic cloves, crushed
3cm piece fresh ginger, finely grated
4 cups diced vegetables (see note)
2 cups leftover chicken, cooked and sliced
2 tablespoons soy sauce
1 tablespoon brown sugar
Fresh coriander leaves, to serve

METHOD

- Step 1** Cook rice following packet directions. Drain. Rinse under cold water. Drain well. Spread rice onto a tray. Refrigerate until cold if time permits.
- Step 2** Heat a wok over medium-high heat. Add oil. Swirl to coat. Add onion. Stir-fry for 3 to 4 minutes or until starting to brown. Add garlic and ginger. Stir-fry for 1 minute. Add vegetables. Stir-fry for 4 minutes or until tender. Add chicken and rice. Stir-fry for 3 to 4 minutes or until heated through. Add combined soy and sugar. Stir-fry for 1 minute.
- Step 3** Serve sprinkled with coriander.
- Note** We used a combination of frozen peas, canned corn kernels, carrot, celery, and red capsicum.

Coles price total \$9.75* | per serve \$2.45*

Woolworths price total \$10.75* | per serve \$2.70*

**Prices are approximated and worked out based on amount required*



SPICY KALE AND GARLIC SPAGHETTI

Prep 20min **Cook** 15min **Serves** 4

INGREDIENTS

375g spaghetti

1/3 cup extra virgin olive oil

2 garlic cloves, crushed

1/4 teaspoon dried chilli flakes

1 bunch curly kale or regular kale, centre vein discarded, leaves shredded

1 1/2 tablespoons lemon juice

METHOD

Step 1 Cook pasta in a saucepan of boiling salted water, following packet directions, until tender. Drain, reserving 1/4 cup cooking liquid.

Step 2 Heat oil in a large, non-stick frying pan over medium-low heat. Add garlic and chilli. Cook for 1 to 2 minutes or until fragrant.

Step 3 Add the kale, drained cooked pasta, lemon juice and reserved cooking liquid. Season with salt and pepper. Cook, tossing, for 1 to 2 minutes or until combined and heated through. Divide among bowls.

Coles price total \$5.85* | per serve \$1.45*

Woolworths price total \$7.40* | per serve \$1.85*

**Prices are approximated and worked out based on amount required*