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HEALTHIER EATING WITH
SAM WOOD



G'day, Sam here!

I've partnered up with our friends at Birds Eye to bring you seriously simple, easy and tasty dishes that you can whip up for a healthy weekday lunch or dinner! All with the help of our in-house nutritionists.

We hope you enjoy making them as much as we do.

Love,

Sam xx





Grilled Lemon & Herb Tuna Steak with Roasted Asparagus

Serves 1 **Preparation 10 mins** **Marinade 20 mins** **Cook 30 mins**

Ingredients

- ½ lemon, juiced
- 1 teaspoon extra-virgin olive oil
- 1 clove garlic, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried parsley
- 1 thawed **Birds Eye Ocean Selections Tuna Portion**
- ½ bunch asparagus, tough ends removed
- ½ bunch broccolini, ends removed
- 6 cherry tomatoes (on the vine)
- 1 teaspoon extra-virgin olive oil

Method

1. Preheat the oven to 180°C on a fan forced setting.
2. Start by combining the lemon juice, extra-virgin olive oil, garlic, thyme and parsley in a wide, shallow bowl.
3. Add the thawed Birds Eye Ocean Selections Tuna Portion to the bowl and allow to marinate for 10 minutes on each side.
4. In the meantime, place the asparagus, broccolini and cherry tomatoes on a baking tray and drizzle them with the olive oil. Place the tray in the preheated oven and cook for 20 minutes, until softened.
5. Once the tuna portion has marinated, heat a griddle pan and grill the tuna for 5 minutes on each side.
6. Place the asparagus and broccolini in the middle of the plate, top it with the grilled tuna steak and add the cherry tomatoes to serve.



Barramundi with Asian Vermicelli Noodle Salad

Serves 2 Preparation 25 mins Cook 22 mins

Ingredients

270g packet frozen **Birds Eye Barramundi**

– Original Crumb

50g vermicelli noodles, cooked following packet directions

1 carrot, cut into julienne strips

1 small red capsicum, thinly sliced

75g snow peas, thinly sliced

2 spring onions, diagonally sliced

¼ cup coriander leaves

2 tablespoons chopped roasted peanuts

Asian style dressing, for drizzling

2 teaspoons toasted sesame seeds

Method

1. Cook frozen Birds Eye Barramundi Fillets following packet directions.

2. Meanwhile, combine noodles, carrot, capsicum, snow peas, spring onions, coriander leaves and peanuts to make a salad.

3. Drizzle with Asian style dressing and serve with Birds Eye Fish Fillets, topped with sesame seeds.

TIP: Salad can be prepared ahead of time and refrigerated without the dressing, up to a day ahead.







Tacos with Southern Blue Whiting & Slaw

Serves 1 Preparation 15 mins Cook 18 mins

Ingredients

- 2 frozen **Birds Eye Southern Blue Whiting**
– **Original Crumb**
- 2 corn tortillas
- ¼ avocado, mashed
- ¼ teaspoon ground cumin
- ¼ teaspoon ground paprika
- ½ carrot, julienned or shaved
- ½ cup purple cabbage, finely sliced
- ¼ red capsicum, finely sliced
- 2 tablespoons fresh coriander

Method

1. Cook frozen Birds Eye Whiting following packet directions.
2. In the meantime, warm the corn tortillas in the oven, microwave or frypan.
3. Combine the mashed avocado, cumin and paprika in a small bowl.
4. Add a dollop of mashed avocado to the warm tortillas.
5. Top the tacos with carrot, cabbage, capsicum and the cooked fish.
6. Garnish with fresh coriander for serving.



Dahl & Coconut Rice

Serves 1 **Preparation 10 mins** **Cook 25 mins**

Ingredients

- 1 teaspoon extra-virgin olive oil
- ¼ brown onion, finely diced
- 1 clove garlic, minced
- ½ teaspoon fresh ginger, minced
- ½ teaspoon ground turmeric
- ¼ teaspoon ground paprika
- ¼ teaspoon ground cumin
- ½ cup dried red lentils, rinsed
- ½ carrot, cut into small cubes
- ¼ cup coconut milk
- ¾ cup water
- 125g frozen **Birds Eye Cauliflower Rice**

Method

1. Heat the olive oil in a saucepan over low-medium heat.
2. Add the brown onion and sauté for 2-3 minutes until it begins to go translucent.
3. Add the garlic and ginger and cook for 1 minute, until golden.
4. Then, stir through the turmeric, paprika and cumin. Cook for another minute, until aromatic.
5. Add the lentils, carrot, coconut milk, and water. Season to taste and cook for 15-20 minutes, until the liquid has been absorbed and the lentils are cooked. If required, add a splash more water or coconut milk.
6. While this is cooking, cook the frozen Birds Eye Cauliflower Rice according to packet instructions.
7. Create a bed of cauliflower rice and add the cooked dahl on top to serve.





Arancini Balls

Serves 2 **Preparation 10 mins** **Cook 25 mins**

Ingredients

- ½ cup **Birds Eye Cauliflower Veggie Rice**
- 260g chicken mince
- 3 tablespoons parmesan cheese, grated
- 1 clove garlic, minced
- 1 tablespoon dijon mustard
- 1 free range egg, whisked
- 3 tablespoons wholemeal breadcrumbs, or gluten free breadcrumbs
- 1 tablespoon cornflour
- ¼ cup canned diced tomatoes
- ¼ teaspoon dried mixed herbs
- 2 cups rocket leaves
- Olive oil spray

Method

1. Preheat the oven to 180°C on a fan forced setting and line a baking tray.
2. Place frozen Birds Eye Cauliflower Rice in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway then transfer into a large mixing bowl.
3. Add the chicken mince, 2 tbs parmesan, garlic, dijon mustard, ½ the whisked egg and 1 tbs of breadcrumbs. Season to taste.
4. Roll mixture into balls and then toss in the corn flour. Dip into remaining egg, toss in the remaining breadcrumbs then place onto the lined baking tray.
5. Lightly spray each ball with olive oil and bake for 20-25 minutes until cooked through, turning halfway.
6. Meanwhile, heat the tomatoes and mixed herbs together in the microwave or saucepan and simmer until thickened. Season to taste.
7. Serve arancini balls on a bed of rocket, spoon over the tomato and sprinkle with remaining parmesan.



Barramundi Moroccan Salad

Serves 1 Preparation 10 mins Cook 40 mins

Ingredients

- 1 cup sweet potato cut into cubes
- 1 small parsnip, sliced
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon ground cumin
- ¼ teaspoon ground paprika
- ¼ teaspoon ground coriander
- 1 frozen **Birds Eye Ocean Selections Barramundi Portion – Moroccan**
- 1 cup spinach
- 1 tablespoon pistachios
- 2 tablespoons pomegranate seeds
- ½ lemon, juiced

Method

1. Preheat the oven to 200°C on a fan forced setting and line a large baking tray.
2. Lay the chopped sweet potato and parsnip out on half the tray and drizzle over the olive oil. Combine spices and sprinkle on top to coat them all. Season to taste and place the tray in the oven to cook for 10 minutes.
3. After this time, add the frozen Birds Eye Barramundi to the tray, skin side down and return it to the oven for a further 30 minutes.
4. Add the spinach to a bowl and top it with the roasted vegetables.
5. Break the barramundi up into smaller pieces, discarding the skin and add it to the salad bowl.
6. Next, add the pistachios and pomegranates. Drizzle over the lemon juice to serve.



Satay Chicken with Coriander Rice

Serves 1 Preparation 10 mins Cook 20 mins



Ingredients

150g chicken thigh, sliced
150g frozen **Birds Eye Cauliflower Rice**
1 tablespoon fresh coriander

Ingredients for the Satay sauce:

½ tablespoon almond butter, or peanut butter
1 teaspoon yellow curry paste
½ tablespoon lime juice
1 teaspoon tamari
1 teaspoon maple syrup, optional
1 tablespoon coconut milk (canned)

Method

1. Heat a frypan over medium heat and add the chicken thigh. Cook for 5 minutes on both sides until chicken is cooked through.
2. Meanwhile, place frozen Birds Eye Cauliflower Rice in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway. Drain Cauliflower Rice and transfer to a plate.
3. Prepare the satay sauce by whisking all ingredients together in a small bowl until smooth. Add a tablespoon of water or coconut milk until desired consistency. Set aside.
4. Once the chicken is cooked, add to the plate with the cauliflower rice, drizzle over the satay sauce and garnish with coriander.





Baked Miso Salmon with Broccoli & Cauli Rice

Serves 1 **Preparation 10 mins** **Cook 20 mins**

Ingredients

1 tablespoon red miso paste
½ tablespoon rice wine vinegar
1 teaspoon raw honey
300g salmon (2 fillets)
1 teaspoon extra-virgin olive oil
250g frozen **Birds Eye Broccoli & Cauli Veggie Rice**
½ cup Birds Eye peas
2 cloves garlic, crushed
1 cup kale, roughly chopped
1 tablespoon tamari, or soy sauce

Method

1. Preheat oven to 200°C and line a baking tray with baking paper. Combine miso, rice wine vinegar and honey, rub into salmon and bake skin side down for 15 minutes.
2. Heat oil in a frypan over high heat and stir-fry Bird's Eye Broccoli & Cauli Veggie Rice, green peas and garlic for approximately 5 minutes. Stir through kale until it wilts. Season to taste.
3. Add in the tamari and toss to combine.
4. Divide veggie rice onto two plates, top each plate with salmon. Enjoy!

Chilli Prawn Skewers with Salad

Serves 1 Preparation 10 mins Marinade 10 mins Cook 5 mins



Ingredients

- 3 bamboo skewers
- 1 teaspoon extra-virgin olive oil
- ½ lemon, juiced
- ½ teaspoon chilli flakes
- ¼ teaspoon ground paprika
- 12 thawed **Birds Eye Ocean Selections Raw Prawns (tails off)**

Ingredients for the salad:

- 1 tomato, diced
- ½ cucumber, diced
- ⅓ diced red capsicum
- 1 cup spinach
- 1 tablespoon parsley, roughly chopped
- 1 teaspoon extra-virgin olive oil
- ¼ lemon, juiced

Method

1. Soak the bamboo skewers in water for at least 10 minutes before use.
2. While these are soaking, marinate the prawns by combining the extra-virgin olive oil, lemon juice, chilli flakes and paprika in a wide bowl. Add the thawed prawns and leave to marinate for 10 minutes.
3. After this, thread 4 prawns onto each bamboo skewer.
4. Heat a frypan to medium heat and cook the prawn skewers for 2 minutes on each side, until lightly golden.
5. In the meantime, assemble the salad by combining the tomato, cucumber, capsicum, spinach and parsley. Drizzle with the extra-virgin olive oil and lemon juice.
6. Serve the chilli prawn skewers alongside the salad.





Chicken Biryani & Cauliflower Rice

Serves 4 **Preparation 1 hour** **Marinade 20 mins** **Cook 20 mins**

Ingredients for Marinade:

- 500g chicken thigh fillets
- 1/3 cup Greek style yoghurt
- 4 cloves garlic, minced
- 2 teaspoons fresh ginger, grated
- 1 tablespoon garam masala
- 1 teaspoon paprika
- 1/4 teaspoon ground turmeric

Ingredients for Biryani

- 1 tablespoon extra-virgin olive oil
- 6 cloves
- 4 cardamom pods
- 2 bay leaves
- 1 star anise
- 1 teaspoon cumin seeds
- 1 cinnamon stick
- 1 red onion, finely sliced
- 500g frozen **Birds Eye Cauliflower Veggie Rice**
- 1 teaspoon saffron
- 2 tablespoons warm water

Ingredients for Minted Yoghurt

- 1 cup Greek style yoghurt
- 1/3 cup mint (fresh)

Method

1. Add all marinade ingredients together in a bowl, cover and place in the fridge for minimum 1 hour or overnight.
2. Heat the extra-virgin olive oil in a frypan over medium-high heat. Add the spices and sauté for 1 minute until fragrant then add the onion and fry until lightly brown.
3. Reduce the heat slightly and add the chicken thigh until lightly brown on both sides. Meanwhile, place saffron in a bowl of warm water and set aside for 5 minutes.
4. Top chicken with frozen Birds Eye Cauliflower Rice. Sprinkle the saffron over the rice, turn the heat down to low and cover the frypan with a lid. Continue to cook for 10 minutes until rice is cooked and chicken is tender.
5. Mix the Greek style yoghurt, mint and seasonings together in a bowl. Add a splash of water to thin if needed.
6. Serve the rice and chicken with a dollop of minted yoghurt.



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