



NSW Ambulance

FRESH FUEL GUIDE

A nutrition guide for
preparing and fuelling
for shift work



NSW Ambulance

Healthy eating

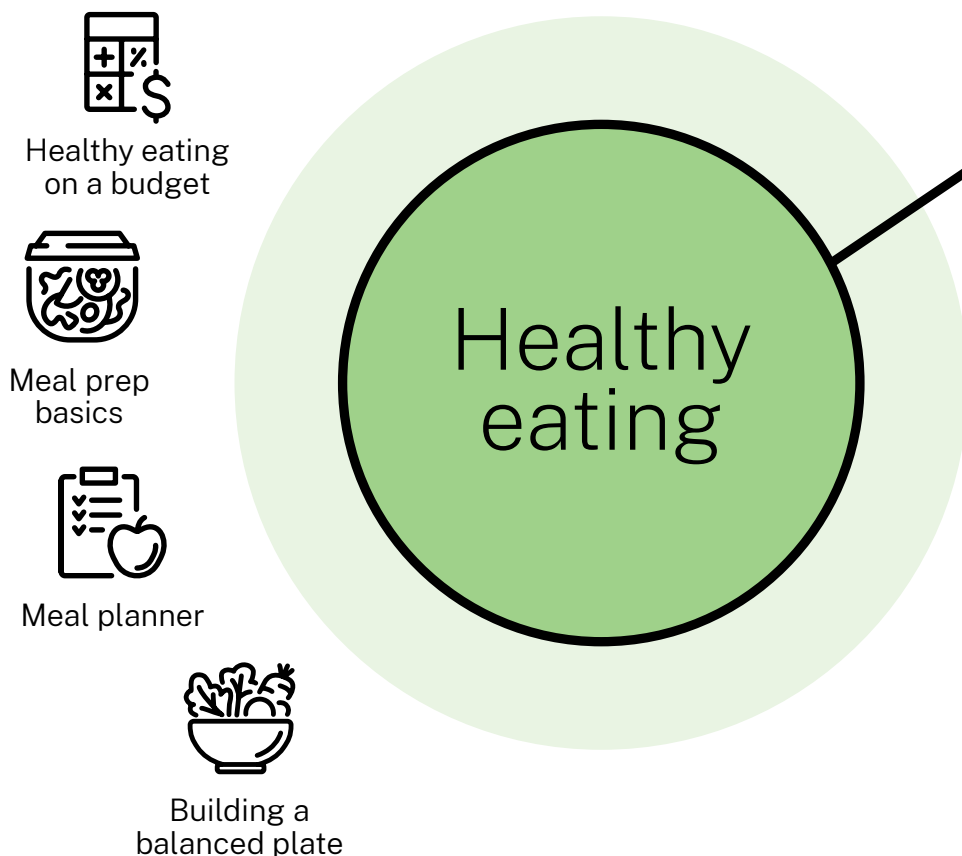
NSW Ambulance has compiled this guide to educate and empower our staff to choose healthy food options that are delicious, quick and cost effective*.

The guide is divided into three simple sections:

Healthy eating includes easy ways to eat healthier.

Preparing for shift work has a wealth of information for the specific needs of our workforce, including meal prep and time-saving tips.

The **Healthy recipes** section has a range of recipes, which are tested and approved by our own NSW Ambulance dietitian, for all times of the day.



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* Advice is general in nature, individual requirements will vary depending on a variety of factors. All prices are estimates as at February 2023.

February 2023

Preparing for shift work



Shift work essentials



Establishing a routine



Healthy snack ideas



Time-saving staples



Plan B meals



Food in a flash



Breakfast



Lunch and Dinner



Snacks

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All oven temperatures are for a fan forced oven.

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Healthy eating **on a budget**

Prepping meals ahead of time can save money, time and kilojoules. Check out the below comparison between these popular takeaway meals and prepared meals. On cost alone, meal prep can offer twice the meals for less than half the price.

4 takeaway meals



Burger combo meal

\$13.50



Chicken schnitzel panini

\$13.50



Pad thai

\$17.90



Chicken kebab

\$14.00

TOTAL
\$58.90*

4 takeaway meals

8 prepared meals

Chicken cashew stir fry



Chicken cashew stir fry



Chicken cashew stir fry



Chicken cashew stir fry



Vegetable lasagne



Vegetable lasagne



Vegetable lasagne



Vegetable lasagne



TOTAL
\$44.20*

8 prepared meals

*Prices are estimates as at December 2022

Meal prep **basics**

NSW Ambulance has compiled this booklet to assist our staff to meal prep and feel confident to choose healthy options that are both delicious and quick.

Why do meal prep?

Meal prep is particularly important when you consider our willpower to make good food choices diminishes as the day goes on. If we don't have healthy options prepared, nutrient-poor, fast food can become very enticing.

Planning and preparation reduces daily cooking time, saves money, cuts food waste and helps keep your health on target.

How to do meal prep?

Good meal preparation is all about committing time to building a plan, having the right cooking equipment and using time-saving short-cuts to create a routine that automatically helps you eat well.

Meal preparation

To set up your efficient meal prep system:

- Invest in practical kitchen equipment and quality kitchen utensils.
- Make time to meal prep –decide when you'll do it and who is doing what. If it's just you, chopping veggies first is a good idea. Share tasks if you are teaming up.
- Set up your space –clean off bench tops, get ingredients out and have pots and pans ready.
- Double up –save time by baking in the oven at the same time as boiling on the stove top.

WELLBEING CHAMPION



MY TOP
MEAL PREP
TIPS

EMILY RICHARDS
PARAMEDIC

“

Cook something you really enjoy so that you're looking forward to it and don't get tempted by last minute fast food.

You will thank yourself when you don't have to think about food during your days at work.

On your last day off set aside time in the morning to organise your food for the week

Plan your meals for the week including breakfast, lunch and snacks and write a shopping list

Soups and curries always work best for meal prep and are easy to cook in bulk

Do your meal prep in the morning so you can relax for your last afternoon off

On my days off I cook extra each night and then freeze 4 to have during shifts



Weekly meal planner

| | SHIFT | BREAKFAST | LUNCH |
|-------|--|-----------|-------|
| Day 1 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 2 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 3 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 4 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
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| Day 6 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 7 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 8 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |
| Day 9 | <input type="checkbox"/> Day shift <input type="checkbox"/> Night shift <input type="checkbox"/> Afternoon shift <input type="checkbox"/> Off | | |

Goal for the week:

I will shop for and prep on:

My contingency plan options:

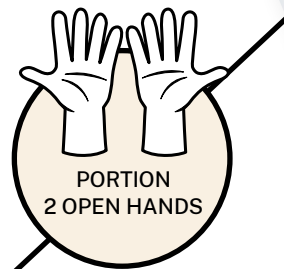
| DINNER | SNACK OPTIONS |
|--------|---------------|
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Building a balanced plate

The following plate model is an easy guide to portions for lunch and dinner that doesn't rely on weighing food or calorie counting. Requirements may vary depending on the individual, including people who are active.

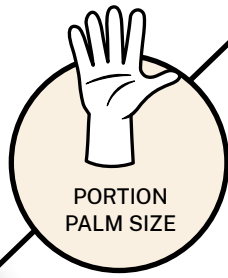
1/2 plate vegetables or salad

Plenty of vegetables, including different types and colours (note: for this model, potato and corn go in the carbohydrate quadrant).



Adding colour to your plate





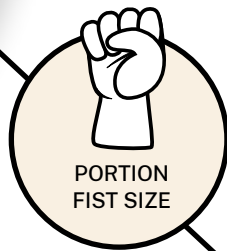
PORTION
PALM SIZE

1/4 plate carbohydrate

Examples include potato, sweet potato, quinoa, pasta, brown or basmati rice, corn, wholegrain bread, roll or wrap, legumes/beans, wholegrain crackers, barley, soba noodles, buckwheat, pearl couscous.

Healthy fats

Add a small portion. Examples may include extra virgin olive oil, avocado or nuts and seeds.



PORTION
FIST SIZE

1/4 plate lean protein

Examples include lean meats and lean skinless poultry, fish, seafood, eggs, tofu and legumes.

A meal or a snack isn't complete without colour. We can easily elevate the nutrient profile of our meals and snacks by adding more fruits and vegetables, which provide more micronutrients. When in the kitchen, ask yourself, *“How can I add colour to this?”*



Shift work

Shift work poses challenges that are different to what can be experienced when working from 9am to 5pm. These challenges can impact negatively on your long-term health and this means it's all the more important to look after your modifiable risk factors.



Health concerns

The natural circadian clock, which helps us efficiently use energy and complete our daily processes, has taken years to perfect. The challenges of shift work hit this head on.

The factor which primarily affects the circadian clock is light, which in turn stimulates hormones and neurotransmitters to synchronise your body functions into a pattern.

Compared to normal pattern workers, shift workers are at increased risk for:

- Type 2 Diabetes
- Cardiovascular disease
- Gastrointestinal disorders
- Cancer
- Chronic diseases

Shift work challenges

As a shift worker, there are many factors you may need to overcome as you work towards your health goals.

- Longer working hours
- Increased fatigue
- Less time to prepare meals
- Changes to meal times
- Changes to food patterns
- Less availability of substantial meal choices
- Less exposure to light
- Changed body circadian rhythm affecting glucose metabolism



TOP TIP

Give your tea fund a makeover

Upgrading your tea fund is a way to help everyone eat better and make the healthy choice an easy choice.

Buy ingredients for batch cooking, taking turns with your workmates

Buy healthy snacks such as nuts, air-popped popcorn, roasted chickpeas, low sugar muesli bars, tuna and wholegrain crackers

Create a breakfast bar with smoothie or breaky bowl ingredients such as oats, yoghurt, milk, frozen berries and nuts/seeds

Arrange a fresh fruit delivery

Organise BBQ and salad or roast events

Substitute soft drinks for flavour infused mineral water

References:

Rivera, Akanbi, M., O'Dwyer, L. C., & McHugh, M. (2020). Shift work and long work hours and their association with chronic health conditions: A systematic review of systematic reviews with meta-analyses. *PLoS One*, 15(4), e0231037–e0231037. <https://doi.org/10.1371/journal.pone.0231037> Sooriyaarachchi, Jayawardena, R., Pavey, T., & King, N. A. (2022). Shift work and the risk for metabolic syndrome among healthcare workers: A systematic review and meta-analysis. *Obesity Reviews*, e13489–e13489. <https://doi.org/10.1111/obr.13489> <https://www.betterhealth.vic.gov.au/health/healthyliving/shiftwork>

Shift work **essentials**

Air fryer



Blender



Sandwich press



Slow cooker



Cooler bag and ice brick



Wide mouth insulated container



Meal prep containers



Drink bottle



Cutlery set



Establishing a **routine** ☀️

Regardless of which shift you are working, it is a good idea to keep the number of meals and snacks you eat each day consistent.

This is to keep your overall energy (kilojoule/calorie) intake relatively similar each day as consistently eating little on one day, then a lot the next, is linked to excess weight.

Day shift ☀️



Breakfast meal to fuel your shift

When you wake



Please note, these pages are just an example of routine across day and night shifts. Individual requirements vary depending on age, gender, activity etc.



Healthy snacks for concentration and staying alert

During your shift



Balanced lunch meal for long-lasting energy
(see page 35 for this Soba Noodle Salad recipe)



After your shift



Balanced dinner meal containing protein, low GI carbohydrates and vegetables

Night shift

Before your night shift



Before or early in your shift have a sustaining dinner meal including low GI carbohydrate, protein and vegetables. Having it before eliminates the uncertainty of when/if you will get a break

During your night shift



If possible, aim for protein-based snacks during night shift

After your shift



Optional small breakfast if hungry before sleeping

When you wake



Lunch meal



(see page 21 for this Simple Salad recipe)

TOP TIP

If planning meals around shift work is a challenge for you, book in with our Health Coach for more personalised support at: [ambulance-wellness@health.nsw.gov.au](https://www.ambulance-wellness@health.nsw.gov.au)

Healthy **snack ideas**

Day shift 

Yoghurt and fruit



Hummus and vegetable sticks



Roasted fava beans or chickpeas



Grainy crackers with cheese and sliced vegetable



Mixed nuts or nut spread with piece of fruit



Smoothie made on station



Bliss balls



Edamame beans



Frittata muffin



Lightly salted popcorn



Low sugar muesli bar



Raisin toast with ricotta and fruit on station



Night shift

Aim to have dinner prior to night shift to fuel yourself.

During night shift, it is preferable to opt for protein-based snacks, if possible. Some examples are listed below.

Salad with protein



Grainy crackers with cheese and sliced vegetable



Boiled eggs



Roasted fava beans or chickpeas



Single serve soup



Edamame beans



Mixed nuts



Yoghurt and fruit



Hummus and vegetable sticks



Sliced apple or banana with natural nut spread



Time-saving staples

Freezer/Fridge

Frozen vegetables



- Stir fries
- San choy bow

Frozen protein



- Fish portion to bake or airfry
- Frozen marinated chicken

Fruit and vegetables



- Add hummus and wholegrain crackers to veggie sticks
- Chopped fruit to snack on or add to yoghurt or nuts

Leftover wholegrains



- Brown rice
- Quinoa

Edamame beans



- Snack
- On smashed avocado
- Soba noodle salad

Pre prepared meal prep



Smoothie bags



- Freeze kale, spinach, berries and banana in single serves to add to smoothies

Ingredient prep



- Prepared ingredients to cut cooking time
- Steamed fresh wholegrains are a quick addition to protein and vegetables

Salad kits



- Easy side with protein and carbohydrate for a quick lunch or dinner

Pantry staples*

Grains/pasta/soba noodles



Diced tomatoes/passata



Canned beans and legumes



Wholegrain bread/wraps/crackers



Roasted chickpeas and popcorn



Wholegrain cereals



Canned tuna/salmon/baked beans



Extra virgin olive oil, herbs and spices



Natural nut spreads, nuts and seeds



*non exhaustive list

Plan B meals

Let's talk Plan B. In an ideal world, every time you go on shift your meal prep would be ready. While this is something that we should aim for, sometimes we need a Plan B.

Here are some options that you can purchase on the go, or have on hand in your fridge or freezer for when you need a back up. Frozen meals often have a higher sodium content, so they aren't something you want to have too regularly – but the healthy varieties provide a more nutritious option than the majority of offerings at fast food outlets.

Salad with protein and low GI carbohydrate or stir fry



Sandwich with salad and lean protein



Poke bowl



Single serve soup and bread roll



Sushi



Burrito or burrito bowl*



*no sour cream

FAST FOOD FACTS

Compared to a popular fast food chain burger, a grilled wholemeal snack wrap has:

- 81% less saturated fat
- 79% less sugar
- 60% less sodium
- less than half the calories

Compared to the same burger, a café cheese and tomato toastie from the same popular fast food chain has:

- 56% less saturated fat
- 60% less sugar
- 38% less sodium
- 200 less calories



Rice paper rolls



Healthy recipes

Whether it be a quick meal, breakfast, lunch or dinner, there are many amazing recipes suitable for our workforce. Our wellbeing champions have also come up with some of their favourite, healthy recipes to meet your needs.

Quick quesadilla



SERVES 1



QUICK



SANDWICH PRESS

- Wholegrain wrap
- 4 bean mix, black beans or kidney beans washed and drained
- ½ cup tasty cheese, grated
- ½ cup capsicum, thinly sliced
- ½ cup cooked corn kernels

HOMEMADE SALSA

- 1 tomato, chopped
- Lime juice, to taste
- ¼ red onion, chopped
- Extra virgin olive oil

HOMEMADE GUACAMOLE

- Avocado
- Salt and pepper
- Lime juice, to taste

Turn on sandwich press, add your wrap. Sprinkle one half of the wrap with your fillings; cheese, beans, capsicum and corn.

Brush the top of the wrap lightly with extra virgin olive oil, then carefully flip it with a spatula so the oiled side is facing the bottom of the press.

Allow the quesadilla to cook until golden and crispy on the bottom for about 1 to 2 minutes. Then flip and lightly brush the other side with the oil. Allow to cook until the second side is golden and crispy.

Remove from the heat using a spatula and let it cool for a minute before slicing into 3 pieces.

While cooling, chop the tomatoes and red onion, add a squeeze of lime juice and mix together. Add as garnish to the quesadilla.



In a small bowl mash together avocado, lime juice, salt and pepper to form guacamole. Then spoon onto the quesadilla.

Pizza



SERVES 1



QUICK



AIR FRYER

- 1 wholemeal Lebanese bread
- Choice of sauce base (for example, tomato paste or reduced salt bbq sauce)

CHOICE OF TOPPINGS

- Cooked chicken breast
- Cherry tomatoes
- Capsicum
- Onion
- Pineapple
- Mozzarella cheese

Spread your chosen sauce evenly across the Lebanese bread.

Top with choice of toppings.

Air fry or oven bake until the base is crispy and the cheese is melted.



ONE TRAY MEAL



Lemon pepper chicken



SERVES 2



15 MINUTES

- 1 bunch asparagus, trimmed
- Olive oil
- Salt and pepper
- 1 clove garlic, minced
- 1 chicken breast
- ½ teaspoon pepper
- ½ teaspoon dried oregano
- 1 lemon, half for the juice, half for slices on chicken
- 1 capsicum, sliced
- 1 sweet potato, thinly sliced
- 1 red onion quartered
- Tzatziki to serve

Preheat oven to 200°C.

Place prepared capsicum, sweet potato and red onion on a lined baking tray with olive oil.

Meanwhile, place asparagus into mixing bowl and thoroughly coat with olive oil, salt, pepper, and garlic. Then place asparagus on baking tray.

Cut the width of the chicken in half or quarters depending on the size, then add to the baking tray. Top with sliced lemon, oregano and pepper.

Bake for 20-25 minutes or until chicken is cooked through.

Serve the chicken with a dollop of tzatziki, fresh lemon and baked vegetables.

Salmon with broccolini and sweet potato



SERVES 2



QUICK



AIR FRYER

- 2 salmon fillets
- 1 bunch broccolini
- 1 medium sweet potato or 4 chat potatoes
- Lemon and pepper
- OR
- Tamari and honey

Cut sweet potato into 'chip sizes'.

Place cut sweet potato and salmon on a lined baking tray, or in an air fryer. Lightly drizzle with olive oil. Place the salmon away from the potato.

If using lemon, squeeze onto the salmon fillet. Or, in a small bowl, mix ½ tsp of honey and 1 tsp of tamari sauce then rub/ pour the sauce over the salmon.

Pause and check salmon and sweet potato. Once cooked add the broccolini and serve once salmon and sweet potato are golden.



Fish tacos



- 8 mini tortillas, warmed
- 400g white fish fillet cut into strips
- 3 teaspoons Cajun seasoning
- Extra virgin olive oil

SALSA

- Lime juice, to taste
- 3 tomatoes, chopped
- ½ red onion, finely diced
- ¼ bunch coriander, finely chopped
- ½ red capsicum, finely diced
- 1 avocado, diced

SAUCE

- ½ cup natural yoghurt
- 2 tsp sriracha sauce
- Lime juice, to taste

Add a light drizzle of olive oil to the air fryer basket.

In a small bowl, mix the spices and pepper to combine.

Pat fish dry then lay the fillets in the air fryer basket. Brush with olive oil then generously rub spice mixture onto the fish.

Spritz the fish with oil to help it stay moist and hold the flavour in place.

Cook in air fryer on 180°C for 8 minutes, turn over to cook for 4 minutes or until cooked through. If you don't have an air fryer you can oven bake instead until cooked through.

While cooking, make the sauce by combining yoghurt, sriracha and lime juice in a small bowl.

In a separate bowl mix your salsa ingredients together.

To serve, place fish onto tortilla then top with salsa, a spoon of sauced drizzled and garnish with coriander.



Simple salad with protein



- 1 cup green leaves of choice: lettuce, rocket, spinach
- Tomato
- Cucumber
- Capsicum
- Red onion
- Beetroot
- ½-1 cup of cooked brown rice or quinoa
- Protein of choice:
 - tuna or salmon
 - goat's cheese, fetta or halloumi

CHOICE OF TOPPINGS

- Olives, avocado, olive oil/ balsamic vinegar

Chop tomato, cucumber, capsicum, red onion and beetroot.

Mix salad ingredients together.

Add protein, brown rice/quinoa, and additions such as avocado/ goat's cheese/fetta.

Serve with olive oil/balsamic vinegar dressing, reserve dressing if delaying eating the salad.



RECIPE BY
KRISTIN
WOODWARD
PARAMEDIC



WELLBEING CHAMPION



The biggest saviour for me in maintaining a well balanced diet is to be well prepared for my shifts.

My go-to quick healthy meal would be rice paper rolls that I prepared earlier in the week, packed with protein, carbohydrates and easy to eat on the run.



JADE CONDON
PARAMEDIC AND DIETITIAN

Zucchini fritters



SERVES 3



30 MINUTES

- 3 medium zucchinis, grated
- 2 eggs
- ½ cup self raising flour
- 1 tsp baking powder
- 1 cup fresh, frozen or canned corn kernels
- ¼ cup parmesan cheese
- Handful chopped parsley or coriander
- 8 cherry tomatoes
- Handful rocket to garnish
- Salt and pepper to taste

YOGHURT DIP

- ½ cup Greek yoghurt
- 1 ½ tbsp fresh dill
- 1 small garlic clove, minced
- small pinch cayenne pepper
- 1 tbsp lemon juice
- drizzle extra virgin olive oil

FRITTERS

Place a clean tea towel over a bowl and add grated zucchini. Squeeze out the excess liquid.

In a mixing bowl, combine the flour, egg, lemon zest, dill, salt and pepper. Then add the zucchini and stir to combine.

Add extra virgin olive oil to a frying pan on medium to high heat. Form a fritter shape then cook on each side for 4-5 minutes, or until golden brown.

In the pan away from the fritters, cook the cherry tomatoes for about 2 minutes.

Place on a paper towel-lined plate before serving to drain any excess liquid.

Serve fritters with yoghurt dip, rocket, cooked cherry tomatoes, and dill to garnish. You may also like to add a poached egg.



YOGHURT DIP

Combine yoghurt, minced garlic, dill, cayenne pepper, lemon juice and extra virgin olive oil in a small bowl

Place in the fridge until serving.

Overnight oats



SERVES 1



QUICK



MAKE AHEAD

- ½ cup oats
- 1 tbsp seeds e.g. chia or pumpkin
- ½ cup milk of choice
- 1 tsp nuts or natural peanut/ almond spread or ABC spread
- ½ tsp cinnamon
- Fruit of your choice: Examples may include fresh or frozen berries, banana, apple chopped/grated
- Yoghurt to serve



Combine oats, seeds, milk, nut spread/nuts, cinnamon in a bowl for home or in a meal prep container or jar for work, stir until well combined.

Cover and refrigerate overnight. If using frozen fruit add this now.

Stir again before serving and top with fruit of choice and a dollop of yoghurt.

WELLBEING CHAMPION



Overnight oats are super easy to prep at the start of your week to have as a breakfast on the go.

Can be stored in jars or small containers ready to grab before work.



EMILY RICHARDS
PARAMEDIC



Shakshuka



SERVES 4



QUICK

- 2 tbsp extra virgin olive oil
- 1 can whole peeled tomatoes
- 1 can cannellini beans, rinsed
- 4 eggs
- 1 red capsicum, diced
- 2 cloves garlic
- 1 medium onion, diced
- 1 handful parsley, chopped
- 1 teaspoon paprika
- 1 tsp ground cumin
- Pepper
- Sliced wholegrain bread or sourdough to serve

Heat olive oil in a large sauté pan on medium heat. Add the chopped onion and red capsicum, cook for 5 minutes or until the onion becomes translucent.

Add the spices and garlic and stir.

Pour the canned tomatoes into the pan, season with pepper and break down the tomatoes using a spatula, add the cannellini beans, stir then allow the sauce to simmer.

Using the spatula, make 4 small wells in the sauce and crack the eggs into each well. Cover the pan with a lid and cook for about 5 minutes, or until the eggs are done to your liking.

Garnish with chopped parsley and serve with wholegrain bread or sourdough.

Porridge with yoghurt, berries, nuts and seeds



SERVES 1



QUICK

- ½ cup rolled oats
- Pinch cinnamon
- ½ cup milk of choice
- Choice chopped fruit; berries, banana, pear/apple
- Yoghurt and nuts/seeds to serve

Stir to combine oats, cinnamon and milk. Cook in the microwave for 1½ minutes then stir before cooking for another 1 minute.

Microwave cooking times may vary, cook to desired consistency.

If cooking on the stove top, add to a saucepan and cook until desired consistency, stirring occasionally.

Prepare your toppings and slice your fruit. Serve with a dollop of yoghurt, chopped fruit and a sprinkle of nuts and seeds.





Banana oat blender pancakes



- 2 eggs
- 1 ripe banana
- 1/3 cup oats
- 2 tsp baking powder
- Few drops vanilla extract
- Cinnamon, to taste
- Natural yoghurt and fruit to serve

Place oats, eggs, banana, vanilla essence, baking powder and cinnamon in a blender and pulse until smooth.

Let the batter rest for 10 minutes to thicken.

Add extra virgin olive oil to a large non-stick fry pan and place over low-medium heat

Pour portions of the batter into the pan, depending on how big you like to make them.

Cook pancakes for 1-2 minutes or until bubbles appear on the surface of the pancakes. Flip and cook for a further 1 minute, or until cooked through. Transfer to a plate.

Repeat with the remaining batter, cooking in batches.

Serve with some sprinkled cinnamon, sliced banana, strawberries, or blueberries and natural yoghurt. Alternatively you can put the pancakes in a container in the fridge for the next day and when serving top with yoghurt and fruit for a quick breaky.

TOP TIP



I like to set little challenges for myself like drinking a certain amount of water, eating different fruits or vegetables or changing healthy snack options around.

Lastly, I try to avoid the route home that goes past fast food.



MICK FENN
PARAMEDIC

Toast toppers



Veggie topper

- Hard boiled egg
- Sautéed spinach
- Mushrooms
- Cherry tomatoes



Nut butter and fruit

- 1 tbsp natural nut spread (for example peanut or almond)
- Strawberries or banana, sliced
- Pinch of cinnamon



Avocado smash

- ¼ avocado
- Cannellini or edamame beans, roughly mashed with a fork
- Lemon juice
- Fresh tomato (optional)
- Pinch of Dukkah



Cheesy baked beans

- Low sodium and sugar baked beans (heated)
- Generous sprinkle of cheese
- Pepper



Raisin toast

- Light ricotta
- Strawberries and or banana, sliced
- Pinch of cinnamon



Breaky bruschetta

- Diced tomato
- Diced red onion
- Basil
- Garlic
- Balsamic glaze
- Poached egg

ONE TRAY MEAL



Pesto chicken



SERVES 4



50 MINUTES

- 400g chicken breast
- 1 bunch asparagus
- 1 punnet cherry tomatoes
- 1 carrot, thinly sliced
- 2 large potatoes, thinly sliced
- 1 zucchini, cut into rounds
- 2 tbsp extra virgin olive oil
- 1 tbsp basil pesto

TO SERVE

- ¾ cup greek yoghurt
- 1 tbsp basil pesto
- Basil leaves

Preheat oven to 190°C.

On a lined baking tray, place the zucchini, asparagus, carrot, potato, cherry tomatoes and drizzle with olive oil. Leave room to add chicken later. Season with sea salt and pepper and toss vegetables to distribute the oil and seasoning. Cook for 30 minutes. Check the oven in case yours cooks quicker.

Meanwhile, cut the chicken into 4 pieces and rub 1 tablespoon of pesto into the pieces in a large bowl. Add the chicken to the tray and bake for another 20 minutes, or until the chicken is cooked through.

While the chicken is cooking, make the yoghurt sauce, by mixing the yoghurt and pesto in a small bowl.

To serve, add a drizzle of yoghurt sauce to the chicken and vegetables and a sprinkle of fresh basil leaves.

One tray chicken fajitas



SERVES 3



20 MINUTES

- 300g chicken breast
- 4 capsicums, cut in strips
- 1 can black beans, rinsed and drained
- 1 red onion, cut in wedges
- 1 garlic clove, minced
- 1 tsp chilli powder
- 2 tsp ground cumin
- 1 tsp paprika
- 2 tbsp extra virgin olive oil
- Cooked quinoa, brown or basmati rice or tortillas
- Lime and coriander garnish
- 1 avocado, mashed
- Natural yoghurt to serve

Preheat oven to 200°C. Cut chicken into strips.

In a large bowl, add the chicken, capsicum, onion, garlic, olive oil and spices. Toss well to ensure flavours are distributed across the chicken.

Transfer to a lined baking tray, spreading out evenly.

Cook for about 20 minutes or until cooked through.

Layer baked ingredients into tortilla and top with black beans, lime, avocado, natural yoghurt and coriander.

Or create a fajita bowl using the cooked quinoa or brown rice, the baked ingredients and toppings.





Rice paper rolls



SERVES 2



30 MINUTES

- 14 sheets round rice paper
- Protein of choice (for example, tofu, prawns, chicken, tuna)
- 50g dried vermicelli noodles
- Vegetables of choice (for example, finely cut sticks of carrot, cabbage, capsicum)
- Avocado
- 7 soft lettuce leaves
- 14 mint leaves
- 1 cup bean sprouts

DIPPING SAUCE OPTIONS

- Tamari
 - Lime juice, to taste
- OR

VIETNAMESE PEANUT DIPPING SAUCE

- 1 tbsp natural peanut butter
- 2 tbsp Hoisin sauce
- 1 ½ tbsp white vinegar (or lime juice)
- ⅓ cup water
- 1 garlic clove, minced

Place vermicelli noodles in a bowl and cover with warm water for 2 minutes, then drain (or follow packet instructions).

Cook protein of choice.

Remove the crunchy core of the lettuce leaves.

Place some vermicelli noodles and bean sprouts in a lettuce leaf, then roll it up.

Fill a large bowl with warm water, this will be to dip the rice paper in.

Note which side is the smooth side – this is supposed to be on the outside.

Submerge 2 rice paper sheets into the water (both of them at the same time, together) for 2 seconds. If your bowl isn't large enough to fit the whole rice paper in one go, just rotate it and count 2 seconds for each section you submerge into the water.

Place both the rice papers (one on top of the other, they will stick together) on a board or the counter with the smooth side down.

Place your cooked protein, mint, lettuce bundle onto the middle of the rice paper.

Fold the left and right edges of the rice paper in, then starting from the bottom, roll up to cover the lettuce bundle. Then keep rolling firmly. The rice paper is sticky, it will seal itself.

Serve immediately with the peanut dipping sauce or tamari dipping sauce

Peanut Sauce: Combine the Peanut Dipping Sauce ingredients. Mix briefly (it won't come together), then microwave for 30 seconds. Mix again until smooth. Set aside to cool. Thickness can be adjusted with water once cooled.

Source: www.recipetineats.com



RECIPE BY
ALICE
HOLLOWOOD
PARAMEDIC

Satay summer salad



SERVES 4



10-20
MINUTES



MAKE AHEAD

- 120g bag baby spinach
- Half purple cabbage, chopped
- 2 carrots, shredded (available pre shredded)
- Bean sprouts
- 1 red onion, diced
- 1 packet brown rice noodles
- 300g extra firm tofu or chicken
- Spring onion bunch, chopped
- Satay sauce (low sodium and sugar)
- Sesame oil

*If you're a sweet person add some diced pineapple to this recipe

Boil a full kettle and heat pan on medium heat.

Put your brown rice noodles in large bowl ready, cover with the boiling water for 2 minutes.

Chop all other ingredients, starting with tofu or chicken.

Cook chicken or tofu until cooked through. Add some sesame oil and satay sauce to taste.

For meal prep, add a handful of the salad ingredients to each of your containers, including red onion to taste.

Add a small drizzle of sesame oil and toss mixing all salad ingredients.

Drain noodles and add to salad, add 1 serving of noodles to each container (they are dried in single serves).

Add cooked tofu or chicken.

Note: If you would like a warm salad later, keep the noodles, tofu or chicken in a small separate container. Microwave for 40-50 seconds and place into your salad.

Dressing: Heat 1 tbsp satay sauce and some water and stir before it bubbles up. Add to the salad and toss gently.

WELLBEING CHAMPION



I hate cooking but love eating healthy!

This salad takes 10 minutes to put together if you're meal prepping. It is the perfect lazy person salad that is super filling.

HATE
COOKING
LOVE EATING
HEALTHY!



ALICE HOLLOWOOD
PARAMEDIC

Minestrone soup



SERVES 6



30 MINUTES



MAKE AHEAD

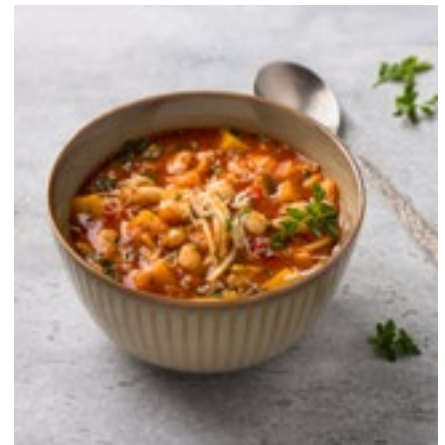
- 1 litre salt reduced chicken or vegetable stock
- 1 can crushed tomatoes
- 1 tbsp extra virgin olive oil
- ¾ cup uncooked pasta
- 1 can cannellini beans
- 1 can kidney beans
- ½ tsp Italian herbs
- 1 clove garlic, minced
- 1 medium onion
- 1 small zucchini, finely chopped
- 3 medium carrots, finely chopped
- 2 celery sticks, finely chopped
- 2 cups spinach
- Parmesan cheese and wholegrain toast to serve

In a large pot, add olive oil, garlic, onion, carrot and celery. Sauté for about 7 minutes then stir in the crushed tomatoes, beans, zucchini and Italian seasoning.

Bring to a boil, once boiling reduce heat so that the soup is simmering, let this cook for 10 minutes with the lid on.

Now stir in the pasta, allow to simmer for about 15-20 minutes or until the veggies and pasta become tender. Stir occasionally to prevent ingredients sticking to the bottom.

Serve in a bowl with pepper and parmesan with some wholegrain toast.



Veggie loaded spaghetti Bolognese



SERVES 6



30 MINUTES



MAKE AHEAD

- 500g heart smart 5 star lean beef mince
- 500g pasta
- 1 tin lentils, rinsed
- 1 zucchini, grated or chopped
- 1 large onion, chopped
- 1 garlic clove, minced
- 1 carrot grated or chopped
- Choice of chopped or grated veg (e.g. more carrots, zucchini, spinach)
- 1 tbsp extra virgin olive oil
- 1 jar tomato pasta sauce OR if making your own:

TOMATO PASTA SAUCE

- 2 tbsp tomato paste
- 1 tsp dried herbs
- 2 x 400g cans crushed tomatoes
- Pepper to serve

In medium saucepan heat olive oil, then add garlic and onion.

On low-medium heat, gently fry the onion for a few minutes.

Add mince, cooking until brown before adding your pasta sauce (or herbs, tomatoes, tomato paste and pepper).

Stir through the lentils, carrot and zucchini and allow to simmer over a low heat.

Meanwhile, cook pasta according to packet instructions then drain.

Serve with a large spoon of sauce over the pasta in a bowl.

For additional veggies, serve with side salad.





TRY COUNTING
HOW MANY
PLANT POINTS
ARE IN THIS
RECIPE!

Mexican bowl



SERVES 4



30 MINUTES

- 1 tsp extra virgin olive oil
- 1 brown onion, sliced
- 1 clove garlic, finely chopped and Mexican spices OR reduced salt Taco seasoning
- 500g 5 star heart smart lean beef mince, turkey mince or chicken breast cut into strips
- 1 capsicum, sliced
- 1 cup lettuce, finely sliced
- 1 tin 4 bean mix
- 1 cucumber, chopped
- ½ cup corn kernels, cooked
- 1 carrot, grated
- 1 packet chopped cherry tomatoes
- ½ cup light mozzarella cheese
- 200g corn chips or tortilla strips or 2-4 cups cooked brown or basmati rice
- Lime juice, to taste
- 1 large ripe avocado
- Natural yoghurt to serve
- Salsa

Heat oil in a large frying pan on medium heat. Add the onion, cook stirring for 1 minute.

If using, add garlic now. Add the sliced capsicums and cook stirring a further 1-2 minutes or until just softened. Add your choice of protein, allow it to fully cook through, stirring occasionally.

Now add the taco seasoning or homemade Mexican spices and stir.

If using rice, divide the cooked rice up amongst the 4 bowls.

If using corn chips, lay them flat on a baking tray or in an airfryer and sprinkle the cheese on top. Cook until the cheese has melted.

Divide the sliced lettuce, cherry tomatoes, corn, carrot and cucumber amongst the bowls.

Add the cooked meat mixture to each bowl.

Top with avocado, salsa, lime juice and a dollop of natural yoghurt.

TOP TIP

People who eat at least 30 different plant-based foods a week have more diverse gut microbes than people who eat less than 10. Think of them as **plant points**.

You get **plant points** from any fruits, vegetables, wholegrains, legumes, nuts and seeds, herbs and spices. One point per portion, with herbs and spices getting 1/4 point each.

PLANT
POINTS



Sweet potato salad with protein



SERVES 1



30 MINUTES

- Protein source
(for example, 65g cooked lean red meat, 100g cooked fish fillet or 80g cooked lean poultry or 1 cup cooked legumes/beans)
- 1 small sweet potato, cubed
- 2 cups rocket leaves
- 30g pecans
- ¼ red onion, sliced
- 50g Danish feta
- 2 tbs extra virgin olive oil
- 1 tbsp honey
- 1 lemon, juiced
- 1 tbs Dijon mustard

Preheat oven to 220°C.

On a lined baking tray, toss sweet potato in 1 tbsp olive oil and roast for 30 mins, flipping half way.

Add pecans to the baking tray for the last few minutes until lightly toasted.

To make the dressing, whisk together the honey, lemon juice, Dijon mustard and olive oil.

To serve, add the rocket, red onion, pecans, sweet potato and feta to a bowl.

Pour over salad dressing and toss.

Top with your choice of cooked protein.



RECIPE
BY EMILY
RICHARDS
PARAMEDIC

Edamame and peanut slaw with tempeh



SERVES 4



30 MINUTES



MAKE AHEAD

- 2 cups frozen edamame, shelled
- 1 handful green beans, trimmed and halved
- 1 ½ cups brown rice
- Handful salad leaves (for example rocket and spinach)
- 1 cup purple cabbage, shredded
- 1 cup green cabbage, shredded
- 1 carrot, grated
- 1 cucumber, diced
- 1 block chickpea tempeh, sliced
- Black and white sesame seeds

DRESSING

- ½ cup natural peanut butter (I use smooth)
- 3 tbsp fresh lime juice
- 1 ½ tbsp sesame oil
- 1 ½ tbsp tamari
- 1 tbsp pure maple syrup
- 1 tsp freshly grated ginger

Put brown rice on to cook as per packet instructions (rice cookers are the best).

Bring a pot of water to boil and cook edamame according to packet directions. Once finished use the same pot to boil another lot of water for the green beans. Once boiling gently blanch the green beans for approximately 1 minute and then rinse under cold water to stop the cooking process. Set both aside to cool.

Add all salad ingredients into a large mixing bowl and combine well.

Heat some extra virgin olive oil in a pan and fry your tempeh until browned and crispy.

To make the dressing, add all ingredients together in a bowl and whisk until desired consistency is achieved adding small amounts of water to thin it out as you go.

Divide salad evenly into containers, top with dressing, sesame seeds and tempeh.

Serve immediately or put in the fridge and use as meal prep for the week.

If not serving immediately leave the dressing off and add it when you are ready to eat.




 RECIPE
 BY EMILY
 RICHARDS
 PARAMEDIC

Vegetarian bowl



SERVES 4



30 MINUTES

- 4 small handfuls green beans, trimmed and halved
- Punnet cherry tomatoes, halved
- 1 large sweet potato cut into bite sized pieces
- 1 cup rice and quinoa
- 8 eggs
- 300g tofu or tempeh sliced
- Hummus to serve

Start by roasting sweet potato in oven with olive oil and salt until cooked.

Put rice and quinoa on to cook as per packet instructions (rice cookers work well).

Boil water in a saucepan. Once boiling blanch green beans for 1 minute then drain.

Boil water again using the same saucepan. Once boiling slowly drop in each egg and set the timer to 9 minutes so they are cooked through but not over cooked. Once done immediately drop into bowl of icy water and allow to cool before peeling.

Heat extra virgin olive oil in a large fry pan and fry tofu or tempeh with black pepper until slightly browned and crispy. Set aside on some paper towel.

Once everything is ready divide between 4 containers and top with cherry tomatoes and hummus.

Airfryer dumplings with greens



SERVES 1



QUICK



AIR FRYER

- 6 frozen dumplings
- Chinese greens e.g. broccolini, bok choy
- 1 teaspoon extra virgin olive oil
- Tamari

Place the dumplings in the airfryer, using a pastry brush, brush lightly with olive oil. As dumplings vary in size and type of filling as well as differences in airfryers, you will need to adjust timing.

Airfry at 195°C for 6-8 minutes. Check on the dumplings after 6 minutes to ensure they don't burn, flip the dumplings over and continue to cook for another 2-6 minutes if needed, until crispy.

On the stove top, sautee or steam greens of choice (for example broccolini or bok choy).

Serve dumplings with greens and tamari.





RECIPE
BY EMILY
RICHARDS
PARAMEDIC

Sweet potato and couscous salad



SERVES 4



70 MINUTES



MAKE AHEAD

- 4 small sweet potatoes
- Extra virgin olive oil
- Salt and pepper

FOR THE CHICKPEAS

- 400g tin chickpeas, drained & rinsed
- 1 tsp sumac
- 1 tsp ground cumin
- ¼ tsp ground cinnamon

FOR THE SALAD

- 125g pearl couscous
- 200g frozen peas
- handful fresh mint and flat-leaf parsley, finely chopped
- 100g pitted Kalamata olives, halved
- 400g tin cannellini beans, drained & rinsed
- 3 tbs pine nuts
- 1 lemon

TO SERVE

- 4 radishes, finely sliced
- Punnet cherry tomatoes
- Handful fresh pomegranate seeds
- Tahini

Preheat the oven to 180°C.

Prick each sweet potato a few times with a fork, then place them on a baking tray and bake for 20 minutes.

After 20 minutes place the chickpeas on a baking tray, drizzle with olive oil and season with salt and pepper. Combine well before adding to the oven with the sweet potato. Bake for 45 minutes, or until the chickpeas are crispy and the potato is soft in the middle.

Cook couscous as per packet instructions and boil the frozen peas until cooked. Set both aside and leave to fully cool.

Toast pine nuts in a medium hot pan for 3–6 minutes or until golden brown.

Combine the mint, parsley, olives and cannellini beans. Once cooled add couscous, peas, pine nuts, lemon juice, 1 tablespoon of olive oil and salt and pepper. Leave to one side.

Once the chickpeas and sweet potato are done, transfer each sweet potato to a container (or bowl). Sprinkle the sumac, cumin and cinnamon over the chickpeas and give them a good stir.

Divide the salad between the containers and top with chickpeas. Divide the radishes and cherry tomatoes among the containers, finishing with a sprinkling of pomegranate seeds and a drizzle of tahini.

Zucchini slice



SERVES 8



60 MINUTES



MAKE AHEAD

- 5 eggs
- Ground black pepper
- 1 large zucchini, grated
- 2-3 carrots, peeled and grated
- 1½ cups corn kernels
- 1 medium brown onion, peeled and diced
- 2 teaspoons dried mixed herbs
- ¾ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- 3 large tomatoes, thinly sliced (optional)
- Green side salad

Preheat oven to 180°C.

Whisk eggs in a medium jug. Season with black pepper and set aside.

In a large bowl combine remaining ingredients except tomato. Add eggs and stir mixture until well combined.

Spray a large baking dish with oil. In a lined or greased deep baking tray, pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.

Bake for 40-45 minutes or until firm and golden brown.

Rest in the pan for 10 minutes before cutting into 8 slices.

Serve with a green side salad.



Soba noodle salad with Asian dressing



SERVES 1



QUICK



MAKE AHEAD

- 1 cup assorted chopped/ julienned veggies (for example cucumber, capsicum, snow peas, sliced spring onion or red onion)
- Coriander or mint
- choice of protein (for example chicken, prawns, tofu or salmon)
- ¼ packet Soba noodles
- 200g frozen edamame beans

DRESSING

- 1 tbsp soy sauce
- ½ tbs sesame oil
- 1 tbsp rice wine vinegar
- Ginger
- Garlic (optional)

Cook protein of choice.

While protein is cooking, cook noodles as per instructions then strain and rinse under cold water.

Add frozen edamame to boiling water and cook for 1 minute then drain. Squeeze the beans from pods. Rinse beans in cold water and set aside.

Place the noodles in a bowl and top with salad mix and chopped protein.

Mix the dressing in a jar or small container.

Dress to taste only when serving.



RECIPE BY
KRISTIN
WOODWARD
PARAMEDIC

WELLBEING CHAMPION



Here are some of my 'go to' meals that are staples in my house and travel well to work!

Soba Noodle salad (above)
Simple Salad on page 19 and
Chocolate Hazelnut Balls on page 39



KRISTIN WOODWARD
PARAMEDIC



Poke bowl



SERVES 2



30 MINUTES

- ½ cup frozen shelled edamame beans
- 2 cups cooked brown rice
- 1 small avocado, quartered
- 1 cucumber, thinly sliced
- 1 carrot, shredded
- Pickled ginger
- 1 tbsp sesame seeds, toasted
- Seaweed salad or nori sheets shredded

WASABI DRESSING

- ¼ cup mirin (Japanese rice wine)
- 2 tbsp white miso
- 2 teaspoons wasabi paste
- 1 tbsp maple syrup

Place the edamame in a heat-proof bowl and cover with boiling water. Allow to stand for 4 minutes and drain.

To make the wasabi dressing, place the mirin, miso paste, wasabi paste and maple syrup in a small bowl and mix to combine.

Divide the rice, avocado, cucumber, carrot, seaweed and edamame between 2 bowls. Top with ginger and sesame seeds. Spoon the wasabi dressing over.

OPTIONAL

You can customise your sushi bowl by adding 100g of sashimi-grade salmon or tuna, smoked salmon or shredded cooked chicken.

TOP TIP

“

My go-to quick and tasty meals that are easy when I'm time poor are air fried turkey breast steak on a wholegrain wrap with avocado and salad, or air fried salmon and pumpkin with a supermarket crunchy Asian salad kit.

QUICK & TASTY



NICK DOWTON
PARAMEDIC



Vegetable lasagne



SERVES 4



80 MINUTES



MAKE AHEAD

- Extra virgin olive oil
- ½ small brown onion, finely chopped
- 1 garlic clove, crushed
- ¼ tsp ground nutmeg
- ½ tsp dried basil
- 600g butternut pumpkin, peeled and cubed
- 2 cups baby spinach, chopped
- 1 large zucchini, sliced lengthways
- 400g can lentils (rinsed)
- 300ml salt-reduced vegetable stock
- 8 wholemeal lasagne sheets
- 260g tomato passata
- 400g low-fat ricotta cheese
- 2 egg yolks
- 120g parmesan cheese, finely grated
- 100g low fat mozzarella cheese
- Ground black pepper, to taste

Preheat the oven to 190°C and lightly spray a 3L baking dish with olive oil spray.

Heat olive oil in a large saucepan over medium heat. Add the onion and cook for 5 minutes or until soft. Add the garlic, basil and nutmeg and cook for 1 minute or until fragrant, stirring constantly.

Add the lentils, pumpkin, stock and three-quarters of the passata and stir to combine.

Bring to the boil, then reduce the heat to medium-low and cook, covered, for 15-20 minutes or until the pumpkin and lentils are tender.

Remove from the heat, lightly mash with a potato masher and set aside to cool. Season with pepper if desired.

Place the ricotta cheese, egg yolks and half of the parmesan cheese in a bowl. Season with pepper, if desired and mix until well combined then set aside.

To begin assembling the lasagne, on the bottom of the baking dish, pour some tomato passata, then top with one layer of lasagne sheets (so they do not overlap, but no big gaps between sheets).

Pour over one-quarter of the pumpkin and lentil mixture, spreading evenly over the lasagne. Then evenly scatter one-third of the baby spinach leaves then one-third of the ricotta mixture.

Repeat passata, pumpkin and lentils, spinach then ricotta mixture layers to form three layers. Top with a final layer of lasagne sheets and the remaining lentil and pumpkin mixture.

Top with slices of zucchini and remaining mozzarella and parmesan cheese then loosely cover with aluminium foil.

Bake in the oven, covered, for 25-30 minutes, then remove the foil and cook for a further 10-15 minutes (or until cooked through and golden in colour). Remove from the oven and leave for 5 minutes.

Slice and serve with salad.

Blueberry muffins



SERVES 12



35 MINUTES



MAKE AHEAD

- 1 ¾ cups plus 1 tsp wholemeal flour (can also use blended oats)
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ¼ tsp cinnamon
- ⅓ cup extra virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup plain greek yoghurt
- 2 tsp vanilla extract
- 1 cup frozen blueberries or raspberries

Preheat the oven to 200°C. Grease muffin tin with olive oil.

In a mixing bowl, combine 1 ¾ cups of the flour with the baking powder, cinnamon, baking soda and salt. Mix together with a whisk.

In another bowl, combine the honey (or maple syrup), olive oil and using a whisk, beat together. Add the eggs and beat well, then add the vanilla and yogurt, mixing well.

Pour the wet ingredients into the dry and using a big spoon mix until combined. In a small bowl, toss the blueberries with the remaining 1 teaspoon flour (to prevent the blueberries sinking to the bottom). Gently fold the berries into the batter.

Divide the mixture into the 12 muffin cups. Bake the muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick comes out clean when inserted into the muffin.



Once cooled store them covered, at room temperature for 2 days, or in the fridge for up to 5 days. Freeze leftover muffins for up to 3 months.

Recipe adapted from: www.cookieandkate.com

Green smoothie

- 1 banana
- ¼ avocado
- 1 cup spinach
- 1 cucumber
- 100g natural yoghurt

Bananarama smoothie

- 1 banana (frozen or fresh with ice cubes)
- 1 cup milk of choice
- Pinch cinnamon
- 100g natural yoghurt
- ½ cup oats (for breakfast smoothie)
- 5 hazelnuts (or almonds or walnuts)

Berry smoothie

- Frozen mixed berries
- 1 cup milk of choice
- Pinch cinnamon
- 100g natural yoghurt
- ¼ cup oats (for breakfast smoothie)



Chocolate hazelnut balls



SERVES 6



35 MINUTES



MAKE AHEAD

- 1 cup blanched (skinless) roasted hazelnuts
- 2 tbsp cocoa
- 2 tbsp maple syrup
- Pinch salt

If you cannot buy roasted hazelnuts, roast yourself by placing nuts onto baking tray and roast in oven for about 10 minutes or until slightly browned.

Place hazelnuts, cocoa and salt into food processor or blender and blitz to a coarse crumb.

Add maple syrup to blender and pulse until mixture forms together and can hold its shape when rolled into balls.

Divide mixture into 6 balls and roll with hands.



RECIPE
BY EMILY
RICHARDS
PARAMEDIC

Chocolate date balls



SERVES 6



20 MINUTES



MAKE AHEAD

- 1 cup pitted dates
- 1 cup nuts or seeds
- 1/3 cup cocoa powder
- 1/2 cup shredded coconut
- 1 tbsp chia (whole or ground)
- 1/3 cup tahini

Soak dates in warm water for 15 minutes to soften.

Add nuts, cocoa, coconut, tahini and chia seeds to a food processor and mix, add dates and process.

Let mixture sit for 10 minutes.

Roll mixture into bite size balls, then roll balls in coconut.

Store in fridge.



RECIPE BY
KRISTIN
WOODWARD
PARAMEDIC

Egg muffin cups



SERVES 4



30 MINUTES



MAKE AHEAD

- 4 eggs
- Fillings: cherry tomatoes, baby spinach, capsicum, herbs
- Grated cheese, fetta or goat's cheese to top

Preheat oven to 180°C.

Dice chosen vegetable fillings.

Whisk all ingredients together in a bowl.

Pour mixture evenly across a greased muffin tray to create 4 egg muffins.

Bake for 20 minutes or until cooked.





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