

# HEALTHY RECIPES FOR YOU TO TRY IN 2025

Courtesy of our Dietitians - Kristen Djermanovic & Priscilla Elazar



## Lamb & Liver Sausage Rolls

Liver is one of the most nutritious foods you can eat. It contains significantly more Iron, B12, Vitamin A & Choline than any other red meat.

## Noodle Salad Bowl

An easy meal prep recipe for lunch or dinner. Change up your favourite vegetables, dressing and protein source for endless variety.



## Chicken Soup

Simple to make and versatile! You can add any vegetables you like, make a big batch for meal prep or freeze for another day.

## Ricotta Gnocchi

There is something about preparing your own gnocchi that makes it taste so good! Add any favourite sauce to change up the recipe.



## Mango Bliss Balls

These bitesize snacks can be enjoyed as a fuel source before training, added to kids lunchboxes, or for when that 3pm slump hits.

## Sausage And Lentil Tray Bake

Who doesn't love a one-pan meal! In this nourishing, balanced meal, you'll get a serve of protein, veggies, and whole grains.



## Leftover Lamb and Potato Fritters

Transform leftover ingredients into delicious fritters to enjoy over the week. They make a great on-the-go snack!

## Massaman Curry

This is a great family meal. You can make a big enough batch to feed an army. It also freezes well for those looking to meal prep in advance.



## Brown Rice Salad

This recipe is so versatile, you can have it as a side or add some protein like chicken or tuna and make it a meal.

## Slow-Cooker Lentil Soup

It's just so nice to come home to a ready-made and soul-warming meal. This recipe is so simple and will take you just 10 minutes to prepare!



## Veggie Loaded Mexican Mince

This veggie packed mince is so versatile. Use in burritos, rice bowls, as a bolognese sauce, on top of potato mash or serve with a side salad.

## Roast Vegetable Salad

A serving of this flavour filled salad contains a healthy dose of energy boosting carbs, plant-based protein, and anti-inflammatory fats.

