

WHERE TO FIND QUICK AND EASY RECIPES

Step-by-step photos of quick and easy recipes	
WHERE TO FIND	RECIPE
<p><i>MOOD FOOD</i></p> <p>Developed by ISLHD Health Promotion Service Easy recipes using everyday ingredients.</p> <p>https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food</p>	Top 4 toast toppers
	Microwave baked potatoes
	Tuna and rice
	Lemon spaghetti with tuna and broccoli
	Chicken noodle stir-fry
	Banana pancakes
	Cheese and spinach muffins
	Overnight oats
<p><i>LUNCHTIME BASICS</i></p> <p>Developed by ISLHD Health Promotion Service. Quick recipes using simple equipment such as sandwich press and microwave.</p> <p>https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/lunchtime-basics</p>	French toast with fruit
	Sandwich press eggs
	Microwavable scrambled eggs
	Spinach, bean and cheese melts
	No-cook lunch bowl
	Cheese and spinach triangles
	Corn fritters
<p><i>STEP-BY-STEP COOKBOOK</i></p> <p>https://www.carringtonhealth.org.au/app/uploads/2017/06/Step-By-Step-Cookbook.pdf</p>	<ul style="list-style-type: none"> • Porridge or Weet-bix and banana • Boiled egg/scrambled eggs/baked beans on toast • Zucchini-carrot slice • Jacket potato • Bean and veggie burger • Fish and chips • Pizza • Spaghetti Bolognaise • Shepherd's pie • Beef and noodle stir fry • Jam and ricotta pancakes • Oat cookies • Choc-banana muffins

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<p style="text-align: center;"><i>STEP-BY-STEP COOKBOOK continued</i></p> <p>https://www.carringtonhealth.org.au/app/uploads/2017/06/Step-By-Step-Cookbook.pdf</p>	<ul style="list-style-type: none"> • Custard and kiwi fruit • Fruit skewers and yoghurt • Fruit salad • Rice cracker snacks • Hot/cold Milo • Tuna salad wrap • Chicken avocado wrap • Curried egg sandwich • How to wrap a pita wrap • How to pack a lunchbox • Lunchbox ideas

Websites with quick and easy recipes	
No Money No Time	nomoneynotime.com.au/healthy-easy-recipes
LiveLighter	livelighter.com.au/recipe
Fresh For Kids (Sydney Markets)	freshforkids.com.au/all-recipes/spring-recipes.html
	freshforkids.com.au/all-recipes/winter-recipes.html
	freshforkids.com.au/all-recipes/autumn-recipes.html
	freshforkids.com.au/all-recipes/summer-recipes.html
NSW Cancer Council (Healthy Lunch Box)	healthylunchbox.com.au/
Healthier Happier (Queensland Health)	healthier.qld.gov.au/food/recipes/
	healthier.qld.gov.au/food/recipe-collections/recipes-for-when-youre-short-on-fresh-ingredients/
	healthier.qld.gov.au/food/recipe-collections/healthy-fast-food/
Food Bank WA	superherofoodshq.org.au/product-category/recipe-booklets/?state=wa

WHERE TO FIND QUICK AND EASY RECIPES

Short videos of quick and easy recipes			
WHERE TO FIND	RECIPE	TIME	
cookingmattersaustralia.com.au/category/recipes Developed by the University of Newcastle. Each dish has a written recipe plus a short video showing ingredients, equipment and method.	Apricot chicken	2:46 min	
	Roast lamb and cauliflower mash	4:09 min	
	Simple steak and veg	3:44 min	
	Spicy lamb wraps	2:36 min	
	Vegetable spaghetti bolognese	3:13 min	
	Summer rice paper rolls	4:36 min	
	Homemade chicken and mushroom pizza	2:40 min	
	Homemade fish and chips	2:36 min	
	Homemade hamburger and wedges	2:53 min	
foodandmoodcentre.com.au/resources/ Favourite recipes from researchers at Deakin University Food and Mood Centre	Crockpot lamb stew	5:22 min	
	Breakfast eggs	3:22 min	
	Salmon and sweet potato cakes	2:43 min	
	Borscht (beetroot soup)	4:59 min	
	Fermented cabbage	4:20 min	
	Dessert smoothie	1:30 min	
	Breakfast bowl	2:19 min	
	Fermented rice	2:35 min	
	Salad meal	4:03 min	
foodbank.org.au/WA/healthy-recipes/?state=wa then scroll down to: > Easy and healthy recipes > Cook along with Kath	Easy and Healthy Recipes	Vegetable fritters	1 min
		Rainbow rice	1:06 min
		San choy wow	1 min
		Zesty rice salad	56 sec
		Laidback lentil salad	1:02 min
		Speedy cheese frittata	1 min
		Fancy fish patties	1 min
		Lean mean curry	1 min
	Cook along with Kath	San choy wow	12:50 min
		Choc amazeballs	10:14 min
		Stroganoff	13:42 min
		Flatbread	9:02 min
		Crazy corn dip	8:23 min
		vegetables.co.nz/downloads-and-orders/videos-and-teaching-resources/easy-meals/	Short videos demonstrating 62 quick and easy recipes from New Zealand