

Best 

Easter Menu





Our nutrition team has lovingly created
this healthy Easter menu with
mindfulness, nourishment, and renewal
front of mind.

Make it with family or friends to enjoy
together over the long weekend.

Grocery List

MEAT, POULTRY, FISH & EGGS

300 g salmon filet

DAIRY & DAIRY ALTERNATIVES

50 g feta cheese

60 ml low fat milk

30 g parmesan cheese (grated)

420 g plain, low fat yoghurt

VEGETABLES & FRUIT

1 l apple juice

90 g broccolini

1 small cucumber

2 lemons

10 g raspberries

125 g strawberries

300g sweet potato

250 g Watermelon

SEEDS, NUTS & GRAINS

15 g pistachio nuts

SPICES & CONDIMENTS

1 handful mint leaves

1 small handful fresh parsley

Smoked paprika

PANTRY STAPLES & OTHER

10 g caster sugar

20 ml elderflower cordial

60 ml gin

Honey

Olive oil

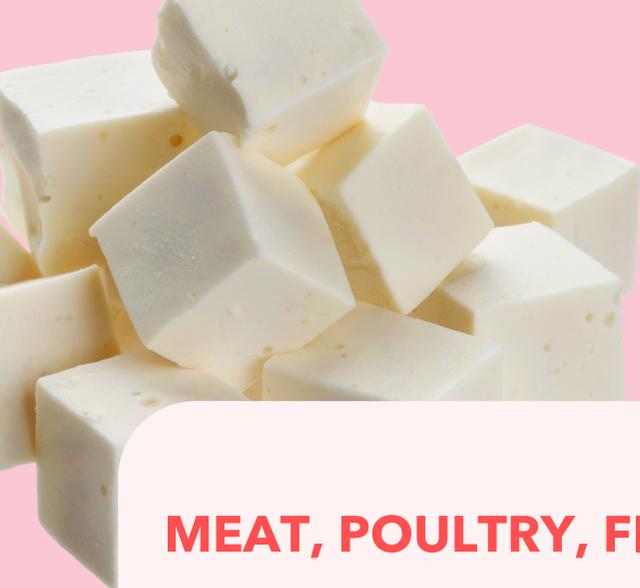
Pepper

Salt

35 g self-raising flour

Vegetable oil

White wine vinegar



Starter

Watermelon, Strawberry and Feta Salad

Serves: 2

Ingredients

- 1 tbsp olive oil
- 1/2 tbsp white wine vinegar
- Salt and pepper, to taste
- 250 g peeled watermelon (cut into cubes)
- 125 g strawberries (halved)
- 1 handful mint leaves
- 50 g feta cheese
- 1 tbsp pistachio nuts (roughly chopped)

Method

1. Make the salad dressing by adding the oil, vinegar and seasoning to a jar with a lid and shaking it.
2. Place the watermelon, strawberries and mint on a serving platter or in a salad bowl and pour the dressing over.
3. Sprinkle with feta and pistachios and serve chilled.

Main

Lemon and Paprika Baked Salmon with Chips

Serves: 2

Ingredients

- 300 g sweet potato (peeled)
- 1 tbsp olive oil
- 1/3 cup grated parmesan
- 2 x 150 g salmon filets
- 1 cup plain, low fat yoghurt
- Zest of 1 lemon
- 1 tsp smoked paprika
- 1 tbsp finely chopped parsley
- 1 bunch broccolini (steamed), for serving

Method

1. Cut the sweet potatoes into chunky chips. Arrange them in a single layer on an oven tray lined with baking paper and drizzle with olive oil. Bake for 20 minutes at 220°C. Remove from the oven and turn the chips over. Sprinkle with parmesan, then make some space to fit the salmon on the tray.
2. Combine the yoghurt, lemon and paprika, and season to taste. Spoon half of the mixture over the salmon and toss to coat well. Keep the remaining half for the dressing. Place the salmon on the tray with the chips. Reduce oven heat to 200°C and bake the salmon and chips for a further 10 minutes or until the salmon is cooked through.
3. Combine the remaining yoghurt dressing with parsley. Serve the baked salmon with the chips, yoghurt dressing and steamed broccoli.



Dessert

Lemon Raspberry Mug Cake

Serves:1

Ingredients

(Per mug)

- 1/4 cup flour, self-raising
- 2 tsp sugar, caster
- 1/4 cup milk, low-fat
- 2 tsp oil, vegetable
- 1tbsp lemon juice
- 1/2 tsp lemon zest
- 1 tbsp raspberries, fresh
- 1/2 cup low fat yoghurt, for serving
- 1 tsp honey, for serving



Method

1. Use a fork to combine all the ingredients except the berries in a 250 ml mug.
2. Sprinkle the berries on top.
3. Microwave for about one minute or until the cake appears cooked.
4. Serve with vanilla yoghurt and honey.

Feel free to enjoy an Easter egg for dessert instead of making one. A good option would be a marshmallow or candy-coated milk chocolate egg. For bigger treats, such as Lindt bunnies, remember to consider the serving size on the wrapper.

Drink

Easter Garden Cocktail

Serves: 2

Ingredients

10 mint leaves

60 ml gin

4 tsp elderflower cordial (can use more or less, depending on how sweet you like it)

4 tsp lemon juice

2 large handfuls of ice

Apple juice, for topping up

2 long strips of cucumber, peeled with a vegetable peeler

Method

1. Using a spoon with a long handle, mix the mint leaves, gin, elderflower cordial and lemon juice together in two tall glasses.
2. Add a large handful of ice to each, and then top them up with the apple juice.
3. Stir well and drop in the strip of cucumber before serving.