

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

### Sides and light meals

- 55 Antipasto garlic bread Jun 08** 1482kJ; 23.7g fat; 3.8g sat fat; 5g protein; 29.5g carbs; 2.3g fibre; 0mg chol; 621mg sodium.
- 34 Asparagus, bean and pine nut salad Sep 08** 524kJ; 10.9g fat; 0.8g sat fat; 3.3g protein; 2.6g carbs; 2.2g fibre; 0mg chol; 271mg sodium.
- 56 Asparagus salmon battleships Sep 08** 782kJ; 1.7g fat; 0.3g sat fat; 10.6g protein; 30.3g carbs; 1g fibre; 16mg chol; 663mg sodium.
- 11 B Asparagus with lemon aioli Aug 08** 554kJ; 13.4g fat; 1.6g sat fat; 1.5g protein; 1.2g carbs; 0.8g fibre; 18mg chol; 331mg sodium.
- 58 Bacon, leek and potato frittata** 2036kJ; 39.3g fat; 17.9g sat fat; 24.1g protein; 9.5g carbs; 1.7g fibre; 362mg chol; 1005mg sodium.
- 24 Baby pak choy frittata Aug 08** 1197kJ; 26.3g fat; 13.9g sat fat; 9.4g protein; 2.8g carbs; 2.4g fibre; 245mg chol; 85mg sodium.
- 84 Baked eggs with prosciutto Mar 08** 1142kJ; 18.3g fat; 6.9g sat fat; 23.6g protein; 3.5g carbs; 0.4g fibre; 405mg chol; 993mg sodium.
- 30 Baked zucchini with lemon and mint Jun 08** 293kJ; 4.9g fat; 0.6g sat fat; 1.7g protein; 3.3g carbs; 2.1g fibre; 0mg chol; 55mg sodium.
- 79 Balsamic baby onions Sep 08** 79kJ; 0.1g fat; 0g sat fat; 0.8g protein; 2.9g carbs; 0.8g fibre; 0mg chol; 7mg sodium.
- 28 CS Balsamic garlic beans DEC 08/ JAN 09** 114kJ; 1.3g fat; 0.2g sat fat; 1.4g protein; 1.5g carbs; 1.8g fibre; 0mg chol; 2mg sodium.
- 71 Banana and berry smoothie Sep 08** 678kJ; 0.5g fat; 0.1g sat fat; 8.3g protein; 30.2g carbs; 2.3g fibre; 5mg chol; 81mg sodium.
- 66 Banana and hazelnut yoghurt dip Apr 08** 1260kJ; 6.6g fat; 2g sat fat; 7.9g protein; 52.2g carbs; 3.6g fibre; 2mg chol; 90mg sodium.
- 16 B Barbecued 'parrot' Aug 08** (per piece) 264kJ; 3.6g fat; 1g sat fat; 3.7g protein; 4g carbs; 0.2g fibre; 19mg chol; 56mg sodium.
- 56 Barbecue-flavoured popcorn Mar 08** (per cup) 502kJ; 7.4g fat; 0.9g sat fat; 2.1g protein; 9.5g carbs; 4.1g fibre; 0mg chol; 115mg sodium.
- 45 Basic crêpes Apr 08** 742kJ; 6.4g fat; 3g sat fat; 8.5g protein; 20.9g carbs; 0.9g fibre; 105mg chol; 69mg sodium.
- 19 CS Bean and basil salad DEC 08/ JAN 09** 439kJ; 4.9g fat; 0.7g sat fat; 4.5g protein; 8.6g carbs; 4.7g fibre; 0mg chol; 165mg sodium.
- 22 CS Beans with nutmeg DEC 08/ JAN 09** 223kJ; 4.3g fat; 2.8g sat fat; 1.3g protein; 1.5g carbs; 1.7g fibre; 13mg chol; 38mg sodium.
- 88 Beef and vegetable pasties DEC 08/ JAN 09** 2012kJ; 26.7g fat; 12.4g sat fat; 16.7g protein; 42.6g carbs; 3g fibre; 74mg chol; 747mg sodium.
- 79 Beef and zucchini skewers Feb 08** (per skewer) 788kJ; 9.9g fat; 3g sat fat; 19.5g protein; 4.5g carbs; 1.2g fibre; 48mg chol; 110mg sodium.
- 75 Beetroot and yoghurt dip with pita crisps Jul 08** 397kJ; 1.3g fat; 0.3g sat fat; 2.7g protein; 17g carbs; 2.5g fibre; 1mg chol; 200mg sodium.
- 33 Beetroot, hazelnut and ricotta salad Sep 08** 1212kJ; 19.2g fat; 5.1g sat fat; 11.5g protein; 15.8g carbs; 6.1g fibre; 30mg chol; 579mg sodium.
- 22 HS Berrylicious Oct 08** 1536kJ; 1.6g fat; 0.05g sat fat; 8.2g protein; 66.5g carbs; 20g fibre; 0mg chol; 141mg sodium.
- 11 B Blini with salmon and mascarpone Aug 08** (per blini) 202kJ; 3.2g fat; 1.8g sat fat; 2g protein; 2.7g carbs; 0.2g fibre; 16mg chol; 113mg sodium.
- 12 HS Blueberry, cranberry and orange granola Oct 08** 2320kJ; 9.2g fat; 1.9g sat fat; 11.9g protein; 109g carbs; 11.7g fibre; 9mg chol; 85mg sodium.
- 24 Bok choy and feta triangles Aug 08** (per triangle) 166kJ; 1.8g fat; 0.9g sat fat; 1.7g protein; 4g carbs; 0.3g fibre; 3mg chol; 104mg sodium.
- 28 Braised swede and leek Jul 08** 163kJ; 0.2g fat; 0.03g sat fat; 2.4g protein; 5.5g carbs; 3.4g fibre; 0mg chol; 390mg sodium.
- 22 HS Breakfast on the go Oct 08** 1438kJ; 1g fat; 0.1g sat fat; 8.7g protein; 72.8g carbs; 3.8g fibre; 3mg chol; 96mg sodium.
- 69 Brekky bars Aug 08** (per bar) 536kJ; 5.5g fat; 1.5g sat fat; 3.7g protein; 15.6g carbs; 1.8g fibre; 11mg chol; 55mg sodium.
- 84 Broad bean dip with rosemary crisps Nov 08** 886kJ; 13.2g fat; 3.5g sat fat; 7.7g protein; 13.2g carbs; 4.5g fibre; 12mg chol; 420mg sodium.
- 62 Broccoli and potato soup Jul 08** 549kJ; 3.8g fat; 0.5g sat fat; 9g protein; 11g carbs; 6g fibre; 0mg chol; 495mg sodium.
- 73 Bruschetta two ways Apr 08** 1031kJ; 13.4g fat; 4.4g sat fat; 10.3g protein; 19.3g carbs; 2.3g fibre; 12mg chol; 540mg sodium.
- 41 Bruschetta with tomato, eggplant and bocconcini DEC 08/ JAN 09** 741kJ; 6.5g fat; 2.9g sat fat; 7.4g protein; 21.4g carbs; 2.5g fibre; 7mg chol; 313mg sodium.
- 81 Brussels sprouts with bacon and hazelnuts Jul 08** 480kJ; 9g fat; 2.9g sat fat; 5.4g protein; 1.9g carbs; 2.8g fibre; 15mg chol; 220mg sodium.
- 34 Cabbage, carrot and sesame salad Sep 08** 283kJ; 1.8g fat; 0.2g sat fat; 2.3g protein; 8.4g carbs; 4.4g fibre; 0mg chol; 345mg sodium.
- 60 Caesar salad wraps Sep 08** 1921kJ; 19g fat; 6.8g sat fat; 31.6g protein; 37.6g carbs; 5.1g fibre; 94mg chol; 1125mg sodium.
- 30 Cajun mushrooms Oct 08** 345kJ; 5.1g fat; 0.7g sat fat; 4.7g protein; 2.4g carbs; 3.9g fibre; 0mg chol; 54mg sodium.
- 56 California rolls Sep 08** 976kJ; 8.1g fat; 1.5g sat fat; 5g protein; 33.1g carbs; 1.4g fibre; 15mg chol; 296mg sodium.
- 34 Cannellini bean and tomato salad Sep 08** 435kJ; 5g fat; 0.7g sat fat; 3.6g protein; 10.5g carbs; 4.9g fibre; 0mg chol; 185mg sodium.
- 12 B Caprese pizza rounds Aug 08** (per round) 315kJ; 4.1g fat; 2.2g sat fat; 4.5g protein; 4.9g carbs; 0.5g fibre; 7mg chol; 120mg sodium.
- 35 Cauliflower smash with caramelised leeks Aug 08** 618kJ; 11g fat; 6.9g sat fat; 4.7g protein; 5.7g carbs; 4.5g fibre; 33mg chol; 135mg sodium.
- 36 Cauliflower with tarragon butter Aug 08** 616kJ; 13.1g fat; 6g sat fat; 3.3g protein; 3.2g carbs; 2.7g fibre; 26mg chol; 93mg sodium.
- 28 Celeriac mash Jul 08** 686kJ; 5.2g fat; 3.2g sat fat; 4.7g protein; 22.2g carbs; 3.8g fibre; 15mg chol; 238mg sodium.
- 71 Cheese dip with vegetable bites Nov 08** 546kJ; 3.4g fat; 2g sat fat; 10g protein; 13.3g carbs; 2.9g fibre; 11mg chol; 236mg sodium.
- 71 Cheese quesadillas with guacamole Mar 08** 1285kJ; 24.6g fat; 6.3g sat fat; 6g protein; 14.4g carbs; 2.3g fibre; 5mg chol; 198mg sodium.
- 27 Cheesy sprouts and cauliflower Jul 08** 1747kJ; 27.4g fat; 16.4g sat fat; 19.2g protein; 22.8g carbs; 3.1g fibre; 77mg chol; 547mg sodium.
- 72 Cheesy vegetable pikelets Sep 08** 346kJ; 2.1g fat; 0.9g sat fat; 4.1g protein; 10.9g carbs; 1.5g fibre; 16mg chol; 146mg sodium.
- 58 Chicken and chickpea fritters Jul 08** 1081kJ; 9g fat; 2.7g sat fat; 18.6g protein; 24.3g carbs; 3.1g fibre; 133mg chol; 385mg sodium.
- 25 Chicken and corn wraps Feb 08** 1855kJ; 16.4g fat; 8g sat fat; 28.2g protein; 42.3g carbs; 6.1g fibre; 81mg chol; 713mg sodium.
- 59 Chicken and vegetable rice paper rolls Mar 08** 751kJ; 4.7g fat; 1.3g sat fat; 16g protein; 17.3g carbs; 1.3g fibre; 51mg chol; 342mg sodium.
- 71 Chicken salad sandwich shapes Sep 08** 1314kJ; 8g fat; 2.9g sat fat; 20.9g protein; 36.4g carbs; 6.7g fibre; 30mg chol; 654mg sodium.
- 73 Chihuahua rice Mar 08** 804kJ; 2.7g fat; 0.4g sat fat; 5.2g protein; 35.1g carbs; 2.7g fibre; 0mg chol; 193mg sodium.
- 23 Chilli and garlic stir-fried Asian greens Aug 08** 280kJ; 3.7g fat; 0.6g sat fat; 3.1g protein; 3.1g carbs; 4g fibre; 0mg chol; 506mg sodium.
- 58 Chilli, cheese and potato fritters Jul 08** 1006kJ; 7.7g fat; 3.3g sat fat; 13.6g protein; 27.6g carbs; 2.7g fibre; 105mg chol; 323mg sodium.
- 80 Chilli prawn and potato skewers Feb 08** (per skewer) 567kJ; 1.4g fat; 0.2g sat fat; 17.8g protein; 11.3g carbs; 1.9g fibre; 113mg chol; 312mg sodium.
- 68 Chinese chicken noodle soup May 08** 1264kJ; 7.1g fat; 2.1g sat fat; 26.9g protein; 30.9g carbs; 3.2g fibre; 75mg chol; 1091mg sodium.
- 22 HS Choc-banana energy shake Oct 08** 1225kJ; 2.4g fat; 1g sat fat; 15.1g protein; 51.2g carbs; 3.3g fibre; 12mg chol; 158mg sodium.
- 80 Chorizo and haloumi skewers Feb 08** (per skewer) 1768kJ; 34.9g fat; 14g sat fat; 23.6g protein; 2.2g carbs; 1.2g fibre; 74mg chol; 2265mg sodium.
- 58 Choy sum and noodle frittata Nov 08** 1511kJ; 24.3g fat; 12.8g sat fat; 16.4g protein; 18.8g carbs; 3g fibre; 331mg chol; 861mg sodium.
- 28 Classic roast potatoes Apr 08** 683kJ; 4.5g fat; 0.7g sat fat; 4.4g protein; 23.9g carbs; 3.2g fibre; 0mg chol; 551mg sodium.
- 26 Coconut and lime rice noodle salad Nov 08** 1478kJ; 14.4g fat; 4.3g sat fat; 11.2g protein; 41.8g carbs; 7.5g fibre; 0mg chol; 1230mg sodium.
- 74 Colourful corn salad Mar 08** 660kJ; 10.8g fat; 1.9g sat fat; 2.4g protein; 11.5g carbs; 2.6g fibre; 0mg chol; 32mg sodium.
- 58 Corn and bacon fritters Jul 08** 1818kJ; 26.3g fat; 8.8g sat fat; 13.9g protein; 33.8g carbs; 3.9g fibre; 121mg chol; 613mg sodium.
- 74 Corn and green onion dip Jul 08** 366kJ; 2.1g fat; 1g sat fat; 2.5g protein; 13.8g carbs; 1.8g fibre; 1mg chol; 66mg sodium.
- 82 Corn fritters with smoked salmon Mar 08** 2044kJ; 26.6g fat; 15.5g sat fat; 20.8g protein; 40.1g carbs; 3g fibre; 175mg chol; 799mg sodium.
- 69 Corn, ham and noodle omelette May 08** 1388kJ; 13.9g fat; 3.6g sat fat; 19.8g protein; 30.4g carbs; 2.3g fibre; 300mg chol; 600mg sodium.
- 25 Couscous with spicy sunflower seeds May 08** 1602kJ; 11.7g fat; 1.3g sat fat; 12.5g protein; 53.9g carbs; 3.1g fibre; 0mg chol; 15mg sodium.
- 16 Cream of celery and celeriac soup Jul 08** 1690kJ; 25.9g fat; 14.3g sat fat; 11.4g protein; 28.3g carbs; 5g fibre; 64mg chol; 2294mg sodium.
- 79 Cream of parsnip soup with herb pesto Jul 08** 1584kJ; 25.2g fat; 12.6g sat fat; 9g protein; 26.8g carbs; 5.6g fibre; 56mg chol; 1061mg sodium.
- 24 Creamy pasta salad Feb 08** 1592kJ; 13g fat; 1.6g sat fat; 9.2g protein; 54g carbs; 4.6g fibre; 17mg chol; 165mg sodium.
- 46 Crêpes with mixed mushroom Apr 08** 1141kJ; 13.6g fat; 7.5g sat fat; 12.5g protein; 23.4g carbs; 3.9g fibre; 126mg chol; 138mg sodium.
- 82 Crispy baked chicken drumettes Nov 08** 1029kJ; 12.1g fat; 3.7g sat fat; 14.8g protein; 19.1g carbs; 0.5g fibre; 62mg chol; 456mg sodium.
- 70 Croque madame May 08** 2200kJ; 31.5g fat; 10.7g sat fat; 27.1g protein; 31.3g carbs; 5.2g fibre; 228mg chol; 987mg sodium.
- 26 Crunchy satay salad Nov 08** 1494kJ; 22.2g fat; 4.3g sat fat; 12.2g protein; 24.4g carbs; 7g fibre; 0mg chol; 884mg sodium.
- 56 Cucumber and sesame mini-maki Sep 08** 429kJ; 2.2g fat; 0.3g sat fat; 2.2g protein; 17.1g carbs; 1.8g fibre; 0mg chol; 71mg sodium.
- 57 Curried vegetable fritters Jul 08** 860kJ; 6.2g fat; 2.3g sat fat; 9.1g protein; 26.6g carbs; 2.9g fibre; 101mg chol; 265mg sodium.
- 69 Easy satay noodles May 08** 1235kJ; 13.5g fat; 2.7g sat fat; 9.3g protein; 33.9g carbs; 2.4g fibre; 94mg chol; 614mg sodium.
- 60 Egg and lettuce rolls DEC 08/ JAN 09** (each) 646kJ; 7.8g fat; 1.4g sat fat; 6.4g protein; 13.9g carbs; 1.8g fibre; 113mg chol; 205mg sodium.
- 77 Egg, spinach and ricotta jaffles Jun 08** 1005kJ; 7.7g fat; 2.5g sat fat; 14.8g protein; 25.8g carbs; 4.3g fibre; 163mg chol; 405mg sodium.
- 26 Fennel and udon noodle salad Nov 08** 1057kJ; 15g fat; 2.1g sat fat; 4.6g protein; 22.1g carbs; 5.1g fibre; 0mg chol; 190mg sodium.
- 52 Festive lemon rice Feb 08** 1344kJ; 9g fat; 2g sat fat; 12.6g protein; 45.3g carbs; 2.7g fibre; 103mg chol; 355mg sodium.
- 22 CS Feta dip with melba toasts DEC 08/ JAN 09** 697kJ; 13.6g fat; 5.1g sat fat; 5.9g protein; 5.1g carbs; 0.9g fibre; 18mg chol; 329mg sodium.
- 84 Fig bircher muesli Mar 08** 2210kJ; 10g fat; 2.1g sat fat; 15.4g protein; 87.6g carbs; 15g fibre; 7mg chol; 105mg sodium.

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- 12** **B** Five spice chicken bites Aug 08 460k; 1.4g fat; 0.5g sat fat; 14.3g protein; 10.1g carbs; 0.2g fibre; 41mg chol; 552mg sodium.
- 30** Garlic and thyme mushrooms Oct 08 624k; 10.7g fat; 2.4g sat fat; 8.8g protein; 2.6g carbs; 4.2g fibre; 8mg chol; 191mg sodium.
- 22** **CS** Gingered carrots DEC 08/ JAN 09 221k; 4.2g fat; 2.7g sat fat; 0.5g protein; 2.8g carbs; 1.5g fibre; 13mg chol; 58mg sodium.
- 19** Globe artichokes with tomato vinaigrette Sep 08 677k; 14.5g fat; 2g sat fat; 3.3g protein; 3g carbs; 1.9g fibre; 0mg chol; 55mg sodium.
- 44** Gluten-free buckwheat bread Sep 08 1297k; 17.2g fat; 2.4g sat fat; 4.2g protein; 34.3g carbs; 1.5g fibre; 2mg chol; 403mg sodium.
- 83** Greek salad pizza Nov 08 707k; 5.2g fat; 2.6g sat fat; 8.6g protein; 20.5g carbs; 2.3g fibre; 12mg chol; 401mg sodium.
- 79** Green bean and lentil salad Sep 08 388k; 6.3g fat; 0.9g sat fat; 3g protein; 4.7g carbs; 2.3g fibre; 0mg chol; 120mg sodium.
- 81** Green beans with olives and caperberries Jun 08 278k; 4.4g fat; 2.7g sat fat; 1.5g protein; 4.4g carbs; 2g fibre; 13mg chol; 178mg sodium.
- 74** Green salad with hot and sour dressing Oct 08 314k; 6.3g fat; 1.1g sat fat; 1.7g protein; 2g carbs; 2g fibre; 0mg chol; 8mg sodium.
- 62** Green split pea and bacon soup Jul 08 1440k; 11.7g fat; 3.1g sat fat; 22.3g protein; 34.3g carbs; 7g fibre; 16mg chol; 1035mg sodium.
- 79** Grilled pumpkin with paprika Sep 08 381k; 6.5g fat; 1.1g sat fat; 1.9g protein; 5.7g carbs; 1.4g fibre; 0mg chol; 2mg sodium.
- 58** Gruyère and parmesan soufflés May 08 1000k; 17.5g fat; 10.1g sat fat; 15.3g protein; 5.3g carbs; 0.3g fibre; 169mg chol; 307mg sodium.
- 64** Gyoza (Japanese dumplings) Aug 08 (per dumpling) 219k; 1.6g fat; 0.4g sat fat; 3.8g protein; 5.4g carbs; 0.3g fibre; 9mg chol; 265mg sodium.
- 60** Ham and vegetable pasta bake Sep 08 1095k; 9.8g fat; 4g sat fat; 17.9g protein; 24g carbs; 2.4g fibre; 148mg chol; 548mg sodium.
- 76** Ham, corn, pineapple and cheese melts Jun 08 1109k; 4g fat; 1.1g sat fat; 15.6g protein; 38.7g carbs; 5.2g fibre; 13mg chol; 777mg sodium.
- 83** Ham, mustard and cheese crêpes Nov 08 445k; 5.6g fat; 2.5g sat fat; 5.9g protein; 7.4g carbs; 0.2g fibre; 17mg chol; 451mg sodium.
- 81** Hasselback potatoes Jun 08 740k; 2.6g fat; 0.4g sat fat; 5.5g protein; 29.8g carbs; 4.2g fibre; 0mg chol; 60mg sodium.
- 26** Hawaiian pizza scrolls Feb 08 619k; 4.9g fat; 3g sat fat; 5.9g protein; 19.1g carbs; 1.3g fibre; 18mg chol; 388mg sodium.
- 82** Herb and cheese puffs Jun 08 641k; 8.1g fat; 2.6g sat fat; 5.1g protein; 14.6g carbs; 0.7g fibre; 32mg chol; 340mg sodium.
- 26** Herb and pistachio couscous May 08 2241k; 25.5g fat; 3.2g sat fat; 15.7g protein; 58g carbs; 5g fibre; 0mg chol; 25mg sodium.
- 25** Hot chilli soba Nov 08 1314k; 1g fat; 0.2g sat fat; 13.9g protein; 61.2g carbs; 7.3g fibre; 0mg chol; 667mg sodium.
- 32** Honey and five spice chicken legs Nov 08 1031k; 8.2g fat; 2.2g sat fat; 24.4g protein; 19.3g carbs; 0.3g fibre; 105mg chol; 283mg sodium.
- 35** Honeydew and prawn lettuce cups Feb 08 1376k; 15.2g fat; 2.1g sat fat; 20.1g protein; 26.4g carbs; 3.5g fibre; 129mg chol; 456mg sodium.
- 40** Hot and sour vegetable soup Apr 08 207k; 1.9g fat; 0.3g sat fat; 2g protein; 4.9g carbs; 1.8g fibre; 0mg chol; 600mg sodium.
- 56** Inside-out chicken avocado rolls Sep 08 1109k; 9.7g fat; 2g sat fat; 9.3g protein; 32.8g carbs; 1.6g fibre; 21mg chol; 183mg sodium.
- 55** Inside-out smoked salmon and green bean rolls Sep 08 775k; 1.4g fat; 0.3g sat fat; 8.3g protein; 32.5g carbs; 1.1g fibre; 12mg chol; 591mg sodium.
- 28** Jacket potatoes Apr 08 969k; 6.5g fat; 1.9g sat fat; 6.2g protein; 33.8g carbs; 5g fibre; 7mg chol; 214mg sodium.
- 66** Jamaican 'jerk' chicken May 08 1911k; 29g fat; 8.8g sat fat; 46.6g protein; 2.5g carbs; 1.2g fibre; 272mg chol; 258mg sodium.
- 68** Kids' quiches Apr 08 (per quiche) 317k; 3.7g fat; 1.4g sat fat; 4.8g protein; 5.6g carbs; 0.5g fibre; 38mg chol; 158mg sodium.
- 43** Lamb, tabouli and hommus wrap Aug 08 (per wrap) 2142k; 19.5g fat; 3.7g sat fat; 22.8g protein; 59.1g carbs; 9g fibre; 30mg chol; 557mg sodium.
- 25** Lebanese rice and noodles Nov 08 1564k; 15.5g fat; 1.4g sat fat; 7.6g protein; 49.1g carbs; 3.4g fibre; 0mg chol; 57mg sodium.
- 36** Lemon and almond cauliflower Aug 08 1143k; 20.7g fat; 1.4g sat fat; 12.8g protein; 6.4g carbs; 6.2g fibre; 0mg chol; 724mg sodium.
- 26** Lemon, olive and parsley couscous May 08 1410k; 5.4g fat; 0.8g sat fat; 9.3g protein; 60.6g carbs; 1.9g fibre; 0mg chol; 270mg sodium.
- 49** Lentil and haloumi salad DEC 08/ JAN 09 1370k; 24.7g fat; 8.8g sat fat; 17g protein; 8g carbs; 3.6g fibre; 33mg chol; 2029mg sodium.
- 49** Lettuce, avocado and mango salad DEC 08/ JAN 09 1397k; 28.3g fat; 5.2g sat fat; 4.2g protein; 14.7g carbs; 4.2g fibre; 0mg chol; 60mg sodium.
- 45** Light basil and ricotta pesto Oct 08 (per ¼ cup) 328k; 5.6g fat; 2g sat fat; 4.5g protein; 1.7g carbs; 1.5g fibre; 14mg chol; 107mg sodium.
- 28** Low-fat mash Apr 08 742k; 1.5g fat; 0.3g sat fat; 6.7g protein; 31.4g carbs; 3.8g fibre; 1mg chol; 50mg sodium.
- 18** Marinated artichoke salad Sep 08 460k; 6g fat; 2.9g sat fat; 7.3g protein; 4.7g carbs; 4g fibre; 9mg chol; 448mg sodium.
- 63** Matzo balls in chicken broth Aug 08 1336k; 15.1g fat; 2.1g sat fat; 14g protein; 29.9g carbs; 3.8g fibre; 94mg chol; 1069mg sodium.
- 58** Mediterranean frittata Nov 08 1475k; 24.3g fat; 12.9g sat fat; 16.3g protein; 15.9g carbs; 3.2g fibre; 331mg chol; 314mg sodium.
- 17** Mediterranean stuffed tomatoes Mar 08 1165k; 12.2g fat; 1.3g sat fat; 6.7g protein; 31.9g carbs; 6.2g fibre; 0mg chol; 271mg sodium.
- 44** Mediterranean vegetable wrap Aug 08 (per wrap) 965k; 10.3g fat; 4.1g sat fat; 11.4g protein; 20.6g carbs; 4g fibre; 25mg chol; 470mg sodium.
- 43** Mexican chilli bean and avocado wrap Aug 08 (per wrap) 2435k; 37.8g fat; 16.9g sat fat; 21.8g protein; 34.5g carbs; 7.9g fibre; 61mg chol; 1276mg sodium.
- 93** Mexican cornbread Jun 08 628k; 3.1g fat; 0.9g sat fat; 4.5g protein; 25.4g carbs; 0.9g fibre; 19mg chol; 175mg sodium.
- 74** Mexican layered dip Jul 08 1063k; 19.3g fat; 6g sat fat; 7.4g protein; 11.1g carbs; 4.3g fibre; 5mg chol; 173mg sodium.
- 12** Microwave ham and tomato omelette Jul 08 1205k; 18.9g fat; 7.9g sat fat; 27.7g protein; 1.5g carbs; 420mg chol; 1199mg sodium.
- 58** Mini asparagus frittatas Nov 08 (each) 233k; 4.5g fat; 2.2g sat fat; 2.6g protein; 1g carbs; 0.3g fibre; 55mg chol; 59mg sodium.
- 27** Mini chicken and vegetable platter Feb 08 1356k; 20g fat; 5.6g sat fat; 22.3g protein; 13g carbs; 2g fibre; 105mg chol; 1059mg sodium.
- 81** Mini ginger chicken burgers with lime mayo Nov 08 958k; 12.5g fat; 1.8g sat fat; 11.7g protein; 17.3g carbs; 1.2g fibre; 40mg chol; 203mg sodium.
- 12** **B** Mini hamburgers Aug 08 (per burger) 342k; 2.3g fat; 1g sat fat; 4.2g protein; 10.2g carbs; 0.8g fibre; 15mg chol; 115mg sodium.
- 67** Mini ham tortilla wedges Apr 08 690k; 4.8g fat; 2.2g sat fat; 12.3g protein; 18.5g carbs; 1.8g fibre; 20mg chol; 554mg sodium.
- 60** Mini pizza supremes Mar 08 1342k; 6.4g fat; 2.8g sat fat; 18.7g protein; 44.7g carbs; 4.2g fibre; 21mg chol; 912mg sodium.
- 27** Mini potato gratins Apr 08 1871k; 25.9g fat; 15.6g sat fat; 17.6g protein; 33.8g carbs; 4g fibre; 78mg chol; 490mg sodium.
- 76** Mini quiches with pancetta and leek May 08 (per quiche) 454k; 7.9g fat; 4.4g sat fat; 2.6g protein; 6.7g carbs; 0.4g fibre; 50mg chol; 78mg sodium.
- 76** Mini quiches with tomato and marinated feta May 08 (per quiche) 489k; 8.6g fat; 4.5g sat fat; 2.4g protein; 7.5g carbs; 0.5g fibre; 49mg chol; 78mg sodium.
- 22** **CS** Mini roasted capsicum tartlets DEC 08/ JAN 09 1121k; 20g fat; 10.7g sat fat; 4.3g protein; 18.4g carbs; 0.5g fibre; 20mg chol; 402mg sodium.
- 41** Mini Spanish frittatas Apr 08 1905k; 35.1g fat; 16.1g sat fat; 15.2g protein; 13.9g carbs; 2.2g fibre; 212mg chol; 480mg sodium.
- 84** Mini tortilla cups with corn salsa Nov 08 (each) 279k; 3.2g fat; 0.8g sat fat; 1.3g protein; 7.6g carbs; 0.8g fibre; 0mg chol; 103mg sodium.
- 66** Mini tuna and salad subs Apr 08 (per sub) 878k; 4.4g fat; 2g sat fat; 14.3g protein; 26.8g carbs; 2.9g fibre; 9mg chol; 579mg sodium.
- 39** Mixed green salad with mustard dressing DEC 08/ JAN 09 435k; 7g fat; 1g sat fat; 4.3g protein; 4.1g carbs; 3.1g fibre; 0mg chol; 80mg sodium.
- 50** Mixed tomato salad DEC 08/ JAN 09 492k; 7g fat; 3.2g sat fat; 5.3g protein; 6.5g carbs; 2.3g fibre; 14mg chol; 298mg sodium.
- 16** **B** Money bags Aug 08 (per piece) 265k; 2.4g fat; 0.5g sat fat; 2.4g protein; 7.6g carbs; 0.3g fibre; 3mg chol; 123mg sodium.
- 30** Moroccan eggplant with yoghurt dressing Jun 08 274k; 4.3g fat; 0.9g sat fat; 1.8g protein; 3.7g carbs; 1.7g fibre; 3mg chol; 260mg sodium.
- 29** Moroccan mushrooms 331k; 2.9g fat; 0.3g sat fat; 5.6g protein; 5.4g carbs; 4.4g fibre; 0mg chol; 361mg sodium.
- 33** Mushroom, prosciutto and spinach salad Sep 08 718k; 13.5g fat; 1.7g sat fat; 9g protein; 2.6g carbs; 2.4g fibre; 16mg chol; 1140mg sodium.
- 65** Nachos with chunky guacamole May 08 1524k; 18.6g fat; 6.2g sat fat; 23.6g protein; 5.3g carbs; 23g fibre; 41mg chol; 364mg sodium.
- 79** Old-fashioned potato salad Sep 08 1685k; 25.7g fat; 7.4g sat fat; 6.1g protein; 33.9g carbs; 4.3g fibre; 52mg chol; 207mg sodium.
- 81** Orange-braised fennel Jul 08 309k; 4.7g fat; 0.6g sat fat; 1.4g protein; 5.2g carbs; 2.7g fibre; 0mg chol; 115mg sodium.
- 67** Oven-baked muesli Aug 08 1081k; 11.8g fat; 2.8g sat fat; 6.7g protein; 29.8g carbs; 4.9g fibre; 0mg chol; 20mg sodium.
- 82** Oven-baked ratatouille Jun 08 254k; 2.9g fat; 0.4g sat fat; 2.1g protein; 4.9g carbs; 3.3g fibre; 0mg chol; 35mg sodium.
- 7** **CS** Oysters with chilli and bacon DEC 08/ JAN 09 412k; 7.5g fat; 2.1g sat fat; 7.3g protein; 0.5g carbs; 0.2g fibre; 36mg chol; 349mg sodium.
- 27** Parsnip with crispy prosciutto Jul 08 856k; 6.1g fat; 2.1g sat fat; 8.5g protein; 25.4g carbs; 6.7g fibre; 17mg chol; 461mg sodium.
- 56** Pasta frittatas Mar 08 (per fritтата) 170k; 6.1g fat; 2.1g sat fat; 10.9g protein; 17g carbs; 1.5g fibre; 191mg chol; 118mg sodium.
- 58** Pea, feta and mint fritters Jul 08 1587k; 12.6g fat; 6.4g sat fat; 23.2g protein; 40g carbs; 6.3g fibre; 108mg chol; 904mg sodium.
- 58** Pea, mint and feta frittatas Nov 08 (each) 222k; 4.4g fat; 2.4g sat fat; 2.8g protein; 0.6g carbs; 0.3g fibre; 57mg chol; 64mg sodium.
- 32** Pear and roast beef rolls Nov 08 705k; 6.4g fat; 2.7g sat fat; 9.2g protein; 17.8g carbs; 1.5g fibre; 22mg chol; 274mg sodium.
- 76** Peanut butter and banana toasts Jun 08 1337k; 7.9g fat; 1.3g sat fat; 7.6g protein; 53.6g carbs; 4.4g fibre; 0mg chol; 247mg sodium.
- 84** Perfect scrambled eggs Mar 08 1589k; 21.2g fat; 9.6g sat fat; 18.5g protein; 28.2g carbs; 1.8g fibre; 405mg chol; 793mg sodium.
- 80** Pesto chicken and tomato skewers Feb 08 (per skewer) 671k; 9.7g fat; 2.2g sat fat; 14.7g protein; 3.1g carbs; 1.3g fibre; 65mg chol; 76mg sodium.
- 63** Piroshki Aug 08 (per dumpling) 70k; 1g fat; 0.3g sat fat; 1.5g protein; 0.3g carbs; 0.3g fibre; 7mg chol; 11mg sodium.
- 18** **B** Pizza ships Aug 08 310k; 2.4g fat; 1g sat fat; 3.7g protein; 9g carbs; 0.7g fibre; 4mg chol; 170mg sodium.
- 40** Pork rice paper rolls with hoisin dipping sauce DEC 08/ JAN 09 1501k; 11.2g fat; 2g sat fat; 20.3g

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- protein; 44.8g carbs; 4.1g fibre; 28mg chol; 665mg sodium.
- 80** **Pork and sweet potato skewers** Feb 08 (per skewer) 692kJ; 6.3g fat; 1.2g sat fat; 18g protein; 8.6g carbs; 1.3g fibre; 71mg chol; 129mg sodium.
- 51** **Pork dumplings** Feb 08 (per dumpling) 206kJ; 1.8g fat; 0.3g sat fat; 2.6g protein; 5.2g carbs; 0.3g fibre; 3mg chol; 164mg sodium.
- 68** **Porridge with banana topping** Aug 08 2075kJ; 14.7g fat; 3.6g sat fat; 15.2g protein; 76.6g carbs; 5.9g fibre; 16mg chol; 188mg sodium.
- 68** **Porridge with mixed berries topping** Aug 08 1241kJ; 5g fat; 2.3g sat fat; 14g protein; 46.8g carbs; 7.6g fibre; 16mg chol; 185mg sodium.
- 83** **Potato, bacon and rocket pizza** Nov 08 795kJ; 6.9g fat; 3g sat fat; 10.6g protein; 20.4g carbs; 1.6g fibre; 17mg chol; 494mg sodium.
- 56** **Prawn and avocado handrolls** Sep 08 1244kJ; 14.1g fat; 3.1g sat fat; 23.3g protein; 17g carbs; 2.9g fibre; 160mg chol; 553mg sodium.
- 7** **CS Prawns with caper tartare** DEC 08/ JAN 09 952kJ; 19.8g fat; 2.3g sat fat; 11.9g protein; 0.8g carbs; 0.1g fibre; 117mg chol; 372mg sodium.
- 22** **HS Punch pick-me-up** Oct 08 526kJ; 0.5g fat; 0.02g sat fat; 2.5g protein; 25.7g carbs; 3.9g fibre; 0mg chol; 115mg sodium.
- 75** **Pumpkin and chickpea dip** Jul 08 479kJ; 6.2g fat; 0.9g sat fat; 4.3g protein; 8.9g carbs; 3.5g fibre; 0mg chol; 115mg sodium.
- 94** **Pumpkin and rosemary loaf** Jun 08 926kJ; 5.9g fat; 2.1g sat fat; 7.7g protein; 32.6g carbs; 2.8g fibre; 7mg chol; 936mg sodium.
- 80** **Pumpkin and tofu skewers** Feb 08 (per skewer) 681kJ; 10.3g fat; 1.8g sat fat; 10.3g protein; 6.1g carbs; 2.4g fibre; 0mg chol; 387mg sodium.
- 30** **Pumpkin slices with rocket and feta** Jun 08 657kJ; 9.2g fat; 3.9g sat fat; 7g protein; 10.7g carbs; 2.2g fibre; 13mg chol; 206mg sodium.
- 75** **Rare roast beef sandwiches** May 08 (per triangle) 317kJ; 2g fat; 1g sat fat; 3.9g protein; 9.8g carbs; 1.3g fibre; 8mg chol; 180mg sodium.
- 73** **Rice noodle and vegetable salad** Oct 08 506kJ; 3.7g fat; 0.6g sat fat; 2.3g protein; 19g carbs; 1.5g fibre; 0mg chol; 388mg sodium.
- 58** **Ricotta and herb fritters** Jul 08 1175kJ; 12.5g fat; 5.2g sat fat; 19g protein; 22.5g carbs; 1.2g fibre; 105mg chol; 458mg sodium.
- 61** **Roast beef and salad sub** Sep 08 1282kJ; 9.4g fat; 4.4g sat fat; 21.6g protein; 31.2g carbs; 4.3g fibre; 45mg chol; 748mg sodium.
- 58** **Roasted capsicum and spinach fritters** Jul 08 868kJ; 7.8g fat; 3.3g sat fat; 11.3g protein; 21.2g carbs; 3.1g fibre; 105mg chol; 355mg sodium.
- 25** **Roasted carrot and currant couscous with tahini dressing** May 08 2026kJ; 15.8g fat; 2.1g sat fat; 12.2g protein; 69.9g carbs; 6g fibre; 0mg chol; 130mg sodium.
- 50** **Roasted chat potato and herb salad** DEC 08/ JAN 09 855kJ; 8.7g fat; 2.9g sat fat; 8.2g protein; 20.6g carbs; 4.1g fibre; 10mg chol; 225mg sodium.
- 95** **Roasted garlic bread** Jun 08 1056kJ; 10.1g fat; 1.5g sat fat; 5.6g protein; 32.9g carbs; 2.6g fibre; 1mg chol; 305mg sodium.
- 61** **Roast tomato and basil soup** Jul 08 1330kJ; 11.5g fat; 2g sat fat; 11.3g protein; 38.4g carbs; 6.5g fibre; 0mg chol; 1143mg sodium.
- 15** **CS Rosemary and thyme hasselback potatoes** DEC 08/ JAN 09 696kJ; 4.5g fat; 0.6g sat fat; 4.5g protein; 24.6g carbs; 3.3g fibre; 0mg chol; 1096mg sodium.
- 73** **Rosemary cornbread** Mar 08 1012kJ; 5g fat; 2.3g sat fat; 7.5g protein; 40.2g carbs; 2.4g fibre; 56mg chol; 249mg sodium.
- 80** **Rosemary lamb skewers** Feb 08 (per skewer) 723kJ; 8.9g fat; 4.4g sat fat; 20.1g protein; 2.3g carbs; 0.7g fibre; 67mg chol; 90mg sodium.
- 56** **Salmon and cucumber sushi** Sep 08 871kJ; 4.1g fat; 0.8g sat fat; 8.9g protein; 31.9g carbs; 1.1g fibre; 17mg chol; 154mg sodium.
- 58** **Salmon and dill frittata** Nov 08 1721kJ; 32.1g fat; 15.1g sat fat; 29g protein; 2.2g carbs; 0.6g fibre; 382mg chol; 357mg sodium.
- 37** **Salmon rice paper rolls** Jun 08 (per roll) 566kJ; 0.8g fat; 0.1g sat fat; 4.2g protein; 27.1g carbs; 0.7g fibre; 2mg chol; 482mg sodium.
- 25** **Salmon sushi rolls** Feb 08 1307kJ; 9.6g fat; 2.2g sat fat; 10.9g protein; 42.2g carbs; 5.1g fibre; 14mg chol; 1264mg sodium.
- 27** **Scalloped potatoes** Apr 08 1076kJ; 4.6g fat; 2.8g sat fat; 10.2g protein; 40.6g carbs; 4.5g fibre; 15mg chol; 65mg sodium.
- 28** **Silverbeet with orange and currants** Jul 08 446kJ; 6.4g fat; 0.6g sat fat; 3.6g protein; 7.2g carbs; 4.3g fibre; 0mg chol; 215mg sodium.
- 71** **Simple frittata tarts** Feb 08 1345kJ; 16.5g fat; 6g sat fat; 16.8g protein; 24.1g carbs; 4.9g fibre; 208mg chol; 591mg sodium.
- 29** **Slow-roasted tomatoes with olives and capers** Jun 08 338kJ; 4.5g fat; 0.6g sat fat; 2g protein; 6.9g carbs; 2.2g fibre; 0mg chol; 150mg sodium.
- 8** **CS Smashed potato salad** DEC 08/ JAN 09 529kJ; 4.2g fat; 0.6g sat fat; 3.2g protein; 17g carbs; 2.8g fibre; 0mg chol; 16mg sodium.
- 75** **Smoked salmon and cucumber finger sandwiches** May 08 (per finger) 293kJ; 2.4g fat; 1.2g sat fat; 4.1g protein; 7.7g carbs; 0.6g fibre; 9mg chol; 291mg sodium.
- 58** **Smoked salmon and dill fritters** Jul 08 1096kJ; 14.4g fat; 7.3g sat fat; 13.1g protein; 19.5g carbs; 1.3g fibre; 136mg chol; 676mg sodium.
- 56** **Smoked trout cucumber parcels** Sep 08 211kJ; 0.5g fat; 0.1g sat fat; 2.9g protein; 7.8g carbs; 0.9g fibre; 6mg chol; 52mg sodium.
- 93** **Soy and linseed loaf** Jun 08 1190kJ; 5.5g fat; 0.8g sat fat; 12.8g protein; 42.6g carbs; 6.4g fibre; 1mg chol; 307mg sodium.
- 73** **Spiced coconut prawns** Oct 08 321kJ; 1.8g fat; 1g sat fat; 12.6g protein; 1.8g carbs; 0.9g fibre; 85mg chol; 818mg sodium.
- 29** **Spiced cauliflower** Jun 08 291kJ; 5.2g fat; 0.7g sat fat; 2.4g protein; 2.3g carbs; 2.1g fibre; 0mg chol; 65mg sodium.
- 41** **Spicy bean dip** DEC 08/ JAN 09 (not including vegetables/chips) 375kJ; 2.7g fat; 0.4g sat fat; 4.3g protein; 9.5g carbs; 4.6g fibre; 0mg chol; 192mg sodium.
- 30** **Spicy mushroom and tomato salad** Oct 08 606kJ; 10.2g fat; 1.4g sat fat; 4.8g protein; 5.4g carbs; 5.4g fibre; 0mg chol; 118mg sodium.
- 58** **Spicy pumpkin and coriander fritters** Jul 08 975kJ; 6.2g fat; 2.2g sat fat; 10.6g protein; 31.7g carbs; 3.5g fibre; 98mg chol; 250mg sodium.
- 69** **Spicy pumpkin and herb dampers** Nov 08 (each) 508kJ; 3g fat; 0.6g sat fat; 3.7g protein; 18.8g carbs; 1.5g fibre; 16mg chol; 190mg sodium.
- 58** **Spicy sweet potato frittata** 1680kJ; 23.8g fat; 2.7g sat fat; 17.6g protein; 27.8g carbs; 4.6g fibre; 331mg chol; 270mg sodium.
- 57** **Spinach and ham frittata** Nov 08 1334kJ; 24.6g fat; 13g sat fat; 20g protein; 3.2g carbs; 3.6g fibre; 344mg chol; 669mg sodium.
- 19** **CS Sultana and almond couscous salad** DEC 08/ JAN 09 1208kJ; 8.4g fat; 0.9g sat fat; 10.4g protein; 40.8g carbs; 5.6g fibre; 0mg chol; 325mg sodium.
- 56** **Sushi sandwiches** Sep 08 700kJ; 0.5g fat; 0.1g sat fat; 3.1g protein; 35.1g carbs; 2.7g fibre; 0mg chol; 123mg sodium.
- 77** **Sweet chilli bean jaffles** Jun 08 1155kJ; 3.5g fat; 1g sat fat; 14.7g protein; 42.4g carbs; 6.7g fibre; 5mg chol; 706mg sodium.
- 62** **Sweet potato and chilli soup** Jul 08 638kJ; 3.5g fat; 0.5g sat fat; 3.8g protein; 24.8g carbs; 3.6g fibre; 0mg chol; 509mg sodium.
- 81** **Sweet potato and herb crumble** Jul 08 933kJ; 9.1g fat; 5.6g sat fat; 4.9g protein; 28.9g carbs; 3.2g fibre; 26mg chol; 240mg sodium.
- 44** **Tandoori chicken wrap** Aug 08 (per wrap) 1298kJ; 4.8g fat; 2.2g sat fat; 33.4g protein; 29.5g carbs; 5.1g fibre; 100mg chol; 696mg sodium.
- 56** **Teriyaki and chicken handrolls** Sep 08 905kJ; 2.6g fat; 0.7g sat fat; 22.5g protein; 23.3g carbs; 2.8g fibre; 54mg chol; 190mg sodium.
- 50** **Teriyaki tofu salad** DEC 08/ JAN 09 432kJ; 4.3g fat; 0.6g sat fat; 8.2g protein; 6.6g carbs; 3.3g fibre; 0mg chol; 559mg sodium.
- 58** **Tex-Mex frittatas** Nov 08 (each) 2120kJ; 38.2g fat; 18.2g sat fat; 26.4g protein; 12.1g carbs; 4.5g fibre; 364mg chol; 910mg sodium.
- 44** **Thai beef salad wrap** Aug 08 (per wrap) 1785kJ; 13.3g fat; 3.6g sat fat; 34.6g protein; 39.5g carbs; 4.1g fibre; 80mg chol; 549mg sodium.
- 35** **Thai cauliflower** Aug 08 1477kJ; 27.4g fat; 19.2g sat fat; 9.3g protein; 14.3g carbs; 8g fibre; 0mg chol; 1103mg sodium.
- 71** **Thai crab salad** 142kJ; 1.7g fat; 0.3g sat fat; 3.3g protein; 0.8g carbs; 0.9g fibre; 17mg chol; 154mg sodium.
- 26** **Tuna patty rolls** Feb 08 2497kJ; 20.5g fat; 3.6g sat fat; 33.7g protein; 65g carbs; 7.2g fibre; 86mg chol; 561mg sodium.
- 68** **Tuna san choy bau** May 08 994kJ; 4.9g fat; 1.2g sat fat; 18.9g protein; 28.3g carbs; 2.7g fibre; 34mg chol; 379mg sodium.
- 62** **Turkish dumplings** Aug 08 (per dumpling) 165kJ; 1g fat; 0.4g sat fat; 3g protein; 4.3g carbs; 0.3g fibre; 8mg chol; 68mg sodium.
- 67** **Vegetable wedges with spiced sour cream** May 08 1252kJ; 9.1g fat; 3.3g sat fat; 9g protein; 41.1g carbs; 7.1g fibre; 2mg chol; 89mg sodium.
- 51** **Vegetarian spring rolls** Feb 08 (per roll) 391kJ; 4g fat; 0.7g sat fat; 2g protein; 11.9g carbs; 1g fibre; 27mg chol; 163mg sodium.
- 36** **Warm cauliflower salad** Aug 08 1273kJ; 21.3g fat; 1.7g sat fat; 7.3g protein; 19.3g carbs; 5.8g fibre; 0mg chol; 90mg sodium.
- 29** **Warm mushroom pasta salad** 1337kJ; 8g fat; 1.1g sat fat; 11.6g protein; 46.5g carbs; 5.9g fibre; 0mg chol; 113mg sodium.
- 8** **CS Watercress and celery salad** DEC 08/ JAN 09 615kJ; 14.6g fat; 2.8g sat fat; 1.6g protein; 1.5g carbs; 2.1g fibre; 0mg chol; 32mg sodium.
- 26** **Watercress and chive couscous** May 08 1606kJ; 14.8g fat; 2.1g sat fat; 9.4g protein; 51.9g carbs; 1.6g fibre; 0mg chol; 56mg sodium.
- 35** **Watermelon and pistachio salad** Feb 08 1065kJ; 19.7g fat; 5.1g sat fat; 6.4g protein; 12.5g carbs; 2.3g fibre; 14mg chol; 256mg sodium.
- 94** **Wholemeal caraway cob** Jun 08 850kJ; 1.4g fat; 0.2g sat fat; 7.2g protein; 36.6g carbs; 6.8g fibre; 1mg chol; 609mg sodium.
- 17** **Winter waldorf salad** Jul 08 1385kJ; 29.1g fat; 5.1g sat fat; 6.2g protein; 10.3g carbs; 4.3g fibre; 30mg chol; 245mg sodium.
- 17** **B 'X marks the spot' pies** Aug 08 424kJ; 5.7g fat; 2.8g sat fat; 3.2g protein; 9.1g carbs; 0.6g fibre; 10mg chol; 178mg sodium.
- 58** **Zucchini and haloumi fritters** Jul 08 1222kJ; 14.2g fat; 6.8g sat fat; 17.7g protein; 21.6g carbs; 3.8g fibre; 121mg chol; 1375mg sodium.
- 37** **Zucchini rice slice** Jun 08 2272kJ; 33.6g fat; 16.5g sat fat; 29.8g protein; 29.9g carbs; 1.6g fibre; 344mg chol; 572mg sodium.

### Vegetables and vegetarian

- 28** **Agnolotti, pumpkin and spinach salad** Nov 08 1869kJ; 16.8g fat; 5g sat fat; 16.5g protein; 52.5g carbs; 7.8g fibre; 25mg chol; 900mg sodium.
- 28** **Antipasto pasta** May 08 2373kJ; 11.4g fat; 3.4g sat fat; 20.3g protein; 91.4g carbs; 6g fibre; 11mg chol; 1026mg sodium.
- 19** **Artichoke, chilli and lemon spaghetti** Sep 08 1968kJ; 7.3g fat; 3.7g sat fat; 15.9g protein; 79.1g carbs; 8.5g fibre; 16mg chol; 565mg sodium.
- 49** **Brown rice and harissa roasted vegetable salad** Jul 08 1507kJ; 14.4g fat; 2g sat fat; 6.4g protein; 48.6g carbs; 4.8g fibre; 0mg chol; 140mg sodium.
- 24** **Caramelised onion, semi-dried tomato and feta tart** 2399kJ; 55.9g fat; 26.1g sat fat; 20.6g protein; 49.7g carbs; 3.6g fibre; 271mg chol; 906mg sodium.
- 17** **Celery and silverbeet pie** Jul 08 1194kJ; 14.7g fat; 3.7g sat fat; 14g protein; 22.2g carbs; 4g fibre; 239mg chol; 503mg sodium.
- 71** **Chargrilled pear and walnut salad** Apr 08 602kJ; 9.9g fat; 3.4g sat fat; 4.1g protein; 9.1g carbs; 2.1g fibre; 8mg chol; 145mg sodium.
- 21** **Cheese and asparagus tart** Nov 08 2171kJ; 31.6g fat; 14.9g sat fat; 20.9g protein; 36.2g carbs; 3.3g fibre; 28mg chol; 820mg sodium.
- 39** **Cheese and spinach tortilla melts** Apr 08 2412kJ; 32.4g fat; 19.2g sat fat; 26.6g protein; 43.8g carbs; 3.5g fibre; 73mg chol; 1262mg sodium.
- 39** **Chickpea and leek soup** Aug 08 1687kJ; 14.4g fat; 7.3g sat fat; 16.2g protein; 47.2g carbs; 9.5g fibre; 33mg chol; 1231mg sodium.
- 43** **Chickpea and pumpkin casserole** Jul 08

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- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- 1675k; 9.6g fat; 1.6g sat fat; 17.6g protein; 50.5g carbs; 14.6g fibre; 0mg chol; 586mg sodium.
- 17 Chinese coleslaw** Apr 08 640k; 8.2g fat; 0.7g sat fat; 6.8g protein; 9.8g carbs; 6.2g fibre; 0mg chol; 460mg sodium.
- 40 Corn, chive and cheese quiche** Aug 08 3334k; 56.6g fat; 32.2g sat fat; 28.2g protein; 43.6g carbs; 3g fibre; 303mg chol; 713mg sodium.
- 20 Creamy pesto gnocchi** May 08 1968k; 26.7g fat; 10.7g sat fat; 12.9g protein; 44.1g carbs; 5g fibre; 54mg chol; 1045mg sodium.
- 29 Curried vegetable couscous wraps** Mar 08 (excluding mint yoghurt) 1298k; 3.9g fat; 0.5g sat fat; 11.7g protein; 53.5g carbs; 6.1g fibre; 1mg chol; 286mg sodium.
- 62 Crustless mushroom quiche** Nov 08 1069k; 17.9g fat; 6.8g sat fat; 20.3g protein; 3g carbs; 1.9g fibre; 395mg chol; 301mg sodium.
- 72 Easy spinach and ricotta cannelloni** Feb 08 1886k; 20.4g fat; 11.3g sat fat; 31.1g protein; 35.4g carbs; 5.7g fibre; 59mg chol; 637mg sodium.
- 43 Egg-free mushroom and parmesan quiche** Sep 08 1571k; 22g fat; 12.8g sat fat; 12.6g protein; 30.6g carbs; 3.8g fibre; 49mg chol; 413mg sodium.
- 52 Falafel** Mar 08 932k; 7.2g fat; 1g sat fat; 10.6g protein; 25.7g carbs; 8g fibre; 0mg chol; 377mg sodium.
- 72 Fresh wholemeal pasta** Jun 08 990k; 4.7g fat; 1.3g sat fat; 10.8g protein; 35.4g carbs; 3.9g fibre; 141mg chol; 52mg sodium.
- 33 Ginger tofu with mushrooms** Mar 08 1518k; 12.7g fat; 1.9g sat fat; 19.9g protein; 39.3g carbs; 7g fibre; 0mg chol; 365mg sodium.
- 17 Grape tomato pasta** Mar 08 2031k; 5.1g fat; 2.4g sat fat; 19g protein; 86.1g carbs; 5.3g fibre; 30mg chol; 205mg sodium.
- 18 Grilled cabbage with cream sauce** Apr 08 1328k; 28.7g fat; 16g sat fat; 4.4g protein; 6.4g carbs; 5.1g fibre; 73mg chol; 94mg sodium.
- 75 Honey mustard roasted vegetable salad** DEC 08/ JAN 09 1006k; 11g fat; 3.3g sat fat; 6.2g protein; 26.1g carbs; 5.6g fibre; 16mg chol; 190mg sodium.
- 32 Japanese vegetarian hotpot** Jul 08 1245k; 4.3g fat; 1g sat fat; 13.6g protein; 48.4g carbs; 6.3g fibre; 94mg chol; 1383mg sodium.
- 64 Layered chargrilled vegetable terrine** Feb 08 2222k; 28.1g fat; 11.7g sat fat; 20.9g protein; 46.2g carbs; 5.5g fibre; 47mg chol; 1027mg sodium.
- 34 Lemon and olive couscous salad** Mar 08 1580k; 3.3g fat; 1.6g sat fat; 16.3g protein; 67.7g carbs; 2.3g fibre; 10mg chol; 300mg sodium.
- 39 Low-GI pasta primavera** Jul 08 1778k; 8.4g fat; 3.1g sat fat; 16g protein; 64.3g carbs; 9.8g fibre; 18mg chol; 80mg sodium.
- 37 Marinated tofu salad** Sep 08 1615k; 14.2g fat; 2g sat fat; 22g protein; 41.8g carbs; 6.1g fibre; 0mg chol; 1183mg sodium.
- 69 Mexican chilli beans** Jul 08 2464k; 14.7g fat; 2.9g sat fat; 17.8g protein; 86.3g carbs; 14.4g fibre; 0mg chol; 500mg sodium.
- 71 Moroccan couscous patties** Jul 08 1641k; 7.8g fat; 1.3g sat fat; 15g protein; 61.5g carbs; 7.4g fibre; 47mg chol; 420mg sodium.
- 20 Mushrooms with risoni and cheese** Nov 08 1900k; 14.4g fat; 6g sat fat; 26.2g protein; 50.1g carbs; 8.4g fibre; 32mg chol; 476mg sodium.
- 30 Mushroom and spinach risotto** Apr 08 2063k; 9.2g fat; 3.1g sat fat; 14.1g protein; 85.5g carbs; 3.1g fibre; 10mg chol; 902mg sodium.
- 41 Mushroom, herb and spinach fettuccine** Sep 08 2390k; 21.5g fat; 11g sat fat; 20.6g protein; 70.1g carbs; 5.8g fibre; 74mg chol; 170mg sodium.
- 20 Mushrooms with creamy polenta** Jul 08 1460k; 17.4g fat; 6g sat fat; 15.1g protein; 30.6g carbs; 5.1g fibre; 23mg chol; 220mg sodium.
- 56 Panzanella salad** Jun 08 1467k; 16.3g fat; 2.8g sat fat; 9.1g protein; 39.4g carbs; 5.7g fibre; 0mg chol; 438mg sodium.
- 39 Parmesan herb risotto cake** DEC 08/ JAN 09 1086k; 10.1g fat; 3.5g sat fat; 10.8g protein; 29.7g carbs; 1.9g fibre; 105mg chol; 197mg sodium.
- 38 Pasta and broccoli** 2706k; 20.7g fat; 2.9g sat fat; 22.1g protein; 86.4g carbs; 11.3g fibre; 0mg chol; 45mg sodium.
- 74 Potatoes with crispy sage** Apr 08 667k; 4.8g fat; 0.7g sat fat; 3.9g protein; 22.9g carbs; 3.9g fibre; 0mg chol; 45mg sodium.
- 73 Pronto pesto pasta** Feb 08 2490k; 18g fat; 2.8g sat fat; 18.1g protein; 86.3g carbs; 6g fibre; 5mg chol; 140mg sodium.
- 23 Pumpkin, cauliflower and lentil curry** Apr 08 2153k; 15.6g fat; 6.5g sat fat; 15.8g protein; 71.9g carbs; 6.7g fibre; 0mg chol; 949mg sodium.
- 47 Roast garlic, potato and leek soup** May 08 832k; 5g fat; 0.8g sat fat; 6.5g protein; 27.4g carbs; 5.5g fibre; 0mg chol; 755mg sodium.
- 22 Ratatouille with cheesy polenta** Feb 08 1141k; 9.1g fat; 3.8g sat fat; 11.8g protein; 33g carbs; 5.1g fibre; 14mg chol; 157mg sodium.
- 33 Red lentil and spinach dhal** Jun 08 1803k; 7.6g fat; 1.2g sat fat; 27.8g protein; 55.8g carbs; 18.6g fibre; 0mg chol; 200mg sodium.
- 33 Red lentil and tomato soup** Mar 08 1089k; 6.6g fat; 1.7g sat fat; 14.7g protein; 32.5g carbs; 8.3g fibre; 4mg chol; 1024mg sodium.
- 19 CS Roasted leek, rocket and sweet potato salad** DEC 08/ JAN 09 728k; 4.2g fat; 0.9g sat fat; 5.3g protein; 26.5g carbs; 4.4g fibre; 3mg chol; 51mg sodium.
- 74 Roast pumpkin and herb ricotta ravioli** Jun 08 1807k; 14.4g fat; 6g sat fat; 21.7g protein; 50.7g carbs; 6.2g fibre; 165mg chol; 387mg sodium.
- 54 Roasted pumpkin, asparagus and mint risotto** Feb 08 1825k; 10.4g fat; 1.8g sat fat; 10.1g protein; 72.7g carbs; 3.9g fibre; 0mg chol; 694mg sodium.
- 37 Roasted vegetables with coriander yoghurt** Mar 08 1627k; 3.3g fat; 0.5g sat fat; 15.4g protein; 68.3g carbs; 8.2g fibre; 2mg chol; 430mg sodium.
- 29 Sesame vegetable omelette** Sep 08 1130k; 11.1g fat; 2.9g sat fat; 14.7g protein; 27g carbs; 1.9g fibre; 281mg chol; 1106mg sodium.
- 54 Soy and vegetable pita burgers** Nov 08 1569k; 10.1g fat; 1.7g sat fat; 17g protein; 49.6g carbs; 10.6g fibre; 47mg chol; 751mg sodium.
- 49 Spaghetti with garlic breadcrumbs** Sep 08 3358k; 31.1g fat; 6.1g sat fat; 22.9g protein; 103.8g carbs; 6.3g fibre; 9mg chol; 510mg sodium.
- 23 Spaghetti with sun-dried tomato sauce** 2322k; 13.5g fat; 5.1g sat fat; 22.5g protein; 80g carbs; 9.2g fibre; 19mg chol; 435mg sodium.
- 54 Spanish tortilla** Jun 08 739k; 8.9g fat; 2.4g sat fat; 9.6g protein; 13.3g carbs; 2.1g fibre; 189mg chol; 120mg sodium.
- 48 Spiced lentil and vegetable soup** Jun 08 845k; 5g fat; 1.1g sat fat; 10.8g protein; 24.6g carbs; 8g fibre; 3mg chol; 1467mg sodium.
- 47 Spicy tomato and vegetable soup** May 08 606k; 3.3g fat; 0.3g sat fat; 5.5g protein; 20.3g carbs; 5.2g fibre; 0mg chol; 225mg sodium.
- 70 Spinach and sweet potato cannelloni** Jul 08 1393k; 6.1g fat; 2.5g sat fat; 16.8g protein; 51.1g carbs; 8.5g fibre; 54mg chol; 650mg sodium.
- 36 Summer pasta salad** DEC 08/ JAN 09 2290k; 21.7g fat; 4.2g sat fat; 16.3g protein; 68.8g carbs; 5g fibre; 8mg chol; 175mg sodium.
- 37 Sweet chilli vegetable burger** Nov 08 1773k; 7g fat; 1.1g sat fat; 14.1g protein; 71.1g carbs; 8.7g fibre; 48mg chol; 549mg sodium.
- 34 Sweet corn fritters with avocado salsa** Nov 08 827k; 12.7g fat; 2.5g sat fat; 4.5g protein; 15.2g carbs; 2.2g fibre; 47mg chol; 143mg sodium.
- 43 Thai pumpkin soup** Nov 08 995k; 16.1g fat; 13g sat fat; 5.8g protein; 15.9g carbs; 3.8g fibre; 0mg chol; 220mg sodium.
- 52 Thai rissoles** Mar 08 585k; 6.7g fat; 1g sat fat; 11.2g protein; 7.8g carbs; 1.9g fibre; 0mg chol; 616mg sodium.
- 85 Tomato, feta and roasted capsicum fritters** DEC 08/ JAN 09 1267k; 18.2g fat; 6.8g sat fat; 12.1g protein; 22g carbs; 1.8g fibre; 91mg chol; 600mg sodium.
- 63 Tomato, olive and feta pasta salad** Nov 08 1917k; 10.3g fat; 3.4g sat fat; 15.4g protein; 74.8g carbs; 3.8g fibre; 15mg chol; 489mg sodium.
- 71 Vegetable and chickpea curry** Jul 08 1800k; 9.8g fat; 1.7g sat fat; 18g protein; 61.2g carbs; 13g fibre; 3mg chol; 650mg sodium.
- 61 Vegetable and ricotta cannelloni** 1639k; 13g fat; 4.4g sat fat; 23.7g protein; 42.7g carbs; 5.5g fibre; 73mg chol; 708mg sodium.
- 62 Vegetable fritters** 1131k; 12.5g fat; 3.3g sat fat; 14.4g protein; 21.2g carbs; 6.7g fibre; 147mg chol; 251mg sodium.
- 15 HS Vegetable tofu miso soup** 1292k; 7.5g fat; 1.2g sat fat; 17.3g protein; 39.4g carbs; 6.6g fibre; 0.2mg chol; 1594mg sodium.
- 32 Vegetarian biryani** Mar 08 1494k; 7.9g fat; 0.8g sat fat; 9.1g protein; 60.2g carbs; 3.3g fibre; 0.5mg chol; 706mg sodium.
- 28 Vegetarian biryani** DEC 08/ JAN 09 1494k; 7.9g fat; 0.8g sat fat; 9.1g protein; 60.2g carbs; 3.3g fibre; 0.5mg chol; 706mg sodium.
- 54 Vegetarian lasagne** 2196k; 21.4g fat; 9.7g sat fat; 27.1g protein; 53.5g carbs; 9.2g fibre; 49mg chol; 390mg sodium.
- 43 Vegetarian lentil, carrot and cumin loaf** Sep 08 892k; 4.2g fat; 0.9g sat fat; 12.1g protein; 28g carbs; 6.8g fibre; 94mg chol; 564mg sodium.
- 67 Vegetarian pizza** 1560k; 12.9g fat; 4.3g sat fat; 14.8g protein; 46.3g carbs; 5.2g fibre; 15mg chol; 542mg sodium.
- 21 Vegetarian spaghetti** Jun 08 2946k; 11.9g fat; 3.1g sat fat; 34.7g protein; 104.3g carbs; 20g fibre; 9mg chol; 836mg sodium.
- 38 Vegetable spiced rice** Jun 08 1517k; 6.7g fat; 1g sat fat; 9.9g protein; 62.2g carbs; 5g fibre; 1mg chol; 820mg sodium.
- 48 Warm bean salad** Jul 08 752k; 9.7g fat; 1.4g sat fat; 6.6g protein; 13.3g carbs; 7.1g fibre; 0mg chol; 265mg sodium.
- 19 Warm beetroot salad** Jun 08 790k; 12.7g fat; 3.4g sat fat; 7.2g protein; 9.5g carbs; 4.8g fibre; 12mg chol; 365mg sodium.
- 29 CS Warm vegetable salad with creamy lime dressing** DEC 08/ JAN 09 792k; 5.8g fat; 1.6g sat fat; 5.4g protein; 25.4g carbs; 5.7g fibre; 5mg chol; 56mg sodium.
- 39 Zucchini fritters with mint yoghurt** Apr 08 1235k; 16.8g fat; 4.7g sat fat; 13.4g protein; 20g carbs; 4.3g fibre; 109mg chol; 387mg sodium.

### Fish and seafood

- 46 Baked fish and chips** Mar 08 2616k; 22.5g fat; 3.1g sat fat; 42.8g protein; 59g carbs; 4.6g fibre; 90mg chol; 1513mg sodium.
- 9 CS Baked salmon with salsa verde** DEC 08/ JAN 09 1302k; 19.9g fat; 3.7g sat fat; 31.6g protein; 1.1g carbs; 0.8g fibre; 83mg chol; 97mg sodium.
- 46 Barramundi with tomato caperberry sauce and mash** Oct 08 1601k; 13.3g fat; 7.1g sat fat; 36.6g protein; 21.1g carbs; 4.4g fibre; 138mg chol; 477mg sodium.
- 55 Cajun fish with yoghurt dressing** Feb 08 807k; 7.1g fat; 1.9g sat fat; 23.8g protein; 5.9g carbs; 2g fibre; 54mg chol; 325mg sodium.
- 78 Calamari, chips and tartare sauce** DEC 08/ JAN 09 1308k; 6.2g fat; 1.7g sat fat; 24.2g protein; 35.7g carbs; 5.7g fibre; 246mg chol; 500mg sodium.
- 19 Calamari, tomato and basil pilaf** Oct 08 1917k; 10.4g fat; 1.8g sat fat; 23.1g protein; 66.1g carbs; 2.4g fibre; 199mg chol; 1190mg sodium.
- 57 Chilli garlic prawns** May 08 1988k; 30.3g fat; 14.4g sat fat; 29.9g protein; 19.5g carbs; 2.6g fibre; 247mg chol; 815mg sodium.
- 46 Coconut swordfish curry** Oct 08 2740k; 18.1g fat; 6.7g sat fat; 36.7g protein; 78.9g carbs; 8.2g fibre; 49mg chol; 419mg sodium.
- 25 Coriander fish ball noodle soup** Mar 08 1783k; 8.2g fat; 2.5g sat fat; 49.1g protein; 38g carbs; 2.1g fibre; 161mg chol; 2704mg sodium.
- 46 Crêpes with creamy seafood and dill** Apr 08 2025k; 24.9g fat; 10.9g sat fat; 37.6g protein; 26.9g carbs; 1.7g fibre; 243mg chol; 696mg sodium.
- 63 Crumbed fish fingers and vegetable chips** Oct 08 2011k; 11.6g fat; 4.5g sat fat; 38.8g protein; 50.3g carbs; 8.5g fibre; 124mg chol; 430mg sodium.
- 41 Dairy-free tuna pasta bake** Jun 08 2692k; 26.1g fat; 4.3g sat fat; 32.5g protein; 66.7g carbs; 7.5g fibre; 28mg chol; 420mg sodium.
- 34 Easy Spanish paella** Oct 08 2978k; 34.8g fat; 11.8g sat fat; 46g protein; 50.2g carbs; 4g fibre; 182mg chol; 1871mg sodium.
- 7 HS Egyptian-style fish with roasted vegetables** Oct 08 1813k; 20.1g fat; 2.4g sat fat; 46.6g protein; 13.9g carbs; 5.6g

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- fibre; 76mg chol; 450mg sodium.
- 73 Fast tuna rice patties with sweet chilli mayonnaise** Feb 08 2092kJ; 27.2g fat; 4.3g sat fat; 25.2g protein; 37.6g carbs; 1.4g fibre; 153mg chol; 520mg sodium.
- 47 Fish and chips with tartare sauce** Oct 08 2050kJ; 17.4g fat; 4.4g sat fat; 47.6g protein; 32.7g carbs; 4.4g fibre; 134mg chol; 610mg sodium.
- 78 Fish and potato pie** Apr 08 2519kJ; 28.3g fat; 17.1g sat fat; 37.7g protein; 46.8g carbs; 4.7g fibre; 152mg chol; 575mg sodium.
- 52 Fish fillets and mash** Jun 08 1846kJ; 18.7g fat; 9.4g sat fat; 34.3g protein; 28.4g carbs; 3.3g fibre; 92mg chol; 301mg sodium.
- 49 Hearty fish chowder** Jun 08 2885kJ; 28.2g fat; 14.8g sat fat; 44.8g protein; 61g carbs; 5.8g fibre; 130mg chol; 1821mg sodium.
- 66 Hoisin prawn mini pizzas** Oct 08 (each) 847kJ; 5.2g fat; 1.3g sat fat; 13.7g protein; 23.6g carbs; 2.6g fibre; 61mg chol; 429mg sodium.
- 33 Indian-style kedgeree** Oct 08 2050kJ; 14.8g fat; 6.4g sat fat; 25g protein; 63g carbs; 1.7g fibre; 269mg chol; 250mg sodium.
- 23 Lemon and dill crumbed fish** Sep 08 1301kJ; 12.3g fat; 2.2g sat fat; 32.5g protein; 16.2g carbs; 1.9g fibre; 72mg chol; 320mg sodium.
- 25 Lemony tuna pasta** DEC 08/ JAN 09 2729kJ; 28.6g fat; 3.3g sat fat; 30.7g protein; 65.1g carbs; 4.2g fibre; 30mg chol; 382mg sodium.
- 36 Lemon tuna risoni** Mar 08 1976kJ; 5.5g fat; 2.3g sat fat; 35.6g protein; 64g carbs; 8.2g fibre; 50mg chol; 185mg sodium.
- 21 Mediterranean fish stew** Jul 08 1923kJ; 7.8g fat; 1.3g sat fat; 45.7g protein; 40.9g carbs; 7g fibre; 63mg chol; 776mg sodium.
- 30 Mediterranean tuna pasta salad** Sep 08 1283kJ; 9.1g fat; 1.5g sat fat; 20.5g protein; 32.3g carbs; 5g fibre; 22mg chol; 535mg sodium.
- 43 Microwave lemon basil fish** Mar 08 1394kJ; 14.1g fat; 5.2g sat fat; 45g protein; 4.8g carbs; 2.7g fibre; 96mg chol; 525mg sodium.
- 38 Orange and fennel fish** Aug 08 1158kJ; 12.1g fat; 2.3g sat fat; 32g protein; 7.5g carbs; 3.8g fibre; 88mg chol; 190mg sodium.
- 21 Pan-fried fish fillets with niçoise salad** May 08 1582kJ; 7.7g fat; 1.3g sat fat; 43.9g protein; 29.1g carbs; 5.9g fibre; 76mg chol; 1106mg sodium.
- 51 Potato rösti with smoked trout** Sep 08 1287kJ; 11.6g fat; 2.4g sat fat; 21g protein; 27.1g carbs; 3.4g fibre; 45mg chol; 150mg sodium.
- 66 Prawns with harissa** Jul 08 1379kJ; 6.8g fat; 1g sat fat; 30.3g protein; 34.6g carbs; 3.4g fibre; 179mg chol; 875mg sodium.
- 28 CS Prawn and mango cocktail** DEC 08/ JAN 09 1583kJ; 31.9g fat; 5.2g sat fat; 11.8g protein; 10.6g carbs; 2.5g fibre; 119mg chol; 208mg sodium.
- 39 Prawn and mango salad** Oct 08 1479kJ; 18.8g fat; 3.4g sat fat; 29.9g protein; 14.7g carbs; 3.5g fibre; 180mg chol; 475mg sodium.
- 58 Prawn and vegetable laksa** Oct 08 2094kJ; 11.6g fat; 4.1g sat fat; 38.4g protein; 57.5g carbs; 7.6g fibre; 186mg chol; 1942mg sodium.
- 77 Prawn fried rice** DEC 08/ JAN 09 1670kJ; 9.6g fat; 2.6g sat fat; 23.5g protein; 49.9g carbs; 7.3g fibre; 113mg chol; 672mg sodium.
- 86 Prawn salad with herb dressing** DEC 08/ JAN 09 1154kJ; 19.6g fat; 4.6g sat fat; 11.4g protein; 12.5g carbs; 2.3g fibre; 126mg chol; 445mg sodium.
- 34 Prosciutto and spinach wrapped fish** Jul 08 1037kJ; 8.1g fat; 2.2g sat fat; 37.3g protein; 4.1g carbs; 4.1g fibre; 91mg chol; 597mg sodium.
- 31 Salmon and leek tart** Jul 08 2823kJ; 43.9g fat; 23.8g sat fat; 30.7g protein; 38.9g carbs; 2.1g fibre; 226mg chol; 691mg sodium.
- 47 Salmon and lime skewers** 1835kJ; 34.7g fat; 5.6g sat fat; 26.8g protein; 4g carbs; 2.1g fibre; 65mg chol; 296mg sodium.
- 78 Salmon and pea pasta bake** DEC 08/ JAN 09 3011kJ; 20.7g fat; 8.2g sat fat; 42.8g protein; 86.2g carbs; 7.6g fibre; 86mg chol; 507mg sodium.
- 35 Salmon and potato cake** DEC 08/ JAN 09 1435kJ; 13.3g fat; 3.4g sat fat; 25.1g protein; 27.7g carbs; 5.4g fibre; 146mg chol; 784mg sodium.
- 28 Salmon and potato patties** Sep 08 1686kJ; 25.1g fat; 5.7g sat fat; 21.5g protein; 21.5g carbs; 2.6g fibre; 110mg chol; 660mg sodium.
- 37 Salmon, dill and caper pasta** Sep 08 2215kJ; 18.2g fat; 5.7g sat fat; 27g protein; 57g carbs; 3.6g fibre; 71mg chol; 272mg sodium.
- 31 Salmon, mustard and pea frittata** Apr 08 1432kJ; 22.1g fat; 5.9g sat fat; 29.3g protein; 5.9g carbs; 2.7g fibre; 337mg chol; 272mg sodium.
- 47 Salmon skewers with coconut salsa** Feb 08 2990kJ; 51g fat; 33.2g sat fat; 41.5g protein; 17.3g carbs; 10.5g fibre; 97mg chol; 111mg sodium.
- 14 HS Seafood Singapore noodles** Oct 08 1599kJ; 13.4g fat; 4.4g sat fat; 33.7g protein; 29.8g carbs; 4g fibre; 114mg chol; 1531mg sodium.
- 57 Sesame-crust salmon with Asian greens** Apr 08 1768kJ; 25.1g fat; 4.4g sat fat; 39.7g protein; 8g carbs; 3.1g fibre; 94mg chol; 1152mg sodium.
- 40 Smoked salmon, ricotta and lemon spirals** Sep 08 2377kJ; 18.4g fat; 4.8g sat fat; 30.2g protein; 66.6g carbs; 5.1g fibre; 45mg chol; 993mg sodium.
- 51 Smoked salmon with microwave scrambled eggs** Jul 08 1316kJ; 12.3g fat; 3.5g sat fat; 25.7g protein; 23.5g carbs; 3.4g fibre; 387mg chol; 961mg sodium.
- 28 Smoked trout and broad bean pasta salad** Mar 08 1446kJ; 3g fat; 0.6g sat fat; 20.9g protein; 55.4g carbs; 4.5g fibre; 27mg chol; 55mg sodium.
- 46 Soba noodle salad** Nov 08 2229kJ; 21.3g fat; 4g sat fat; 30.3g protein; 55g carbs; 5.5g fibre; 30mg chol; 885mg sodium.
- 43 Soy and ginger fish with brown rice** Jul 08 1977kJ; 9.5g fat; 1.7g sat fat; 32.2g protein; 61.1g carbs; 5g fibre; 52mg chol; 235mg sodium.
- 30 Spanish spiced fish with couscous** Aug 08 2044kJ; 17g fat; 3.1g sat fat; 39.7g protein; 42.3g carbs; 2.9g fibre; 88mg chol; 762mg sodium.
- 48 Spicy fish tacos** Oct 08 2247kJ; 33.3g fat; 8g sat fat; 34g protein; 23g carbs; 4.6g fibre; 85mg chol; 290mg sodium.
- 38 Thai fish burger** Nov 08 2274kJ; 13g fat; 4g sat fat; 37.4g protein; 64.5g carbs; 7.7g fibre; 67mg chol; 1088mg sodium.
- 37 Thai prawn and pumpkin curry** May 08 2024kJ; 8.7g fat; 4.1g sat fat; 32.1g protein; 64.7g carbs; 5.1g fibre; 168mg chol; 1034mg sodium.
- 23 Thai-style seafood with rice noodles** Jun 08 2418kJ; 20.6g fat; 13.2g sat fat; 42.6g protein; 52.8g carbs; 3.3g fibre; 207mg chol; 1345mg sodium.
- 52 Toddler-friendly fish fingers and mash** Jun 08 1922kJ; 11.6g fat; 4.3g sat fat; 38g protein; 47.7g carbs; 4.4g fibre; 68mg chol; 574mg sodium.
- 66 Tuna and olive pasta** Feb 08 3034kJ; 28.5g fat; 5.4g sat fat; 36.8g protein; 77.6g carbs; 4.1g fibre; 42mg chol; 845mg sodium.
- 73 Tuna, tomato and basil pappardelle** Jun 08 1938kJ; 18.1g fat; 5g sat fat; 33g protein; 38.7g carbs; 4.9g fibre; 180mg chol; 576mg sodium.
- 13 HS Tuna and rice salad** Oct 08 2000kJ; 13.2g fat; 2.4g sat fat; 29.1g protein; 56.7g carbs; 8.6g fibre; 34mg chol; 1227mg sodium.
- 48 Tunarani** Nov 08 3184kJ; 30.7g fat; 4.6g sat fat; 31.9g protein; 86.5g carbs; 2.9g fibre; 38mg chol; 841mg sodium.
- 77 Vegetable and fish green curry** DEC 08/ JAN 09 1905kJ; 7.4g fat; 5g sat fat; 29.4g protein; 64.2g carbs; 4.8g fibre; 55mg chol; 675mg sodium.
- 46 Warm tomato, tuna and rocket spaghetti** Aug 08 3184kJ; 28.7g fat; 4.3g sat fat; 36.7g protein; 83.9g carbs; 8g fibre; 35mg chol; 1079mg sodium.
- Beef, lamb, pork and veal**
- 52 American rissoles** Mar 08 1161kJ; 16.6g fat; 8.4g sat fat; 24.3g protein; 7.7g carbs; 0.9g fibre; 79mg chol; 402mg sodium.
- 34 Apple pork with bacon and peas** Jun 08 1542kJ; 15.7g fat; 5.5g sat fat; 40.4g protein; 13.1g carbs; 6.2g fibre; 102mg chol; 951mg sodium.
- 42 Asian mini meatloaves with noodle salad** Feb 08 2218kJ; 16g fat; 3.3g sat fat; 38.1g protein; 56.7g carbs; 4.2g fibre; 45mg chol; 987mg sodium.
- 52 Aussie rissoles** Mar 08 1241kJ; 16.2g fat; 7g sat fat; 26g protein; 11.7g carbs; 1g fibre; 85mg chol; 717mg sodium.
- 38 Bacon, vegetable and lentil soup** Sep 08 1536kJ; 13.6g fat; 3.9g sat fat; 21.8g protein; 34.8g carbs; 11.7g fibre; 34.8mg chol; 1335mg sodium.
- 24 Bacon, zucchini and lemon spaghetti** Sep 08 2776kJ; 31.2g fat; 9.6g sat fat; 26.5g protein; 66.5g carbs; 5g fibre; 44mg chol; 952mg sodium.
- 68 Baked five spice lamb cutlets** Sep 08 1546kJ; 18.8g fat; 6.9g sat fat; 33.4g protein; 15.8g carbs; 1.8g fibre; 137mg chol; 307mg sodium.
- 29 Balkan sausages with rice pilaf** Aug 08 2668kJ; 22.9g fat; 6.7g sat fat; 49.4g protein; 56.6g carbs; 2.7g fibre; 142mg chol; 1147mg sodium.
- 38 Balsamic lamb and beetroot salad** Mar 08 1019kJ; 9.6g fat; 4.5g sat fat; 28.1g protein; 9.1g carbs; 3.1g fibre; 77mg chol; 455mg sodium.
- 33 Balsamic steak with tomato pasta salad** Jun 08 2026kJ; 20.3g fat; 5.6g sat fat; 37g protein; 36g carbs; 3.2g fibre; 87mg chol; 160mg sodium.
- 25 Barbecue beef wraps** DEC 08/ JAN 09 2871kJ; 35.9g fat; 11g sat fat; 33.8g protein; 53.7g carbs; 5.5g fibre; 74mg chol; 1371mg sodium.
- 8 CS Barbecued stuffed pork loin** DEC 08/ JAN 09 1783kJ; 21.5g fat; 7.3g sat fat; 49.3g protein; 15.2g carbs; 2g fibre; 116mg chol; 1070mg sodium.
- 79 Barbecued beef with pepper crust** Sep 08 1791kJ; 17.8g fat; 6.1g sat fat; 54.4g protein; 12.8g carbs; 1.2g fibre; 135mg chol; 236mg sodium.
- 19 Barbecued marinated lamb leg** Aug 08 3444kJ; 60.9g fat; 11.2g sat fat; 43.3g protein; 22.6g carbs; 6g fibre; 169mg chol; 590mg sodium.
- 46 BBQ meatlovers' pizza** Mar 08 1584kJ; 9.2g fat; 3.2g sat fat; 21.9g protein; 51.6g carbs; 3.6g fibre; 30mg chol; 1260mg sodium.
- 71 Beef and bean chilli** Nov 08 1108kJ; 9.9g fat; 2.9g sat fat; 26.1g protein; 15.2g carbs; 5.8g fibre; 57mg chol; 468mg sodium.
- 67 Beef and bean stir-fry** Feb 08 2399kJ; 18.1g fat; 4.7g sat fat; 35.4g protein; 62.7g carbs; 3.6g fibre; 78mg chol; 1019mg sodium.
- 79 Beef and beer vegetable hotpot** May 08 2732kJ; 31g fat; 8.4g sat fat; 60g protein; 21.2g fibre; 4.3g carbs; 167mg chol; 520mg sodium.
- 61 Beef and borlotti bean stew** Jun 08 2346kJ; 17.1g fat; 4.8g sat fat; 59.5g protein; 28.7g carbs; 12g fibre; 114mg chol; 536mg sodium.
- 65 Beef and eggplant stew** Jul 08 1834kJ; 19.6g fat; 5.1g sat fat; 38.8g protein; 21.5g carbs; 5.3g fibre; 100mg chol; 160mg sodium.
- 35 Beef and noodle stir-fry** Apr 08 1930kJ; 12g fat; 3.5g sat fat; 39.5g protein; 47.1g carbs; 3.3g fibre; 96mg chol; 692mg sodium.
- 54 Beef and rosemary casserole** Jul 08 1510kJ; 13.3g fat; 4.2g sat fat; 38.6g protein; 19g carbs; 5g fibre; 94mg chol; 330mg sodium.
- 30 Beef and tofu in black bean sauce** May 08 2225kJ; 16.5g fat; 4.1g sat fat; 34.8g protein; 57.6g carbs; 2.9g fibre; 65mg chol; 1085mg sodium.
- 14 HS Beef and vegetable bolognese** Oct 08 2120kJ; 9.1g fat; 2.5g sat fat; 31.9g protein; 67g carbs; 12.2g fibre; 38mg chol; 460mg sodium.
- 43 Beef and vegetable casserole** Apr 08 2815kJ; 29.9g fat; 11.8g sat fat; 47g protein; 48.7g carbs; 5.8g fibre; 141mg chol; 962mg sodium.
- 43 Beef and vegetable meatloaf** DEC 08/ JAN 09 1547kJ; 13.7g fat; 5g sat fat; 38.2g protein; 21.4g carbs; 3.3g fibre; 143mg chol; 997mg sodium.
- 42 Beef and vegetable meatloaf** May 08 2228kJ; 24.2g fat; 11g sat fat; 37g protein; 39.2g carbs; 6g fibre; 122mg chol; 788mg sodium.
- 49 Beef, capsicum and green bean stir-fry** Apr 08 2785kJ; 28.2g fat; 6.5g sat fat; 37.9g protein; 59.8g carbs; 4g fibre; 80mg chol; 1536mg sodium.
- 62 Beef casserole with soft polenta** Jun 08 2636kJ; 25.2g fat; 10.6g sat fat; 55.3g protein; 43.2g carbs; 4.2g fibre; 138mg chol; 1050mg sodium.
- 86 Beef bourguignon** Jun 08 2996kJ; 29.9g fat; 9.7g sat

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- fat; 66.4g protein; 23.4g carbs; 5.7g fibre; 175mg chol; 1196mg sodium.
- 30 Beef goulash pies** Aug 08 1987k; 22.4g fat; 5.7g sat fat; 45.6g protein; 20.4g carbs; 4.3g fibre; 118mg chol; 495mg sodium.
- 42 Beef pot roast** Jul 08 1846k; 13.7g fat; 3.2g sat fat; 42.1g protein; 33.6g carbs; 7g fibre; 53mg chol; 597mg sodium.
- 21 Beef, pumpkin, chickpea and feta salad** DEC 08/ JAN 09 1636k; 17.7g fat; 5.7g sat fat; 34.3g protein; 21.1g carbs; 5.6g fibre; 74mg chol; 742mg sodium.
- 54 Beef rendang** DEC 08/ JAN 09 3379k; 43.9g fat; 30.5g sat fat; 40.3g protein; 60.6g carbs; 4g fibre; 72mg chol; 1487mg sodium.
- 68 Beef stroganoff** Jun 08 3005k; 34.9g fat; 19.4g sat fat; 36.8g protein; 57.5g carbs; 6.2g fibre; 150mg chol; 540mg sodium.
- 60 Beef with mushroom and sun-dried tomato** Aug 08 2199k; 18.4g fat; 5.6g sat fat; 68.4g protein; 13.8g carbs; 4.3g fibre; 141mg chol; 842mg sodium.
- 19 Beetroot and carrot soup** Jun 08 782k; 4.6g fat; 2g sat fat; 7.6g protein; 25.9g carbs; 5.6g fibre; 9mg chol; 996mg sodium.
- 17 Cabbage rolls** Apr 08 930k; 12.6g fat; 3.5g sat fat; 15.3g protein; 7.5g carbs; 5.6g fibre; 39mg chol; 175mg sodium.
- 40 Boston baked beans** Nov 08 2466k; 17.4g fat; 5.4g sat fat; 24.6g protein; 81.6g carbs; 12.5g fibre; 32mg chol; 1776mg sodium.
- 64 Capsicum and feta lamb cutlets** Apr 08 1125k; 17.8g fat; 4.5g sat fat; 19.2g protein; 6.7g carbs; 2.7g fibre; 48mg chol; 213mg sodium.
- 5 HS Caesar salad** Oct 08 1447k; 18g fat; 4.8g sat fat; 17.2g protein; 27.8g carbs; 2.5g fibre; 127mg chol; 1116mg sodium.
- 40 Chargrilled vegetable savoury mince** Nov 08 2440k; 14g fat; 5.3g sat fat; 37g protein; 71.1g carbs; 7.1g fibre; 66mg chol; 525mg sodium.
- 42 Cajun lamb kebabs** 2344k; 18g fat; 6.8g sat fat; 54.4g protein; 41g carbs; 5.4g fibre; 146mg chol; 800mg sodium.
- 43 Cheat's bolognaise** Feb 08 2458k; 15.1g fat; 3.4g sat fat; 38g protein; 67.4g carbs; 6.1g fibre; 65mg chol; 255mg sodium.
- 46 Cheat's sausage pasta bake** Jun 08 2512k; 23.2g fat; 6.9g sat fat; 31.3g protein; 61.8g carbs; 9.5g fibre; 70mg chol; 1548mg sodium.
- 73 Cheesy beef and spinach lasagne** Jun 08 2574k; 22.9g fat; 9.3g sat fat; 55.5g protein; 45.7g carbs; 7g fibre; 242mg chol; 445mg sodium.
- 70 Chili con carne** Mar 08 1127k; 11.6g fat; 3.9g sat fat; 26.4g protein; 12.9g carbs; 4.2g fibre; 65mg chol; 400mg sodium.
- 56 Chili lime pork ribs with beansprout salad** May 08 1798k; 17.1g fat; 6.4g sat fat; 42.4g protein; 24.9g carbs; 3.4g fibre; 125mg chol; 328mg sodium.
- 33 Chinese fried rice** Oct 08 2147k; 19.1g fat; 5.2g sat fat; 17g protein; 66g carbs; 3.6g fibre; 161mg chol; 862mg sodium.
- 34 Chipolatas and chargrilled vegetables with garlic mayo** DEC 08/ JAN 09 3057k; 47.5g fat; 14.6g sat fat; 23.5g protein; 50.7g carbs; 5g fibre; 81mg chol; 1386mg sodium.
- 61 Chipolatas with couscous** Feb 08 1962k; 24.6g fat; 10.5g sat fat; 19g protein; 40.7g carbs; 3.9g fibre; 50mg chol; 962mg sodium.
- 39 Chorizo and capsicum soup** Oct 08 1907k; 33.1g fat; 12.3g sat fat; 25.7g protein; 10.9g carbs; 2.3g fibre; 75mg chol; 2132mg sodium.
- 41 Chorizo, capsicum and tomato tortiglioni** Sep 08 2775k; 25.5g fat; 9.2g sat fat; 28.2g protein; 74.3g carbs; 6.8g fibre; 55mg chol; 951mg sodium.
- 48 Chorizo, spinach and chickpea salad** Jul 08 1160k; 19.6g fat; 4.9g sat fat; 13.8g protein; 8.9g carbs; 4.4g fibre; 27mg chol; 545mg sodium.
- 79 Chunky beef, mushroom and red wine pies** Apr 08 1026k; 13.1g fat; 5.8g sat fat; 13.4g protein; 16.2g carbs; 1.6g fibre; 42mg chol; 386mg sodium.
- 47 Chunky beef pot pies** Mar 08 3328k; 36.6g fat; 14.1g sat fat; 63.7g protein; 50.7g carbs; 4.2g fibre; 163mg chol; 1318mg sodium.
- 51 Classic macaroni and cheese** Apr 08 3872k; 54.5g fat; 30.8g sat fat; 38g protein; 69.9g carbs; 3.3g fibre; 150mg chol; 1239mg sodium.
- 29 Corn, pea and ham patties** Nov 08 1707k; 17.5g fat; 3.8g sat fat; 18.7g protein; 40.4g carbs; 6.8g fibre; 113mg chol; 929mg sodium.
- 84 Corned beef with mustard parsley sauce** Jun 08 3237k; 30.6g fat; 16.8g sat fat; 67.65g protein; 50.25g carbs; 13.65g fibre; 214.5mg chol; 3492mg sodium.
- 24 Creamy mustard and thyme veal with asparagus** Sep 08 1846k; 20.2g fat; 8.5g sat fat; 35g protein; 26.7g carbs; 5.2g fibre; 134mg chol; 219mg sodium.
- 54 Creamy lamb and tomato pasta** DEC 08/ JAN 09 2923k; 31.1g fat; 14.3g sat fat; 26.6g protein; 73.8g carbs; 7.9g fibre; 66mg chol; 711mg sodium.
- 3 HS Creamy pasta bake with bacon and asparagus** Oct 08 2469k; 10.5g fat; 5g sat fat; 32.5g protein; 88.7g carbs; 4.8g fibre; 38mg chol; 768mg sodium.
- 20 Curried beef and potato pots** Feb 08 1816k; 24.6g fat; 11.8g sat fat; 29.8g protein; 21.2g carbs; 4.3g fibre; 99mg chol; 215mg sodium.
- 57 Easy sausage pie** Feb 08 1749k; 30.5g fat; 15.1g sat fat; 20.4g protein; 14.7g carbs; 3g fibre; 157mg chol; 661mg sodium.
- 22 Family mince pie** Nov 08 1997k; 26.2g fat; 10.7g sat fat; 33.9g protein; 20.1g carbs; 3.1g fibre; 145mg chol; 726mg sodium.
- 63 Feta and sun-dried tomato stuffed pork cutlets** Sep 08 1833k; 18.3g fat; 7.4g sat fat; 47g protein; 18.7g carbs; 3.4g fibre; 128mg chol; 403mg sodium.
- 30 Five spice pork skewers with fried rice** Nov 08 2385k; 19.7g fat; 4.5g sat fat; 54.8g protein; 42.4g carbs; 1.3g fibre; 235mg chol; 146mg sodium.
- 74 Festive pizza** DEC 08/ JAN 09 1401k; 6g fat; 2.6g sat fat; 22.1g protein; 45.5g carbs; 3.3g fibre; 37mg chol; 1387mg sodium.
- 55 Ginger-soy pork with noodles** Feb 08 1557k; 5.4g fat; 1.1g sat fat; 43.2g protein; 36g carbs; 2.6g fibre; 81mg chol; 1751mg sodium.
- 29 Glazed pork with sweet potato mash** Aug 08 1708k; 14.2g fat; 8.3g sat fat; 39.6g protein; 33.9g carbs; 4.6g fibre; 106mg chol; 300mg sodium.
- 49 Goat's cheese and beef salad** Sep 08 1894k; 22g fat; 8.6g sat fat; 41.3g protein; 19.9g carbs; 2.1g fibre; 105mg chol; 464mg sodium.
- 36 Grilled ginger pork sausages and cabbage salad** DEC 08/ JAN 09 2149k; 15.9g fat; 4.5g sat fat; 38.3g protein; 51.4g carbs; 4.7g fibre; 85mg chol; 627mg sodium.
- 48 Grilled lamb, lentil and eggplant salad** Jul 08 1335k; 17.9g fat; 5.5g sat fat; 30.2g protein; 7.5g carbs; 3.3g fibre; 80mg chol; 800mg sodium.
- 52 Greek rissoles** Mar 08 1087k; 16.4g fat; 8.5g sat fat; 25.1g protein; 3g carbs; 0.6g fibre; 86mg chol; 456mg sodium.
- 64 Ham and egg pasta** Apr 08 2107k; 9.2g fat; 3.9g sat fat; 33.2g protein; 69.4g carbs; 3.1g fibre; 138mg chol; 1219mg sodium.
- 75 Ham and pineapple pizza skewers** Nov 08 1128k; 7.1g fat; 2.8g sat fat; 19.8g protein; 29.5g carbs; 4g fibre; 28mg chol; 1196mg sodium.
- 29 Ham, bread and spinach bake** DEC 08/ JAN 09 1644k; 16.3g fat; 5.6g sat fat; 32g protein; 28.3g carbs; 3g fibre; 372mg chol; 1419mg sodium.
- 41 Ham, bread and spinach bake** Feb 08 1644k; 16.3g fat; 5.6g sat fat; 32g protein; 28.3g carbs; 3g fibre; 372mg chol; 1419mg sodium.
- 41 Ham, cheese and broccoli penne** Sep 08 2526k; 16g fat; 5.7g sat fat; 38.2g protein; 71.7g carbs; 8.2g fibre; 138mg chol; 885mg sodium.
- 12 HS Ham and spinach omelette** Oct 08 1331k; 8.7g fat; 1.6g sat fat; 21.4g protein; 33.8g carbs; 8.7g fibre; 100mg chol; 706mg sodium.
- 29 Ham, tomato and ricotta calzones** May 08 3186k; 34.1g fat; 13.6g sat fat; 27.3g protein; 84g carbs; 4.7g fibre; 53mg chol; 1693mg sodium.
- 17 Healthy meatloaf** Aug 08 1685k; 10.6g fat; 4.1g sat fat; 33.3g protein; 40.1g carbs; 6.1g fibre; 111mg chol; 460mg sodium.
- 46 Herb crusted beef** DEC 08/ JAN 09 1460k; 15.6g fat; 5.2g sat fat; 41.3g protein; 10g carbs; 2.1g fibre; 94mg chol; 345mg sodium.
- 62 Honey lime braised pork** Sep 08 2966k; 14.5g fat; 3.6g sat fat; 62.8g protein; 79g carbs; 2g fibre; 237mg chol; 2440mg sodium.
- 41 Honey mustard roasted leg lamb** 3167k; 26g fat; 9.5g sat fat; 81.6g protein; 47.1g carbs; 5.7g fibre; 207mg chol; 202mg sodium.
- 53 Hungarian goulash** Jul 08 3009k; 26.3g fat; 12.4g sat fat; 48.9g protein; 66.8g carbs; 6.1g fibre; 151mg chol; 425mg sodium.
- 25 Indian lamb skewers with tomato and mint salsa** Mar 08 3312k; 30.1g fat; 7.9g sat fat; 64.4g protein; 62.2g carbs; 4.3g fibre; 172mg chol; 1510mg sodium.
- 52 Indian rissoles** Mar 08 882k; 13.2g fat; 4.4g sat fat; 20.1g protein; 2g carbs; 1.9g fibre; 59mg chol; 418mg sodium.
- 52 Irish stew** Apr 08 1726k; 14.8g fat; 4.3g sat fat; 34.3g protein; 33.2g carbs; 3.6g fibre; 77mg chol; 1400mg sodium.
- 23 Italian meatball and pasta soup** Jun 08 1422k; 10.8g fat; 3.8g sat fat; 25.5g protein; 31.7g carbs; 5.7g fibre; 62mg chol; 1771mg sodium.
- 32 Italian meatball casserole** May 08 1383k; 11.2g fat; 4.5g sat fat; 30.4g protein; 24.6g carbs; 4.4g fibre; 90mg chol; 1571mg sodium.
- 52 Italian rissoles** Mar 08 988k; 12.3g fat; 5.4g sat fat; 29.2g protein; 1.8g carbs; 0.8g fibre; 91mg chol; 573mg sodium.
- 24 Italian sausage and tomato stew** Apr 08 1761k; 30g fat; 14.5g sat fat; 25.7g protein; 9.7g carbs; 4.7g fibre; 105mg chol; 2172mg sodium.
- 32 Italian sausages and beans** Jul 08 2802k; 37.3g fat; 13.2g sat fat; 29.6g protein; 50.8g carbs; 10.9g fibre; 83mg chol; 1411mg sodium.
- 50 Italian stuffed capsicums** Sep 08 865k; 11.4g fat; 4.3g sat fat; 17.8g protein; 7.8g carbs; 3.2g fibre; 37mg chol; 758mg sodium.
- 45 Italian stuffed lamb** DEC 08/ JAN 09 2426k; 24.9g fat; 8.4g sat fat; 64g protein; 24g carbs; 2.8g fibre; 187mg chol; 402mg sodium.
- 43 Kim's corned beef** Nov 08 1750k; 11.1g fat; 5g sat fat; 45g protein; 32.5g carbs; 4g fibre; 123mg chol; 2388mg sodium.
- 61 Lamb and apricot tagine** Jun 08 3092k; 17.7g fat; 5.6g sat fat; 46.6g protein; 93.7g carbs; 7.9g fibre; 104mg chol; 905mg sodium.
- 18 Lamb and lemon skewers** Aug 08 1906k; 11.8g fat; 3.7g sat fat; 42.9g protein; 42.2g carbs; 1.7g fibre; 122mg chol; 210mg sodium.
- 44 Lamb and lentil pie** Jul 08 1908k; 16.8g fat; 6g sat fat; 42.2g protein; 29.6g carbs; 8.8g fibre; 106mg chol; 355mg sodium.
- 21 Lamb and spinach pesto rolls** Nov 08 2305k; 30.7g fat; 9.3g sat fat; 21.2g protein; 44.9g carbs; 5.7g fibre; 38mg chol; 963mg sodium.
- 64 Lamb, apricot and prune tagine** Jul 08 1843k; 15.2g fat; 4.8g sat fat; 35.5g protein; 36.4g carbs; 7.5g fibre; 100mg chol; 215mg sodium.
- 22 Lamb, beetroot, walnut and bean salad** DEC 08/ JAN 09 1522k; 21.2g fat; 5.9g sat fat; 32.3g protein; 9.8g carbs; 3.1g fibre; 90mg chol; 541mg sodium.
- 22 Lamb cutlets with broad bean mash** Apr 08 1440k; 20.4g fat; 7.6g sat fat; 25.9g protein; 12.5g carbs; 4.2g fibre; 73mg chol; 154mg sodium.
- 31 Lamb cutlets with tomato salsa** Apr 08 1860k; 25.7g fat; 5.8g sat fat; 26.9g protein; 23.3g carbs; 5.3g fibre; 65mg chol; 135mg sodium.
- 86 Lamb kofta with mint and garlic yoghurt** DEC 08/ JAN 09 895k; 11.8g fat; 5g sat fat; 19.3g protein; 6.3g carbs; 1.6g fibre; 83mg chol; 116mg sodium.
- 20 HS Lamb pilaf** Oct 08 1938k; 10.9g fat; 3.1g sat fat; 25.8g protein; 62.3g carbs; 5.6g fibre; 54mg chol; 309mg sodium.
- 67 Lamb rissoles with tabouli and hommus** Feb 08 3664k; 36.9g fat; 11g sat fat; 51.7g protein; 78.4g carbs; 12g fibre; 159mg chol; 738mg sodium.
- 77 Lamb, rosemary and garlic pies** Apr 08 (per pie) 2609k; 32.4g fat; 14.2g sat fat; 36g protein; 44.7g carbs; 3.8g fibre; 127mg chol; 1522mg sodium.
- 45 Lamb, vegetable and barley soup** May 08 1924k; 14.7g fat; 4.9g sat fat; 46.4g protein; 31.9g carbs; 6.5g fibre; 115mg chol; 1469mg sodium.
- 87 Layered picnic loaf** DEC 08/ JAN 09 1327k; 14.2g fat; 4g sat fat; 13g protein; 32.2g carbs; 4.1g fibre; 20mg chol; 644mg sodium.

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- 41** Lemon chops with Greek salad 2134k; 19.2g fat; 7.5g sat fat; 32.3g protein; 47.8g carbs; 5.7g fibre; 83mg chol; 963mg sodium.
- 52** Longevity beef noodles Feb 08 1408k; 11.3g fat; 2.5g sat fat; 21.1g protein; 35.6g carbs; 2.6g fibre; 50mg chol; 608mg sodium.
- 41** Low-GI lamb curry Jun 08 2252k; 16.2g fat; 4.5g sat fat; 37.8g protein; 55.1g carbs; 6g fibre; 85mg chol; 705mg sodium.
- 39** Macaroni bake 1565k; 16.6g fat; 9.4g sat fat; 25.2g protein; 30g carbs; 1.9g fibre; 71mg chol; 1409mg sodium.
- 28** Maple mustard pork cutlets Mar 08 1562k; 9.3g fat; 2.9g sat fat; 42.2g protein; 29.3g carbs; 9.5g fibre; 97mg chol; 550mg sodium.
- 55** Mediterranean bread bake Apr 08 2555k; 32.5g fat; 14.5g sat fat; 36.5g protein; 41.7g carbs; 4.1g fibre; 435mg chol; 1539mg sodium.
- 34** Mediterranean lamb bake Jul 08 1356k; 21.6g fat; 5.7g sat fat; 24.6g protein; 5.4g carbs; 3.3g fibre; 65mg chol; 421mg sodium.
- 53** Mediterranean vegetable and beef burgers Jun 08 2368k; 25.3g fat; 5.3g sat fat; 33.9g protein; 46.2g carbs; 8.7g fibre; 52mg chol; 643mg sodium.
- 55** Mexican beef casserole Jul 08 2309k; 14.9g fat; 4.5g sat fat; 43g protein; 56.7g carbs; 4.9g fibre; 95mg chol; 812mg sodium.
- 76** Mexican grilled steak with corn salad Feb 08 1700k; 17.2g fat; 4.3g sat fat; 39.1g protein; 20.2g carbs; 6.7g fibre; 96mg chol; 285mg sodium.
- 46** Mexican meatball handwraps Sep 08 2109k; 22g fat; 7g sat fat; 30.5g protein; 40.9g carbs; 10.4g fibre; 61mg chol; 755mg sodium.
- 22** Mexican pizzas Jul 08 2509k; 36.6g fat; 12.3g sat fat; 43.5g protein; 23.6g carbs; 9.9g fibre; 99mg chol; 732mg sodium.
- 23** Mexican pork and capsicum stew Sep 08 2261k; 11.8g fat; 2.6g sat fat; 44.9g protein; 60g carbs; 2.3g fibre; 166mg chol; 1080mg sodium.
- 52** Mexican rissoles Mar 08 882k; 10.2g fat; 4.2g sat fat; 20.5g protein; 8.3g carbs; 2.4g fibre; 59mg chol; 1247mg sodium.
- 29** Mexican tortilla pie DEC 08/ JAN 09 2927k; 37.4g fat; 19.9g sat fat; 46.8g protein; 39.7g carbs; 5.6g fibre; 123mg chol; 1191mg sodium.
- 37** Mini lamb roasts with balsamic vegetables May 08 1823k; 20.7g fat; 7g sat fat; 54.4g protein; 6.5g carbs; 3.4g fibre; 145mg chol; 180mg sodium.
- 37** Middle Eastern lamb burger Nov 08 1971k; 12.6g fat; 4.8g sat fat; 35.2g protein; 51.4g carbs; 4.9g fibre; 89mg chol; 834mg sodium.
- 75** Minted lamb and sweet potato skewers Nov 08 1091k; 4.9g fat; 1.6g sat fat; 26.7g protein; 25.2g carbs; 3.6g fibre; 65mg chol; 90mg sodium.
- 32** Moroccan meatballs Apr 08 2865k; 27.4g fat; 6.9g sat fat; 50.8g protein; 57.6g carbs; 1.9g fibre; 154mg chol; 412mg sodium.
- 42** Moroccan mince and rice Oct 08 2447k; 27.9g fat; 7.1g sat fat; 32.6g protein; 49.4g carbs; 3g fibre; 86mg chol; 195mg sodium.
- 51** Moroccan rissoles Mar 08 812k; 11.2g fat; 4.8g sat fat; 20.9g protein; 2.2g carbs; 0.7g fibre; 69mg chol; 572mg sodium.
- 6** **HS** Moroccan spiced skewers Oct 08 1637k; 13.9g fat; 5.4g sat fat; 46g protein; 17.7g carbs; 5.8g fibre; 120mg chol; 645mg sodium
- 43** Mozzarella-stuffed veal schnitzel Feb 08 1255k; 13.4g fat; 3.8g sat fat; 40.2g protein; 5.9g carbs; 1.9g fibre; 136mg chol; 614mg sodium.
- 63** Mushroom and bacon risotto patties Nov 08 1357k; 11.3g fat; 2.9g sat fat; 10.3g protein; 43.8g carbs; 2.3g fibre; 56mg chol; 226mg sodium.
- 72** No-fuss asparagus and ham baked risotto Feb 08 1972k; 10.3g fat; 3.5g sat fat; 23.2g protein; 68.6g carbs; 3.8g fibre; 29mg chol; 2061mg sodium.
- 28** **CS** Orange and ginger glazed ham DEC 08/ JAN 09 1828k; 12g fat; 4g sat fat; 28.1g protein; 21.6g carbs; 0.2g fibre; 100mg chol; 2539mg sodium.
- 13** **CS** Orange baked ham DEC 08/ JAN 09 1142k; 11.7g fat; 4.2g sat fat; 37.2g protein; 4.1g carbs; 0.7g fibre; 104mg chol; 3138mg sodium.
- 38** One-dish salami pasta bake May 08 2578k; 19.8g fat; 8.1g sat fat; 25.1g protein; 81.2g carbs; 7.4g fibre; 45mg chol; 776mg sodium.
- 13** **HS** Oregano lamb skewers with Mediterranean salad Oct 08 1856k; 11.1g fat; 4.2g sat fat; 35.6g protein; 45.4g carbs; 7.6g fibre; 85mg chol; 574mg sodium.
- 85** Osso buco Jun 08 1692k; 15.7g fat; 5g sat fat; 42.4g protein; 15.6g carbs; 4.7g fibre; 156mg chol; 686mg sodium.
- 33** Pancetta pasta salad Nov 08 1528k; 15.2g fat; 2.2g sat fat; 10.9g protein; 44.2g carbs; 3g fibre; 25mg chol; 217mg sodium.
- 76** Parmesan meatball skewers with tomato sauce Nov 08 2104k; 11.9g fat; 4.8g sat fat; 37.7g protein; 56.9g carbs; 6.8g fibre; 100mg chol; 546mg sodium.
- 30** Pastrami, potato and mustard rösti Sep 08 1103k; 8.7g fat; 1.3g sat fat; 16.3g protein; 28.6g carbs; 3.4g fibre; 1mg chol; 984mg sodium.
- 74** Pepper and lemon steak Apr 08 1026k; 10.8g fat; 4.4g sat fat; 34.9g protein; 2g carbs; 0.6g fibre; 90mg chol; 316mg sodium.
- 80** Peppered steak with cherry sauce Jul 08 1341k; 13.6g fat; 4.3g sat fat; 35.6g protein; 10.5g carbs; 0.5g fibre; 87mg chol; 251mg sodium.
- 64** Pineapple meatlovers' pizza Feb 08 5231k; 62.2g fat; 22.3g sat fat; 57.8g protein; 110.1g carbs; 8.1g fibre; 140mg chol; 2636mg sodium.
- 42** Pistachio and herb lamb racks Oct 08 1787k; 27.9g fat; 7.1g sat fat; 36.1g protein; 7.2g carbs; 3.3g fibre; 100mg chol; 175mg sodium.
- 62** Pistachio and lemon crumbed pork steaks Sep 08 3344k; 31.7g fat; 7.8g sat fat; 57.3g protein; 66.6g carbs; 8g fibre; 151mg chol; 427mg sodium.
- 78** Plum and rosemary lamb shanks May 08 3564k; 19.5g fat; 5.6g sat fat; 78.8g protein; 79.3g carbs; 5.6g fibre; 202mg chol; 1073mg sodium.
- 21** Polenta-crusted pork steaks with pear and rocket salad May 08 1729k; 19g fat; 2.1g sat fat; 35.2g protein; 24.2g carbs; 3.9g fibre; 67mg chol; 346mg sodium.
- 61** Pork and capsicum stew Aug 08 1730k; 13g fat; 3g sat fat; 41.9g protein; 34.8g carbs; 5.3g fibre; 74mg chol; 491mg sodium.
- 15** **HS** Pork and coleslaw sandwiches Oct 08 1594k; 8.9g fat; 1.3g sat fat; 25.1g protein; 46.2g carbs; 7.3g fibre; 35mg chol; 585mg sodium.
- 78** Pork and fennel roast May 08 3715k; 54.7g fat; 20.4g sat fat; 69.7g protein; 21.8g carbs; fibre 6.6g; 229mg chol; 938mg sodium.
- 24** Pork, fennel and sun-dried tomato sausages Oct 08 1920k; 21.9g fat; 6.5g sat fat; 45.3g protein; 17g carbs; 5.7g fibre; 180mg chol; 285mg sodium.
- 20** **HS** Pork skewers with burghul salad Oct 08 1270k; 5.1g fat; 1.3g sat fat; 37.1g protein; 26.2g carbs; 9.9g fibre; 59mg chol; 162mg sodium.
- 60** Pork and vegetable vindaloo Jun 08 2843k; 17.9g fat; 2.8g sat fat; 48.4g protein; 74.2g carbs; 5.6g fibre; 157mg chol; 933mg sodium.
- 64** Pork cassoulet Sep 08 3887k; 63.8g fat; 27g sat fat; 38.6g protein; 42.9g carbs; 9g fibre; 171mg chol; 2530mg sodium.
- 35** Pork chops with herbed potato and pear Jul 08 1821k; 15g fat; 3.6g sat fat; 35g protein; 36.5g carbs; 6.3g fibre; 88mg chol; 166mg sodium.
- 23** Pork chops with pineapple coleslaw DEC 08/ JAN 09 1809k; 18.4g fat; 3g sat fat; 48.9g protein; 23.5g carbs; 3.3g fibre; 107mg chol; 508mg sodium.
- 36** Pork cutlets with Greek salad Sep 08 1119k; 11g fat; 5.1g sat fat; 40.7g protein; 5.6g carbs; 1.6g fibre; 88mg chol; 831mg sodium.
- 22** **CS** Pork fillets with dried fruit DEC 08/ JAN 09 1019k; 4.3g fat; 1.5g sat fat; 28.8g protein; 21.8g carbs; 1.9g fibre; 116mg chol; 326mg sodium.
- 34** Pork jungle curry Apr 08 1946k; 11.1g fat; 2.6g sat fat; 42g protein; 45.5g carbs; 3.9g fibre; 142mg chol; 980mg sodium.
- 55** Pork larb May 08 1589k; 20.3g fat; 4.1g sat fat; 34.4g protein; 14.3g carbs; 2.3g fibre; 45mg chol; 972mg sodium.
- 63** Pork ribs with smoky barbecue sauce Sep 08 2772k; 23.3g fat; 7.4g sat fat; 47.4g protein; 64g carbs; 7.9g fibre; 137mg chol; 1004mg sodium.
- 50** Prosciutto and pea risotto Apr 08 2792k; 19.2g fat; 9.1g sat fat; 24.4g protein; 90.5g carbs; 5.2g fibre; 52mg chol; 2138mg sodium.
- 19** Quick pasta salad Aug 08 2104k; 14.8g fat; 3.4g sat fat; 24.6g protein; 62.5g carbs; 8.2g fibre; 32mg chol; 1291mg sodium.
- 23** Quick ricotta and pancetta ravioli Apr 08 1543k; 22g fat; 12.5g sat fat; 18.1g protein; 25.2g carbs; 2.4g fibre; 75mg chol; 513mg sodium.
- 38** Red wine steaks with crispy potato Sep 08 1500k; 11.4g fat; 3.4g sat fat; 31.4g protein; 26.9g carbs; 5g fibre; 84mg chol; 120mg sodium.
- 44** Rich tomato pork Nov 08 2283k; 23.7g fat; 12.4g sat fat; 42.2g protein; 41.2g carbs; 8.1g fibre; 119mg chol; 370mg sodium.
- 24** Ricotta, ham and tomato lasagne Mar 08 1565k; 13.4g fat; 3.9g sat fat; 27.8g protein; 34.1g carbs; 6.6g fibre; 71mg chol; 1616mg sodium.
- 27** Rissoles with tomato salsa Oct 08 3945k; 44.5g fat; 15.6g sat fat; 49.2g protein; 82.9g carbs; 6.1g fibre; 157mg chol; 1346mg sodium.
- 80** Roast leg of lamb with capsicum couscous stuffing Jun 08 1635k; 16.7g fat; 5.7g sat fat; 48g protein; 9.7g carbs; 0.7g fibre; 124mg chol; 954mg sodium.
- 44** Roast pork, avocado and spinach salad DEC 08/ JAN 09 2333k; 37.1g fat; 11.6g sat fat; 41.9g protein; 13.7g carbs; 2.8g fibre; 142mg chol; 518mg sodium.
- 17** Roast pork with fennel, citrus and olive salad May 08 1535k; 14.3g fat; 2.7g sat fat; 35.8g protein; 20.4g carbs; 5.8g fibre; 142mg chol; 315mg sodium.
- 16** **HS** Roasted pumpkin pizzas Oct 08 1582k; 14.4g fat; 7.9g sat fat; 21.9g protein; 35.3g carbs; 7.6g fibre; 24mg chol; 898mg sodium.
- 50** Rosemary and garlic lamb roast Apr 08 3737k; 43.7g fat; 16.3g sat fat; 78.1g protein; 40.9g carbs; 6g fibre; 242mg chol; 640mg sodium.
- 30** Rosemary and mustard lamb Nov 08 1539k; 17.6g fat; 4.1g sat fat; 23.5g protein; 25.1g carbs; 5.4g fibre; 60mg chol; 180mg sodium.
- 21** Salami and capsicum pasta Feb 08 2982k; 38.2g fat; 7.7g sat fat; 22.2g protein; 68.1g carbs; 3.9g fibre; 39mg chol; 1245mg sodium.
- 20** Sausage casserole Aug 08 4008k; 61.1g fat; 29.5g sat fat; 36.9g protein; 64g carbs; 4.7g fibre; 61mg chol; 2476mg sodium.
- 60** Sausage omelette rolls with cutberg Feb 08 2609k; 48.6g fat; 22.5g sat fat; 19.4g protein; 27.1g carbs; 4.1g fibre; 368mg chol; 529mg sodium.
- 73** Sausage pasta salad DEC 08/ JAN 09 1732k; 10.7g fat; 2.9g sat fat; 21.7g protein; 51.9g carbs; 10g fibre; 36mg chol; 510mg sodium.
- 77** Sausage skewers with pea mash Nov 08 1962k; 19.7g fat; 9g sat fat; 28.2g protein; 41.7g carbs; 5.5g fibre; 92mg chol; 873mg sodium.
- 69** Sausage tacos Sep 08 2589k; 34.4g fat; 10.9g sat fat; 30.3g protein; 45.8g carbs; 9.6g fibre; 72mg chol; 1646mg sodium.
- 39** Sausages with braised cabbage Aug 08 2147k; 24.1g fat; 7.5g sat fat; 37.2g protein; 41g carbs; 6.6g fibre; 125mg chol; 2167mg sodium.
- 50** Scotch broth Jun 08 1143k; 8.5g fat; 3g sat fat; 20.1g protein; 24g carbs; 8.6g fibre; 51mg chol; 165mg sodium.
- 58** Sesame pancakes with char siu pork Apr 08 1246k; 9.5g fat; 3.3g sat fat; 30.5g protein; 21.8g carbs; 2g fibre; 150mg chol; 415mg sodium.
- 18** Simple spring quiche Nov 08 3111k; Fat 52.3g; 25.6g sat fat; 29g protein; 38.4g carbs; 3.1g fibre; 475mg chol; 1059mg sodium.
- 70** Sirlin with red wine sauce DEC 08/ JAN 09 2060k; 18.9g fat; 7g sat fat; 53.8g protein; 20.3g carbs; 2g fibre; 138mg chol; 706mg sodium.
- 18** Skinless sausages with roasted vegetable salad 1674k; 22.4g fat; 8.5g sat fat; 27.7g protein; 20.2g carbs; 4.8g fibre; 82mg chol; 848mg sodium.
- 60** Slow-cooked lamb curry Aug 08 3132k; 28.3g fat; 10.4g sat fat; 50.1g protein; 68.6g carbs; 3.9g fibre; 137mg chol; 891mg sodium.
- 85** Slow-roasted Greek lamb Jun 08 2858k; 36.3g

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- fat; 16.8g sat fat; 46.1g protein; 35.8g carbs; 7.4g fibre; 165mg chol; 440mg sodium.
- 54 Smoky beef stew** May 08 2501k; 24.2g fat; 6g sat fat; 49.8g protein; 40.4g carbs; 9.2g fibre; 103mg chol; 1192mg sodium.
- 60 Spaghetti bolognese** Mar 08 3021k; 17.6g fat; 5.6g sat fat; 43.4g protein; 92.6g carbs; 8.4g fibre; 70mg chol; 1118mg sodium.
- 15 HS Spaghetti, pancetta and tomato frittata** Oct 08 1729k; 11.2g fat; 3.9g sat fat; 22.4g protein; 52.4g carbs; 5.8g fibre; 202mg chol; 744mg sodium.
- 27 Spanish sausage and eggs** Sep 08 1615k; 29.8g fat; 11.3g sat fat; 18.9g protein; 10.4g carbs; 2g fibre; 192mg chol; 869mg sodium.
- 30 Speedy burritos** Sep 08 2853k; 27.5g fat; 11.4g sat fat; 38.5g protein; 65.4g carbs; 8.6g fibre; 80mg chol; 2050mg sodium.
- 48 Speedy Tuscan white bean soup** Jun 08 1049k; 8.1g fat; 1.5g sat fat; 14g protein; 29.5g carbs; 10.6g fibre; 10mg chol; 1126mg sodium.
- 68 Spiced apricot pork with salad** Feb 08 2248k; 28.6g fat; 5.2g sat fat; 35.3g protein; 34.4g carbs; 3g fibre; 87mg chol; 160mg sodium.
- 38 Spiced beef and almond pilaf** May 08 1907k; 13.1g fat; 3.3g sat fat; 22.9g protein; 59.3g carbs; 3.9g fibre; 35mg chol; 738mg sodium.
- 58 Spiced lamb on roasted vegetable salad with tahini sauce** Apr 08 3217k; 49.8g fat; 11.2g sat fat; 67g protein; 9.5g carbs; 7.5g fibre; 184mg chol; 419mg sodium.
- 14 HS Spicy barbecued pork and coleslaw** Oct 08 1824k; 13.7g fat; 1.8g sat fat; 37.9g protein; 36.2g carbs; 7.4g fibre; 70mg chol; 245mg sodium.
- 35 Spicy beef sausage bake** Jul 08 1831k; 16.7g fat; 4.4g sat fat; 24.6g protein; 47.6g carbs; 5.7g fibre; 63mg chol; 1309mg sodium.
- 8 HS Spicy Mexican burritos** 2498k; 22.6g fat; 7.4g sat fat; 41.5g protein; 52.2g carbs; 6.1g fibre; 101mg chol; 949mg sodium.
- 47 Spicy mince** Nov 08 2473k; 22.3g fat; 7.1g sat fat; 37g protein; 57.3g carbs; 5.2g fibre; 90mg chol; 935mg sodium.
- 20 Spicy pork with asparagus and noodles** Oct 08 2139k; 15.1g fat; 4.5g sat fat; 36.3g protein; 56.5g carbs; 2g fibre; 90mg chol; 924mg sodium.
- 71 Spicy pork tacos** Mar 08 1185k; 16.2g fat; 3.5g sat fat; 19.8g protein; 12.5g carbs; 3.7g fibre; 71mg chol; 95mg sodium.
- 58 Spicy sausage and egg bake** Feb 08 2168k; 36.4g fat; 16.6g sat fat; 27.2g protein; 19.9g carbs; 1.3g fibre; 217mg chol; 872mg sodium.
- 21 Spicy sausage baked risotto** Feb 08 2816k; 33.2g fat; 12.9g sat fat; 26.4g protein; 66g carbs; 1.7g fibre; 84mg chol; 1517mg sodium.
- 24 Spicy stuffed capsicums** Jun 08 1344k; 14.5g fat; 4.2g sat fat; 28.9g protein; 15.3g carbs; 6.5g fibre; 69mg chol; 500mg sodium.
- 42 Spinach, lamb and cheese pie** May 08 1086k; 13.4g fat; 5.8g sat fat; 27.5g protein; 6.5g carbs; 1.8g fibre; 53mg chol; 470mg sodium.
- 19 HS Steak and balsamic onion sandwiches** Oct 08 1536k; 8.4g fat; 2.2g sat fat; 26.4g protein; 41.8g carbs; 7.9g fibre; 54mg chol; 536mg sodium.
- 21 Steak and mustard cream potatoes** Jul 08 2407k; 29.7g fat; 12.6g sat fat; 53.8g protein; 21.1g carbs; 3.2g fibre; 170mg chol; 631mg sodium.
- 39 Steak Diane with garlic pea mash** Mar 08 1248k; 3.6g fat; 1.1g sat fat; 31.7g protein; 30.8g carbs; 5.3g fibre; 36mg chol; 870mg sodium.
- 22 Sticky chilli pork ribs** Feb 08 2085k; 20.3g fat; 6.3g sat fat; 26.8g protein; 48.8g carbs; 8.1g fibre; 72mg chol; 1085mg sodium.
- 53 Sticky pork with rice noodle salad** DEC 08/ JAN 09 1760k; 6g fat; 1.3g sat fat; 37.4g protein; 53.6g carbs; 2.7g fibre; 106mg chol; 1385mg sodium.
- 28 Stir-fried pork rice noodles** Sep 08 2219k; 19g fat; 5.1g sat fat; 36.1g protein; 51.6g carbs; 2.9g fibre; 90mg chol; 373mg sodium.
- 20 Sweet mango beef skewers with couscous** Oct 08 2043k; 10.1g fat; 4.1g sat fat; 50.2g protein; 46.6g carbs; 1.7g fibre; 128mg chol; 364mg sodium.
- 40 Sweet Thai pork in lettuce cups** Apr 08 501k; 19.8g fat; 5.6g sat fat; 31.4g protein; 13.8g carbs; 1.1g fibre; 90mg chol; 1024mg sodium.
- 66 Tandoori lamb pizza** 1733k; 15g fat; 4.9g sat fat; 21.1g protein; 46g carbs; 4.5g fibre; 41mg chol; 653mg sodium.
- 77 Tandoori lamb with rice salad** Feb 08 2921k; 25.5g fat; 6.6g sat fat; 32.1g protein; 83.1g carbs; 3.1g fibre; 78mg chol; 371mg sodium.
- 63 Teriyaki beef stir-fry** Aug 08 1867k; 12g fat; 3.2g sat fat; 38.3g protein; 44.1g carbs; 4.8g fibre; 77mg chol; 1690mg sodium.
- 24 Teriyaki beef with soba noodles** Jun 08 2182k; 15.4g fat; 4.2g sat fat; 43.3g protein; 54.7g carbs; 4.3g fibre; 93mg chol; 613mg sodium.
- 61 Thai sausage and noodle salad** Apr 08 1349k; 9.2g fat; 3.1g sat fat; 16.6g protein; 41.6g carbs; 2.3g fibre; 25mg chol; 678mg sodium.
- 73 Thai-style grilled beef** Oct 08 943k; 11.9g fat; 2.7g sat fat; 22.4g protein; 6.5g carbs; 1.6g fibre; 53mg chol; 789mg sodium.
- 34 Thyme-stuffed lamb with beans** Jun 08 2322k; 23.8g fat; 8.8g sat fat; 53.3g protein; 29.3g carbs; 7.6g fibre; 151mg chol; 535mg sodium.
- 53 Toddler-friendly beef burgers** Jun 08 1695k; 11.3g fat; 3.5g sat fat; 29.5g protein; 42.9g carbs; 6.6g fibre; 52mg chol; 628mg sodium.
- 68 Tomato and beef rissoles** Sep 08 1126k; 9.6g fat; 3.3g sat fat; 28.2g protein; 16.7g carbs; 2.4g fibre; 76mg chol; 259mg sodium.
- 47 Tomato and ricotta pasta** Nov 08 2877k; 24.5g fat; 8g sat fat; 26.6g protein; 87g carbs; 5.2g fibre; 58mg chol; 683mg sodium.
- 59 Tomato and sausage risotto** Feb 08 2614k; 27.6g fat; 9.7g sat fat; 21.3g protein; 70.1g carbs; 3.5g fibre; 54mg chol; 1927mg sodium.
- 53 Tomato, mushroom and basil frittata** Sep 08 1251k; 19.7g fat; 8.6g sat fat; 22.7g protein; 6.1g carbs; 4g fibre; 40mg chol; 547mg sodium.
- 40 Tomato, prosciutto and pea spaghetti** Sep 08 2428k; 20.7g fat; 8.9g sat fat; 24.6g protein; 67.5g carbs; 5.9g fibre; 38mg chol; 751mg sodium.
- 19 Tomato, white bean and sausage soup** May 08 1618k; 14.3g fat; 4.5g sat fat; 31.2g protein; 31.2g carbs; 12g fibre; 52mg chol; 1956mg sodium.
- 17 Tortellini boscaiola** Oct 08 2627k; 13.9g fat; 6.6g sat fat; 36.3g protein; 85.3g carbs; 5.6g fibre; 62mg chol; 1691mg sodium.
- 31 Turkish lamb burger** Jul 08 2427k; 19.9g fat; 6g sat fat; 38.7g protein; 58.3g carbs; 5g fibre; 133mg chol; 901mg sodium.
- 48 Tuscan lamb and vegetable bake** Nov 08 1947k; 18.6g fat; 5.1g sat fat; 59.5g protein; 12.4g carbs; 3.7g fibre; 156mg chol; 404mg sodium.
- 59 Veal schnitzel** Sep 08 2990k; 25.5g fat; 7g sat fat; 49.2g protein; 68.1g carbs; 6g fibre; 231mg chol; 630mg sodium.
- 30 Veal with gremolata and garlic chickpeas** Mar 08 1145k; 6.9g fat; 1.6g sat fat; 30.8g protein; 18.7g carbs; 7.1g fibre; 82mg chol; 410mg sodium.
- 19 HS Veal with lemon caper sauce** Oct 08 1426k; 6.4g fat; 2.3g sat fat; 35.1g protein; 27g carbs; 5.7g fibre; 112mg chol; 211mg sodium.
- 22 Veal with warm broad bean salad** May 08 1286k; 14.2g fat; 2.5g sat fat; 33.8g protein; 8.4g carbs; 4.7g fibre; 102mg chol; 118mg sodium.
- 64 Vegetable pastitsio** Aug 08 4251k; 53.8g fat; 31.4g sat fat; 52g protein; 71.9g carbs; 8.8g fibre; 228mg chol; 835mg sodium.
- Poultry**
- 27 Bang bang chicken** Oct 08 2496k; 9.5g fat; 2.1g sat fat; 52.8g protein; 70.2g carbs; 3.4g fibre; 122mg chol; 1330mg sodium.
- 47 Balsamic chicken and pumpkin salad** Jul 08 970k; 8.1g fat; 1.7g sat fat; 26g protein; 11.8g carbs; 4.2g fibre; 65mg chol; 215mg sodium.
- 66 BBQ chicken and mushroom pizza** Oct 08 1541k; 10.6g fat; 2.6g sat fat; 16.5g protein; 49.1g carbs; 4.5g fibre; 28mg chol; 685mg sodium.
- 29 Chargilled chilli chicken** Mar 08 2070k; 5.4g fat; 1.7g sat fat; 50.3g protein; 58g carbs; 4.2g fibre; 130mg chol; 640mg sodium.
- 52 Cheesy risotto-stuffed capsicums** DEC 08/ JAN 09 2441k; 23.8g fat; 8.3g sat fat; 21.9g protein; 66g carbs; 6.9g fibre; 22mg chol; 894mg sodium.
- 23 Chicken and asparagus risotto** Mar 08 2638k; 6.4g fat; 1.6g sat fat; 46.9g protein; 88.2g carbs; 1.9g fibre; 97mg chol; 2049mg sodium.
- 36 Chicken and baby bok choy parcels** Apr 08 1724k; 5.2g fat; 1.2g sat fat; 35.1g protein; 52.5g carbs; 4.6g fibre; 81mg chol; 1620mg sodium.
- 17 Chicken and cheese pasta bake** Aug 08 3467k; 26.6g fat; 10.5g sat fat; 62.9g protein; 80.8g carbs; 5.5g fibre; 160mg chol; 966mg sodium.
- 18 Chicken and chickpea bake** Aug 08 2662k; 33.7g fat; 10.1g sat fat; 44.2g protein; 35.9g carbs; 6.4g fibre; 198mg chol; 790mg sodium.
- 51 Chicken and coconut parcels** Nov 08 2109k; 7g fat; 3.5g sat fat; 65.2g protein; 41.8g carbs; 9.3g fibre; 162mg chol; 483mg sodium.
- 41 Chicken and mushroom crêpes** Nov 08 1854k; 12.9g fat; 6.6g sat fat; 43.6g protein; 35.7g carbs; 4.4g fibre; 206mg chol; 340mg sodium.
- 22 Chicken and sun-dried tomato risotto** Sep 08 3291k; 24.7g fat; 10.6g sat fat; 39.3g protein; 96.9g carbs; 6.6g fibre; 129mg chol; 2229mg sodium.
- 30 Chicken and tomato pesto pappardelle** Jul 08 2509k; 16.3g fat; 4.1g sat fat; 35.5g protein; 73.7g carbs; 5.6g fibre; 80mg chol; 701mg sodium.
- 65 Chicken antipasto pasta** Feb 08 3583k; 35.3g fat; 8.3g sat fat; 50.9g protein; 80.2g carbs; 4.7g fibre; 126mg chol; 1187mg sodium.
- 49 Chicken bibimbap** Nov 08 3107k; 22g fat; 4.6g sat fat; 42.8g protein; 90.9g carbs; 3.4g fibre; 275mg chol; 1330mg sodium.
- 58 Chicken cacciatore** Aug 08 1570k; 16.6g fat; 4.4g sat fat; 36.7g protein; 12.7g carbs; 4g fibre; 164mg chol; 576mg sodium.
- 62 Chicken, cashew and coconut curry** May 08 3239k; 41g fat; 18g sat fat; 44.9g protein; 53g carbs; 5g fibre; 163mg chol; 195mg sodium.
- 36 Chicken donburi** Oct 08 2484k; 14.6g fat; 4.1g sat fat; 48.8g protein; 64.7g carbs; 1.3g fibre; 379mg chol; 765mg sodium.
- 22 Chicken, feta and pea risoni salad** May 08 2594k; 21.5g fat; 8.3g sat fat; 55.4g protein; 47.6g carbs; 5.4g fibre; 143mg chol; 574mg sodium.
- 41 Chicken, leek and green pea pies** May 08 3850k; 47.5g fat; 27.5g sat fat; 67.5g protein; 52.9g carbs; 5.8g fibre; 304mg chol; 1108mg sodium.
- 40 Chicken noodle salad with ginger dressing** DEC 08/ JAN 09 1353k; 11.8g fat; 2.1g sat fat; 17.6g protein; 34g carbs; 3g fibre; 42mg chol; 75mg sodium.
- 22 Chicken pizzaiola** Nov 08 2242k; 32.6g fat; 8.9g sat fat; 21.8g protein; 37.8g carbs; 3.9g fibre; 90mg chol; 1059mg sodium.
- 67 Chicken satay skewers** Sep 08 1987k; 20.9g fat; 6.9g sat fat; 42.2g protein; 28.7g carbs; 5.5g fibre; 120mg chol; 521mg sodium.
- 59 Chicken schnitzel with spicy wedges and barbecue sauce** Jun 08 2614k; 13.9g fat; 3.7g sat fat; 46.2g protein; 74.8g carbs; 8g fibre; 131mg chol; 877mg sodium.
- 22 Chicken stroganoff** Jul 08 2849k; 24g fat; 10.7g sat fat; 50.3g protein; 62g carbs; 3g fibre; 158mg chol; 636mg sodium.
- 55 Chicken tacos** Mar 08 1658k; 19g fat; 4g sat fat; 23.1g protein; 29.7g carbs; 7.2g fibre; 61mg chol; 416mg sodium.
- 13 HS Chicken waldorf salad** Oct 08 1720k; 12.6g fat; 1.7g sat fat; 27.2g protein; 43.5g carbs; 5.8g fibre; 55mg chol; 625mg sodium.
- 65 Chicken with green olives and preserved lemons** Jul 08 2668k; 21.5g fat; 5.7g sat fat; 44.8g protein; 62.6g carbs; 6.7g fibre; 170mg chol; 725mg sodium.
- 53 Chicken with mustard sauce** DEC 08/ JAN 09 3142k; 51.6g fat; 19.5g sat fat; 43g protein; 22.5g carbs; 4.7g fibre; 256mg chol; 657mg sodium.
- 42 Chicken with rosemary and caper seasoning** Feb 08 2477k; 27.9g fat; 6.9g sat fat; 53.1g protein; 29g carbs; 5.5g fibre; 221mg chol; 405mg sodium.
- 53 Chicken wonton noodle soup** Jun 08 1955k; 8.9g fat; 2.6g sat fat; 33.8g protein; 61g carbs; 3.8g fibre; 140mg

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- chocolate; 2691mg sodium.
- 73** **Chilli orange baked chicken** Mar 08 1099k; 12.6g fat; 3.7g sat fat; 34.2g protein; 2.8g carbs; 0.5g fibre; 170mg chol; 181mg sodium.
- 34** **Classic Italian risotto** Oct 08 2068k; 14.1g fat; 6.4g sat fat; 19.7g protein; 65.6g carbs; 1.2g fibre; 26mg chol; 1751mg sodium.
- 47** **Coconut chicken noodle salad** Feb 08 2398k; 22.1g fat; 7g sat fat; 46.1g protein; 45g carbs; 6.7g fibre; 111mg chol; 480mg sodium.
- 86** **Coq au vin** Jun 08 3275k; 36.4g fat; 10.6g sat fat; 45.2g protein; 44.6g carbs; 6.8g fibre; 163mg chol; 1677mg sodium.
- 28** **CS Cranberry turkey meatloaf** DEC 08/ JAN 09 1114k; 12.7g fat; 4g sat fat; 23.9g protein; 15.3g carbs; 1.1g fibre; 98mg chol; 160mg sodium.
- 46** **Cream of chicken soup** May 08 2629k; 40.2g fat; 20.7g sat fat; 50.2g protein; 16.2g carbs; 2.3g fibre; 292mg chol; 1698mg sodium.
- 21** **Creamy chicken and cheese pasta** Sep 08 2616k; 16.1g fat; 6.1g sat fat; 43.5g protein; 73.3g carbs; 6.1g fibre; 78mg chol; 582mg sodium.
- 27** **Creamy chicken and cheese pasta** DEC 08/ JAN 09 2616k; 16.1g fat; 6.1g sat fat; 43.5g protein; 73.3g carbs; 6.1g fibre; 78mg chol; 582mg sodium.
- 78** **Creamy chicken, asparagus and tarragon pies** Apr 08 1729k; 26.3g fat; 10.9g sat fat; 24.1g protein; 16.1g carbs; 2.5g fibre; 123mg chol; 597mg sodium.
- 45** **Crêpes with Chinese chicken** Apr 08 1402k; 13g fat; 4.8g sat fat; 27.6g protein; 25.8g carbs; 2.4g fibre; 173mg chol; 310mg sodium.
- 23** **Curried chicken and vegetable pie** DEC 08/ JAN 09 2597k; 37.6g fat; 16.5g sat fat; 34.1g protein; 35.2g carbs; 3.1g fibre; 172mg chol; 758mg sodium.
- 39** **Dairy-free roast potatoes with chicken mornay** Jul 08 2116k; 24.5g fat; 5g sat fat; 33.1g protein; 35.8g carbs; 5.6g fibre; 109mg chol; 480mg sodium.
- 36** **Fennel and thyme roasted chicken** Jul 08 2618k; 35.8g fat; 10.1g sat fat; 41.7g protein; 31.1g carbs; 5.9g fibre; 172mg chol; 603mg sodium.
- 52** **French rissoles** Mar 08 761k; 8.5g fat; 2.5g sat fat; 20.7g protein; 4.9g carbs; 1.7g fibre; 90mg chol; 160mg sodium.
- 36** **Frying pan chicken lasagne** May 08 1778k; 15.1g fat; 6.1g sat fat; 31.7g protein; 41.7g carbs; 3.7g fibre; 77mg chol; 541mg sodium.
- 19** **Garlic and rosemary chicken** Jul 08 2126k; 21.9g fat; 5.2g sat fat; 39.7g protein; 30.9g carbs; 13.5g fibre; 152mg chol; 393mg sodium.
- 52** **Glazed Chinese chicken** Feb 08 2438k; 35.3g fat; 11g sat fat; 46.7g protein; 16.8g carbs; 0.5g fibre; 237mg chol; 2587mg sodium.
- 4** **HS Green curry chicken** 2518k; 15g fat; 6.8g sat fat; 47.7g protein; 64.5g carbs; 5.5g fibre; 114mg chol; 1102mg sodium.
- 75** **Grilled chicken with capsicum salsa** Feb 08 3091k; 43.1g fat; 5.1g sat fat; 52.4g protein; 31.6g carbs; 6.5g fibre; 130mg chol; 120mg sodium.
- 32** **Grilled chicken with noodle salad** Apr 08 1550k; 10.7g fat; 2.1g sat fat; 33.3g protein; 33.7g carbs; 3.6g fibre; 100mg chol; 698mg sodium.
- 26** **Hoisin skewers with noodle salad** Oct 08 2142k; 8.8g fat; 2g sat fat; 36.4g protein; 68g carbs; 3g fibre; 81mg chol; 977mg sodium.
- 32** **Honey and sesame chicken stir-fry** Jun 08 2838k; 23.6g fat; 5.4g sat fat; 35.9g protein; 78.1g carbs; 2.7g fibre; 130mg chol; 741mg sodium.
- 13** **HS Honey mustard chicken and mash** Oct 08 1911k; 8.3g fat; 1.9g sat fat; 41.5g protein; 50.1g carbs; 6.3g fibre; 100mg chol; 402mg sodium.
- 29** **Honey mustard chicken tenders** Sep 08 1727k; 16.1g fat; 2.4g sat fat; 38.5g protein; 27.4g carbs; 2.2g fibre; 120mg chol; 315mg sodium.
- 63** **Honey soy chicken with veggie rice** Apr 08 2392k; 24g fat; 6.3g sat fat; 32.3g protein; 54.2g carbs; 3.8g fibre; 151mg chol; 648mg sodium.
- 60** **Hot and sour chicken** May 08 1939k; 13.2g fat; 3.6g sat fat; 35.1g protein; 48g carbs; 3g fibre; 135mg chol; 481mg sodium.
- 28** **Hot and spicy chicken and corn noodle soup** Aug 08 1622k; 10.6g fat; 2.9g sat fat; 39g protein; 31.9g carbs; 4.7g fibre; 113mg chol; 1874mg sodium.
- 19** **Lemon chicken with warm mushroom risoni salad** Oct 08 1990k; 11.2g fat; 2.4g sat fat; 52.9g protein; 37.2g carbs; 4.4g fibre; 130mg chol; 125mg sodium.
- 21** **Lemon feta roasted chicken** Apr 08 3287k; 47.5g fat; 17.8g sat fat; 61.3g protein; 23.9g carbs; 4g fibre; 321mg chol; 655mg sodium.
- 41** **Lemon roast chicken** Nov 08 3027k; 36.6g fat; 10g sat fat; 49.9g protein; 45.2g carbs; 8.5g fibre; 190mg chol; 500mg sodium.
- 25** **Lemongrass and ginger chicken rissoles** Aug 08 1539k; 12.2g fat; 2.8g sat fat; 27.6g protein; 34.6g carbs; 5.2g fibre; 87mg chol; 303mg sodium.
- 50** **Maple-roasted pumpkin and chicken salad** Sep 08 2051k; 25.2g fat; 3.9g sat fat; 39.3g protein; 25g carbs; 3.8g fibre; 97mg chol; 150mg sodium.
- 79** **Mediterranean chicken and olive casserole** May 08 2810k; 25.4g fat; 5.9g sat fat; 50.4g protein; 53.2g carbs; 3.8g fibre; 195mg chol; 1257mg sodium.
- 26** **Moroccan chicken and couscous** Mar 08 2551k; 12.2g fat; 2.6g sat fat; 54.3g protein; 67.7g carbs; 2.8g fibre; 130mg chol; 1097mg sodium.
- 62** **Mustard chicken wraps** Nov 08 1480k; 8.5g fat; 1.9g sat fat; 30.2g protein; 37.9g carbs; 1.6g fibre; 105mg chol; 574mg sodium.
- 37** **Mustard chicken with cumin sweet potato** Mar 08 1177k; 4.6g fat; 1.1g sat fat; 31.9g protein; 25.7g carbs; 4.2g fibre; 81mg chol; 235mg sodium.
- 47** **Nasi goreng** Aug 08 2169k; 12.1g fat; 3.1g sat fat; 40.2g protein; 59.8g carbs; 3g fibre; 282mg chol; 1135mg sodium.
- 6** **HS North African chicken** Oct 08 1850k; 31.2g fat; 10g sat fat; 35.3g protein; 4.5g carbs; 2.5g fibre; 156mg chol; 415mg sodium.
- 53** **Nut-free satay sauce** Nov 08 1761k; 20.6g fat; 3.6g sat fat; 39.6g protein; 18.8g carbs; 2.2g fibre; 106mg chol; 584mg sodium.
- 49** **Old-fashioned chicken noodle soup** Jun 08 1856k; 9.3g fat; 2.2g sat fat; 30g protein; 56g carbs; 6.7g fibre; 80mg chol; 515mg sodium.
- 24** **One-pot Japanese teriyaki chicken** Apr 08 2174k; 14.2g fat; 3.7g sat fat; 30.9g protein; 65.4g carbs; 2.1g fibre; 109mg chol; 645mg sodium.
- 73** **Pesto chicken** Apr 08 1218k; 22.6g fat; 4.9g sat fat; 21.6g protein; 0.6g carbs; 0.7g fibre; 92mg chol; 191mg sodium.
- 45** **Portuguese chicken burger** Mar 08 2362k; 27.3g fat; 5.2g sat fat; 30.9g protein; 47g carbs; 3.5g fibre; 114mg chol; 1040mg sodium.
- 29** **Portuguese chicken with cucumber and pineapple salsa** Nov 08 1271k; 17.7g fat; 4g sat fat; 25.1g protein; 10.1g carbs; 2.4g fibre; 109mg chol; 604mg sodium.
- 22** **Portuguese drumsticks with spiced rice** Jun 08 2935k; 28.5g fat; 7g sat fat; 40.9g protein; 67.3g carbs; 5.6g fibre; 174mg chol; 1006mg sodium.
- 74** **Red curry chicken** Oct 08 1121k; 17.7g fat; 6.9g sat fat; 23.3g protein; 3.8g carbs; 1.3g fibre; 104mg chol; 949mg sodium.
- 53** **Reduced-fat butter chicken** Nov 08 2848k; 24g fat; 8.9g sat fat; 47.4g protein; 64.6g carbs; 4.1g fibre; 204mg chol; 588mg sodium.
- 18** **CS Roast turkey fillet with rice and tomato stuffing** DEC 08/ JAN 09 1419k; 8.5g fat; 1.6g sat fat; 49.8g protein; 14.6g carbs; 0.8g fibre; 130mg chol; 295mg sodium.
- 14** **CS Roast turkey with bacon stuffing** DEC 08/ JAN 09 3350k; 32.1g fat; 9.8g sat fat; 115.7g protein; 23.8g carbs; 2.5g fibre; 375mg chol; 3269mg sodium.
- 61** **Salt and pepper chicken drumettes** May 08 1439k; 19.2g fat; 5.6g sat fat; 30g protein; 12.1g carbs; 1.2g fibre; 201mg chol; 1513mg sodium.
- 68** **Sausage and broccoli pilaf** Feb 08 3092k; 37.1g fat; 10.7g sat fat; 26.4g protein; 70.7g carbs; 8.8g fibre; 64mg chol; 1605mg sodium.
- 61** **Smokey chicken with oregano** Jun 08 2297k; 37.4g fat; 10.4g sat fat; 41g protein; 11.2g carbs; 2.9g fibre; 202mg chol; 652mg sodium.
- 29** **Spanish chicken and rice** May 08 2630k; 28.1g fat; 7.1g sat fat; 37.3g protein; 49.8g carbs; 3.3g fibre; 174mg chol; 806mg sodium.
- 61** **Spiced apricot chicken** May 08 1901k; 10.8g fat; 2.1g sat fat; 49.3g protein; 37.5g carbs; 4.2g fibre; 130mg chol; 123mg sodium.
- 85** **Spicy barbecued chicken** DEC 08/ JAN 09 667k; 7.8g fat; 1.9g sat fat; 16.7g protein; 5g carbs; 0.7g fibre; 88mg chol; 180mg sodium.
- 40** **Spicy chicken with currant and almond pilaf** Aug 08 3055k; 20.8g fat; 6.4g sat fat; 54.1g protein; 79.2g carbs; 4.7g fibre; 149mg chol; 503mg sodium.
- 28** **Spicy ginger chicken stir-fry** Sep 08 1637k; 10.4g fat; 3g sat fat; 38.3g protein; 34.4g carbs; 4.1g fibre; 97mg chol; 748mg sodium.
- 55** **Spicy lemon roast chicken** May 08 2397k; 38.8g fat; 9.6g sat fat; 40.1g protein; 15.1g carbs; 4.3g fibre; 196mg chol; 490mg sodium.
- 55** **Spicy Thai chicken noodle patties** Jun 08 1930k; 19.5g fat; 5.2g sat fat; 35.1g protein; 35.2g carbs; 2.3g fibre; 182mg chol; 660mg sodium.
- 38** **Tandoori chicken burger** Nov 08 2027k; 16g fat; 4.1g sat fat; 35.5g protein; 45.8g carbs; 6.2g fibre; 116mg chol; 988mg sodium.
- 30** **Tandoori chicken baskets** May 08 1003k; 5.1g fat; 1.8g sat fat; 33g protein; 12.8g carbs; 2.9g fibre; 106mg chol; 822mg sodium.
- 7** **HS Tandoori chicken with mango salsa** Oct 08 2793k; 21.1g fat; 10.5g sat fat; 51.8g protein; 64.4g carbs; 4.3g fibre; 161mg chol; 550mg sodium.
- 56** **Thai green curry chicken** May 08 3017k; 35.8g fat; 16.7g sat fat; 41g protein; 53.8g carbs; 8.3g fibre; 130mg chol; 441mg sodium.
- 38** **Thai red curry and chicken rice** Jun 08 1893k; 17.4g fat; 9.2g sat fat; 24.7g protein; 47.2g carbs; 3g fibre; 49mg chol; 1240mg sodium.
- 26** **Thai turkey mince with rice** Mar 08 2302k; 13.9g fat; 3.7g sat fat; 39.4g protein; 65g carbs; 1.7g fibre; 112mg chol; 367mg sodium.
- 53** **Toddler-friendly chicken wonton noodles** Jun 08 886k; 4.2g fat; 1.2g sat fat; 13.1g protein; 30g carbs; 0.9g fibre; 65mg chol; 377mg sodium.
- 17** **Turkey and cranberry burger** Nov 08 1740k; 17.7g fat; 4.7g sat fat; 29.7g protein; 33.7g carbs; 3.8g fibre; 122mg chol; 514mg sodium.
- 17** **Turkey chops with braised fennel** May 08 2608k; 40.3g fat; 11.7g sat fat; 52.7g protein; 11.3g carbs; 4.6g fibre; 150mg chol; 522mg sodium.
- 74** **Turkey fried rice** DEC 08/ JAN 09 2191k; 15.5g fat; 3g sat fat; 28g protein; 64g carbs; 4.1g fibre; 191mg chol; 1238mg sodium.
- 68** **Turkey steaks with cherry sauce** DEC 08/ JAN 09 1047k; 5.5g fat; 1.1g sat fat; 31.4g protein; 15.8g carbs; 3.3g fibre; 73mg chol; 84mg sodium.
- 62** **Vegetable and chicken burgers** Oct 08 2218k; 11.1g fat; 3.4g sat fat; 39g protein; 63.7g carbs; 9.6g fibre; 75mg chol; 1326mg sodium.
- 35** **Warm chicken salad with coconut rice** DEC 08/ JAN 09 1446k; 7.8g fat; 2.4g sat fat; 32.7g protein; 34.8g carbs; 3.7g fibre; 100mg chol; 374mg sodium.
- 61** **Whole spiced chicken** Aug 08 2532k; 35.5g fat; 9.5g sat fat; 39.6g protein; 28.6g carbs; 7.1g fibre; 178mg chol; 768mg sodium.
- Sweets**
- 12** **ANZAC biscuits** Apr 08 (per biscuit) 505k; 6.4g fat; 4.5g sat fat; 1.2g protein; 14.5g carbs; 0.9g fibre; 13mg chol; 139mg sodium.
- 71** **Apple and cinnamon pancakes** Jun 08 (per pancake) 1221k; 4.3g fat; 1.5g sat fat; 6.9g protein; 57.3g carbs; 1.8g fibre; 35mg chol; 158mg sodium.
- 77** **Apple and sultana wraps** Jun 08 763k; 3.8g fat; 1.7g sat fat; 5.3g protein; 29.3g carbs; 5.4g fibre; 1mg chol; 318mg sodium.
- 52** **Apple cinnamon crumble** May 08 1832k; 12.7g fat; 7.1g sat fat; 4.5g protein; 75.7g carbs; 6.5g fibre; 32mg chol; 99mg sodium.
- 85** **Apple custard tarts** Jul 08 493k; 2.6g fat; 0.3g sat fat

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- fat; 3.6g protein; 19.9g carbs; 1.1g fibre; 2mg chol; 79mg sodium.
- 81 Apple pie Apr 08** 1541kJ; 12.6g fat; 7.8g sat fat; 3.5g protein; 59.7g carbs; 4.5g fibre; 56mg chol; 160mg sodium.
- 60 Apple pikelets DEC 08/ JAN 09** (each) 231kJ; 1.3g fat; 0.7g sat fat; 1.7g protein; 9g carbs; 0.5g fibre; 11mg chol; 78mg sodium.
- 83 Apricot and almond pastries Feb 08** 1421kJ; 19.1g fat; 8.4g sat fat; 6.2g protein; 34.1g carbs; 3.3g fibre; 70mg chol; 240mg sodium.
- 72 Apricot and sultana biscuits Sep 08** 495kJ; 2.9g fat; 0.5g sat fat; 1.8g protein; 20.8g carbs; 1.8g fibre; 0mg chol; 86mg sodium.
- 76 Apricot, peach and almond pie Aug 08** 1531kJ; 17.9g fat; 10.2g sat fat; 5.2g protein; 45.3g carbs; 3g fibre; 67mg chol; 19mg sodium.
- 77 Baby scones with jam and cream May 08** (per scone) 526kJ; 5.3g fat; 3.4g sat fat; 2.3g protein; 16.9g carbs; 0.7g fibre; 16mg chol; 156mg sodium.
- 87 Baked cherry custards Sep 08** 2128kJ; 16.9g fat; 8.1g sat fat; 11.3g protein; 79.6g carbs; 0.9g fibre; 180mg chol; 376mg sodium.
- 70 Baked cinnamon doughnuts Aug 08** 718kJ; 3.3g fat; 1.9g sat fat; 4.2g protein; 30.9g carbs; 1.4g fibre; 10mg chol; 34mg sodium.
- 81 Baked custard tart May 08** 1874kJ; 23.3g fat; 14g sat fat; 9.2g protein; 50.7g carbs; 2.1g fibre; 184mg chol; 204mg sodium.
- 83 Baked orange and ricotta cake DEC 08/ JAN 09** 2223kJ; 25.6g fat; 13.3g sat fat; 16g protein; 60.1g carbs; 2.1g fibre; 128mg chol; 376mg sodium.
- 82 Baked pears with spiced mascarpone Jul 08** 1600kJ; 22.8g fat; 14.4g sat fat; 1.8g protein; 42.4g carbs; 5.4g fibre; 56mg chol; 106mg sodium.
- 91 Bakewell tart Jun 08** 3223kJ; 53.6g fat; 25.5g sat fat; 11.6g protein; 62.1g carbs; 3.6g fibre; 205mg chol; 256mg sodium.
- 80 Balsamic strawberry skewers Feb 08** (per skewer) 718kJ; 10.1g fat; 6g sat fat; 1.6g protein; 18.7g carbs; 1.1g fibre; 20mg chol; 23mg sodium.
- 17 HS Banana bread Oct 08** 911kJ; 3.8g fat; 1g sat fat; 4.7g protein; 40.2g carbs; 2.9g fibre; 31mg chol; 342mg sodium.
- 76 Banoffee pavlova Mar 08** 1097kJ; 2.3g fat; 1.4g sat fat; 3.5g protein; 58.7g carbs; 0.8g fibre; 8mg chol; 45mg sodium.
- 67 Berry banana split May 08** 1831kJ; 11.4g fat; 5.1g sat fat; 9.3g protein; 71g carbs; 9.1g fibre; 4mg chol; 47mg sodium.
- 44 Berry parfaits Feb 08** 1246kJ; 12g fat; 7.7g sat fat; 8.1g protein; 37.3g carbs; 3.5g fibre; 42mg chol; 100mg sodium.
- 83 Berry vanilla bread and butter pudding Jul 08** 1350kJ; 8.5g fat; 2.1g sat fat; 17g protein; 40g carbs; 7.4g fibre; 146mg chol; 266mg sodium.
- 84 Blood orange tart Sep 08** 1628kJ; 22.7g fat; 13.7g sat fat; 6.9g protein; 40.3g carbs; 0.9g fibre; 174mg chol; 147mg sodium.
- 81 Butter cake Apr 08** 1472kJ; 19.2g fat; 12.1g sat fat; 5.1g protein; 39.9g carbs; 1.1g fibre; 102mg chol; 374mg sodium.
- 56 Butterfly cupcakes Aug 08** (per cake) 1005kJ; 12.6g fat; 8g sat fat; 2.8g protein; 29.5g carbs; 0.7g fibre; 60mg chol; 121mg sodium.
- 82 Buttermilk scones Apr 08** (per scone) 648kJ; 3.9g fat; 2.4g sat fat; 4g protein; 25g carbs; 1.2g fibre; 12mg chol; 276mg sodium.
- 14 Butterscotch almond cake Sep 08** 2473kJ; 35.5g fat; 19.2g sat fat; 9.1g protein; 60.2g carbs; 2.1g fibre; 157mg chol; 448mg sodium.
- 77 Cappuccino cheesecakes Mar 08** (per cake) 658kJ; 8.7g fat; 4.7g sat fat; 4.2g protein; 16g carbs; 0.3g fibre; 23mg chol; 115mg sodium.
- 56 Cappuccino cupcakes Aug 08** (per cake) 624kJ; 7.7g fat; 4.3g sat fat; 1.7g protein; 18.6g carbs; 0.3g fibre; 34mg chol; 62mg sodium.
- 91 Caramel coconut slice Nov 08** (each) 799kJ; 14.5g fat; 8.5g sat fat; 1.9g protein; 13.7g carbs; 1.2g fibre; 29mg chol; 87mg sodium.
- 21 B Caramel swirl cheesecake Aug 08** 3077kJ; 57.1g fat; 36.3g sat fat; 8.8g protein; 49.5g carbs; 0.7g fibre; 199mg chol; 472mg sodium.
- 89 Caramel tarts with maple pecans Jun 08** 4354kJ; 74.7g fat; 39.3g sat fat; 8.7g protein; 86.5g carbs; 3.5g fibre; 224mg chol; 391mg sodium.
- 86 Caramelised banana with toffee sauce Sep 08** 1433kJ; 16.1g fat; 10.5g sat fat; 2.1g protein; 48.6g carbs; 2.2g fibre; 50mg chol; 119mg sodium.
- 84 Caramelised pear and sponge cake Sep 08** 1563kJ; 21g fat; 11.8g sat fat; 7.9g protein; 39.3g carbs; 1.2g fibre; 252mg chol; 154mg sodium.
- 87 Carrot cake with light cream cheese icing Mar 08** 1794kJ; 15.8g fat; 4.6g sat fat; 5.2g protein; 67.7g carbs; 2g fibre; 47mg chol; 265mg sodium.
- 82 Chargrilled nectarines with honeycomb mascarpone Feb 08** 1484kJ; 17.8g fat; 11.6g sat fat; 5.4g protein; 41g carbs; 5.5g fibre; 36mg chol; 78mg sodium.
- 36 CS Celebration fruit and nut cake DEC 08/ JAN 09** 1280kJ; 15.9g fat; 6.5g sat fat; 4.5g protein; 34g carbs; 2.9g fibre; 54mg chol; 122mg sodium.
- 68 Cherry almond tart DEC 08/ JAN 09** 2173kJ; 37.3g fat; 18.1g sat fat; 8.7g protein; 37.3g carbs; 3g fibre; 149mg chol; 244mg sodium.
- 94 Cherryberry meringue crunch DEC 08/ JAN 09** 1821kJ; 28.4g fat; 18.4g sat fat; 5.1g protein; 37.6g carbs; 5.6g fibre; 87mg chol; 52mg sodium.
- 87 Cherry muesli slice Nov 08** (each) 1329kJ; 17.8g fat; 8.8g sat fat; 5.9g protein; 33.3g carbs; 2.9g fibre; 31mg chol; 110mg sodium.
- 68 Chewy witches' fingers Oct 08** (each) 70kJ; 0.4g fat; 0.03g sat fat; 0.3g protein; 3g carbs; 0.06g fibre; 0mg chol; 3mg sodium.
- 83 Choc-chunk raspberry blondies Sep 08** 1344kJ; 19.7g fat; 12.4g sat fat; 4.6g protein; 32g carbs; 1.4g fibre; 60mg chol; 135mg sodium.
- 66 Choc-mallow Easter eggs Mar 08** (per egg) 1471kJ; 3.7g fat; 2.2g sat fat; 1.5g protein; 81.7g carbs; 0.1g fibre; 2mg chol; 214mg sodium.
- 76 Coconut mango cheesecake Oct 08** 1452kJ; 23.3g fat; 13.7g sat fat; 9.6g protein; 24.8g carbs; 1.6g fibre; 104mg chol; 722mg sodium.
- 67 Choc-cherry cheesecake DEC 08/ JAN 09** 2028kJ; 55.4g fat; 34.5g sat fat; 10.5g protein; 48.2g carbs; 1.3g fibre; 201mg chol; 504mg sodium.
- 83 Choc-mint mousse Sep 08** 2558kJ; 49g fat; 31.4g sat fat; 7.2g protein; 38.2g carbs; 0.5g fibre; 198mg chol; 180mg sodium.
- 12 Chocolate brownie bites May 08** 628kJ; 8.9g fat; 5.6g sat fat; 2g protein; 16.1g fibre; 0.4g carbs; 33mg chol; 14mg sodium.
- 87 Choc brownie slice Nov 08** (each) 689kJ; 10.2g fat; 4g sat fat; 3.8g protein; 14.4g carbs; 1.2g fibre; 3mg chol; 80mg sodium.
- 20 Chocolate caramel slice Aug 08** 1310kJ; 19.5g fat; 14.8g sat fat; 3.6g protein; 32g carbs; 1g fibre; 39mg chol; 119mg sodium.
- 90 Chocolate coconut cake Nov 08** 2696kJ; 47g fat; 30.5g sat fat; 6.5g protein; 51.1g carbs; 1.7g fibre; 150mg chol; 423mg sodium.
- 13 B Chocolate hazelnut cigars Aug 08** 909kJ; 15.7g fat; 5.1g sat fat; 3g protein; 16.3g carbs; 1.6g fibre; 13mg chol; 67mg sodium.
- 88 Chocolate heart tarts Feb 08** (per tart) 3829kJ; 52.7g fat; 31.6g sat fat; 14.4g protein; 97.5g carbs; 4.3g fibre; 288mg chol; 325mg sodium.
- 20 B Chocolate layer cake Aug 08** 3233kJ; 41.1g fat; 26.3g sat fat; 7.8g protein; 95.7g carbs; 1.5g fibre; 174mg chol; 663mg sodium.
- 79 Chocolate meringues with warm dipping sauce Mar 08** (per meringue) 351kJ; 3.4g fat; 2.1g sat fat; 1.1g protein; 12.5g carbs; 0.1g fibre; 4mg chol; 14mg sodium.
- 54 Chocolate mousse trifles DEC 08/ JAN 09** 2259kJ; 35.4g fat; 23g sat fat; 8.7g protein; 47g carbs; 1.3g fibre; 118mg chol; 244mg sodium.
- 88 Choc-orange cranberry slice Nov 08** (each) 757kJ; 10.3g fat; 6.1g sat fat; 1.9g protein; 21.1g carbs; 0.6g fibre; 9mg chol; 20mg sodium.
- 76 Chocolate pecan pie Aug 08** 2775kJ; 41.6g fat; 15.9g sat fat; 8.7g protein; 64.6g carbs; 3.2g fibre; 149mg chol; 92mg sodium.
- 38 CS Chocolate shortbread stars DEC 08/ JAN 09** (each) 431kJ; 6.5g fat; 4.2g sat fat; 1g protein; 10.1g carbs; 0.3g fibre; 18mg chol; 52mg sodium.
- 59 Chocolate soufflés May 08** 1505kJ; 25.2g fat; 15.5g sat fat; 6.1g protein; 29g carbs; 0.4g fibre; 112mg chol; 112mg sodium.
- 80 Chocolate sticky date pudding with butterscotch sauce Sep 08** 2547kJ; 37g fat; 23.6g sat fat; 5.3g protein; 65.6g carbs; 2.8g fibre; 151mg chol; 394mg sodium.
- 63 Choc mint ice-cream DEC 08/ JAN 09** 1997kJ; 28.5g fat; 19.1g sat fat; 5.6g protein; 48.6g carbs; 0.1g fibre; 55mg chol; 129mg sodium.
- 87 Choc-vanilla cupcakes May 08** 1051kJ; 12.7g fat; 8.4g sat fat; 4.1g protein; 30.3g carbs; 1g fibre; 74mg chol; 148mg sodium.
- 24 CS Christmas balls DEC 08/ JAN 09** (each) 369kJ; 5.8g fat; 4.9g sat fat; 1.3g protein; 7.7g carbs; 1.1g fibre; 3mg chol; 12mg sodium.
- 75 Christmas cake ice-cream sandwich DEC 08/ JAN 09** 2220kJ; 21.1g fat; 10.5g sat fat; 9.2g protein; 77.9g carbs; 3.3g fibre; 45mg chol; 374mg sodium.
- 22 B Citrus mud cake Aug 08** 2318kJ; 35.3g fat; 22.5g sat fat; 6g protein; 55.2g carbs; 1.3g fibre; 115mg chol; 209mg sodium.
- 92 Coconut banana bread Nov 08** 1730kJ; 14.7g fat; 12g sat fat; 6.3g protein; 63.6g carbs; 4g fibre; 47mg chol; 279mg sodium.
- 46 CS Classic fruit cake DEC 08/ JAN 09** 1649kJ; 10.7g fat; 5.9g sat fat; 4.2g protein; 66.2g carbs; 4.5g fibre; 54mg chol; 173mg sodium.
- 80 Coconut and banana skewers Feb 08** (per skewer) 1347kJ; 16.6g fat; 10.8g sat fat; 3.4g protein; 42.4g carbs; 2.3g fibre; 19mg chol; 27mg sodium.
- 40 Coconut banana pikelets Mar 08** 1359kJ; 5.1g fat; 1.8g sat fat; 11.6g protein; 57.4g carbs; 2g fibre; 56mg chol; 335mg sodium.
- 73 Coconut cream pie Aug 08** 1452kJ; 22.2g fat; 14.2g sat fat; 5.3g protein; 31.9g carbs; 1.5g fibre; 140mg chol; 43mg sodium.
- 48 Coconut ice cakes Feb 08** 648kJ; 6.8g fat; 5.2g sat fat; 1.4g protein; 22.2g carbs; 1g fibre; 18mg chol; 74mg sodium.
- 87 Coconut mango cake Feb 08** 1898kJ; 26.4g fat; 17.5g sat fat; 5.4g protein; 49.5g carbs; 2g fibre; 109mg chol; 264mg sodium.
- 85 Coffee and mascarpone layer cake May 08** 2698kJ; 43.4g fat; 27.3g sat fat; 8.5g protein; 57.4g carbs; 1.2g fibre; 171mg chol; 531mg sodium.
- 54 Cookies and cream DEC 08/ JAN 09** 2111kJ; 26.9g fat; 16.6g sat fat; 7.8g protein; 60.1g carbs; 0.2g fibre; 50mg chol; 264mg sodium.
- 59 Cornflake and honey cookies DEC 08/ JAN 09** (each) 469kJ; 5.3g fat; 3.4g sat fat; 1.2g protein; 15.1g carbs; 0.4g fibre; 16mg chol; 140mg sodium.
- 85 Cranberry pecan loaves May 08** 1615kJ; 19.1g fat; 7.5g sat fat; 5.5g protein; 48.7g carbs; 2.3g fibre; 66mg chol; 208mg sodium.
- 84 Creamy chocolate rice pudding Jul 08** 1320kJ; 5g fat; 0.8g sat fat; 15.7g protein; 51.5g carbs; 0.9g fibre; 10mg chol; 162mg sodium.
- 77 Crème brûlée cheesecake Oct 08** 1171kJ; 12.7g fat; 6.6g sat fat; 7.2g protein; 34.6g carbs; 1.7g fibre; 65mg chol; 257mg sodium.
- 46 Crêpes suzette Apr 08** 1544kJ; 13.4g fat; 7.5g sat fat; 9.3g protein; 53.2g carbs; 2.2g fibre; 126mg chol; 130mg sodium.
- 46 Crêpes with caramelised apple Apr 08** 1969kJ; 23.8g fat; 14.4g sat fat; 9.5g protein; 55.2g carbs; 3.5g fibre; 159mg chol; 150mg sodium.
- 46 Crêpes with choc-mallow sauce Apr 08** 1685kJ; 19.9g fat; 11.6g sat fat; 11.4g protein; 47.9g carbs; 1g fibre; 133mg chol; 103mg sodium.
- 46 Crêpes with cookies and cream Apr 08** 2375kJ; 34.4g fat; 20.2g sat fat; 11.5g protein; 53.5g carbs; 1.1g fibre; 170mg chol; 272mg sodium.
- 46 Crêpes with mixed berries Apr 08** 962kJ; 6.6g fat; 3g sat fat; 9.5g protein; 32g carbs; 2.9g fibre; 105mg chol; 72mg sodium.
- 46 Crêpes with pineapple and coconut Apr 08** 1239kJ; 8.6g fat; 4.8g sat fat; 9.5g protein; 44.6g carbs; 2.9g fibre; 105mg chol; 71mg sodium.
- 46 Crêpes with strawberries and cream Apr 08** 1537kJ; 25.1g fat; 15.2g sat fat; 10.3g protein; 24.6g carbs; 1.8g fibre; 163mg chol; 96mg sodium.

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- 76 Dairy and nut-free muesli slice Jul 08** 441kJ; 4.2g fat; 1.4g sat fat; 1.5g protein; 15.2g carbs; 0.9g fibre; 16mg chol; 35mg sodium.
- 54 Dairy-free apple and raspberry muffins Nov 08** (each) 942kJ; 10.5g fat; 1.4g sat fat; 3.7g protein; 27.9g carbs; 3g fibre; 16mg chol; 170mg sodium.
- 83 Dairy-free banana bread Mar 08** 848kJ; 7.7g fat; 0.8g sat fat; 3.6g protein; 29.6g carbs; 2g fibre; 31mg chol; 135mg sodium.
- 44 Dairy-free custard freeze with maple pecans Sep 08** 708kJ; 9.7g fat; 1.3g sat fat; 4.4g protein; 16.7g carbs; 0.9g fibre; 94mg chol; 35mg sodium.
- 81 Date and golden syrup baked custard May 08** 1705kJ; 18.7g fat; 10.5g sat fat; 11.8g protein; 48.9g carbs; 3.5g fibre; 232mg chol; 146mg sodium.
- 80 Double chocolate crème brûlée May 08** 3935kJ; 76g fat; 47.6g sat fat; 8.9g protein; 60.3g carbs; 0.3g fibre; 359mg chol; 116mg sodium.
- 41 CS Double-choc walnut brownies DEC 08/ JAN 09** (each) 898kJ; 13.2g fat; 7g sat fat; 2.8g protein; 22g carbs; 0.5g fibre; 49mg chol; 60mg sodium.
- 44 Easy caramel crunch ice-cream Feb 08** 2411kJ; 29.1g fat; 9.6g sat fat; 10.4g protein; 67.7g carbs; 3.1g fibre; 25mg chol; 193mg sodium.
- 42 Egg-free sticky fig pudding with butterscotch sauce Jun 08** 2164kJ; 25.6g fat; 16.7g sat fat; 4g protein; 68.4g carbs; 4.4g fibre; 79mg chol; 296mg sodium.
- 56 Fairy bread cupcakes Aug 08** (per cake) 952kJ; 8g fat; 4.9g sat fat; 2.5g protein; 37.4g carbs; 0.5g fibre; 45mg chol; 115mg sodium.
- 44 Flourless chocolate cake Nov 08** 2006kJ; 31.9g fat; 19.6g sat fat; 4.9g protein; 46.1g carbs; 0.4g fibre; 159mg chol; 229mg sodium.
- 24 B Flourless chocolate hazelnut cake Aug 08** 2541kJ; 44.1g fat; 22.6g sat fat; 8.6g protein; 46.6g carbs; 1.8g fibre; 176mg chol; 180mg sodium.
- 83 French toast with berry compôte Mar 08** 2149kJ; 18.9g fat; 9.6g sat fat; 16.3g protein; 68.6g carbs; 4.6g fibre; 226mg chol; 304mg sodium.
- 35 CS Fruit mince pies DEC 08/ JAN 09** 689kJ; 7g fat; 4.3g sat fat; 1.5g protein; 24.1g carbs; 1.2g fibre; 25mg chol; 64mg sodium.
- 10 CS Fruit mince pinwheels DEC 08/ JAN 09** (each) 572kJ; 6.2g fat; 2.6g sat fat; 1.5g protein; 18.9g carbs; 1.1g fibre; 19mg chol; 40mg sodium.
- 57 Fruity oat slice Mar 08** (per piece) 448kJ; 4.8g fat; 0.7g sat fat; 2.8g protein; 11.9g carbs; 3.1g fibre; 0.1mg chol; 7mg sodium.
- 37 CS Gingerbread man DEC 08/ JAN 09** (per man) 375kJ; 3g fat; 1.8g sat fat; 1.2g protein; 14.7g carbs; 0.3g fibre; 11mg chol; 59mg sodium.
- 21 B Ginger spice cake Aug 08** 1964kJ; 14.2g fat; 2.5g sat fat; 4g protein; 83.3g carbs; 1.4g fibre; 0mg chol; 357mg sodium.
- 40 Gluten-free chocolate self-saucing pudding Jul 08** 1926kJ; 18.8g fat; 11.8g sat fat; 6.1g protein; 66.4g carbs; 2.3g fibre; 51mg chol; 115mg sodium.
- 42 Gluten-free jam drops Jun 08** 497kJ; 7g fat; 4.6g sat fat; 0.2g protein; 13.8g carbs; 0.2g fibre; 21mg chol; 1mg sodium.
- 88 Gluten-free lemon and passionfruit cakes Jul 08** (per cake) 1135kJ; 17.9g fat; 8.8g sat fat; 3.8g protein; 23.9g carbs; 1.4g fibre; 39mg chol; 30mg sodium.
- 64 Golden syrup dumplings Aug 08** 2405kJ; 19.3g fat; 12.5g sat fat; 4.7g protein; 98.3g carbs; 1.3g fibre; 59mg chol; 423mg sodium.
- 56 Goey caramel cupcakes Aug 08** (per cake) 798kJ; 8.8g fat; 5.6g sat fat; 2.6g protein; 25.5g carbs; 0.7g fibre; 46mg chol; 130mg sodium.
- 74 Grilled fruit with pistachio yoghurt Oct 08** 647kJ; 4.3g fat; 1.3g sat fat; 4.3g protein; 23.2g carbs; 2.5g fibre; 7mg chol; 27mg sodium.
- 95 Grilled peach and nectarine salad DEC 08/ JAN 09** 3177kJ; 41.5g fat; 18.9g sat fat; 9.9g protein; 84.7g carbs; 9.2g fibre; 61mg chol; 65mg sodium.
- 87 Hazelnut chocolate tarts Sep 08** 1443kJ; 24g fat; 10.5g sat fat; 4g protein; 28.7g carbs; 1.7g fibre; 30mg chol; 92mg sodium.
- 80 Hazelnut raspberry meringue cake Mar 08** 1192kJ; 13.3g fat; 7.9g sat fat; 4.2g protein; 38g carbs; 1.6g fibre; 38mg chol; 71mg sodium.
- 64 Hokey pokey ice-cream DEC 08/ JAN 09** 1746kJ; 23.9g fat; 16.4g sat fat; 5.6g protein; 48.1g carbs; 0.1g fibre; 54mg chol; 163mg sodium.
- 74 Honey and pistachio biscotti Apr 08** (per piece) 237kJ; 2.2g fat; 0.2g sat fat; 1.3g protein; 7.9g carbs; 0.5g fibre; 0mg chol; 20mg sodium.
- 48 Hot cross buns Mar 08** (per bun) 904kJ; 4.4g fat; 2.5g sat fat; 5.2g protein; 38.2g carbs; 1.8g fibre; 27mg chol; 46mg sodium.
- 23 B Hummingbird cake Aug 08** 1720kJ; 19.1g fat; 5.8g sat fat; 5.1g protein; 55.7g carbs; 2.2g fibre; 41mg chol; 192mg sodium.
- 52 Individual citrus crumbles May 08** 2106kJ; 23g fat; 13.6g sat fat; 4.9g protein; 68.4g carbs; 3.7g fibre; 60mg chol; 378mg sodium.
- 75 Individual pear and rhubarb pies Aug 08** 2304kJ; 24.7g fat; 15g sat fat; 7.7g protein; 74g carbs; 4.5g fibre; 150mg chol; 27mg sodium.
- 77 Jelly swirl cheesecake slice Oct 08** 1026kJ; 15.6g fat; 9.1g sat fat; 7g protein; 19.7g carbs; 0.4g fibre; 41mg chol; 269mg sodium.
- 78 Jumbo cookies Nov 08** (each) 1591kJ; 15g fat; 8.9g sat fat; 5.1g protein; 56.1g carbs; 1.9g fibre; 63mg chol; 282mg sodium.
- 75 Key lime pie Apr 08** 1884kJ; 20.2g fat; 11.8g sat fat; 11.1g protein; 57.6g carbs; 0.8g fibre; 187mg chol; 104mg sodium.
- 56 Lamington cupcakes Aug 08** (per cake) 971kJ; 9.7g fat; 6.4g sat fat; 2.8g protein; 34.1g carbs; 1g fibre; 45mg chol; 117mg sodium.
- 52 Layered berry crumble May 08** 1389kJ; 12.5g fat; 7.1g sat fat; 5.7g protein; 45.8g carbs; 4.8g fibre; 32mg chol; 102mg sodium.
- 59 Lemon and lime soufflés May 08** 744kJ; 7.9g fat; 4.4g sat fat; 4.4g protein; 23g carbs; 0.1g fibre; 83mg chol; 99mg sodium.
- 87 Lemon and poppyseed biscuits Jul 08** (per biscuit) 432kJ; 4.6g fat; 2.8g sat fat; 1.3g protein; 14.2g carbs; 0.4g fibre; 19mg chol; 23mg sodium.
- 51 Lemon cheesecake crumbles May 08** (per crumble) 1381kJ; 24.6g fat; 15.3g sat fat; 6.1g protein; 22.1g carbs; 0.7g fibre; 100mg chol; 225mg sodium.
- 25 B Lemon coconut cake Aug 08** 2542kJ; 30g fat; 20.1g sat fat; 7.7g protein; 77.7g carbs; 2.7g fibre; 127mg chol; 475mg sodium.
- 30 Lemon coconut slice DEC 08/ JAN 09** (per piece) 1106kJ; 13.2g fat; 9.5g sat fat; 2.7g protein; 34.4g carbs; 1.6g fibre; 39mg chol; 109mg sodium.
- 86 Lemon coconut slice Jul 08** (per piece) 1106kJ; 13.2g fat; 9.5g sat fat; 2.7g protein; 34.4g carbs; 1.6g fibre; 39mg chol; 109mg sodium.
- 64 Lemon curd ice-cream DEC 08/ JAN 09** 1759kJ; 16.9g fat; 10.4g sat fat; 5.5g protein; 64.6g carbs; 0.1g fibre; 43mg chol; 113mg sodium.
- 54 Lemon curd tarts DEC 08/ JAN 09** 2841kJ; 38.1g fat; 24g sat fat; 4.4g protein; 81.1g carbs; 1.2g fibre; 125mg chol; 331mg sodium.
- 77 Lemon curd tartlets May 08** 620kJ; 9.4g fat; 5.2g sat fat; 2g protein; 14.2g carbs; 0.4g fibre; 47mg chol; 115mg sodium.
- 87 Lemon delicious Jul 08** 2287kJ; 26.8g fat; 16.3g sat fat; 8.4g protein; 70.4g carbs; 0.7g fibre; 196mg chol; 195mg sodium.
- 55 Lemon meringue cupcakes Aug 08** (per cake) 920kJ; 8.6g fat; 5.1g sat fat; 3g protein; 33.4g carbs; 0.6g fibre; 48mg chol; 127mg sodium.
- 78 Lemon meringue kisses Mar 08** (per piece) 120kJ; 0.2g fat; 0.08g sat fat; 0.2g protein; 6.7g carbs; 0.01g fibre; 1mg chol; 6mg sodium.
- 88 Lemon semolina cake Jul 08** 1263kJ; 9.6g fat; 5.8g sat fat; 4g protein; 50.5g carbs; 1g fibre; 55mg chol; 129mg sodium.
- 32 Lemon sorbet Feb 08** 1267kJ; 1.2g fat; 0.1g sat fat; 3.6g protein; 68.8g carbs; 0.4g fibre; 0mg chol; 73mg sodium.
- 87 Lemon sour cream cakes Mar 08** 1121kJ; 7g fat; 4.2g sat fat; 3.2g protein; 49.1g carbs; 0.8g fibre; 50mg chol; 141mg sodium.
- 86 Light chocolate cake Mar 08** 880kJ; 7.1g fat; 4.2g sat fat; 4.5g protein; 32.3g carbs; 1.1g fibre; 49mg chol; 222mg sodium.
- 88 Lime and coconut brûlée Nov 08** 3344kJ; 53g fat; 33.3g sat fat; 14.5g protein; 67.7g carbs; 2.1g fibre; 144mg chol; 821mg sodium.
- 31 Lime and watermelon sorbet Feb 08** 593kJ; 0.3g fat; 0g sat fat; 2.2g protein; 32.8g carbs; 0.8g fibre; 0mg chol; 30mg sodium.
- 84 Lime cheesecake Jul 08** 555kJ; 4.3g fat; 1.6g sat fat; 5.3g protein; 17g carbs; 2.4g fibre; 18mg chol; 97mg sodium.
- 76 Little chocolate mousses May 08** 900kJ; 15.3g fat; 9.3g sat fat; 3g protein; 16.7g carbs; 0.2g fibre; 75mg chol; 38mg sodium.
- 32 Lychee and mango sorbet Feb 08** 945kJ; 0.2g fat; 0.1g sat fat; 3.1g protein; 52.8g carbs; 1.8g fibre; 0mg chol; 35mg sodium.
- 53 Mango crêpes with star anise syrup Feb 08** 1632kJ; 21.7g fat; 13.7g sat fat; 6.7g protein; 42.7g carbs; 1.4g fibre; 111mg chol; 95mg sodium.
- 64 Mango macadamia ice-cream DEC 08/ JAN 09** 1659kJ; 23.2g fat; 11.7g sat fat; 6.8g protein; 41.3g carbs; 2.2g fibre; 35mg chol; 84mg sodium.
- 24 B Mango macadamia ice-cream cake Aug 08** 1581kJ; 21.4g fat; 11g sat fat; 5g protein; 38.8g carbs; 3.5g fibre; 22mg chol; 95mg sodium.
- 88 Marshmallow shortbread Feb 08** (per biscuit) 542kJ; 5.8g fat; 3.9g sat fat; 1g protein; 19.4g carbs; 0.5g fibre; 16mg chol; 96mg sodium.
- 60 Melt & mix triple choc cake Nov 08** 2084kJ; 31.2g fat; 19.4g sat fat; 5.9g protein; 50.6g carbs; 0.9g fibre; 124mg chol; 325mg sodium.
- 30 Melt & mix triple choc cake DEC 08/ JAN 09** 2084kJ; 31.2g fat; 19.4g sat fat; 5.9g protein; 50.6g carbs; 0.9g fibre; 124mg chol; 325mg sodium.
- 49 Microwave caramel self-saucing pudding May 08** 2858kJ; 29.2g fat; 11.8g sat fat; 8.7g protein; 99.1g carbs; 2.6g fibre; 96mg chol; 410mg sodium.
- 91 Mini apple and coconut cakes Nov 08** (each) 1808kJ; 21.8g fat; 15.5g sat fat; 4.6g protein; 55.1g carbs; 2.7g fibre; 88mg chol; 210mg sodium.
- 52 Mini black forest crumbles May 08** 1648kJ; 13.8g fat; 7.7g sat fat; 6.1g protein; 61g carbs; 3.2g fibre; 55mg chol; 146mg sodium.
- 80 Mini Christmas puddings DEC 08/ JAN 09** (each) 578kJ; 4.7g fat; 2.7g sat fat; 1.6g protein; 22.4g carbs; 0.6g fibre; 2mg chol; 43mg sodium.
- 49 Mini finger buns Mar 08** (per bun) 599kJ; 2.5g fat; 1.4g sat fat; 2.2g protein; 28.2g carbs; 0.8g fibre; 14mg chol; 27mg sodium.
- 77 Mini orange syrup cakes Sep 08** 1198kJ; 9.6g fat; 5.9g sat fat; 2.9g protein; 48.4g carbs; 0.7g fibre; 58mg chol; 208mg sodium.
- 73 Mini raspberry melting moments May 08** (per biscuit) 703kJ; 10.3g fat; 6.7g sat fat; 1.1g protein; 18g carbs; 0.4g fibre; 31mg chol; 31mg sodium.
- 44 CS Mini spiced date and hazelnut loaves DEC 08/ JAN 09** 1804kJ; 15.5g fat; 7.3g sat fat; 6g protein; 66.2g carbs; 5.9g fibre; 79mg chol; 288mg sodium.
- 56 Mini triple choc cupcakes Aug 08** (per cake) 586kJ; 7.9g fat; 4.9g sat fat; 2g protein; 15.6g carbs; 0.3g fibre; 30mg chol; 65mg sodium.
- 86 Mini white chocolate mud cakes May 08** 2940kJ; 38.6g fat; 25.3g sat fat; 9.5g protein; 82.2g carbs; 1.7g fibre; 100mg chol; 266mg sodium.
- 74 Mixed berry pie Aug 08** 1418kJ; 16.4g fat; 10g sat fat; 6g protein; 41.1g carbs; 2.9g fibre; 100mg chol; 20mg sodium.
- 94 Mixed melon salad DEC 08/ JAN 09** 1158kJ; 1.3g fat; 0g sat fat; 3.6g protein; 60.7g carbs; 6g fibre; 0mg chol; 130mg sodium.
- 30 CS Mocha fruit cakes DEC 08/ JAN 09** 2966kJ; 30.1g fat; 18.8g sat fat; 6.8g protein; 103.7g carbs; 4.6g fibre; 121mg chol; 328mg sodium.
- 64 Mocha ice-cream DEC 08/ JAN 09** 1649kJ; 24.2g fat; 15.6g sat fat; 6.2g protein; 40.4g carbs; 0.1g fibre; 54mg chol; 101mg sodium.
- 80 Mud cake Apr 08** 3167kJ; 40.1g fat; 25.1g sat fat; 8g protein; 93.9g carbs; 1.9g fibre; 123mg chol; 326mg sodium.
- 84 Nectarines with panettone Feb 08** 2606kJ; 20.5g fat; 8.1g sat fat; 13.3g protein; 92.5g carbs; 10.2g fibre; 34mg chol; 416mg sodium.
- 83 New York cheesecake Apr 08** 2438kJ; 43.7g fat;

- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- 27.5g sat fat; 7.9g protein; 41.1g carbs; 0.5g fibre; 161mg chol; 394mg sodium.
- 40 Nut-free fruity baklava** Jul 08 1038k; 12.2g fat; 8.6g sat fat; 2.1g protein; 32.7g carbs; 2.1g fibre; 27mg chol; 98mg sodium.
- 79 Orange and pistachio polenta cake** Jun 08 2155k; 23.9g fat; 12.7g sat fat; 8.3g protein; 67.7g carbs; 2.2g fibre; 126mg chol; 302mg sodium.
- 56 Orange jelly cupcakes** Aug 08 (per cake) 818k; 14.7g fat; 10.4g sat fat; 2.2g protein; 13.8g carbs; 1.2g fibre; 47mg chol; 80mg sodium.
- 86 Orange poppyseed cake** Mar 08 1026k; 8.1g fat; 4.1g sat fat; 4.3g protein; 39.5g carbs; 1.3g fibre; 63mg chol; 145mg sodium.
- 87 Passionfruit butter cake with glacé icing** May 08 1956k; 18.4g fat; 11.3g sat fat; 6.6g protein; 68.4g carbs; 3.9g fibre; 106mg chol; 281mg sodium.
- 66 Passionfruit coconut cake** Nov 08 (per piece) 1071k; 10.7g fat; 7g sat fat; 3.4g protein; 36.9g carbs; 1.7g fibre; 50mg chol; 208mg sodium.
- 88 Passionfruit curd pie** Nov 08 2488k; 48.7g fat; 30.5g sat fat; 6.9g protein; 33.2g carbs; 2.1g fibre; 229mg chol; 375mg sodium.
- 65 Passionfruit kisscuits** Nov 08 (each) 251k; 3.5g fat; 2.2g sat fat; 0.9g protein; 6.3g carbs; 0.3g fibre; 13mg chol; 31mg sodium.
- 66 Passionfruit tart** Nov 08 2068k; 31.9g fat; 19.7g sat fat; 7.4g protein; 44.8g carbs; 1.7g fibre; 205mg chol; 185mg sodium.
- 17 HS Peach and berry trifle** Oct 08 1109k; 2.5g fat; 1.1g sat fat; 5.7g protein; 53.5g carbs; 2.2g fibre; 8mg chol; 221mg sodium.
- 52 Peach and custard bake** May 08 1801k; 16.9g fat; 8.7g sat fat; 8.1g protein; 60.3g carbs; 4.6g fibre; 40mg chol; 162mg sodium.
- 79 Peach and passionfruit pavlova roll** Mar 08 1160k; 17.1g fat; 9.4g sat fat; 5.8g protein; 25.7g carbs; 1.6g fibre; 44mg chol; 75mg sodium.
- 77 Peach berry trifles** Mar 08 (per trifle) 1844k; 6.3g fat; 2.2g sat fat; 9.7g protein; 84.5g carbs; 4.5g fibre; 32mg chol; 376mg sodium.
- 83 Peaches with raspberry sauce** Feb 08 2465k; 7.8g fat; 4.6g sat fat; 3.2g protein; 128.5g carbs; 3g fibre; 22mg chol; 15mg sodium.
- 52 Pear and chocolate bakes** May 08 2128k; 18.9g fat; 9.1g sat fat; 4g protein; 81.1g carbs; 6.6g fibre; 32mg chol; 110mg sodium.
- 87 Pear and chocolate galette** Sep 08 1698k; 23.9g fat; 14.2g sat fat; 3.6g protein; 44.6g carbs; 1.9g fibre; 51mg chol; 335mg sodium.
- 86 Pear and ginger upside-down cake** May 08 1724k; 16.2g fat; 10.3g sat fat; 3.9g protein; 64.4g carbs; 1.4g fibre; 71mg chol; 246mg sodium.
- 79 Pink lamingtons** Oct 08 (each) 626k; 6.1g fat; 4g sat fat; 1.5g protein; 22.4g carbs; 0.8g fibre; 16mg chol; 87mg sodium.
- 78 Pink white chocolate mousse** Oct 08 (each) 820k; 15.5g fat; 9.6g sat fat; 3.2g protein; 11.9g carbs; 0g fibre; 79mg chol; 41mg sodium.
- 56 Pistachio hedgehog slice** Jun 08 (per piece) 875k; 13.8g fat; 7.9g sat fat; 2.4g protein; 19.4g carbs; 0.8g fibre; 27mg chol; 45mg sodium.
- 52 Pistachio plum crumbles** May 08 1361k; 15.6g fat; 7.4g sat fat; 4g protein; 41.3g carbs; 3g fibre; 32mg chol; 93mg sodium.
- 10 CS Pistachio, raspberry and rosewater semifreddo** DEC 08/ JAN 09 1463k; 29.4g fat; 15.1g sat fat; 6.6g protein; 14.3g carbs; 3g fibre; 200mg chol; 50mg sodium.
- 23 CS Plum pudding** DEC 08/ JAN 09 2556k; 2.9g fat; 1.3g sat fat; 7.4g protein; 138.6g carbs; 8.3g fibre; 5mg chol; 1063mg sodium.
- 67 Raspberry buttermilk muffins** Apr 08 814k; 5.8g fat; 1.3g sat fat; 4.7g protein; 29.5g carbs; 2.4g fibre; 33mg chol; 193mg sodium.
- 54 Raspberry meringue peaches** DEC 08/ JAN 09 1102k; 0.3g fat; 0g sat fat; 4.5g protein; 59g carbs; 4.5g fibre; 0mg chol; 36mg sodium.
- 82 Raspberry vanilla slice** May 08 1015k; 14.4g fat; 8.5g sat fat; 3.4g protein; 25.2g carbs; 0.4g fibre; 77mg chol; 141mg sodium.
- 52 Rhubarb muesli crumbles** May 08 1485k; 13g fat; 7.4g sat fat; 5g protein; 52.7g carbs; 6.6g fibre; 32mg chol; 110mg sodium.
- 53 Rich chocolate cake** Aug 08 2298k; 29.8g fat; 21.1g sat fat; 7.4g protein; 64.4g carbs; 2.4g fibre; 106mg chol; 340mg sodium.
- 94 Rich fruit loaf** Jun 08 1594k; 4.9g fat; 2.8g sat fat; 7.4g protein; 75.1g carbs; 5.1g fibre; 12mg chol; 47mg sodium.
- 22 Ricotta and berry sponge cake** Aug 08 1041k; 6.2g fat; 2.7g sat fat; 8.5g protein; 39.8g carbs; 1.2g fibre; 103mg chol; 273mg sodium.
- 36 Rockmelon custard tart** Feb 08 1631k; 19.5g fat; 10.1g sat fat; 7.7g protein; 45.9g carbs; 1.7g fibre; 116mg chol; 255mg sodium.
- 64 Rocky point road ice-cream** DEC 08/ JAN 09 1898k; 21.3g fat; 13.6g sat fat; 7.2g protein; 63g carbs; 0.4g fibre; 39mg chol; 153mg sodium.
- 56 Rocky road cupcakes** Aug 08 (per cake) 1331k; 15.9g fat; 9.4g sat fat; 5.1g protein; 40.9g carbs; 1.1g fibre; 49mg chol; 135mg sodium.
- 64 Rum and raisin ice-cream** DEC 08/ JAN 09 1459k; 15g fat; 9.7g sat fat; 5.4g protein; 42g carbs; 1g fibre; 35mg chol; 95mg sodium.
- 38 CS Shimmering snowflakes** DEC 08/ JAN 09 538k; 6.2g fat; 3.7g sat fat; 1.1g protein; 17.4g carbs; 0.4g fibre; 17mg chol; 50mg sodium.
- 21 Sour cream banana cake** Aug 08 2488k; 33.7g fat; 21.3g sat fat; 8.2g protein; 65.4g carbs; 2.1g fibre; 132mg chol; 470mg sodium.
- 16 CS Steamed pudding** DEC 08/ JAN 09 3723k; 32.3g fat; 19.1g sat fat; 11.7g protein; 135.3g carbs; 7.8g fibre; 263mg chol; 528mg sodium.
- 84 Sponge cake** Apr 08 1330k; 11.4g fat; 6.5g sat fat; 5g protein; 49.9g carbs; 0.8g fibre; 121mg chol; 242mg sodium.
- 49 Sticky caramel walnut scrolls** Mar 08 (per scroll) 1325k; 7.5g fat; 3.6g sat fat; 5.7g protein; 56.8g carbs; 1.5g fibre; 32mg chol; 60mg sodium.
- 80 Sticky pear and orange skewers** Feb 08 (per skewer) 1181k; 17.7g fat; 7.9g sat fat; 2.5g protein; 28.5g carbs; 2.9g fibre; 36mg chol; 25mg sodium.
- 54 Strawberries and cream crêpes** DEC 08/ JAN 09 3278k; 45.4g fat; 25.7g sat fat; 6.2g protein; 86.7g carbs; 2.9g fibre; 99mg chol; 233mg sodium.
- 56 Strawberry and vanilla cupcakes** Aug 08 (per cake) 924k; 8.3g fat; 5g sat fat; 2.5g protein; 34.6g carbs; 0.5g fibre; 46mg chol; 117mg sodium.
- 72 Strawberry and white chocolate s'mores** Nov 08 (each) 461k; 2.9g fat; 0.8g sat fat; 1.8g protein; 19.3g carbs; 0.7g fibre; 8mg chol; 55mg sodium.
- 86 Strawberry apple free-form tarts** Sep 08 1457k; 14.2g fat; 5.7g sat fat; 4.9g protein; 50.3g carbs; 3.4g fibre; 11mg chol; 162mg sodium.
- 90 Strawberry custard tart** Jun 08 1781k; 23.8g fat; 14.7g sat fat; 7.2g protein; 45.7g carbs; 1.6g fibre; 157mg chol; 161mg sodium.
- 64 Strawberry snakes ice-cream** DEC 08/ JAN 09 1355k; 14.8g fat; 9.7g sat fat; 6.4g protein; 43.6g carbs; 0g fibre; 35mg chol; 110mg sodium.
- 79 Strawberry tarts** Oct 08 (each) 770k; 8.8g fat; 5.2g sat fat; 1.4g protein; 25.7g carbs; 0.4g fibre; 19mg chol; 111mg sodium.
- 89 Sweetheart jam drops** Feb 08 (per biscuit) 835k; 10.9g fat; 6.9g sat fat; 2.2g protein; 23.2g carbs; 0.7g fibre; 50mg chol; 91mg sodium.
- 74 Three-milks cake** Mar 08 3109k; 36.1g fat; 20.9g sat fat; 16.4g protein; 88.3g carbs; 1.7g fibre; 236mg chol; 470mg sodium.
- 20 Tiramisu** Aug 08 2284k; 33.3g fat; 19.7g sat fat; 9.7g protein; 49.4g carbs; 0.8g fibre; 239mg chol; 232mg sodium.
- 78 Toffee strawberries** Oct 08 (each) 193k; 0.03g fat; 0g sat fat; 0.4g protein; 11.2g carbs; 0.5g fibre; 0mg chol; 2mg sodium.
- 93 Traditional fruit salad** DEC 08/ JAN 09 983k; 0.9g fat; 0g sat fat; 5.2g protein; 45.9g carbs; 10.3g fibre; 0mg chol; 36mg sodium.
- 78 Traditional pavlova** Mar 08 1348k; 14g fat; 9.2g sat fat; 4.1g protein; 46.1g carbs; 1.3g fibre; 44mg chol; 62mg sodium.
- 18 B Treasure chest** Aug 08 (not including lollies) 1393k; 16.3g fat; 9.4g sat fat; 3.6g protein; 44.2g carbs; 0.8g fibre; 59mg chol; 271mg sodium.
- 88 Triple chocolate mousse cake** Jun 08 2583k; 50.2g fat; 31.6g sat fat; 5g protein; 38.5g carbs; 0.9g fibre; 121mg chol; 220mg sodium.
- 52 Tropical crumble** May 08 1818k; 17.4g fat; 11.4g sat fat; 6.2g protein; 60.3g carbs; 7.3g fibre; 32mg chol; 104mg sodium.
- 62 Tropical ice-blocks** Feb 08 (per ice-block) 144k; 0.1g fat; 0g sat fat; 0.5g protein; 7.2g carbs; 1.3g fibre; 0mg chol; 6mg sodium.
- 23 B Turkish pavlova** Aug 08 1921k; 17.9g fat; 9.6g sat fat; 5.2g protein; 72.1g carbs; 0.7g fibre; 44mg chol; 71mg sodium.
- 76 Vanilla cherry cheesecake** Oct 08 1246k; 11.5g fat; 5.1g sat fat; 9.8g protein; 37.8g carbs; 1.9g fibre; 59mg chol; 277mg sodium.
- 36 CS Vanilla cherry wreath cakes** DEC 08/ JAN 09 703k; 6g fat; 3.4g sat fat; 1.8g protein; 26.9g carbs; 0.6g fibre; 16mg chol; 128mg sodium.
- 83 Vanilla freezer biscuits** Apr 08 (per biscuit) 412k; 5.4g fat; 3.4g sat fat; 1.1g protein; 11.6g carbs; 0.3g fibre; 21mg chol; 47mg sodium.
- 40 Warm strawberry custard tarts** Mar 08 845k; 2.8g fat; 0.5g sat fat; 6.5g protein; 37.3g carbs; 1.7g fibre; 3mg chol; 154mg sodium.
- 57 White chocolate and berry cheesecake** Jun 08 1633k; 26.1g fat; 16.2g sat fat; 9g protein; 30.1g carbs; 1.8g fibre; 54mg chol; 275mg sodium.
- 64 White choc and raspberry ice-cream** DEC 08/ JAN 09 1699k; 22.6g fat; 14.5g sat fat; 7g protein; 45.2g carbs; 2g fibre; 40mg chol; 102mg sodium.
- 13 B White chocolate rocky road** Aug 08 (per piece) 532k; 6.5g fat; 3.4g sat fat; 1.9g protein; 16.8g carbs; 0.4g fibre; 3mg chol; 14mg sodium.

### Something extra

- 43 CS Almond and coffee bean brittle** DEC 08/ JAN 09
- 84 Apple, mint and grape punch** Nov 08
- 66 Apple sauce** Jun 08
- 51 Artichoke and cannellini bean salsa** Oct 08
- 52 Asian-style salsa** Oct 08
- 71 Banana and honey pancakes** Jun 08
- 74 Barbecue sauce** Sep 08
- 55 Basic cupcakes** Aug 08
- 65 Basic pizza dough** Oct 08
- 75 Basic sweet shortcrust pastry** Aug 08
- 33 Beetroot dip** Nov 08
- 43 CS Berry and pistachio biscotti** DEC 08/ JAN 09
- 88 Berry cordial** May 08
- 12 HS Berry smoothie** Oct 08
- 71 Blueberry pancakes** Jun 08
- 66 Bread sauce** Jun 08
- 45 Capsicum, coriander and cashew pesto** Oct 08
- 75 Capsicum salsa** Feb 08
- 86 Caramel latte** Apr 08
- 64 Caramel sauce** DEC 08/ JAN 09
- 52 Carrot and beetroot salsa** Oct 08
- 88 Chai tea slushy** Mar 08
- 8 CS Chermoula paste** Oct 08
- 80 Cherry sauce** Jul 08
- 52 Cherry tomato, feta, mint and cucumber salsa** Oct 08
- 78 Choc-honeycomb dream** Aug 08
- 67 Choc-mint hot chocolate** May 08
- 71 Choc-raspberry pancakes** Jun 08
- 13 B Chocolate affogato** Aug 08
- 30 CS Chocolate mint bark** DEC 08/ JAN 09
- 64 Chocolate sauce** DEC 08/ JAN 09
- 50 CS Christmas cheer** DEC 08/ JAN 09
- 72 Cinnamon spiced hot chocolate** Nov 08
- 90 Classic hot toddy** Jul 08
- 66 Classic parsley sauce** Jun 08
- 96 Coconut warmer** Jun 08
- 88 Cool orange rosehip tea** Mar 08

# super food ideas

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- B** This symbol indicates a recipe found in our bonus birthday special on the reverse of the August issue.
- HS** Indicates recipes in the healthy special (reverse of issue).
- CS** This symbol indicates a recipe found in our bonus Christmas special on the reverse of this issue.

- 52 Corn, avocado and capsicum salsa Oct 08
- 78 Cranberry splash Aug 08
- 57 Cranberry and pistachio nougat DEC 08/ JAN 09
- 49 **CS** Cranberry crush DEC 08/ JAN 09
- 52 Date, pistachio, orange and mint salsa Oct 08
- 52 Dill, gherkin and red onion salsa Oct 08
- 12 **HS** Dried fruit and vanilla compote Oct 08
- 8 **HS** Dukkah Oct 08
- 90 Eggnog Jul 08
- 12 Fruit mince DEC 08/ JAN 09
- 33 Garlic and herb lavash crisps Nov 08
- 88 Ginger and apple cordial May 08
- 78 Ginger mojito Aug 08
- 50 **CS** Ginger punch DEC 08/ JAN 09
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- 96 Hot choc-caramel Jun 08
- 88 Iced apple and mint tea Mar 08
- 18 Indian beetroot dip Jun 08
- 86 Irish coffee Apr 08
- 80 Irish cream fudge Sep 08
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- 88 Lemon and lime cordial May 08
- 45 Lemon basil pesto Oct 08
- 86 Lemon curd Jul 08
- 48 **CS** Lemon-lime slush DEC 08/ JAN 09
- 88 Lemon, mint and passionfruit iced tea DEC 08/ JAN 09
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- 12 Mango and passionfruit salad with lime sorbet Feb 08
- 88 Mango, passion and pine frappé Sep 08
- 12 **HS** Mango smoothie Oct 08
- 36 **CS** Maple pecan truffles DEC 08/ JAN 09
- 8 **HS** Mexican spice mix Oct 08
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- 66 Mint sauce Jun 08
- 88 Mixed berry frappé Sep 08
- 36 **CS** Mixed nut clusters DEC 08/ JAN 09
- 8 **HS** Moroccan spice mix Oct 08
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- 50 **CS** Summer splice DEC 08/ JAN 09
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- 70 The perfect steak DEC 08/ JAN 09
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- 48 **CS** Tropical fruit shake DEC 08/ JAN 09
- 82 Turkish delight truffles Jul 08
- 48 **CS** Turkish delight thickshake DEC 08/ JAN 09
- 17 **CS** Vanilla custard DEC 08/ JAN 09
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- 16 Warm fennel dip May 08
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