

# *Fish* in Tomato Sauce



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# Fish in Tomato Sauce

**Serves:** 2 | **Prep** ⌚ 5 min | **Cook** ⌚ 15 min | **Total** ⌚ 20 min

## Method

1. In a fry pan on medium heat, add the oil. Once hot, fry both sides of the fish for 5 minutes, making sure the fish is white all the way through. Place each piece on a separate plate.
2. In a saucepan on medium heat, add the garlic, and stir until aromatic. Add the diced tomato and cook until soft.
3. Add the soy sauce, sugar and pepper. Cook for 1 minute, constantly stirring. Add the spring onion and coriander and/or dill and remove from heat immediately.
4. Pour tomato sauce over fish and enjoy hot with rice.

## Ingredients

- 2 slices** of king mackerel, or any other type of white fish
- 1 clove** of garlic, minced
- 1** medium tomato, diced
- 1 tablespoon** of canola oil
- 1 tablespoon** of salt reduced soy sauce
- ½ tablespoon** of brown sugar
- ½ teaspoon** of black pepper
- 2** spring onions, roots removed, peeled and sliced
- Small bunch of coriander and/or dill, chopped

### Nutritional Quality per 100g

<b>Saturated Fat</b>	1.2g
<b>Sugar</b>	12.6g
<b>Sodium</b>	39.1mg
<b>Fibre</b>	5.4g



# Bamia Okra Stew



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# Bamia Okra Stew

**Serves:** 6 | **Prep** ⌚ 5 min | **Cook** ⌚ 45 min | **Total** ⌚ 50 min

## Method

1. In the saucepan, sauté the onion in oil until transparent and soft and add in the minced garlic and stir for a few minutes.
2. Add in the beef cubes and cook for 10-15 minutes or until cooked through.
3. Add the okra on top of the beef mixture and sauté the okra for 2-3 minutes.
4. Add the tomato juice and crushed tomatoes, simmer until sauce thickens
5. Add two cups of water and let simmer for 30 minutes until the meat is tender.
6. Add two tablespoons of lemon juice and continue to cook for a further 10 minutes and enjoy hot.

## Ingredients

- 1kg** of green okra, cut in halves
- 1** large brown onion, peeled and diced
- 500g** lean beef cubes
- 2 cups** of tomato juice
- 2 cups** of water
- 1 can** of crushed tomatoes
- 2** cloves of garlic, minced
- 2 tablespoons** of lemon juice
- 1 tablespoon** of canola oil
- Table salt, to taste
- Pepper, to taste

### Nutritional Quality per 100g

<b>Saturated Fat</b>	1.1g
<b>Sugar</b>	2g
<b>Sodium</b>	20.3mg
<b>Fibre</b>	3.5g



# *Pacific* Chop Suey



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# Pacific Chop Suey

**Serves:** 6 | **Prep** ⌚ 25 min | **Cook** ⌚ 20 min | **Total** ⌚ 45 min

## Method

1. In a large bowl, marinate the beef in 2 tablespoons of soy sauce for 10-15 minutes.
2. In a large saucepan, over medium heat, heat the oil and sauté the onion, ginger and garlic until the onion is soft and transparent.
3. Add the meat and water into the saucepan and simmer for 10 minutes or until the meat is cooked through. Turn off the heat and cover with a lid.
4. Prepare the vermicelli noodles as per the instructions on the packet.  
**OPTIONAL:** cut the noodles into smaller pieces when soft using scissors.
5. Heat the saucepan on high and add the vermicelli noodles, vegetables, and soy sauce to the saucepan and let simmer for 5 minutes.
6. Enjoy with taro, cassava, green banana or rice.

## Ingredients

- 500g** of lean beef trips (5-6cm length)
- 1** large brown onion, peeled and diced
- 50g** ginger, grated/minced
- 8** cloves of garlic, minced
- 200g** of vermicelli noodles
- 4 tablespoons** of reduced salt dark soy sauce
- 1 tablespoon** of canola oil
- 3 cups** of frozen mixed vegetables
- 1 cup** water

### Nutritional Quality per 100g

**Saturated Fat** 1.1g

**Sugar** 1.6g

**Sodium** 491mg

**Fibre** 3.6g



# *Suafa'i* Samoan Bananas and Coconut Cream



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# Suafo'i Samoan Bananas and Coconut Cream

Serves: 6 | Prep 🕒 5 min | Cook 🕒 65 min | Total 🕒 70 min

## Method

1. Place the bananas in a medium saucepan. Add the water and bring to the boil. Reduce the heat and allow the bananas to simmer for 20 minutes.
2. Once simmered, mash the bananas up with a fork, masher or wooden spoon.
3. While stirring, slowly sprinkle the tapioca pearls into the saucepan.
4. Add the coconut milk, and allow to simmer for 15 minutes, whilst stirring frequently.
5. Taste the mixture, and add sugar to taste (if required).
6. Remove from heat, and set aside for 30 minutes before serving. Enjoy cool!

## Ingredients

**8** ripe or over ripe bananas, peeled and cut into pieces

**4 cups** of water

**1/2 cup** tapioca pearls

**1 cup** of coconut milk

**1 tablespoon** of brown/raw sugar

### Nutritional Quality per 100g

**Saturated Fat** 2.6g

**Sugar** 22.5g

**Sodium** 5.6mg

**Fibre** 0.4g





# *Vegetable* Fried Rice



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# Vegetable Fried Rice

**Serves:** 6 | **Prep** 🕒 20 min | **Cook** 🕒 15 min | **Total** 🕒 35 min

## Method

1. Cook the rice as per the directions on the rice packet.
2. In a microwave safe bowl, steam the frozen mixed vegetables for 3-4 minutes.
3. Add 1 teaspoon of canola oil into non-stick frying pan and heat over medium heat until hot. Pour in eggs, stir gently until just cooked, transfer eggs into a bowl.
4. Heat the remaining oil over medium heat, add the mixed vegetables and stir for 2 minutes.
5. Add capsicum, spring onions, ginger, garlic and chilli flakes, stir for approximately 30 seconds or until aromatic.
6. Add the cooked rice, soy sauce and vinegar to the pan. Cook for approximately 3-5 minutes or until the edges of the rice start to turn golden brown.
7. Remove from the heat and stir in the sesame oil and eggs. Enjoy hot.

**TIP:** Can be stored for 3-4 days covered in the fridge. Makes a great pre-prepared meal for the next few days. This dish can be cooked with chicken and/or prawn.

## Ingredients

- 1 ½ cup** of brown rice, medium grain
- 2 cups** of water
- 2** eggs, lightly beaten
- 1** medium red capsicum, thinly diced
- 4** spring onions, sliced thinly and halved
- 1 cup** of frozen mixed vegetables, steamed in microwave
- 1** brown onion, diced
- 2 teaspoons** of canola oil
- 1 clove** of garlic, minced
- 1 teaspoon** of ginger, minced
- 4 tablespoons** of reduced salt soy sauce
- 2 tablespoons** rice vinegar
- 1 teaspoon** of sesame oil
- Pinch** of chilli flakes (optional)

### Nutritional Quality per 100g

<b>Saturated Fat</b>	1.5g
<b>Sugar</b>	1.7g
<b>Sodium</b>	332.6mg
<b>Fibre</b>	2.6g