

# KIWI CLASSICS

YOUR KIWI CLASSICS MADE IN A  
HEALTHIER WAY



**JESS COATE**  
*fitness*

# PITA BREAD NACHOZ



## Ingredients:

- 4X Pams Whole-meal Pita bread
- 600g Lean beef mince
- 1 Capsicum diced
- ½ Packet of Old El Paso OR Farrahs Nacho spice mix
- 1 Tomato diced
- 1-2 cup Shredded lettuce
- 2/3 cup Water
- 1 tsp Garlic
- Garlic & Herb Salt
- Olive oil spray
- Cottage cheese or light sour cream to top



Serves 4

## Method:

### Chips

Cut the pita breads into triangles to make chips. Spray lightly with olive oil and top with garlic and herb salt to your liking. These can be cooked in a air fryer or baked in the oven at 180 degrees. Both options only take around 10 minutes, or until crispy.

### Beef

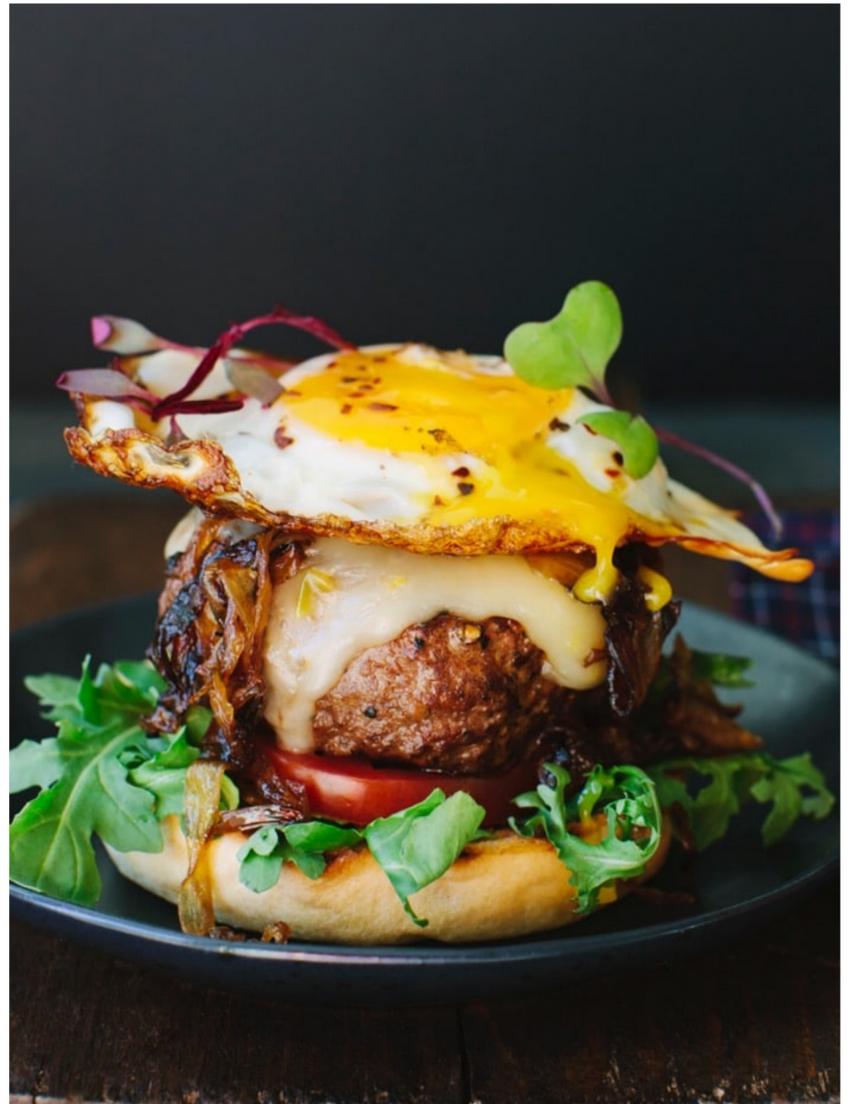
In a non-stick frying pan, spray lightly with olive oil, add garlic and brown the mince. Add the diced capsicum, taco seasoning, water and simmer for 5 minutes. When the sauce has thickened serve in a bowl and add the pita chips around the sides to dip into the beef. Add as small handful of shredded lettuce on top with the diced tomato and cottage cheese or light sour cream to serve.

# KIWI BURGER



## Ingredients:

- Pams Whole-meal Pita (Bun)
- 130g beef
- 1 Slice Tegel Chicken Bacon
- 1-2 Slices of beetroot
- 2-4 Slices of Tomato
- Lettuce
- 15g Cheese
- 2 egg
- 10-20g lite mayo
- 10g tomato sauce



Serves 1

## Method:

Add 1 egg and beef together, roll into a ball and flatten to create a Pattie. Cook in the pan, add the chicken bacon to the pan once the beef Pattie is cooked and laid to rest on a chopping board. Toast your pita until golden. Pan fry your egg and then build your burger to your liking.

# CHICKEN, BRIE & CRANBERRY PIZZA



## Ingredients:

- 1 Farrahs Wrap
- 1 Tbsp Leggos Tomato Paste
- 1 Tbsp Jok n Al Cranberry sauce
- Handful of Spinach
- 80g Cooked Chicken Breast
- 20g Grated Cheese
- 20g Brie Cheese
- Veges to your liking



Serves 1

## Method:

Pre-heat oven to 180g Degrees.

Prepare Pizza- Spread on tomato paste & cranberry sauce, load on spinach, chopped chicken breast and veges. I love to keep it simple, onions only with this pizza. Add 20g of grated cheese on top and place the brie around the pizza. Place the pizza in the oven for 20-25 mins depending on your oven.

Tip for this pizza base to be crispy is to not add too much toppings. The less you add, the crispier it will be.

# FISH & CHIPS



## Ingredients:

- 600g Potatoes
- 4 Hoki Fillets
- ½- 1 Lemon
- 2 tsp Dijon mustard
- Panko bread crumbs
- 1 Egg
- Olive oil spray
- 1 tsp olive oil
- 1 Tbsp water
- Garlic and herb salt



Serves 4

## Method:

Pre-heat oven to 180 degrees. Wash and cut potatoes into 1cm thick wedges. Finely chop the parsley, zest and juice the lemon. Wash the mixed salad leaves and dice the cucumber. Lightly beat the egg and slice the hoki crossways.

Line a tray with baking paper and lay the potato on top. Spray with olive oil, add garlic and herb salt to taste. Cook in oven for 30-35 minutes, or until golden. Remove and toss the chips with half of the parsley.

Combine the panko breadcrumbs, lemon zest and the remaining parsley in a shallow bowl, season with salt and pepper. Place the egg and water in a separate shallow bowl. Season the hoki fillets with salt and pepper and dip into the egg, letting the excess egg drip back into the bowl. Transfer the fish into the breadcrumb mixture and coat well. Place on second lined oven tray.

Spray the crumbed fish fillets with olive oil. Add to the oven in the last 10 minutes of the potato cooking time, or until golden.

To serve, divide the golden chips and crumbed fish between plates. Serve with the dressed garden salad and sauce to your likings.

# BBQ GRILLED BEEF SKEWERS



## Ingredients:

- 600 Rump Steak cut into 2.5cm pieces
- 1 Red Capsicum cut into 2 cm pieces
- 1 Yellow Capsicum cut into 2 cm pieces
- 1 Corgette Sliced
- 1 Red Onion cut into 2 cm pieces
- 1 Red Chilli, chopped finely
- ¼ Cup Fresh coriander, chopped finely to garnish
- 2 Cloves of garlic, crushed
- 1 tsp lime juice
- 1 Tbsp Olive Oil
- 1 tsp Brown sugar
- Salt and pepper to taste



Serves 4

## Method:

In a large bowl, combine all ingredients. Ensure the beef and vegetables are well coated. Season to taste.

Thread beef and vegetables onto the bamboo skewers.

Heat an oiled BBQ to medium and cook the skewers for 10 mins, turning occasionally, or until cooked through and beginning to lightly char.

Serve skewers sprinkled with coriander

TIP: Soak bamboo skewers in cold water for an hour before using to prevent them splintering or scorching during cooking.

# NAKED KIWI LAMB BURGER



## Ingredients:

### Patties

- 600g Lean Lamb Mince
- 1 Clove of crushed garlic
- 1/2 white onion, finely diced
- 1 lightly beaten egg
- 1/2 Cup crumbed feta cheese
- 1/2 Cup chopped fresh mint leaves
- 1 tbsp finely chopped rosemary
- 1 tbsp tomato paste
- Olive oil Spray

### To Serve

- 5 tbsp tomato relish
- 5-10 slices of beetroot
- 1 red onion finely sliced
- 5 tbsp garlic aioli
- 10 leaves of iceberg lettuce



Serves 4

## Method:

Place all patty ingredients in a bowl. Season with salt and pepper and combine. Shape into 4-5 patties, cover and refrigerate for 15 minutes. Pre-heat a BBQ or frying pan to a medium heat and add spray oil to pan or patties if cooking on the bbq.

Add patties and cook for a few minutes until crunchy and brown on one side. Press down on the raw side of the burger as it is frying to prevent shrinking.

Turn patties over, reduce the heat to medium low and cook for another 8-10 minutes or until cooked through.

To serve pull and wash the lettuce leaves. Spread aioli on the bottom and build your burger how you want too on top. You can top with another lettuce leaf and fold the leaves to make it a burger.

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