

## High protein high energy recipes

Here are some “tried and tested” recipes to get you started with your high protein, high energy (HPHE) cooking. Most recipe books contain high protein, high energy recipes – look for ingredients such as cheese, milk, eggs, meat, cream, butter/oils, nuts and chocolate.

This recipe booklet is designed to be used with the NEMO High protein high energy diet resource.

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### Glossary of terms

**Al dente:** cooked enough to be firm not soft

**Boil:** heating a liquid until bubbles break the surface

**Puree:** to grind, blend or mash a food until it's completely smooth

**Sauté:** to cook a food quickly in a small amount of oil over direct heat in a frying pan

**Sift:** to pass dry ingredients through a fine-mesh sieve so any large pieces can be removed

**Simmer:** gentle cooking just below boiling point

**Soft peaks:** when a mild peak remains in the mixture as you lift the beater out of the mixture

**Whisk:** mix vigorously/energetically

### Key for recipe degree of difficulty:



Easy



Requires a few more steps

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## Breakfast

### HPHE Scrambled Eggs (serves 1)



Per serve: 2900kJ, 31g protein

You will need a hot plate/stove top, non-stick frying pan and mixing bowl for this recipe.

Do <b>this</b>	with these <b>ingredients</b>
1. In the non-stick frying pan over medium heat, <b>warm</b>	1 tablespoon of <b>butter</b>
2. In the mixing bowl, <b>whisk</b> together	2 <b>eggs</b> ¼ cup <b>cream</b>
3. <b>Pour</b> the egg mixture into the frying pan and <b>cook</b> for 20 seconds, then <b>stir</b> with a fork	
4. <b>Cook</b> for another 20 seconds or until the egg sets	
5. <b>Sprinkle</b> with	½ cup <b>cheese</b> , grated
6. <b>Add</b> , to taste	<b>Salt and pepper</b>
7. <b>Serve</b> with buttered toast	

*TIP: Standard scrambled eggs (without cream and cheese) provide 1400kJ and 25g protein. While this is a good choice, our HPHE scrambled eggs have double the energy.*

## Omelette (serves 1)

Per serve: 3400kJ, 44g protein

You will need a hot plate/stove top, frying pan and mixing bowl for this recipe.

Do <b>this</b>	with these <b>ingredients</b>
1. In the mixing bowl, <b>beat</b> until light	3 <b>eggs</b>
2. <b>Beat</b> in	$\frac{1}{4}$ cup <b>pouring cream</b> <b>Salt</b> and <b>pepper</b>
3. In the frying pan, <b>melt</b> over medium heat	1 tablespoon of <b>butter</b>
4. <b>Pour</b> the egg mixture into the frying pan and <b>cook</b>	
5. When the eggs are set but still soft, <b>top</b> with	1 fresh <b>tomato</b> , peeled, seed removed, chopped $\frac{1}{4}$ cup <b>ham</b> , chopped $\frac{1}{2}$ cup <b>cheese</b> , grated
6. <b>Fold</b> in half, <b>cook</b> until cheese is melted	
7. <b>Serve</b> with buttered toast	

## HPHE Porridge (serves 1)

Per serve: 2100kJ, 22g protein

You will need a hot plate/stove top and saucepan for this recipe.

Do <b>this</b>	with these <b>ingredients</b>
1. Into the saucepan, <b>mix</b>	2 heaped tablespoons <b>skim milk powder</b> (or nutritional supplement like <b>AdVital/Sustagen Neutral</b> ) $\frac{1}{4}$ cup <b>pouring cream</b> $\frac{1}{3}$ cup <b>rolled oats</b> $\frac{1}{2}$ cup <b>milk</b>
2. <b>Add</b> , water if required	
3. <b>Stir</b> over medium heat for approximately 5-7 minutes	
4. <b>Sweeten</b> to taste with	<b>honey</b> <b>sugar</b> <b>dried/stewed/fresh fruit</b> or <b>yoghurt</b>

**TIP:** *Our HPHE porridge is 3 times higher in energy and protein than standard porridge!*

## Pancakes (makes 8)

*Per serve (2 pancakes): 1500kJ, 12g protein*

*With topping: 2000kJ, 14g protein*

You will need a hot plate/stove top, frying pan and large mixing bowl for this recipe.

Do <b>this</b>	with these <b>ingredients</b>
1. In the mixing bowl, <b>sift</b> together	1 cup <b>plain flour</b> 2 teaspoons <b>baking powder</b> Pinch of <b>salt</b> 2 teaspoons <b>white sugar</b>
2. Make a well in the centre of the dry ingredients and <b>pour</b> in	300mL <b>milk</b> 1 <b>egg</b> 3 tablespoons <b>butter</b> , melted
3. <b>Mix</b> until smooth	
4. <b>Heat</b> a lightly oiled frying pan over medium heat	
5. <b>Pour</b> or <b>scoop</b> the batter into the pan using approximately $\frac{1}{4}$ cup for each pancake	
6. <b>Brown</b> on both sides	
7. <b>Serve</b> hot with	<b>Maple syrup</b> <b>Whipped cream</b>

*TIP: You could also try adding butter and jam or ice-cream and berries to increase your energy and protein intake.*

## Breakfast on the Run – Smoothie (serves 1)

Per serve: 2500kJ, 32g protein

You will need a stick blender/blender/food processor for this recipe.

### Do this

### with these ingredients

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1. In the blender, **add**

200mL **full cream milk**  
1 scoop of **ice-cream** or 150mL  
**yoghurt**  
2 heaped tablespoons **skim milk**  
**powder** (or nutritional supplement like  
**AdVital/Sustagen Neutral**)  
Chopped **fruit** (e.g. 1 banana or 5  
strawberries)  
**Honey** (to taste)

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2. **Blend** well

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*TIP: Make a double batch and keep half in the fridge for an afternoon snack!*

## French Toast (serves 2)

*Per serve 2500kJ, 13g protein*

You will need a hot plate/stove top, 12 inch frying pan and mixing bowl for this recipe.

Do <b>this</b>	with these <b>ingredients</b>
1. In the mixing bowl, <b>whisk</b> together until blended	2 large <b>eggs</b> 1/3 cup <b>pouring cream</b> 1 tablespoon <b>sugar</b>
2. <b>Pour</b> into a large bowl or pan	
3. <b>Place</b> into egg mixture in 1 layer	4 slices of <b>thick toast</b> (or <b>raisin loaf</b> ) – a day old is best!
4. <b>Soak</b> bread slices for 3 minutes and then <b>flip</b> to soak the other side	
5. In the frying pan, <b>heat</b> over moderately high heat until foam subsides	1 tablespoon <b>butter</b>
6. Carefully <b>transfer</b> 2 soaked bread slices to frying pan and <b>cook</b> until golden brown, about 2 minutes on each side	
7. <b>Repeat</b> this process with the other 2 slices of soaked bread	
8. <b>Serve</b> with	<b>Maple syrup, cream and fresh strawberries or fruit and honey</b>

*TIP: For savoury French toast do not add the sugar, replace with a pinch of salt and pepper, and serve with cream cheese and finely diced tomato and onion.*

*NOTE: Standard toast with jam only has 1000kJ and 5g of protein. French toast has more than double the energy and protein of standard toast!*

## Light Meals

### Pumpkin & Bacon Soup (serves 4)

Per serve: 1400kJ, 23g protein

You will need a hot plate/stove top and saucepan for this recipe.

#### Do this

#### with these ingredients

1. In a heated saucepan, **sauté** for two minutes

4 rashers **bacon**, chopped  
1 **onion**, finely chopped

2. **Add**

500g **pumpkin**, peeled and chopped  
2 cups **chicken stock**

3. **Simmer** uncovered for 15 minutes or until pumpkin is tender

4. **Puree** with stick blender or food processor

5. **Add**

1 cup grated **tasty cheese**  
1 cup **milk** (use extra milk/stock to achieve desired consistency)

6. **Season** to taste

**Salt** and **pepper**

7. **Serve** with

Extra **cheese**  
Dollop of **sour cream**

TIP: *Great leftovers for lunch the next day!*

NOTE: *This pumpkin and bacon soup has almost 3 times more energy and protein than canned pumpkin soup!*



## Nachos (serves 4)

Per serve: 3750kJ, 45g protein

You will need a hot plate/stove top, an oven/grill, a frying pan and heat proof plate for this recipe.

### Do this

### with these ingredients

1. **Preheat** grill or oven to 200°C.

2. In the non-stick frying pan over medium heat, **warm**

1 tablespoon **olive oil**

3. **Add** and cook for 2 minutes, or until soft

1 large **onion**, finely chopped

4. **Add** and cook, stirring with a wooden spoon for 5 minutes or until browned

500g **beef mince**

5. **Add**

300g can **kidney beans**, drained, rinsed

1 teaspoon **Mexican chilli powder** (optional)

35g sachet **taco seasoning mix**

2 tablespoon **tomato paste**

¼ cup **water**

6. **Reduce** heat to medium-low, **simmer** for 5 minutes, or until thick

7. **Stir** through

½ cup **coriander** leaves\*, chopped (optional)

8. **Arrange** on a heat proof plate

230g (large) packet **corn chips**

9. **Top** with the mince mixture and **sprinkle** with 1 cup **tasty cheese**, grated

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10 **Bake** for 10-15 minutes in oven until cheese has melted under the grill

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11 **Top** with  $\frac{1}{2}$  cup **tomato salsa**  
**Avocado**, mashed  
**Sour cream**

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\*Coriander: dark green leafy herb available at supermarkets

TIP: *You can freeze any leftover meat sauce and reheat to serve on toast another day!*

## Ham & Cheese Pasta Salad (serves 4-6)

Per serve: 2800kJ, 35g protein

You will need a hot plate/stove top, saucepan and large mixing bowl for this recipe.

### Do this

### with these ingredients

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1. In the saucepan, **cook** following packet directions or until pasta is still slightly firm (but soft enough to eat)
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400g **bowtie pasta**

2. **Drain** water and allow to **cool**
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3. In the bowl, **combine** pasta with

310g can **corn kernels**, drained  
1 punnet **cherry tomatoes**, halved  
300g **ham** slices, coarsely chopped  
2 cups **cheddar cheese**, grated  
1 **Lebanese cucumber**, coarsely chopped

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4. **Add** dressing and **toss** until well combined

2 cups **Caesar salad dressing** or **mayonnaise**

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**TIP:** Use leftovers for lunch the next day! Store in an airtight container.

## Spanish Frittata (serves 4)

Per serve: 1300kJ, 18g protein

You will need a hot plate/stove top, grill, large heavy based frying pan and mixing bowl for this recipe

### Do this

### with these ingredients

1. In the frying pan, **melt**

1 tablespoon **butter**

2. **Sauté** until softened

1 **onion**, chopped

1 small **red capsicum**, sliced

2 **potatoes**, boiled, chopped

¼ cup **black olives**, pitted, sliced

3. In the bowl, lightly **whisk** together

5 **eggs**

1/3 cup **pouring cream**

1 cup **cheese**, grated

4. **Pour** into pan and **cook** over medium heat until set

5. **Place** the pan under a hot grill for a further 5 minutes until the top is golden

6. **Cut** into wedges and serve

*TIP: You can use any leftover cooked vegetables in place of potato and capsicum. Frittata can be stored in the fridge for up to a day and served cold.*

## Cheesy tuna rice (serves 4)

Per serve: 2000kJ, 22g protein

You will need a hot plate/stove top and medium-sized saucepan for this recipe.

### Do this

### with these ingredients

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|--|---|
| 1. In the saucepan, <b>combine</b>   | 1 cup <b>vegetable stock</b><br>1 cup <b>full cream milk</b>                                |
| 2. <b>Heat</b> over medium-high heat, stirring occasionally then <b>remove</b> from heat when boiling  |   |
| 3. <b>Add</b> and stir well  | 1 cup <b>long grain rice</b>  |
| 4. <b>Return</b> to heat and bring to boil   |   |
| 5. Once boiling, <b>reduce</b> heat, cover with a tight-fitting lid and <b>simmer</b> for about 12-15 minutes, stirring occasionally until liquid is absorbed and rice is tender |   |
| 6. <b>Add</b>  | 1 large can <b>tuna</b> (425g in oil), drained and flaked                                   |
| 7. <b>Cook</b> for one more minute then turn off heat  |   |
| 8. Gently <b>mix</b> in  | 1 cup <b>cheese</b> , grated<br>1 tablespoon <b>parsley</b> , chopped or <b>dried herbs</b> |
| 9. <b>Leave</b> the lid on for 5 minutes before serving  |   |

**TIP:** You can freeze the leftovers. Try experimenting with using other protein sources e.g. cooked chicken or ham.

## Gourmet Baked Beans on Toast (Serves 2)

Per serve: 2600kJ, 27g protein

You will need a microwave or hot plate/stove, oven and muffin tray for this recipe.

Do **this**

with these **ingredients**

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1. **Preheat** oven 220°C

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2. **Butter** both sides of bread slices

4 **thick slices of bread**, crust removed

2 tablespoons **butter**

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3. **Press** bread slices into 4 holes of a muffin tray

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4. **Bake** for 5-10 minutes or until the bread is crisp and golden

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5. In a pan or in the microwave, **heat** until just warm

400g can **baked beans**

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6. Carefully **lift** the bread cups from the tray using a butter knife

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7. **Sprinkle** into the bottom of the cups

¼ cup **cheddar cheese**, grated

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8. **Spoon** the baked beans into the bread cup and **top** with

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¼ cup **cheddar cheese**, grated

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**TIP:** *Serve with bacon or eggs or cooked sausages*

**NOTE:** *Standard baked beans on toast (without cheese) provide 1900kJ and 17g of protein. While this is a good choice, our Gourmet Baked Beans on Toast are far higher in calories and protein.*

## Main Meals

### Pumpkin and Parmesan Ravioli (serves 2)

Per serve: 2500kJ, 35g protein

You will need a hot plate/stove top and two saucepans for this recipe.

#### Do this

#### with these ingredients

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|--|--|
| 1. In the saucepan, <b>cook</b> according to packet instructions                 | 500g packet <b>Cheese and Spinach Ravioli*</b>                         |
| 2. In another saucepan over low heat, <b>stir</b> until smooth to create a sauce | 1 can of <b>condensed pumpkin soup</b><br>1 cup <b>full cream milk</b> |
| 3. <b>Add</b>  | 1/3 cup <b>parmesan</b> (or <b>tasty cheese</b> ),<br>grated           |
| 4. <b>Simmer</b> for 2 minutes   |  |
| 5. <b>Combine</b> sauce and pasta  |  |
| 6. <b>Stir</b> through until leaves are wilted                                   | 200g or 1 packet <b>baby spinach leaves</b> , washed                   |
| 7. <b>Season</b> with  | <b>Salt</b> and <b>pepper</b>  |

\*Ravioli: pasta filled with cheese or meat filling. Available in the refrigerated section of the supermarket.

TIP: You can use any packet pasta or any type of cheese that you like for this recipe.

## Egg and Bacon Pie (serves 4)

Per serve: 2500kJ, 25g protein

You will need an oven, frying pan and pie dish for this recipe.

Do this

with these ingredients

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1. **Preheat** oven to 180°C

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2. **Chop** and **fry** in the frypan until soft

250g **bacon**

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3. **Line** pie dish with

1 sheet **puff pastry**

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4. **Place** half the bacon in pastry case

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5. **Crack** onto bacon in pastry case

6 **eggs**

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6. **Season** with

**Pepper**

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7. **Top** with remaining bacon

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8. **Sprinkle** over

**Parsley**

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9. **Place** over the top of the pie and **press** edges together

1 sheet **puff pastry**

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10. **Bake** for 30 minutes or until golden brown

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11. **Cut** into quarters and **serve** on its own or with salad/vegetables

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TIP: *Can be served cold the next day for lunch*



## Antipasto Tart (serves 4)

Per serve: 3200kJ, 25g protein

You will need an oven, mixing bowl and pie dish for this recipe.

Do this	with these ingredients
1. <b>Preheat</b> oven to 180°C	
2. <b>Line</b> the pie dish with	1 sheet <b>puff pastry</b>
3. <b>Place</b> on top of pastry	250g <b>antipasto mix</b> * (jar or fresh), drained
4. <b>Chop</b> into 1cm cubes then place on antipasto mix	200g <b>feta cheese</b> **
5. In the bowl, <b>beat</b> together	4 <b>eggs</b> 300mL <b>sour cream</b>
6. <b>Pour</b> over antipasto mix	
7. <b>Sprinkle</b> with	½ cup <b>cheddar cheese</b> , grated
8. <b>Bake</b> for 30 minutes or until set and pie is golden brown	

\*Antipasto: assortment of marinated vegetables available in jars at supermarkets or fresh from deli counter

\*\* Feta cheese: a salty, white, & crumbly cheese usually pressed into a square. Available at supermarket or deli counter. Note that feta can be replaced by any other hard cheese for this recipe.

**TIP:** *Can add chopped ham or cooked bacon or chicken*

## Beef Stroganoff (serves 4)

Per serve: 2000kJ, 29g protein

You will need a hot plate/stove top and frying pan for this recipe

Do this	with these ingredients
1. <b>Heat</b> in the frying pan	1 tablespoon <b>oil</b>
2. <b>Cook</b> until soft	1 <b>onion</b> , finely chopped
3. <b>Add</b> and <b>cook</b> until brown	500g <b>beef strips</b>
4. <b>Add</b> and <b>stir</b> well	1 cup <b>mushrooms</b> , sliced (tinned or fresh) 1 tablespoon <b>tomato paste</b> 1 packet <b>beef stroganoff seasoning</b> 250mL <b>sour cream</b>
5. <b>Add</b> to achieve desired consistency	<b>Milk</b> , extra
6. <b>Serve</b> with	Cooked <b>rice</b> or <b>pasta</b>

TIP: *Leftovers can be frozen*

## Carbonara (serves 4)

Per serve: 3700kJ, 35g protein

You will need a hot plate/stove top, frying pan and saucepan for this recipe.

Do this	with these ingredients
1. In the frying pan, <b>heat</b>	1 tablespoon <b>oil</b>
2. <b>Fry</b> until golden	5 rashers of <b>bacon</b> , chopped 1 <b>garlic clove</b> , crushed
3. In the saucepan, <b>cook</b> according to packet directions	400g packet <b>spaghetti</b>
4. <b>Drain</b> pasta and <b>place</b> back in saucepan	
5. <b>Add</b> and stir through	1 cup <b>cream</b>
6. <b>Add</b> bacon and garlic mix	
7. <b>Add</b>	1 ½ cup <b>cheese</b> , grated
8. <b>Return</b> to hot plate/stove top over low heat, <b>stir</b> constantly until the cheese has melted and the pasta is heated through	

**TIP:** *This one's so delicious there won't be any leftovers!*

## Chicken Curry (serves 4)

Per serve: 3000kJ, 35g protein

You will need a hot plate/stove top and frying pan for this recipe

Do this	with these ingredients
1. In the frying pan, <b>heat</b>	1 tablespoon <b>oil</b>
2. <b>Add</b>	¼ cup <b>mild green curry paste</b>
3. <b>Cook</b> for one minute until fragrant	
4. <b>Add</b> and <b>cook</b> for 10 minutes	4 <b>chicken thigh fillets</b> , chopped
5. <b>Stir</b> in and bring to the boil	400mL can <b>coconut cream</b>
6. <b>Simmer</b> uncovered for 20 minutes	
7. <b>Add</b>	1 ½ - 2 cups <b>green beans</b> , trimmed (fresh or frozen)
8. <b>Cover</b> and leave for 10 minutes	
9. <b>Cook</b> according to packet instructions	1 ½ cups <b>rice</b>
10. <b>Serve</b> with rice	

TIP: *Can freeze leftovers*

## Shepherd's Pie (serves 4)

Per serve: 2700kJ, 35g protein

You will need a hot plate/stove top, oven, saucepan, frying pan and ovenproof dish for this recipe.

### Do this

### with these ingredients

1. **Preheat** oven to 180°C

2. In the saucepan, **cook** until tender

4 **potatoes**, peeled and chopped

3. **Mash** together with

½ cup **cream**

2 tablespoons **butter**

4. In the frying pan, **heat**

3 tablespoon **oil**

5. **Add** and **cook** until brown

500g **mince**

1 **onion**, finely chopped

6. **Add** and **cook** for approximately 20 minutes

400g can **tomatoes**

2 tablespoon **tomato paste**

1 cup **frozen carrot, peas and beans** (optional)

1 teaspoon **mixed herbs**

7. **Place** mince mix in the ovenproof dish and top with the mashed potato

8. **Sprinkle** with

**Cheese**

9. **Bake** for 20 minutes

**TIP:** Add extra cheese for more protein and energy

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.

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## Dessert

### Chocolate self-saucing pudding (serves 4)

*Per serve: 2200kJ, 8g protein*

You will need an oven, ovenproof baking dish, large mixing bowl and jug for this recipe

Do **this**

with these **ingredients**

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|--|--|
| 1. <b>Preheat</b> oven to 180°C  |  |
| 2. <b>Grease</b> the ovenproof baking dish                                       |  |
| 3. Into the mixing bowl, <b>sift</b>   | 1 cup <b>self-raising flour</b><br>2 tablespoons <b>cocoa powder</b>                     |
| 4. <b>Stir</b> in  | ½ cup <b>brown sugar</b>   |
| 5. In a jug, <b>combine</b>  | 80g <b>butter</b> , melted, cooled<br>½ cup <b>milk</b><br>1 <b>egg</b> , lightly beaten |
| 6. Slowly <b>add</b> to flour mixture, stirring until well combined and smooth.  |  |
| 7. <b>Spoon</b> into the ovenproof baking dish and smooth top.                   |  |
| 8. To make the sauce, <b>combine</b> and <b>sprinkle</b> over the pudding        | ¾ cup <b>brown sugar</b><br>2 tablespoons <b>cocoa powder</b> , sifted                   |
| 9. Over the back of a large metal spoon, slowly <b>pour</b> to cover the pudding | 2 cups <b>boiling water</b>  |

10. **Place** baking dish onto a baking tray and **bake** for 35-40 minutes or until pudding bounces back when pressed gently in centre
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11. **Serve** hot with **Cream**  
**Berries**
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## Apple Crumble (serves 4)

Per serve: 3000kJ, 10g protein

You will need an oven, ovenproof dish and mixing bowl for this recipe.

### Do this

### with these ingredients

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1. **Preheat** oven to 180°C

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2. In the mixing bowl, **combine**

1 cup **plain flour**

½ cup firmly packed **brown sugar**

100g chilled **butter**, chopped

½ cup **rolled oats**

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3. Using your fingertips, **rub** the butter into the flour mixture until the mixture resembles fine breadcrumbs

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4. **Stir** in

½ cup **walnuts**, chopped

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5. Into the ovenproof dish, **spoon** in

800g can **baker's apple slices**

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6. **Scatter** the walnut mixture evenly over the apples

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7. **Bake** in the oven for 20-25 minutes or until golden

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8. **Spoon** the apple crumble into serving bowls

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9. **Serve** with

**Vanilla ice cream**

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## White Chocolate & Raspberry Ricotta Jaffle (serves 1)

Per serve: 2000kJ, 14g protein

You will need a jaffle or sandwich maker, and small mixing bowl for this recipe.

### Do this

### with these ingredients

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|--|--|
| 1. <b>Preheat</b> a jaffle or sandwich maker   |  |
| 2. In the mixing bowl, <b>combine</b>  | 60g <b>fresh ricotta</b><br>20g <b>white chocolate</b> , chopped       |
| 3. <b>Spread</b> one side of each bread slice with butter  | 2 slices <b>white bread</b><br>15g <b>butter</b> , at room temperature |
| 4. <b>Place</b> a slice, butter-side down, in the preheated jaffle maker                                 |  |
| 5. <b>Top</b> with the ricotta mixture   |  |
| 6. <b>Sprinkle</b> with  | 2 tablespoon <b>frozen raspberries</b>                                 |
| 7. <b>Top</b> with remaining bread slice, butter side up and <b>cook</b> for 4-5 minutes or until golden |  |
| 8. <b>Remove</b> from jaffle maker and place on a work surface to <b>slice</b>                           |  |
| 9. <b>Dust</b> with  | <b>Icing sugar mixture</b>   |
| 10. <b>Serve</b> with  | <b>Ice cream</b> or <b>custard</b>                                     |

## Easy Chocolate Mousse (serves 8)

Per serve: 2100kJ, 6g protein

You will need an electric mixer/beater, microwave and microwave safe mixing bowl for this recipe.

### Do this

### with these ingredients

- |   |   |
|---|---|
| 1. In a microwave safe mixing bowl, <b>place</b>  | 250g <b>dark cooking chocolate</b><br>600mL carton <b>thick custard</b> |
| 2. <b>Heat</b> for 30 second time periods on medium power, stirring the mixture well between. Continue until the chocolate melts and until the mixture is smooth        |   |
| 3. <b>Set</b> aside for 15 minutes to cool  |   |
| 4. Using an electric beater, <b>whip</b> until soft peaks form  | 600mL <b>thickened cream</b>  |
| 5. <b>Add</b> cream to chocolate mixture and gently <b>mix</b> until just combined – be careful to mix slowly and gently to keep as much air in the mixture as possible |   |
| 6. <b>Spoon</b> into individual cups for serving  |   |

**TIP:** *Can be kept in an airtight container for up to 3 days. Try freezing the leftover mousse – it makes a lovely semifreddo (ice-cream). You can use milk chocolate or white chocolate to vary this recipe!*

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.

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## Bread & Butter Pudding (serves 4)

*Per serve: 3500kJ, 13g protein*

You will need an oven, ovenproof dish/pan and large mixing bowl for this recipe.

### Do this

### with these ingredients

1. **Preheat** oven to 180°C

2. **Grease** a 1 litre pie dish or loaf pan with

**Butter**

3. **Spread** both sides of the bread triangles with butter

8 slices **bread or raisin bread** (cut diagonally into triangles)

100g soft **butter**

4. **Cover** the base of the dish/pan with overlapping triangles of bread

5. **Sprinkle** evenly over the bread, some of the

½ cup **raisins** or **sultanas**

½ teaspoon **nutmeg**

½ teaspoon **cinnamon**

6. **Repeat** this layer by layer until the dish is filled, finishing with raisins/sultanas on the top

7. In the mixing bowl, **beat** together until light and airy and pale in colour

2 **eggs**

400mL **thickened cream**

1 teaspoon **vanilla essence**

1 tablespoon **sugar**

8. **Pour** the egg mixture slowly and evenly over the bread until all the liquid is added

9. Gently **press** the top layer of bread into the liquid.

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10. **Sprinkle** over the surface                      ½ teaspoon **sugar**

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11. **Leave** to one side for 30 minutes to allow liquid to soak up

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12. **Bake** the pudding until the surface is golden brown, the egg is set and the pudding is well risen (approx. 35-45 minutes)

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*TIP: Day old bread is best for this recipe. Trying using leftover hot cross buns or even croissants cut into slices. Pudding is best served hot.*

## Creamy Rice Pudding (serves 6)

Per serve: 2700kJ, 7g protein

You will need a hot plate/stove top and saucepan for this recipe.

Do this	with these ingredients
1. In the saucepan, <b>combine</b>	1 cup <b>long grain rice</b> 2 cup <b>water</b> 1 teaspoon <b>salt</b>
2. <b>Simmer</b> for 3 minutes	
3. <b>Add</b>	$\frac{3}{4}$ cup <b>sugar</b> 2 cup <b>milk</b> 1 cup <b>cream</b>
4. Bring to a low <b>simmer</b> over low heat, stirring occasionally	
5. <b>Cook</b> uncovered for 30 minutes, stirring occasionally until liquid is absorbed	
6. <b>Remove</b> from heat and <b>stir</b> through	1 cup <b>cream</b> $\frac{1}{2}$ cup <b>raisins/sultanas</b>
7. <b>Serve</b> warm or cold, sprinkled with	<b>Nutmeg</b> or <b>cinnamon</b>

*TIP: For truly decadent baked rice pudding, after step 3 allow mixture to cool. Then whisk 3 egg yolks with another cup of cream and 1 teaspoon of vanilla essence. Combine with cooled rice and add raisins/sultanas. Transfer to baking dish and bake at 180°C uncovered until set at the edges (about 25 minutes). Sprinkle with nutmeg/cinnamon.*