

Recipes.



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Cancer Council
Girls' Night In

GIRLS' NIGHT IN

CATCH UP. RAISE FUNDS. CHANGE LIVES.

Getting the girls together to help create
a future free from women's cancers.



Every year, girls get together in a variety of ways to celebrate ‘Girls’ Night In’ and raise vital funds for all Australians impacted by cancer.

If you’re looking for some inspiration, or not sure where to start, we’re here to help. We’ve pulled together a collection of easy, healthy recipes that are sure to make your **Girls’ Night In** a hit!

So what are you waiting for? Register today and help us create a future free from cancer.

For more information go to doitforcancer.com.au/girlsnightinsa, email Brooke at girlsnightin@cancersa.org.au or call **1300 65 65 85**.



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Hummus with capsicum and pepitas

Preparation time: 15 minutes

Ingredients

- ¼ cup tahini
- 1 lemon, juiced
- 1 medium capsicum, roasted and roughly chopped
- 400 g can chickpeas, drained and rinsed
- 1 clove garlic, roughly chopped
- 2 tbsp extra virgin olive oil
- ½ tsp ground cumin
- salt to taste
- 2–3 tbsp water
- 1 tsp pepitas, roasted
- paprika, for serving
- 1 carrot, cut into sticks
- 2 celery stalks, cut into sticks
- 1 packet of grainy crackers

Method

1. Add tahini and lemon juice to food processor, blend for 1 minute or until mixture becomes thicker.
2. Add capsicum, chickpeas, garlic, olive oil, cumin and salt to taste. Blend until a smooth paste forms.
3. Slowly add water and blend to create a creamy whipped texture.
4. Place in a serving dish, sprinkle with pepitas and paprika.
5. Serve with grainy crackers, carrots and celery.



Dip carrot and celery sticks in this high-fibre hummus dip, a healthy snack that will boost fibre intake and increase your vegetable intake. A healthy diet can help cut your cancer risk.



Acknowledgement goes to Cancer Council Queensland for original development of this recipe.

Zucchini slice

Serves: 8

Preparation time: 30 minutes

Cook time: 45 minutes

Ingredients

- 5 eggs
- 2 medium zucchinis, grated
- 200 g butternut pumpkin, grated
- 1 tin reduced-salt corn kernels
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- Pepper to taste
- Olive or canola oil spray

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Whisk eggs in a medium bowl.
3. In a large bowl combine vegetables, egg, flour, cheese, herbs and pepper.
4. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in mixture and flatten.
6. Bake for 40–45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before cutting into 8 slices.



Alternatives

- Make it gluten-free by substituting $\frac{1}{2}$ cup of wholemeal self-raising flour for $\frac{1}{2}$ cup gluten-free self-raising flour.
- Try swapping pumpkin for carrot or sweet potato.

Notes

- Recipe can be frozen for up to two months. Cool to room temperature and cut into serving slices before freezing.



Crispy vegetable fritters

Serves: 6-8

Preparation time: 10 minutes

**Cook time: 2-3 minutes
each side per fritter**

Ingredients

- ½ cup wholemeal self raising flour, sifted, add bran left in sifter to bowl
- 2 spring onions, sliced finely
- 1 small zucchini, grated, squeeze to remove excess liquid
- 1 small carrot, grated, squeeze to remove excess liquid
- ½ cup capsicum, diced finely
- ¾ cup canned corn, drained
- ¼ cup reduced fat cheese, grated
- ¼ cup basil, chopped
- ¼ tsp paprika
- 3 eggs, lightly beaten
- ⅓ cup milk
- 2 tbsp extra virgin olive oil
- ¼-½ tsp dried chilli flakes

Method

1. In a large bowl combine flour, spring onion, zucchini, carrot, capsicum, corn, basil, cheese and paprika.
2. In a separate small bowl lightly beat eggs and milk, season with salt, pepper and chilli (optional). Add to dry ingredients and combine.
3. Heat a large pan, use a little oil then place a 1-2 tbsp scoop of mixture into pan. Repeat to make 6-8 fritters. Cook for 2-3 minutes each side or until golden and cooked through. Remove from pan, set aside and repeat until all mixture is used.
4. Serve with a side of sweet chilli sauce, smashed avocado, or tzatziki.



This recipe is high in vitamins, minerals, fibre and cancer fighting antioxidants. The fritters are packed with a variety of vegetables to help boost your vegetable intake.



Vegetable curry

Serves: 4-6

Preparation time: 10 minutes

Cook time: 25 minutes

Ingredients

- 1 tbsp extra virgin olive oil
- ½ brown onion finely diced
- 2 cloves of garlic, crushed
- 2 ½ tbsp red curry paste
- 2 cups pumpkin peeled and diced into 1 cm pieces
- ½ cup carrot, sliced
- 1 x 400 ml can coconut milk
- 1 cup canned chickpeas, drained and rinsed
- 1 lime, juiced
- ¼ cup flat leaf parsley, chopped

Method

1. Heat oil in a large pot over medium heat. Sauté onion and garlic until fragrant and onions are soft.
2. Add curry paste, pumpkin and carrot and combine until fragrant.
3. Stir in coconut milk, turn heat down to low and cover. Simmer for 15-20 minutes or until pumpkin and carrot are soft.
4. Stir in chickpeas and lime juice, simmer until chickpeas heated through.
5. Serve, sprinkle with parsley.



This recipe is high in vitamins, minerals, fibre and cancer fighting antioxidants.



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Pasta bake

Serves: 6

Preparation time: 10 minutes

Cook time: 40 minutes

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 gloves garlic, finely chopped
- 2 cups mushrooms
- 400 g tin brown lentils
- 2 x 400 g tins crushed tomato
- ¼ cup olives
- 2 cups spinach leaves, washed
- 2 cups wholemeal bowtie or penne pasta
- 1 cup reduced-fat cheddar cheese, grated

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Meanwhile, add oil to large non-stick frypan on medium high heat, add onion, garlic and mushrooms and cook until soft.
3. Add lentils, olives and tomatoes. Simmer for 5 minutes or until reduced to a thick consistency.
4. Prepare the pasta according to the packet instructions. Drain and rinse pasta in colander, removing most of the water.
5. Stir spinach through sauce until lightly wilted. Add pasta and mix until well-combined.
6. Brush a large baking dish (lasagne style) with olive oil and pour the pasta and sauce mix in.
7. Sprinkle cheese evenly over the top.
8. Bake for 15 minutes or until the cheese has melted and begins to turn golden brown. Serve with a side salad.



Alternatives

- Make it gluten-free by substituting 2 cups wholemeal pasta for 2 cups gluten-free pasta.
- Try swapping spinach for kale.
- Swap mushrooms for capsicum, eggplant and zucchini.



Fruit skewers

Serves: 12

Preparation time: 10 minutes

Ingredients

- 1 punnet strawberries, halved
- 1½ cup mint leaves
- 4 apricots, quartered
- 2 kiwi fruit, peeled and sliced
- 12 cherries, pitted
- 1 punnet blueberries
- small bunch green grapes
- 2 limes, juiced
- natural yoghurt for serving

Method

1. Thread pieces of fruit and mint on to bamboo skewers.
2. Drizzle lime juice over skewers.
Serve with natural yoghurt.



Fruit skewers are packed full of vitamins, minerals, antioxidants and dietary fibre. This is a great way to boost your fruit intake and Cancer Council recommends two (2) serves of fruit each day.

Notes:

The fruit used in this recipe is a guide. Choose fruit that is in season for flavour packed skewers.



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Date muesli slice

Serves: 24

Preparation time: 10 minutes

Cook time: 50 minutes

Ingredients

- 2 medium apples, core removed, coarsely grated with skin left on
- $\frac{1}{3}$ cup water (80 ml)
- $\frac{1}{4}$ cup margarine (50 g)
- 2 cups seeded dates, chopped
- 2 cups rolled oats
- 1 cup pecans, chopped
- 1 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced) for 10 minutes. Line slice tin with baking paper.
2. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
3. Reduce heat, cover and simmer for 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
4. While apple and date mixture is cooking, place oats in a large frypan. Stir over low heat for 5 minutes until lightly browned.
5. Sift flour into a large bowl. Return husk remaining in the sieve to the bowl.
6. Add cinnamon and oats to the flours and mix to combine. Stir into the date mixture. Gently mix in pecans.
7. Spoon into prepared tin and bake for 20 minutes until firm.
8. Cool in tin before cutting into 24 pieces.



Alternatives

- Swap dates for dried apricots, sultanas or cranberries.
- Swap apples for pears or pumpkin.
- Swap pecans for walnuts, almonds, pistachios or pepitas.



Mini carrot cakes

Serves: 24

Preparation time: 15 minutes

Cook time: 12 minutes

Ingredients

- $\frac{3}{4}$ cup wholemeal self raising flour, sifted, add bran left in sifter to bowl
- $1\frac{1}{4}$ cup self raising flour, sifted
- 1 tsp ground cinnamon
- $\frac{1}{2}$ cup brown sugar, firmly packed
- 2 carrots, leave skin on, grated
- 2 tbsp sultanas
- $\frac{1}{2}$ cup roasted walnuts, crumbled
- 3 eggs
- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{3}{4}$ cup reduced fat milk
- 2 tsp vanilla extract

Method

1. Preheat oven to 180°C.
2. In a large bowl combine flours, sugar, carrots and sultanas.
3. In a small bowl combine eggs, oil, milk and vanilla. Add to dry ingredients, stir so just combined.
4. Grease a 24-hole mini muffin tray, divide mixture evenly into prepared tray. Sprinkle walnuts on top of muffins.
5. Bake for 12 minutes or until cooked through. Remove muffins from tray and cool on a wire cooling rack.



This recipe includes high fibre ingredients such as wholemeal flour, carrots, sultanas and walnuts. A high fibre diet can help cut bowel cancer risk. Try this recipe as a healthier alternative to traditional carrot cake.



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