

# Opal Better Barbie Recipe Kit

A Resource Kit for Community Organisations

PROMOTING HEALTHY EATING AND DRINKING FOR CHILDREN AND ADULTS WITHIN THE COMMUNITY

A healthier approach to your next barbeque!



Australian Government



# Introduction

Welcome to the recipe based *Opal Better Barbie Kit*. This is a resource package that has been created for community organisations to use when having a barbeque.

The 'Australian Barbeque' is an essential part of Australian tradition that has been loved by many, thousands throughout Australia. They are delivered through sporting clubs, businesses, community organisations and schools for fundraisers or special events and lets not forget in our very own backyards.

The Aussie barbeque has usually seen typical foods and beverages being served: from sausages in bread with sauce, to cans of soft drink. The nutritional quality of these options is not often good as they are predominantly high in saturated fat and salt, so improving the food and beverage nutritional quality could be beneficial to health. This resource Kit is a great tool to make those simple nutritional changes to the traditional barbeque, whilst still keeping the Australian tradition alive and cooking!!

## Background Information

In the last few years Australians have become more aware of the rise in overweight and obese children and adults. Today's society is overwhelmed by the production, availability and the advertisement of poor nutritional quality food and beverages, and that have significantly contributed to the rise in obesity here in Australia.

The nutritional quality of food is an important factor when we consider the health and wellbeing of our community. Children and adults need to have the options and availability of fresh, delicious and nutritious foods in their daily life. The *Opal Better Barbie Kit* has been designed with this in mind, and aims to provide and promote ways in which the community can help contribute to making healthier food and beverage alternatives available.

The Kit is a great resource that provides the essential information on how to make your traditional barbeque healthier. Everyone really enjoys a good barbeque and this is the perfect opportunity to really make a difference within your community, to better improve healthier food and beverage options for your customers to enjoy. By making simple choices like reducing the amounts of saturated fats and salt in foods and increasing the fruit and vegetable content used in each barbeque, you will be increasing the nutritional value of the food you are providing to the local community and therefore making an impact on the local communities health and wellbeing.



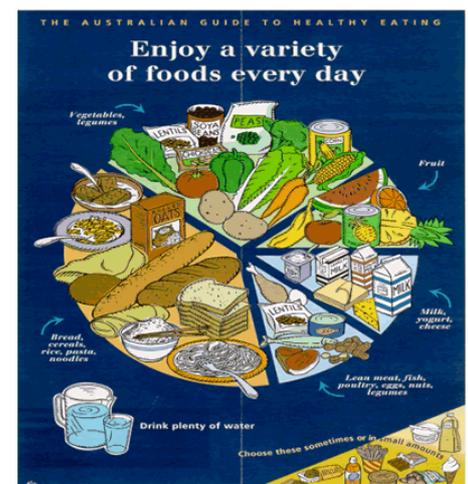


## Nutritional Information

### Dietary Guidelines for Children and Adolescents in Australia

- ✓ **Encourage and support breast feeding**
- ✓ **Children and adolescents need sufficient nutritious foods to grow and develop normally**
  - Growth should be checked regularly for young children
  - Physical activity is important for all children and adolescents
- ✓ **Enjoy a wide variety of nutritious foods**
  - **Children and adolescents should be encouraged to:**
    - Eat plenty of vegetables, legumes and fruits (Go for 2 Fruit & 5 Veg)
    - Eat plenty of cereals (including breads, rice, pasta and noodles) preferably wholegrain
    - Include lean meat, fish, poultry and/or alternatives
    - Include milks, yoghurts, cheese and/or alternatives
    - Choose water as a drink
      - Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents
      - Alcohol is not recommended for children
  - **And care should be taken to:**
    - Limit saturated fat and moderate total fat intake
      - Low fat diets are not suitable for infants
    - Choose foods low in salt
    - Consume only moderate amounts of sugars and foods containing added sugars
- ✓ **Care for your child's food: prepare and store it safely**

If you would like to learn more, a great source of information is the Australian Guide to Healthy Eating and can be sourced online via: [www.health.gov.au](http://www.health.gov.au)





## Barbeque Ideas and Recipes

### Quick and Easy Recipes

Traditional barbeque option sausages are very high in saturated fats and salt and by substituting healthier options you can make a real difference as our lifestyle choices can have a major impact on our health and wellbeing. For your next healthy barbeque try the following healthy quick and easy recipes:

### Tasty Burgers

Beef, chicken or vegetable burgers with lean meat from the local butcher served on a bread roll with low fat cheese and fresh crisp salad.

**Tip:** ask the butcher for lean meat patties, enquire for ingredients used

**Tip:** add herbs and spices instead of salt

**Tip:** try using a whole meal or multi grain roll instead of traditional white breads

### Easy Kebabs

Kebabs with meat and vegetables and vegetable only kebabs.

**Tip:** use lean lamb, chicken or beef, skewered with mushroom, onion, capsicum, pineapple or cherry tomatoes

**Tip:** exclude the meat for vegetarian options or add tofu or haloumi cheese





## Barbeque Ideas and Recipes

### Quick and easy Recipes



#### Barbequed Corn

Mouth watering corn on the cob grilled on the barbeque

**Tip:** boil the corn first for quick cooking time

#### Delicious Wraps

Wraps with lean strips of beef, lamb, chicken or falafel with salads

**Tip:** use lemon juice or low fat natural yoghurt instead of mayo or tomato sauce

**Tip:** try using whole meal pita bread



#### Top Tips:

- ✓ Change your cooking oil to a healthier alternative like olive oil
- ✓ Choose local produce from local butchers, ask for lean cuts of meat which will reduce the amount of fats you are providing
- ✓ Try using more vegetables on the barbeque like zucchini, jacket potatoes, tomatoes, corn and veggie kebabs, they taste amazing and are very healthy!
- ✓ Try using seasonal foods - <http://seasonalfoodguide.com/>
- ✓ Try to avoid charring or blackening the meat – it doesn't taste very nice and it can also be harmful to the body
- ✓ Lean meats can become dry when cooking so why not try using a healthy marinade! (please refer to healthy marinade ideas further on in the *Opal Better Barbie Kit*.)



## Barbeque Ideas and Recipes

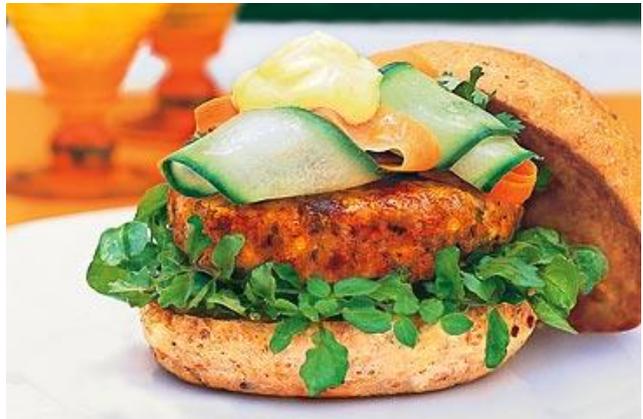
### Chicken Burger Recipe

15 minutes preparation + 5 minutes cooking time

#### Ingredients:

#### Patty recipe:

500g chicken mince  
100g mushrooms, roughly chopped  
1 stick of celery, roughly chopped  
1 onion, roughly chopped  
1 large sprig of parsley  
1 egg  
2 teaspoons of salt-reduced soy sauce  
½ to 1 cup of fresh breadcrumbs  
Flour to shape the patties  
Olive or canola oil spray



#### To serve:

6 multigrain rolls, cut open and spread with sweet chilli sauce  
3 lettuce leaves, shredded or rocket, sprouts or any greens you like  
1 tomato, sliced  
½ cucumber, sliced

#### Method:

Place mince into a large bowl and process all patty ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape into round patties with a little flour. Spray a non-stick pan with oil and cook for 4-5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber.

#### Tips:

- ✓ These burgers are much healthier than pre-made food, they have a lot less fat, a lot more vegetables and they are also cheaper!
- ✓ You could always make a lot of patties at once then freeze them
- ✓ You can be creative with what you put on the multigrain roll, but stick to healthy choices like vegetables, avocado, low fat cheese and sauces. Experiment with foods you like and see what flavours you come up with!



## Barbeque Ideas and Recipes

### Vietnamese Coleslaw

#### Ingredients:

- ¼ white cabbage
- 1 lettuce (iceberg or cos)
- 2-3 carrots
- 2 cucumbers
- 1 bunch of mint
- 8 teaspoons of soy sauce (salt reduced)
- 4 teaspoons of sweet chilli sauce
- ¼ cup lemon juice
- 1 small packet of vermicelli noodles (mung bean or rice noodles)



**Optional:** sprouts, snow peas, spring onions

#### Method:

Boil a small pot of water and add the noodles, cook until tender, then rinse noodles under cold water and drain. Finely slice cabbage and place in a large bowl. The flavor works well if the cabbage is shredded finely. Grate the carrots and add to the cabbage with the lemon juice then mix in the cooled noodles. Just before serving, cut the cucumber into fine match sticks and shred the lettuce and mint, then add to the salad and mix in the soy sauce and sweet chilli sauce.

#### Tips:

- ✓ This coleslaw is much lower in fat because it doesn't contain mayonnaise. The mint and lemon juice makes this salad a fresher option for summer.
- ✓ You can serve this with finely sliced left over roast chicken or any barbequed meat
- ✓ Try adding chopped toasted peanuts for some extra crunch but be sure to have it labelled well so any consumers that have nut allergies will know not to have any.



## Barbeque Ideas and Recipes

### Marinated Meat Kebabs

#### Ingredients:

#### Marinade:

- ¼ cup soy sauce
- 8 teaspoons sesame oil
- 4-5 cloves of garlic, crushed
- 4 teaspoons ginger, crushed

#### Kebabs:

- 1-2kg of chicken, beef or kangaroo
- Bamboo skewers
- 3 capsicums, sliced into cubes, any colour
- 500g mushrooms, sliced
- 200g pineapple, fresh or tinned, sliced
- 3-4 onions, red or white, sliced



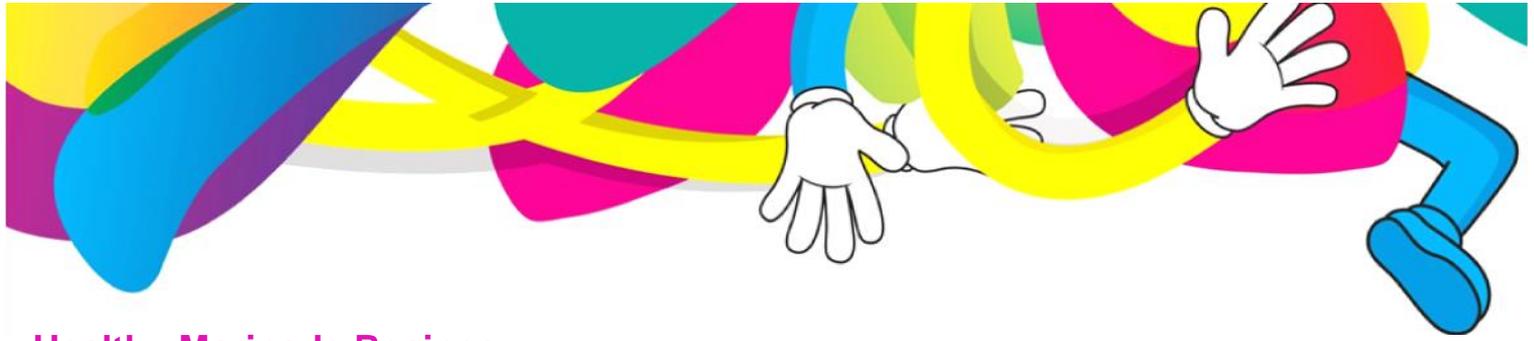
**Optional:** zucchini or cherry tomatoes

#### Method:

Soak the skewers in water for about an hour before use to prevent from burning. Mix the soy sauce, sesame oil, garlic and ginger in a large bowl. Chop off any fat on the meat and then cut into small cubes about 2cm square, don't make the meat too thick or it won't cook in the middle evenly. Mix the meat in the marinade, cover and refrigerate whilst preparing vegetables. Using a different board to the raw meat, cut the vegetables into small pieces, then thread the meat and vegetables onto the skewers and barbeque until the meat is properly cooked through when juices are clear.

#### Tip:

- ✓ You can marinate the meat overnight to intensify flavours



## Healthy Marinade Recipes

### Honey Soy & Ginger

#### Ingredients

- ¼ cup salt reduced soy sauce
- 1 clove of garlic, roughly chopped
- 1 tablespoon honey
- 1 ½ teaspoons dry mustard
- 1 ½ teaspoons fresh ginger, roughly chopped



**Optional:** add in some sesame seeds for a bit of crunch!

#### Method:

In a food processor, process the soy sauce, garlic, honey, mustard, ginger until the garlic and ginger are finely chopped and well combined. Cover and place in fridge for when needed, it may be refrigerated for up to several weeks.

- ✓ This marinade is great for chicken, pork and fish!

### Red Wine, Garlic & Rosemary

#### Ingredients

- 100ml olive oil
- 200ml red wine
- 1 clove of garlic, chopped
- 2 sprigs of rosemary, roughly chopped
- 2 sprigs of thyme, roughly chopped
- cracked pepper to taste



#### Method:

In a food processor, process all ingredients until they are all finely chopped and well combined. Cover and place in fridge for when needed, it may be refrigerated for up to several weeks.

- ✓ This marinade is great for kangaroo, beef and pork!



## Healthy Barbeque Options

### *Great tips to be on your way to a Better Barbie !*

**Use low fat sausages** (<10g of fat per 100g) or try healthy choice sausages like chicken or kangaroo

#### **Use lean meats**

**Beef** - lean rump, sirloin, fillet, eye or blade steaks

**Lamb** - trim lamb steaks such as round, rump or topside; trim lamb French cutlets, eye of loin or fillet

**Pork** – butterfly, medallion, leg and rump steaks, trimmed loin chop cutlets, lean diced cubes for kebabs

**Poultry** – skinless chicken and turkey breast, thighs and drumsticks

**Game** – kangaroo

**Add interest and flavour** to barbequed meat by basting with a little bit of vegetable oil plus either mustard, chutney, a low salt Asian sauce, wine or some herbs and spices.

**Provide a variety of breads** or rolls, including wholemeal, multi-grain or white high fibre varieties. Leave margarine or butter off the bread or ask customers before adding it.

**Reduce fat** – when frying meat and onions, only use a small amount of healthy fats (olive, sunflower, soybean or canola oils) – or even better, use a non-stick frying pan and no added fat.

**Use salt reduced** – or no added salt varieties of tomato and BBQ sauce

**Have lots of salad** – with your healthy hot dogs – either in your bread roll or as a side salad. Suitable salads include: a garden salad, coleslaw, roast vegetable salad or tabouleh.

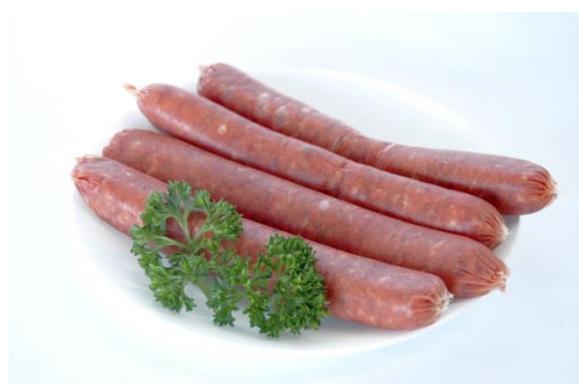
**Make dressings** - with lemon juice, vinegar, herbs and oils such as canola, sunflower, soybean, safflower and olive. A low fat commercial mayonnaise made from canola, sunflower, soybean or olive oils can also be used.

**Vegetarian options** – why not try vegetable kebabs? Cut large cubes of zucchini, capsicum, eggplant and mushroom and coat with a marinade or sauce and cook directly on the grill separately or as kebabs. Offer vegetarian sausages for something different. Other good vegetarian options are chickpea burgers, lentil burgers, vegetable patties and nut burgers.



## Healthier Sausage Choices: 10% Fat or Less!

Brand	Flavour	Serving Size	Fat (grams per serve)	% Fat per serve
<b>Reduced fat thin sausages</b>	Beef	60g	7.0g	11.5%
<b>Low fat thin sausages</b>	Beef	60g	4.0g	6.5%
<b>Famous Sausage Man</b>	Beef	65g	4.5g	6.9%
<b>Gourmet Sausage People</b>	Beef	75g	6.0g	8.0%
<b>Woolworths Deli</b>	BBQ Sausage	60g	5.0g	8.3%
<b>Gourmet Chevups</b>	Chicken	50g	5.5g	11%
<b>Gourmet Chevups</b>	Beef / Chilli Beef	50g	4.0g	8%
<b>Sanitarium / Vegie Delights</b>	BBQ Soy Sausages (Vegetarian)	50g	4.0g	8%
<b>Sanitarium / Vegie Delights</b>	Original Soy	50g	4.5g	9%
<b>Sanitarium / Vegie Delights</b>	Vegie Sausages	50g	2.5g	5%
<b>Zoglos</b>	Vegetarian	50g	2.5g	5%





## Local Food Contacts

When hosting a Better Barbie, why not try buying your meat and salads from local Marion stores because local is best!

### Marion Community Local Food Suppliers

#### Butchers

**Springfield Butchers** – (08) 8296 4596

Westfield Marion, OAKLANDS PARK

**Springfield Butchers** – (08) 8277 8196

Shop 26, Castle Plaza Shopping Centre, EDWARDSTOWN

**Parkholme Gourmet Butchers** – (08) 8276 5431

Shop 7/319 Oaklands Road, PARK HOLME

**Hilltop Butchers** – (08) 8322 5722

Shop 23/93 Main South Road, O'HALLORAN HILL

**Tendawrap Butchers** – (08) 8387 0772

Hallett Cove Shopping Centre, Shop 4, Lonsdale Road, HALLETT COVE

#### Local Foodlands

645 Marion Road, **ASCOT PARK** – (08) 8172 4100

992 South Road, Castle Plaza, **EDWARDSTOWN** – (08) 8172 4000

60 Seacombe Road, **DARLINGTON** – (08) 8296 8994

Cnr Lonsdale Hwy and Ramrod Ave, **HALLETT COVE** - (08) 8321 8100

750 Marion Road, **MARION** – (08) 8277 1281

228 Seacombe Road, **SEACLIFF PARK** – (08) 8296 9990

#### Local IGA's

Shop 2, 533 Marion Road, **SOUTH PLYMPTON** – (08) 8293 6118

11 Denham Avenue, **MORPHETTVILLE** – (08) 8376 7932

104 Morphett Road, **NOVAR GARDENS** – (08) 8294 5277



## Thank you !

Thank you for trying the Better Barbie Kit's Healthy Recipe Resource! With your help, Australians will all have healthy barbeques!

By making simple choices, you really can change the nutritional quality of a meal and by doing so you can increase your health and the health of the community!

## More information

For further information, advice and support about Better Barbies or how your organisation can make the change to healthier, tastier barbeques contact the Opal program at the City of Marion on 0421 469 295 or email [danielle.clark@marion.sa.gov.au](mailto:danielle.clark@marion.sa.gov.au)



OPAL by EPODE is a joint program of Australian, State and Local Governments.



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