

Three simple but hearty meals



Are you looking for easy-to-make meals that are tasty and nutritious? Here are 3 simple dishes to begin with.

To make things easier, our recipes include ingredient amounts for both one and two serves.



Salmon and veg casserole

A casserole is a one-dish bake. That means less hassle when cooking and cleaning.

Ingredients for one

- ½ zucchini sliced into rounds
- ¼ onion cut into wedges
- ½ cup cherry tomatoes
- ½ sliced capsicum
- 1½ tablespoons olive oil
- ½ teaspoon Cajun seasoning or your favourite fish seasoning
- 1 salmon fillet
- Optional squeeze of fresh lemon

Cover and store in the fridge any veg you chop up and don't finish. You can use rigid containers, glad wrap, or a moist paper towel. This will help keep your produce fresher for longer.

Ingredients for two

- 1 zucchini sliced into rounds
- ½ onion cut into wedges
- 1 cup cherry tomatoes
- 1 sliced capsicum
- 3 tablespoons olive oil
- 1 teaspoon Cajun seasoning or your favourite fish seasoning
- 2 salmon fillets
- Optional squeeze of fresh lemon

Instructions

1. Preheat oven to 200°C and line a baking dish with baking paper or aluminium foil, or thoroughly grease the dish with vegetable oil.
2. In a large bowl, toss all the veggies with your seasoning and about 2/3 of the olive oil. Spread the veggies into a single layer on the baking sheet.
3. Place your salmon fillets skin side down between the veggies. Brush with the remaining olive oil.
4. Roast in the oven for 12-15 minutes, or until the salmon is flaky and mostly opaque.
5. Serve yourself a fillet with veggies. Optionally, squeeze a fresh lemon over the dish. And enjoy!

The most accurate way to ensure your salmon is cooked is to use a [food thermometer](#). Check that the centre of the thickest part of the fish is at least 63°C. For chicken, the minimum safe temperature is 74°C.



Chickpea tuna salad

This protein-heavy salad requires no cooking. Just chop, assemble, stir, and serve!

Ingredients for one

- ½ cup low-sodium chickpeas, rinsed and drained
- ½ can of tuna, drained and flaked
- 1 teaspoon Dijon mustard
- 1 tablespoon olive oil mayonnaise
- 1/3 cup of halved or quartered cherry tomatoes
- 2 tablespoons of green or black olives, or ½ tablespoon of capers (optional)
- A handful of spinach or torn salad greens

Ingredients for two

- 1 can low-sodium chickpeas, rinsed and drained
- 1 canned tuna, drained and flaked
- 1 tablespoon Dijon mustard
- 3 tablespoons olive oil mayonnaise (this has lower cholesterol than regular mayo)
- 1 cup halved or quartered cherry tomatoes
- ½ cup green or black olives, or 2 tablespoons capers (optional)
- A handful of spinach or torn salad greens

Instructions

1. Add the chickpeas, tuna, mustard, mayonnaise, and cherry tomatoes to a bowl and stir to combine.
2. Season with salt and pepper to your liking. Add olives or capers, if using.
3. Lay a bed of spinach or greens on a plate and top with salad mixture for an easy dinner.
4. Optionally, eat the salad on a bed of fresh lettuce, or between two slices of whole-grain bread like a tuna salad sandwich.

You can buy tuna cans with added seasonings, such as chili, for extra spice.

Always follow storage instructions after opening cans to ensure safety and freshness. Consider [reusable lids](#) for opened cans or bowls, available from places such as target.

Veggie bake

Here is a vegetarian dish with lots of protein from plant-based foods!

Ingredients for one

- 1 cup black beans
- ½ cup broccoli florets
- ½ cup sliced capsicum
- ½ cup sliced zucchini
- ½ cup cooked quinoa or brown rice
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs (such as thyme, parsley, or chilli flakes)



Ingredients for two

- 2 cups black beans
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced eggplant
- 1 cup cooked quinoa or brown rice
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs

Optional toppings

- Toasted almonds, pine nuts, or sesame seeds for added crunch
- Feta or goat cheese for creaminess
- A squeeze of lemon juice

Instructions

1. Preheat your oven to 200°C.
2. In a large bowl, combine the beans, broccoli, carrots, eggplant, and precooked quinoa or rice.
3. Drizzle with olive oil, then add garlic powder, salt, pepper, and your chosen herbs. Toss everything until well coated.
4. Spread the mixture evenly on a lined baking tray.
5. Bake for 20–25 minutes, or until the veggies are tender.
6. Serve warm, with your chosen toppings.

CONTACT US

Website: liveup.org.au

Email: support@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.