



Monday April 2, 2007

## Light party fare

*Two simple recipes to add zing to your day.*

HALF the fun of entertaining is in the planning. It's the little details that make a meal more than just that. But entertaining does not have to be as daunting as it sounds, and it does not have to be an over-indulgent affair either.

Although rich decadent fare is always associated with entertaining, you'll be surprised how much your guests appreciate lighter fare. Find recipes that taste fantastic and amaze your family and friends with how delicious healthy cuisine can be.

The primary rule is simple - don't prepare foods you wouldn't want to eat yourself. Avoid deep-fried servings and use olive oil to pan fry or bake instead. Wherever possible, try to replace full-cream milk with low-fat options.

Fish is a popular option when it comes to healthy dining; most people love it. Fish is rich in antioxidants and omega-3 acids which are beneficial for overall health. Healthy eating doesn't mean dessert-free meals.

If you go light on the main course, a little indulgence at the end will do no harm.

Think seasonal and look for recipes that use vegetables and fruits, and even meat or fish that are in abundance at a particular time, to manage your cost when you're entertaining a bigger group. Explore the possibility of lighter food - you could save on calories and preparation time.

Food writer and stylist Rohani Jelani shows you ways to impress your friends and make dinner more exciting. These recipes are great for dinner parties and the salsa will add zing to your day.

You may want to replace traditional ingredients with low-fat options. Where recipes call for bread or flour-based patties, try crackers for some added texture and flavour, without too many extra calories.

### Seafood Patties

*(serves 6)*

300g fish fillet\* (without skin and bones), coarsely minced  
 150g prawn (shelled), finely diced  
 100g (5 packs) Hi-Cal crackers, crushed  
 ¼ cup finely chopped onion  
 1 egg, beaten  
 ½ tsp salt  
 ¼ tsp ground pepper  
 1 stalk spring onion, finely sliced (2 tbsp)  
 1 stalk coriander, finely sliced (2 tbsp)  
 1 red chilli, seeded and finely chopped  
 3-4 tbsp oil (for frying patties)

\* Use white fish such as sole, snapper or dory.

Place minced fish and diced prawn in a mixing bowl. Add about 2/3 of the crushed crackers (around 70g), onion, egg,



*Seafood Patties served with a simple green salad.*

seasoning, spring onion, coriander and chilli. Mix with a fork until well combined.

Place the remaining crushed crackers in a small bowl. Form the seafood mixture into small balls the size of a large lime. Flatten 1cm thick and roll in the crushed crackers. Shape all the patties this way, arranging them on a tray as you make them.

Heat oil in a non-stick frying pan over medium heat. Fry patties for 2-3 minutes per side or until golden brown. If you prefer, serve with a simple green salad.

This recipe has only 223 calories and 12.8g fat per serving.

## Cherry Tomato and Pineapple Salsa

(serves 6)

1 cup ripe pineapple, cut into small cubes  
1½ cups cherry tomatoes, cut into quarters  
¼ cup finely chopped onion  
1 green chilli, finely chopped  
2 tbsp coarsely chopped coriander leaves  
1 tbsp coarsely chopped mint leaves  
2 tbsp lime juice  
2 tbsp extra virgin olive oil  
¼ tsp salt  
¼ tsp black pepper  
¼ tsp sugar  
Weetameal (or wholemeal) and Hi-Cal crackers

Combine all ingredients in a mixing bowl and set aside for 5 minutes for flavours to develop.

Stir and place in a serving bowl surrounded by crackers. Serve immediately.

This recipe has only 91 calories and 4g fat per serving. - *Article courtesy of Jacob's*



*Cherry Tomato and Pineapple Salsa goes well with crackers.*