

**"We hope our recipes inspire families to try something new and look forward to continuing to educate kids when we visit schools later this year."**

HARRY TAYLOR



# Recipes fresh from cattery

## CATS GOT YOUR TONGUE SORTED

**MARGARET LINLEY**

GEEELONG Cats players are getting behind the push to encourage families to eat healthy meals with a new cookbook released yesterday.

The *Healthy Cats* recipe book is a collection of recipes from every player.

*Healthy Cats* ambassador Harry Taylor said diet was an important part of all AFL players' performances and kids could also benefit from taking care of the fuel they use.

"Like us, kids' energy requirements will vary throughout the day," Taylor said. "We hope our recipes inspire families to try something new and look forward to continuing to educate kids when we visit schools later this year."

Each of the dishes has been

checked by Nutrition Australia using a traffic light system of red, amber and green ticks to ensure they are nutritionally sound.

None of the footballers' featured dishes scores an undesirable red tick, with three-quarters of the dishes ranking a highly desirable green and the rest scoring an amber tick.

Among the 46 recipes is an avocado and corn pasta, one of captain Joel Selwood's favourite dishes, and Tom Hawkins' beef burritos.

Class sets of the recipe book will be given to all schools in the Geelong region. In addition, each school student involved in the Club's BioCats program will get a copy.

The book is supported by Healthy Together Geelong and Aussie Apples.



**Joel Selwood's**

**avocado and corn pasta**

**Ingredients:**

400g fettuccine

1/2 cup mushrooms,

sliced

2 chicken breasts, diced

1 can creamed corn

1 large avocado, diced

1 cup of low-fat sun-dried tomatoes

1 cup light evaporated milk

2 spring onions, chopped

**Method:**

Cook pasta as per instructions on packet. Brown chicken in frying pan.

Add everything else and cook until heated through. Add spring onions.

Serve on pasta with parmesan.

Serves 4

**Tom Hawkins' beef burritos**

**Ingredients:**

Olive oil spray

200g lean beef strips

4 wholemeal flat bread

2 cups iceberg lettuce, shredded

2 Roma tomatoes, sliced

1 red capsicum, seeded, thinly sliced

1 carrot, peeled, coarsely grated

1tbsp sweet chilli sauce

**Method:**

Lightly spray a large non-stick frying pan with oil spray. Place over high heat. Add 1/3 of the beef and cook, stirring, for 2 minutes or until browned and cooked through. Transfer to bowl.

Repeat in 2 more batches with remaining beef. Place the wraps on the plate. Top with beef, lettuce, tomato, capsicum, carrot and drizzle with sweet chilli sauce. Wrap to enclose filling.

Serves 4

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