

High protein high energy recipes

Here are some “tried and tested” recipes to get you started with your high protein, high energy (HPHE) cooking. Most recipe books contain high protein, high energy recipes – look for ingredients such as cheese, milk, eggs, meat, cream, butter/oils, nuts and chocolate.

This recipe booklet is designed to be used with the NEMO High protein high energy diet resource.

Glossary of terms

Al dente: cooked enough to be firm not soft

Boil: heating a liquid until bubbles break the surface

Puree: to grind, blend or mash a food until it's completely smooth

Sauté: to cook a food quickly in a small amount of oil over direct heat in a frying pan

Sift: to pass dry ingredients through a fine-mesh sieve so any large pieces can be removed

Simmer: gentle cooking just below boiling point

Soft peaks: when a mild peak remains in the mixture as you lift the beater out of the mixture

Whisk: mix vigorously/energetically

Key for recipe degree of difficulty:



Easy



Requires a few more steps

Breakfast

HPHE Scrambled Eggs (serves 1)



Per serve: 2900kJ, 31g protein

You will need a hot plate/stove top, frying pan and mixing bowl for this recipe.

Ingredients

- 2 eggs
- ¼ cup cream
- 1 tablespoon of butter
- ½ cup grated cheese
- Salt and pepper

Method

1. Put eggs and cream in a bowl and whisk together
2. Melt butter in non-stick frying pan
3. Pour egg mixture into frying pan and cook for 20 seconds then stir with a fork
4. Cook for another 20 seconds or until egg sets
5. Sprinkle the grated cheese on top and add salt and pepper to taste
6. Serve with buttered toast

TIP: Standard scrambled eggs (without cream and cheese) provide 1400kJ and 25g protein. While this is a good choice, our HPHE scrambled eggs have double the energy.

Omelette (serves 1)

Per serve: 3400kJ, 44g protein

You will need a hot plate/stove top, frying pan and mixing bowl for this recipe.

Ingredients:

- 3 eggs
- ¼ cup pouring cream
- 1 tablespoon butter
- ½ cup grated cheese
- ¼ cup chopped ham
- 1 fresh tomato (peeled, seeds removed, chopped)
- Salt and pepper

Method:

1. Beat eggs until light
2. Beat in cream, salt, and pepper
3. Melt butter in a large frying pan over medium heat
4. Pour eggs into pan
5. When set, but still soft, spread tomatoes, cheese and ham over top
6. Fold in half, cook until cheese is melted
7. Serve with buttered toast

HPHE Porridge (serves 1)

Per serve: 2100kJ, 22g protein

You will need a hot plate/stove top and saucepan for this recipe.

Ingredients:

- 2 heaped tablespoons skim milk powder (or nutritional supplement like AdVital/Sustagen Neutral)
- ¼ cup pouring cream
- 1/3 cup rolled oats
- ½ cup milk

Method:

1. Mix ingredients in saucepan, adding water if required
2. Stir over medium heat for approximately 5-7 minutes
3. Sweeten to taste (with honey, sugar, dried/stewed/fresh fruit or yoghurt)

TIP: *Our HPHE porridge is 3 times higher in energy and protein than standard porridge!*

Pancakes (makes 8)

Per serve (2 pancakes): 1500kJ, 12g protein

With topping: 2000kJ, 14g protein

You will need a hot plate/stove top, frying pan and mixing bowl for this recipe.

Ingredients:

- 1 cup plain flour
- 2 teaspoons baking powder
- Pinch of salt
- 2 teaspoons white sugar
- 300mL milk
- 1 egg
- 3 tablespoons butter, melted

Method:

1. In a large bowl, sift together dry ingredients
2. Make a well in the centre and pour in the milk, egg and melted butter, mix until smooth
3. Heat a lightly oiled frying pan over medium heat
4. Pour or scoop the batter into the pan using approximately $\frac{1}{4}$ cup for each pancake
5. Brown on both sides and serve hot with maple syrup and whipped cream

TIP: You could also try adding butter and jam or ice-cream and berries to increase your energy and protein intake.

Breakfast on the Run – Smoothie (serves 1)

Per serve: 2500kJ, 32g protein

You will need a stick blender/blender/food processor for this recipe.

Ingredients:

- 200mL full cream milk
- 1 scoop of ice-cream or 150mL yoghurt
- 2 heaped tablespoons skim milk powder (or nutritional supplement like AdVital/Sustagen Neutral)
- Chopped fruit (e.g. 1 banana or 5 strawberries)
- Honey

Method:

1. Place all ingredients in the blender (honey to taste)
2. Blend well!

TIP: Make a double batch and keep half in the fridge for an afternoon snack!

French Toast (serves 2)

Per serve 2500kJ, 13g protein

You will need a hot plate/stove top, frying pan and mixing bowl for this recipe.

Ingredients

- 2 large eggs
- 1/3 cup pouring cream
- 1 tablespoon sugar
- 4 slices thick toast (or raisin loaf) - a day old is best!
- 1 tablespoon of butter

Method

1. Whisk together eggs, cream, sugar, and salt until blended
2. Pour into a large bowl or pan and soak bread slices in 1 layer for 3 minutes and then flip to soak the other side
3. At this point start to heat butter in a 12 inch frying pan over moderately high heat until foam subsides
4. Carefully transfer 2 soaked bread slices to frying pan with a slotted spatula and cook until golden brown, about 2 minutes on each side
5. Repeat this process with the other 2 slices of soaked bread
6. Serve French toast with maple syrup, cream and fresh strawberries, or fruit and honey

TIP: For savoury French toast do not add the sugar, replace with a pinch of salt and pepper, and serve with cream cheese and finely diced tomato and onion.

NOTE: Standard toast with jam only has 1000kJ and 5g of protein. French toast has more than double the energy and protein of standard toast!

Light Meals

Pumpkin & Bacon Soup (serves 4)

Per serve: 1400kJ, 23g protein

You will need a hot plate/stove top and saucepan for this recipe.

Ingredients

- 4 rashers bacon, chopped
- 1 onion, finely chopped
- 500g pumpkin, peeled and chopped
- 2 cups chicken stock
- 1 cup grated tasty cheese
- 1 cup milk
- Salt and pepper to taste
- 1 tablespoon of sour cream

Method

1. Sauté bacon and onion in a saucepan for two minutes. Add pumpkin and stock.
2. Simmer uncovered for 15 minutes or until pumpkin tender
3. Puree with stick blender or in food processor
4. Add cheese and milk (use extra milk/stock to achieve desired consistency), season to taste.
5. Serve sprinkled with extra cheese and dollop of sour cream

TIP: Great leftovers for lunch the next day!

NOTE: This pumpkin and bacon soup has almost 3 times more energy and protein than canned pumpkin soup!

Nachos (serves 4)

Per serve: 3750kJ, 45g protein

You will need a hot plate/stove top, an oven/grill, a frying pan and heat proof plate for this recipe.

Ingredients

- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 500g beef mince
- 300g can kidney beans, drained, rinsed
- 1 teaspoon Mexican chilli powder (optional)
- 35g sachet taco seasoning mix
- 2 tablespoon tomato paste
- ¼ cup water
- ½ cup coriander leaves*, chopped (optional)
- 230g (large) packet corn chips
- 1 cup grated tasty cheese
- ½ cup tomato salsa, mashed avocado and sour cream, to serve

*Coriander: dark green leafy herb available at supermarkets

Method

1. Preheat grill or oven to 200°C. Heat oil in a non-stick frying pan over medium heat
2. Cook onion for 2 minutes, or until soft
3. Add mince. Cook, stirring with a wooden spoon, for 5 minutes or until browned
4. Add kidney beans, chilli powder, seasoning, tomato paste and water
5. Reduce heat to medium-low, simmer for 5 minutes, or until thick
6. Stir through coriander
7. Arrange corn chips on a heat proof plate and top with mince and sprinkle with cheese
8. Bake for 10-15 minutes in oven or until cheese has melted under the grill.
9. Top with salsa, avocado and sour cream

TIP: You can freeze any leftover meat sauce and reheat to serve on toast another day!

Ham & Cheese Pasta Salad (serves 4-6)

Per serve: 2800kJ, 35g protein

You will need a hot plate/stove top, saucepan and mixing bowl for this recipe.

Ingredients

- 400g bowtie pasta
- 310g can corn kernels, drained
- 1 punnet cherry tomatoes, halved
- 300g ham slices, coarsely chopped
- 2 cups grated cheddar cheese
- 1 lebanese cucumber, coarsely chopped
- 2 cups Caesar salad dressing or mayonnaise

Method:

1. Cook the pasta in a saucepan, following packet directions or until pasta is still slightly firm (but soft enough to eat). Drain water and allow to cool.
2. Combine the pasta, corn, tomato, ham, cheese and cucumber in a large bowl.
3. Add the dressing and toss until well combined.

TIP: Use leftovers for lunch the next day! Store in an airtight container.

Spanish Frittata (serves 4)

Per serve: 1300kJ, 18g protein

You will need a hot plate/stove top, grill and frying pan for this recipe

Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 1 small red capsicum, sliced
- 2 boiled potatoes, chopped
- ¼ cup pitted black olives, sliced
- 5 eggs
- 1/3 cup pouring cream
- 1 cup grated cheese

Method

1. Melt the butter in a large heavy based frying pan and sauté the onion, capsicum, potatoes and olives until softened
2. Lightly whisk the eggs, cream and cheese together and pour into pan
3. Cook over medium heat until set
4. Place the pan under a hot grill for a further 5 minutes until the top is golden
5. Cut into wedges and serve

TIP: You can use any leftover cooked vegetables in place of potato and capsicum. Frittata can be stored in the fridge for up to a day and served cold.

Cheesy tuna rice (serves 4)

Per serve: 2000kJ, 22g protein

You will need a hot plate/stove top and saucepan for this recipe.

Ingredients

- 1-1 ½ cup vegetable stock
- 1 cup full cream milk
- 1 cup long grain rice
- 1 large can tuna (425g in oil), drained and flaked
- 1 cup grated cheese
- 1 tablespoon chopped parsley or dried herbs

Method

1. Combine 1 cup of stock and milk in a medium-sized saucepan. Heat over medium-high heat, stirring occasionally
2. When boiling remove from heat
3. Add rice and stir well
4. Return to heat and bring to the boil
5. Once boiling, reduce heat, cover with a tight-fitting lid and simmer for about 12-15 minutes, stirring occasionally until liquid is absorbed and rice is tender
6. Add tuna to rice, cook for one more minute then turn off heat, gently mix in cheese and parsley and leave the lid on for 5 minutes before serving.

TIP: You can freeze the leftovers. Try experimenting with using other protein sources e.g. cooked chicken or ham.

Gourmet Baked Beans on Toast (Serves 2)

Per serve: 2600kJ, 27g protein

You will need a microwave or hot plate/stove, oven and muffin tray for this recipe.

Ingredients

- 4 thick slices of bread, crust removed
- 400g can baked beans
- 2 tablespoons butter
- ½ cup cheddar cheese, grated

Method

1. Preheat oven 220°C.
2. Butter both sides of bread slices and press into 4 holes of a muffin tray. Bake for 5-10 minutes or until the bread is crisp and golden.
3. Heat the baked beans in a pan or in the microwave until just warm
4. Use a butter knife to carefully lift bread cups from tray
5. Sprinkle some cheese into the bottom of the cups
6. Spoon the baked beans into the bread cup and sprinkle with remaining cheese

TIP: Serve with bacon or eggs or cooked sausages

NOTE: Standard baked beans on toast (without cheese) provide 1900kJ and 17g of protein. While this is a good choice, our Gourmet Baked Beans on Toast are far higher in calories and protein.

Main Meals

Pumpkin and Parmesan Ravioli (serves 2)

Per serve: 2500kJ, 35g protein

You will need a hot plate/stove top and saucepan for this recipe.

Ingredients

- 500g packet Cheese and Spinach Ravioli*
- 1 can of Condensed Pumpkin Soup
- 1 cup full cream milk
- 1/3 cup grated parmesan (or tasty cheese)
- 200g or 1 packet washed baby spinach leaves
- Pepper

*Ravioli: pasta filled with cheese or meat filling. Available in the refrigerated section of the supermarket.

Method

1. Cook ravioli using a saucepan according to packet instructions
2. Heat soup and milk in another saucepan over low heat and stir until smooth to create sauce.
3. Add cheese to sauce and simmer for 2 minutes
4. Combine sauce, pasta and spinach and stir until spinach leaves are wilted.
5. Season with pepper and serve

TIP: You can use any packet pasta or any type of cheese that you like for this recipe.

Egg and Bacon Pie (serves 4)

Per serve: 2500kJ, 25g protein

You will need an oven, frying pan and pie dish for this recipe.

Ingredients

- 250g Bacon
- 6 eggs
- 2 sheets puff pastry
- Pepper
- Parsley

Method

1. Preheat oven to 180°C
2. Chop bacon and fry in frypan until soft
3. Line pie dish with 1 sheet of pastry
4. Place half the bacon in pastry case and carefully crack eggs into bacon
5. Season with pepper, top with remaining bacon, sprinkle over parsley
6. Place remaining pastry sheet over the top and press edges together
7. Bake for 30 minutes or until golden brown. Cut into quarters and serve on its own or with salad/ vegetables.

TIP: Can be served cold the next day for lunch

Antipasto Tart (serves 4)

Per serve: 3200kJ, 25g protein

You will need an oven, mixing bowl and pie dish for this recipe.

Ingredients

- 1 sheet puff pastry
- 250g antipasto mix* (jar or fresh), drained
- 4 eggs
- 300mL sour cream
- 200g feta cheese**
- ½ cup grated cheddar cheese

*Antipasto: assortment of marinated vegetables available in jars at supermarkets or fresh from deli counter

** Feta cheese: a salty, white, & crumbly cheese usually pressed into a square. Available at supermarket or deli counter. Note that feta can be replaced by any other hard cheese for this recipe.

Method

1. Preheat oven to 180°C
2. Line a pie dish with pastry
3. Place antipasto mix on top of pastry
4. Chop feta into 1cm cubes and place on antipasto mix
5. In a bowl, beat eggs and sour cream together
6. Pour over antipasto mix
7. Sprinkle with cheese
8. Bake for 30 minutes or until set and pie is golden brown

TIP: Can add chopped ham or cooked bacon or chicken

Beef Stroganoff (serves 4)

Per serve: 2000kJ, 29g protein

You will need a hot plate/stove top and frying pan for this recipe

Ingredients

- 500g of beef strips
- 1 onion, finely chopped
- 1 tablespoon oil
- 1 cup sliced mushrooms (tinned or fresh)
- 1 tablespoon tomato paste
- 1 packet beef stroganoff seasoning
- 250mL sour cream
- Milk, extra

Method

1. Heat oil in frying pan and cook onion until soft
2. Add beef strips and cook until brown
3. Add mushrooms, seasoning, tomato paste and sour cream, stir well
4. Add extra milk to achieve desired consistency
5. Serve with cooked rice or pasta

TIP: Leftovers can be frozen

Carbonara (serves 4)

Per serve: 3700kJ, 35g protein

You will need a hot plate/stove top, frying pan and saucepan for this recipe.

Ingredients

- 1 tablespoon oil
- 1 cup cream
- 1 ½ cup grated cheese
- 5 rashers of bacon, chopped
- 1 garlic clove, crushed
- 400g packet spaghetti

Method

1. Heat oil in frying pan
2. Fry bacon and garlic until brown, set aside
3. Cook spaghetti in saucepan according to packet directions
4. Drain pasta, place back in saucepan and add cream, stirring through
5. Add bacon and cheese, then return to the hot plate/ stove top
6. Over low heat stir constantly until the cheese has melted and the pasta is heated through

TIP: This one's so delicious there won't be any leftovers!

Chicken Curry (serves 4)

Per serve: 3000kJ, 35g protein

You will need a hot plate/stove top and frying pan for this recipe

Ingredients

- 1 tablespoon oil
- 4 chicken thigh fillets, chopped
- 1 ½ -2 cups green beans (trimmed, fresh or frozen)
- ¼ cup mild green curry paste
- 400mL can coconut cream
- 1 ½ cups rice cooked according to packet instructions

Method

1. Heat oil in large frying pan and add green curry paste cooking for one minute or until fragrant
2. Add chicken and cook for 10 minutes
3. Stir in coconut cream, and bring to the boil
4. Simmer uncovered for 20 minutes
5. Add beans, cover, and leave for 10 minutes
6. Serve with rice

TIP: *Can freeze leftovers*

Shepherd's Pie (serves 4)

Per serve: 2700kJ, 35g protein

You will need a hot plate/stove top, oven, saucepan, frying pan and ovenproof dish for this recipe.

Ingredients

- 4 potatoes, peeled and chopped
- 1 onion, finely chopped
- 3 tablespoon oil
- 500g mince
- 400g can tomatoes
- 2 tablespoon tomato paste
- 1 cup frozen carrot, peas and beans (optional)
- ½ cup cream
- 2 tablespoon butter
- 1 teaspoon mixed herbs
- Cheese

Method

1. Preheat oven to 180°C
2. Cook potatoes in saucepan until tender, mash with cream and butter
3. Heat oil in large frying pan, add onions and mince and cook until brown
4. Add tomatoes, tomato paste, frozen vegetables and herbs and cook for approximately 20 minutes
5. Place mince in ovenproof dish and top with the mashed potato
6. Sprinkle with cheese
7. Bake for 20 minutes

TIP: Add extra cheese for more protein and energy

Dessert

Chocolate self-saucing pudding (serves 4)

Per serve: 2200kJ, 8g protein

You will need an oven, ovenproof dish and mixing bowl for this recipe

Ingredients

- 1 cup self-raising flour
- 2 tablespoons cocoa powder
- ½ cup brown sugar
- 80g butter, melted, cooled
- ½ cup milk
- 1 egg, lightly beaten
- Thick cream and berries, to serve

Sauce

- ¾ cup brown sugar
- 2 tablespoons cocoa powder, sifted
- 2 cups boiling water

Method

1. Preheat oven to 180°C. Grease a large ovenproof baking dish.
2. Sift flour and cocoa into a large bowl. Stir in sugar.
3. Combine butter, milk and egg in a jug. Slowly add to flour mixture, stirring until well combined and smooth. Spoon into ovenproof dish. Smooth top.
4. To make the sauce, sprinkle combined sugar and cocoa over the pudding. Slowly pour boiling water over the back of a large metal spoon to cover pudding. Place dish onto a baking tray. Bake for 35-40 minutes or until pudding bounces back when pressed gently in centre. Serve hot with cream and berries.

Apple Crumble (serves 4)

Per serve: 3000kJ, 10g protein

You will need an oven, ovenproof dish and mixing bowl for this recipe.

Ingredients

- 1 cup plain flour
- ½ cup firmly packed brown sugar
- 100g chilled butter, chopped
- ½ cup rolled oats
- ½ cup chopped walnuts
- 800g can baker's apple slices
- Vanilla ice-cream, to serve

Method

1. Preheat oven to 180°C. Combine the flour, sugar, butter and oats in a bowl.
2. Use your fingertips to rub the butter into the flour mixture until the mixture resembles fine breadcrumbs. Stir in the walnuts.
3. Spoon the apple into a large ovenproof dish. Scatter the walnut mixture evenly over the apples. Bake in oven for 20-25 minutes or until golden. Spoon the apple crumble into serving bowls. Serve with ice-cream.

White Chocolate & Raspberry Ricotta Jaffle (serves 1)

Per serve: 2000kJ, 14g protein

You will need a jaffle or sandwich maker, and mixing bowl for this recipe.

Ingredients

- 60g fresh ricotta
- 20g white chocolate, chopped
- 2 slices white bread
- 15g butter, at room temperature
- 2 tablespoon frozen raspberries
- Icing sugar mixture, to dust
- Ice-cream or custard to serve

Method

1. Preheat a jaffle or sandwich maker. Combine the ricotta and chocolate in a small bowl.
2. Spread one side of each bread slice with butter. Place a slice, butter-side down, in the preheated jaffle maker.
3. Top with the ricotta mixture and sprinkle with raspberries. Top with remaining bread slice, butter side up. Cook for 4-5 minutes or until golden.
4. Remove from jaffle maker and place on a work surface. Slice and dust with icing sugar to serve. Serve with ice-cream or a splash of custard.

Easy Chocolate Mousse (serves 8)

Per serve: 2100kJ, 6g protein

You will need an electric mixer/beater, microwave and microwave safe mixing bowl for this recipe.

Ingredients:

- 250g dark cooking chocolate
- 600mL carton thick custard
- 600mL thickened cream

Method

1. Place chocolate and custard in a microwave safe bowl and heat for 30 second time periods on medium power, stirring the mixture well between. Continue until the chocolate melts and until the mixture is smooth. Set aside for 15 minutes to cool.
2. Use an electric beater to whip cream in a bowl until soft peaks form.
3. Add cream to chocolate mixture and gently mix until just combined – be careful to mix slowly and gently to keep as much air in the mixture as possible.
4. Can be spooned into individual cups for serving, or kept in an airtight container for up to 3 days.

TIP: You can use milk chocolate or white chocolate to vary this recipe! Try freezing the leftover mousse – it makes a lovely semifreddo (ice-cream).

Bread & Butter Pudding (serves 4)

Per serve: 3500kJ, 13g protein

You will need an oven and ovenproof dish/pan for this recipe.

Ingredients:

- 100g soft butter
- 8 slices bread or raisin bread (cut diagonally into triangles)
- 400mL thickened cream
- 2 eggs
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 ½ tablespoon sugar
- ½ cup raisins or sultanas
- 1 teaspoon vanilla essence

Method

1. Preheat oven to 180°C.
2. Grease a 1 litre pie dish or loaf pan with a little butter. Spread both sides of the bread triangles with butter.
3. Cover the base of the dish/pan with overlapping triangles of bread. Sprinkle some of the raisins/sultanas evenly over the bread. Sprinkle with nutmeg and cinnamon.
4. Repeat this layer by layer until the dish is filled, finishing with raisins/sultanas on the top.
5. In a large bowl beat the eggs and cream with vanilla extract and 1 tablespoon of the sugar until light and airy and pale in colour.
6. Pour the egg mixture slowly and evenly over the bread until all the liquid is added. Gently press the top layer of bread into the liquid. Sprinkle the remaining sugar over the surface.
7. Leave to one side for 30 minutes to allow liquid to soak in.
8. Bake the pudding until the surface is golden brown, the egg is set and the pudding is well risen (approx. 35-45mins).

TIP: Day old bread is best for this recipe. Try using leftover hot cross buns or even croissants cut into slices. Pudding is best served hot.

Creamy Rice Pudding (serves 6)

Per serve: 2700kJ, 7g protein

You will need a hot plate/stove top and saucepan for this recipe.

Ingredients:

- 1 cup long grain rice
- 2 cup water
- 1 teaspoon salt
- $\frac{3}{4}$ cup sugar
- 2 cup milk
- 1 cup cream
- $\frac{1}{2}$ cup raisins/sultanas
- Nutmeg or cinnamon
- Extra 1 cup cream

Method:

1. Combine rice, water and salt in a saucepan and simmer for 3 minutes
2. Add sugar, milk and cream and bring to a slow simmer over low heat, stirring occasionally.
3. Cook uncovered for 30 minutes, stirring occasionally until liquid is absorbed
4. Remove from heat and stir through last cup of cream and raisins/sultanas.
5. Serve warm or cold, sprinkled with nutmeg or cinnamon.

TIP: For truly decadent baked rice pudding, after step 3 allow mixture to cool. Then whisk 3 egg yolks with another cup of cream and 1 teaspoon of vanilla essence. Combine with cooled rice and add raisins/sultanas. Transfer to baking dish and bake at 180°C uncovered until set at the edges (about 25 minutes). Sprinkle with nutmeg/cinnamon.