



5 Quick & Easy
BUDGET-WISE
weekday meals



NUTS FOR LIFE



Welcome



Nuts are a powerhouse of health, flavour and value.

Not only do they add crunch and depth to everyday meals, they're also affordable and versatile.

In this recipe book, we've put together five budget-wise weekday meals that are quick and easy to prepare, plus three bonus sweet treats to enjoy. Each recipe comes with a handy cost-per-serve, so you can see exactly how far your dollar stretches.

To keep your taste buds inspired, we've chosen a variety of flavourful cuisines, including Thai, Indian and Italian.

This handy collection of recipes will save you time and money in the kitchen but best of all, by adding nuts to your meals, you'll be boosting your health too!

Enjoy!

THE NUTS FOR LIFE TEAM

www.nutsforlife.com.au

Thai nut 'mince' larb



4 serves



25 mins

Monday

Bring fresh Thai flavours home with this speedy nut mince larb



UNDER
\$7
per serve*

Ingredients

- 1 tbsp olive oil
- 2 sticks lemongrass, white part only, sliced
- Thumb-sized piece of ginger, sliced
- 2 garlic cloves, finely grated
- 1 long red chilli, thinly sliced
- 3 spring onions, thinly sliced on an angle
- 2 tbsp oyster sauce
- 1 tbsp kecap manis

Salad

- Juice of 1 lime
- 1 tbsp soy sauce
- 1 tbsp brown sugar
- 1 punnet cherry tomatoes, halved
- 2 Lebanese cucumbers, seeds removed, sliced thickly on an angle
- 2 cups bean sprouts
- ½ bunch of Thai basil, leaves picked
- ½ bunch of mint, leaves picked

Nut 'mince'

- 10 button mushrooms, roughly chopped
- ⅔ cup almonds
- ⅔ cup walnuts

Method

1. To make the nut 'mince', place mushrooms, almonds and walnuts into a small food processor and pulse until just combined and crumbly.
2. Place a frying pan on medium heat, add one tablespoon of oil, followed by ginger, garlic, chilli, lemongrass and white part of the spring onion. Once fragrant and just soft, add nut 'mince', breaking up lumps with a wooden spoon, and cook for 2-3 minutes or until brown and warmed through. Remove from pan.
3. Stir oyster sauce and kecap manis through the nut 'mince' mixture.
4. Make the salad dressing by combining lime juice, soy sauce, brown sugar in a bowl and stir until the sugar is dissolved.
5. Combine cherry tomatoes, baby cucumbers, remaining spring onion, bean sprouts, Thai basil and mint in a large bowl. Add salad dressing and gently toss to coat.
6. To serve, divide nut 'mince' mixture between four serving bowls and top with salad.

Savings tip:

Make it your own - and save even more money - by using whatever nuts you already have at home.

Nutrients per serve:

Energy 1,240kJ, Protein 9.4g, Fat 37.8g (Sat fat 3.1g), Carbohydrate 17.6g, Sugars 15.2g, Fibre 9.6g, Sodium 786mg.

Oven roasted veggies with mixed nut crumble

One tray, minimal fuss - roasted veggies with a crunchy nut topping



4 serves



45 mins

Tuesday



Recipe courtesy of International
Tree Nut Council Nutrition
Research & Education Foundation
[Go to website](#)

AROUND
\$5
per serve*

Ingredients

Vegetables

- 2 medium fennel bulbs, white parts only
- 1 cup quartered mushrooms
- 2 small zucchinis, cut into ½ inch slices
- ½ cup sliced basil
- 1 lemon, sliced
- 6 Roma tomatoes, quartered lengthways (or a small tub of cherry tomatoes, halved)
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste

Crumble

- 1 cup roughly chopped nuts of choice
- ½ cup parmesan cheese

Method

1. Preheat oven to 180°C. Lightly oil or line an ovenproof dish.
2. Combine nuts, half the basil and parmesan cheese and set aside.
3. Slice fennel in half lengthwise, remove the core and slice into 6-8 wedges.
4. Place in a large sieve with the mushrooms and zucchini and the remaining basil.
5. Drizzle olive oil over vegetables and rub all over so they are fully coated. Season to taste with salt and pepper.
6. Add tomatoes and lemon.
7. Place in ovenproof dish and bake for 25 minutes, then scatter crumble over top.
8. Bake for 10 minutes further or until vegetables are tender and crumble is golden.

Recipe idea:

Try some of these alternate roasted vegetable and nut pairings:
Eggplant + **walnuts and macadamias**; Butternut pumpkin + **pecans and pine nuts**; Brussel sprouts + **cashews and hazelnuts**;
Capsicum and potato + **almonds and pistachios**.

Nutrients per serve:

Energy 1,050kJ, Protein 8g, Fat 19g (Sat fat 3g),
Carbohydrate 18g, Sugars NA, Fibre 7g, Sodium 570mg.

Chicken and cashew curry

A fast and flavourful Indian curry with coconut and cashews



4 serves



40 mins

Wednesday



UNDER
\$5
per serve*

Ingredients

- 4 tsp curry powder
- 1 tsp garam masala
- 1 tbsp olive oil
- 5 cloves garlic (20g)
- 1 red onion, diced (125g)
- 2 red chilli (5g)
- 1 tomato, diced (100g)
- 1 stalk lemongrass (tender base only, 10g)
- ½ cup coconut milk (125g)
- 1½ cup water
- ¼ tsp salt
- ¼ tsp pepper
- 120g cashew, soaked
- 400g chicken thigh, diced

Method

1. Rub 2 tsp curry powder and salt into the chicken and set aside.
2. Blend garlic, onion, tomato, lemongrass and chilli in a blender until a smooth paste is formed.
3. Heat olive oil in a medium saucepan. Cook blended mixture, remaining curry powder and garam masala over low heat. Stir constantly, cook until fragrant, about 5 minutes.
4. Add chicken and cook for about 2 minutes.
5. Add cashews and water. Allow to simmer over low heat for 20 minutes. Stir occasionally.
6. Add coconut milk, stir, and allow to come to a boil. Turn off the heat as soon as it boils.
7. Serve hot with white rice and papadums on the side.

Cooking tip:

Soak cashews in warm water for 20 minutes before using, to soften the nuts and boost flavour absorption.

Nutrients per serve:

Energy 1,862kJ, Protein 25.6g, Fat 33g (Sat fat 11g), Carbohydrate 9.2g, Sugars 5g, Fibre 4.7g, Sodium 257mg.

Hazelnut, chilli and garlic pasta



4 serves



20 mins

Thursday

Simple Italian flavours in minutes - pasta that's cheaper (and tastier) than dining out



UNDER
\$3.50
per serve*

Ingredients

- 400g spaghetti
- 1½ tbsp olive oil
- 100g chopped hazelnuts
- 1 long red chilli, seeded and finely chopped
- 2 cloves garlic, thinly sliced
- 1 bunch baby bok choy, trimmed and roughly chopped
- ½ cup chopped flat leaf parsley
- 2 tsp lemon juice
- Cracked black pepper, to taste

Method

1. Cook the spaghetti in a large saucepan of boiling water until al dente. Drain, return to pan and keep warm.
2. Heat the oil in a non-stick pan over medium heat. Add the hazelnuts, chilli and garlic and cook for 3-4 minutes, stirring regularly.
3. Remove from heat, stir through parsley, lemon juice and season with pepper to taste.
4. Toss the hazelnut mixture through the pasta and serve.

Money saving tip:

Buy nuts in bulk when they are on special and store them in an airtight container in the fridge (for up to four months) or freezer (for up to six months).

Did you know?



A handful of
nuts costs
around \$1
a serve.

Find out more
[Visit our website](http://www.nutsforlife.com.au)

Nutrients per serve:

Energy 2420kJ, Protein 15g, Fat 24g (Sat fat 2g),
Carbohydrate 72g, Sugars 1.5g, Fibre 7g, Sodium 9mg.

www.nutsforlife.com.au

Mixed nuts, zucchini and ricotta pizza



4 serves



25 mins

Friday

Wholesome homemade pizza made fast - healthier and tastier than delivery



Recipe courtesy of International Tree Nut Council Nutrition Research & Education Foundation
[Go to website](#)

UNDER
\$12
per pizza*

Ingredients

Pistachio pesto

- ½ cup pistachios
- 1 tbsp shredded parmesan cheese
- 3 tbsp olive oil, plus extra for drizzling
- Juice and zest of ½ lemon

Pizza

- 1 ball pizza dough (store bought or homemade)
- 1 zucchini, finely sliced (or finely sliced Brussel sprouts)
- 3-4 leaves basil, sliced
- ½ cup fresh ricotta
- 2 tbsp dried currants
- 2 tbsp roasted pine nuts, diced walnuts and pistachios
- 1 handful rocket
- Freshly ground pepper

Method

1. Preheat oven to 250°C.
2. To make the pesto, place the nuts, parmesan and olive oil in a blender and pulse on and off to a coarse paste. Add half the lemon juice and zest and pulse for a few seconds. Season to taste with salt.
3. Stretch the dough to desired size for your pizza pan or stone. Spread with pistachio pesto and arrange zucchini slices over top. Bake for 5 minutes or until dough is starting to colour.
4. Remove from oven. Mix ricotta with remaining lemon zest and spoon small dollops over pizza, top with basil and return to the oven. Bake 8-10 minutes or until crust is golden (check the bottom).
5. While still piping hot, scatter with currants, pine nuts, walnuts and a handful of rocket. Drizzle remaining lemon juice and a little olive oil and fresh pepper on top and/or 'optional pizza sauce topping'.
6. Directions for 'optional pizza sauce topping': Mix ingredients and heat to just a simmer (do not boil). Drizzle on top of pizza and enjoy.

Nutrients per serve:

Energy 1,860kJ, Protein 31g, Fat 18g (Sat fat 4g), Carbohydrate 33g, Sugars 14g, Fibre 9g, Sodium 580mg.

Try these other delicious topping combos:

Macadamia, spinach and roasted garlic: Buttery, crunchy macadamias with roasted garlic and spinach for a savoury, umami-rich pizza that works with either dairy or plant-based cheese.

Pecan, pear and honey: Lightly-toasted pecans with fresh pear, creamy ricotta, a drizzle of honey and some cinnamon create a luscious balance of crunch, sweetness and spice.

Bonus Sweet Snack Recipes



Macadamia and white chocolate cookies

Chunky, chewy and nutty - these better-for-you cookies cost less than store-bought and taste better too!

[Get the recipe on our website](#)

Recipe courtesy of Australian Macadamias - [Go to website](#)



Peanut butter and banana cheesecake

Naturally sweet, bite size cheesecakes - these quick, make-ahead snacks will satisfy cravings without the extra sugar.

[Get the recipe on our website](#)



Pumpkin and pecan brownies

Rich, spiced chocolate brownies with pumpkin and pecans - easy, make-ahead indulgence that's healthier for you.

[Get the recipe on our website](#)



Like to discover more?

Our 'Cooking with nuts' hub contains easy tips, videos, fact sheets, and plenty more delicious recipes. [Visit our Culinary resources](#)

Enjoy a healthy handful of nuts every day





More delicious, good-for-you and affordable recipes at www.nutsforlife.com.au





Hort Innovation
Frontiers

admin@nutsforlife.com.au • www.nutsforlife.com.au

 Nuts For Life

 @nutsforlife

 @nuts_for_life

 facebook.com/nuts4life

Nuts for Life is funded through Frontiers developed by Hort Innovation, with co-investment from the Australian nut industry and contributions from the Australian Government. ©2025.