

11 Healthy Dinner Recipes You Wouldn't Think Were Healthy



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Healthy dinners that don't compromise on taste. Isn't that everything we could ever wish for? Indeed. And when a dish strikes that perfect balance of nutritious and delicious, it quickly moves up the roster in becoming a weekly staple.

But, how do new dinner recipes creep up the ladder? Particularly when we all become so accustomed to the same old grocery shop, and the same old ingredients in our pantries and fridges. It's seldom time to branch out a little – and flex some kitchen creativity in whipping up some new dinner to recipes that satisfy.

But there's a catch. It's not easy pushing the envelope and crafting healthy dinners your family won't object to eating. Because as much as we all bang on about nutrition, no one's a fan of having to source too many exotic ingredients. And further to that, no one's a fan of having your family refuse the meal you've prepared because it's too far outside their comfort zone.

Our list of 11 healthy dinners focuses on familiar and family-friendly favourites built with nourishing, natural food ingredients. And they all come together delicately balancing flavour with an excitement that will have everyone – from partner to picky toddler – asking you, "when are we eating this again". Enjoy!

1. Corn & Tuna Sweet Potatoes



Say hello to your new favourite baked potato recipe, flawlessly balanced, both savoury and sweet. This simple and healthy meal has "no-fuss gourmet" written all over it. Plus, nobody has ever said no to a baked spud.

2. Mushroom, Spinach & Feta Quiche



Delicate, crumbly and downright delicious. This foolproof baked quiche recipe whisks up a classic vegetable flavour combination that doesn't disappoint. The best part? Any leftovers will make for a delightful breakfast.

3. Easy Fish Pie



Our golden-crust fish pie recipe is quick and easy to make. Plus, this is a meal the whole family will love and is freezer-friendly for when you need a meal in a hurry.

4. Quinoa, Spinach & Egg Bake



Here's a tasty, healthy and satisfying vegetable bake that's simple to prepare. Complete with the high-protein, high-fibre goodness of quinoa, it's a nourishing recipe that's sure to stay on repeat.

5. Sweet Potato & Bacon Frittata with Rocket & Pear Salad



Is there a more satisfying flavour combination than sweet potato and bacon? Perhaps. But when you add onion to the mix, the whole recipe just sings. We love this easy-to-make frittata meal. (And as will your household.)

6. Shakshuka



Shakshuka is a simple, one-pan, baked eggs dish that makes a statement. Aromatic, punchy and packed with a whole lot of delicious tomato flavour – a great Middle Eastern-inspired recipe to keep in your back pocket.

7. Stuffed Peppers



Add a burst of colour to your dinnertime setting tonight. Visually impressive and super nutritious, this simple capsicum recipe is great for showing off some culinary skills when entertaining.

8. Mexican Sweet Potato Family Hash Brown



This healthy Mexican Sweet Potato Family Hash Brown is packed with flavour, the kind of gratifying recipe that makes you forget why you don't eat healthy every night.

9. Sweet Potato Spanish Omelette



Say ola to heartwarming, wholesome comfort food. Sometimes known as a Spanish tortilla, this delicious recipe is sure to become a weeknight repeat offender. Yet again, this omelette could satisfy well at any time of day.

10. Pasta Primavera



Now, primavera may translate as spring, but this veggie-packed pasta recipe is perfect all year round. Fresh and tasty, it's a versatile recipe to allow you to add in veggies that might need using up fast.

11. Mexican Pan Frittata



Call the family. Our incredible frittata will keep everyone coming back for more and better yet, it's packed with all the good stuff. This Mexican is great for kick-starting the day or even for lunch.