

# 2 easy-bake meals



Are you looking for easy-to-make meals that are tasty and nutritious? Here are 3 simple dishes to begin with.

To make things easier, our recipes include ingredient amounts for both one and two serves.



## Salmon and veg casserole

A casserole is a one-dish bake. That means less hassle when cooking and cleaning.

### Ingredients for one

- ½ zucchini sliced into rounds
- ¼ onion cut into wedges
- ½ cup cherry tomatoes
- ½ sliced capsicum
- 1½ tablespoons olive oil
- ½ teaspoon Cajun seasoning or your favourite fish seasoning
- 1 salmon fillet
- Optional squeeze of fresh lemon

Cover and store in the fridge any veg you chop up and don't finish. You can use rigid containers, glad wrap, or a moist paper towel. This will help keep your produce fresher for longer.

## Ingredients for two

- 1 zucchini sliced into rounds
- ½ onion cut into wedges
- 1 cup cherry tomatoes
- 1 sliced capsicum
- 3 tablespoons olive oil
- 1 teaspoon Cajun seasoning or your favourite fish seasoning
- 2 salmon fillets
- Optional squeeze of fresh lemon

## Instructions

1. Preheat oven to 200°C and line a baking dish with baking paper or aluminium foil, or thoroughly grease the dish with vegetable oil.
2. In a large bowl, toss all the veggies with your seasoning and about 2/3 of the olive oil. Spread the veggies into a single layer on the baking sheet.
3. Place your salmon fillets skin side down between the veggies. Brush with the remaining olive oil.
4. Roast in the oven for 12-15 minutes, or until the salmon is flaky and mostly opaque.
5. Serve yourself a fillet with veggies. Optionally, squeeze a fresh lemon over the dish. And enjoy!

The most accurate way to ensure your salmon is cooked is to use a [food thermometer](#). Check that the centre of the thickest part of the fish is at least 63°C. For chicken, the minimum safe temperature is 74°C.



## Veggie bake

Here is a vegetarian dish with lots of protein from plant-based foods!

### Ingredients for one

- 1 cup black beans
- ½ cup broccoli florets
- ½ cup sliced capsicum
- ½ cup sliced zucchini
- ½ cup cooked quinoa or brown rice
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs (such as thyme, parsley, or chilli flakes)

### Ingredients for two

- 2 cups black beans
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced eggplant
- 1 cup cooked quinoa or brown rice
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- A sprinkle of salt and pepper, or your choice of herbs

## Optional toppings

- Toasted almonds, pine nuts, or sesame seeds for added crunch
- Feta or goat cheese for creaminess
- A squeeze of lemon juice

## Instructions

1. Preheat your oven to 200°C.
2. In a large bowl, combine the beans, broccoli, carrots, eggplant, and precooked quinoa or rice.
3. Drizzle with olive oil, then add garlic powder, salt, pepper, and your chosen herbs. Toss everything until well coated.
4. Spread the mixture evenly on a lined baking tray.
5. Bake for 20–25 minutes, or until the veggies are tender.
6. Serve warm, with your chosen toppings.

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