

Recipes by Lyndey Milan

- 1. Chicken vegetable pie**
<https://www.lyndeymilan.com/recipes/chicken-vegetable-pie/>
- 2. Chicken, vegetable and pearl barley soup**
<https://www.lyndeymilan.com/recipes/chicken-vegetable-and-pearl-barley-soup/>
- 3. Chia-crusted Moroccan chicken breast with chia couscous**
<https://www.lyndeymilan.com/recipes/chia-crusted-moroccan-chicken-breast-with-chia-couscous/>
(Note: use bone broth instead of stock)
- 4. Chilli tuna pasta**
<https://www.lyndeymilan.com/recipes/chilli-tuna-pasta/> /
(Note: you can leave out chilli and use soba noodles instead. Can serve hot or cold).
- 5. Tuna cakes with spinach tomato salad**
<https://www.lyndeymilan.com/recipes/tuna-cakes-with-spinach-tomato-salad/>
(Note: very similar ingredients to the above)
- 6. My ultimate mushroom risotto**
<https://www.lyndeymilan.com/recipes/my-ultimate-mushroom-risotto/>
(Note: use bone broth instead of water and stock powder)
- 7. Redbelly blood orange chia pudding**
<https://www.lyndeymilan.com/recipes/redbelly-blood-orange-chia-pudding/>
- 8. Healthy banana muffins**
<https://www.lyndeymilan.com/recipes/healthy-banana-muffins/>
- 9. Recipes presented during nutrition webinar 2025**
<https://www.leukaemia.org.au/recipes-from-nutrition-webinar-2025/>