

# healthy body, healthy mind – eating for a healthy headspace

A poor diet can make you feel sluggish and lead to an increased risk of physical health complications such as cardiovascular disease and diabetes. However, what some people don't know is that unhealthy eating can also impact your mental health. During times when we are at home for extended periods of time, it can be easy to fall into the habit of snacking on a packet of chips and eating unhealthy meals. During times like these is especially important to maintain a healthy diet. Eating meals that are high in fibre and a diet that consists of a variety of colourful fruit and vegetables can greatly improve **both** your physical and mental health. Check out our three recipes below for some healthy ideas!

## Cheesy garlic broccoli

### Ingredients

- 1x head broccoli
- 175g shredded cheese
- 3x cloves crushed garlic
- salt & pepper

### Preparation

- Preheat oven to 190C
- Combine garlic and cheese in bowl
- Place broccoli evenly in a baking dish
- Sprinkle cheese evenly over broccoli
- Season with salt & pepper
- Bake for 25 minutes
- Enjoy!

## Honey roasted carrots

### Ingredients

- 6x whole carrots (chopped if you prefer)
- 2x tbsp butter, melted
- 2x tbsp honey
- salt & pepper

### Preparation

- Preheat oven to 200C
- Place carrots into medium baking dish
- Evenly coat carrots in butter, honey, salt & pepper
- Bake for 25-30 minutes.
- Serve alone or as a side dish

# Teriyaki Chicken

## **Ingredients**

- 4x chicken thighs, chopped
- 1x cup soy sauce
- 1/2x cup brown sugar

## **Preparation**

- Sear chicken thighs evenly in pan until lightly browned - flip
- Combine soy sauce & brown sugar in bowl
- Pour sauce over chicken
- Simmer until the sauce has reduced and evenly glazes chicken
- Service with rice