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LUNCHES
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ON THE
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ISSUE 105
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PRETTY IN PINK, ABSOLUTELY GORGEOUS IN GOLD



THE NED 2018 PINOT ROSÉ

TROPHY – BEST ROSÉ WINE – HONG KONG INTERNATIONAL
WINE & SPIRIT COMPETITION 2018

GOLD MEDAL – HONG KONG INTERNATIONAL
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BLUE GOLD – SYDNEY INTERNATIONAL WINE COMPETITION 2019

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Ned

PINOT ROSÉ

BOTH A DELIGHTFUL SURPRISE AND A SURPRISING DELIGHT





THE BEST SMILES START WITH THE BEST FOOD.

At Mother Earth everything we do is about creating food that makes you feel good. That's why we use the best quality ingredients to create the most delicious snacks that will always leave you wearing a Mother Earth smile.



WELCOME



I can't deny it, I'm solar powered. I adore the sunshine, embrace the heat and don't even mind the humidity of a New Zealand summer. I also love the abundance of fresh summer produce that our varied climate blesses us with.

Every year I aspire to grow more produce myself, but my bit of dirt – affectionately referred to as the garden of doom, due to its propensity to kill two out of every three plants I plant in it – simply refuses to cooperate; and despite my best efforts, vegetables wither on their vines while weeds and pests flourish.

That doesn't prevent me making the most of the season's bounty though. I'll definitely be making more of the cherry jam on page 27 to savour when summer feels like a distant memory, as well as eating my own bodyweight in juicy sweetcorn slathered in miso butter (page 11). It's super quick and totally delicious.

Speaking of quick, all the recipes in our Turning Japanese feature on page 70 are ready in 40 minutes or less. They're also savoury, satisfying, and light enough for a hot night. Or if you fancy something spicy that you can cook outdoors, the tandoori lamb with coriander salsa in our Barbecue feature on page 47 is my pick.

We've also got amazing no-machine-required icecream recipes, tons of tips and interviews, along with inspiration from some of New Zealand's best-loved cooks to kick off your culinary year.

In fact, there's something in this issue for every palate, from the salad lovers to the icecream addicts – so why not pour yourself a cool drink, grab a patch of shade and have a browse.

Happy New Year!

Sophie

SOPHIE GRAY, EDITOR

3 THINGS I HAVE LEARNED THIS ISSUE

1 Kale chips – I'm a bit late to the party on these I realise, but if you haven't tried them yet, then honestly, you've missed out! So easy, so good – and so good for you!

2 Konjac or shirataki noodles contain almost no calories. Additionally, their high fibre content means you feel fuller for longer; ideal for trimming down after the excesses of Christmas.

3 To get great grill marks on your barbecue food, brush it with oil or include something sugary in the marinade. The hardest part is resisting the temptation to poke and prod, which inevitably ruins the precision of your lines.

Daily FOOD INSPO

Want more from Food? Join us online: foodtolove.co.nz

Instagram [@foodmagnz](https://www.instagram.com/foodmagnz) Facebook [facebook.com/foodmagnz](https://www.facebook.com/foodmagnz)

You can also receive our regular newsletter by clicking the 'Sign Up' box on our Facebook page.

Bauer Media, New Zealand's largest magazine media company and the publisher of this magazine, is committed to inspiring and informing Kiwi women to help create a more empowered female future. In 2018 we dedicated one million words to stories across our print brands as well as online through dedicated web sections and the use of #femalefuturesnz, which will give women the tools and knowledge to make educated choices for their lives.





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SIGN UP FOR A
SUBSCRIPTION TO
FOOD AND GET A CORN
THINS HAMPER! SEE PAGE
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Making life easier **NUTRITIONAL KEYS**

For dietary and nutritional values of recipes, look for these symbols as well as the panels.



DAIRY-FREE



GLUTEN-FREE



VEGETARIAN



LOW SUGAR

LETTERS

WE LOVE HEARING FROM YOU! SIMPLY SEND AN EMAIL WITH YOUR COMMENTS, FEEDBACK, TIPS AND NEWS TO FOODMAGAZINE@BAUERMEDIA.CO.NZ – OR CONNECT WITH US ON FACEBOOK OR INSTAGRAM

STAR LETTER

★ *Winner* ★

HAM-HANDED

Every Christmas my partner makes a hash of the ham. He has put the oven on without turning up the heat. He has fallen asleep and burnt the ham. He's got distracted by sport and not even begun. I don't like pork; the vegan aunties don't like people who cook pork. I sound like an increasingly angry shrew when called in on yet another rescue mission. People think I wrecked it! This year I am handing him your magazine opened to Cook School with a message on the page: "You're on your own mate! Merry Christmas and Hammy New Year."

J Ross



WIN



Our star letter this issue wins a stylish Russell Hobbs four-slice toaster, worth \$179.99, from the new Russell Hobbs Inspire Kettle and Toaster collection, exhibiting the latest in kitchen design trends. With its four large slots and unique rippled texture, this smart, high-performing appliance will bring a contemporary element to any kitchen benchtop.

HOW
TO
WIN

We love to read your feedback and see photos of the dishes you have created from *Food* magazine. Get in touch by email (foodmagazine@bauermedia.co.nz), post on our Facebook page (www.facebook.com/foodmagnz), or upload to Instagram with the hashtag #foodmagnz and you could win a prize!

Get more from the team at **Food** by receiving our regular newsletter – just click the 'Sign Up' box on our Facebook page

To be part of our
Foodie community,
visit us at:



[instagram.com/foodmagnz](https://www.instagram.com/foodmagnz)



[facebook.com/foodmagnz](https://www.facebook.com/foodmagnz)



FOODTOLOVE.CO.NZ

TREAT FOR THE TEACHER

Feeling overwhelmed at the end of the school year, I found your Christmas edition in my pigeon hole in the staffroom, with a lovely note. I am retiring after 40 years of teaching to care for my ailing husband. What a lift this treat gave me. I have already tried two recipes. Thank you.

Kathy Watson

SWEET SUCCESS WITH MARGARINE

I just received the latest food magazine and was interested in your reply to a reader's question regarding substituting butter for margarine. You advised margarine does not work in shortbread. I have been making orange and cardamom shortbread from your August/September 2013 magazine for many years with olive oil-based margarine, very successfully, as my grandson is dairy free and all baking is done by this method. This recipe is a favourite in our household. I have been receiving *Food* magazine since 2013 and love it very much, so hope this is of interest and assistance to other cooks.

Lynda Cleland

NEVER TOO OLD

For many years I have been a subscriber to this amazing magazine. I love trying new recipes and even though in my 80s, I still love cooking.



Each year I give a sub to my family. It's been daughters-in-law over the past few years and now it's granddaughters. They are all great cooks – the six of them – and can by far outdo Grandma with their cooking. I asked one of my six if she would like to get a *Food* magazine next year and the answer was, "Is it cooking? Oh, yes please!"

The magazine has improved vastly over the years and the lovely salads that were in the last issue are so delightful. I hope that I never get too old to try the recipes. They are so easy – that is why an old girl like me still uses them.

Yvonne Flett

GIVEAWAYS

We have plenty of giveaways in *Food for Thought*; and there are even prizes for kids who are getting busy in the kitchen – check out our competitions on pages 14, 15, 21 and 121.



FOODTOLOVE

Hot topics

This is what you were looking at online over the past month:



Citrus coconut balls



Honey soy chicken nibbles



Lemon & blueberry yoghurt cake



Gooey, chewy lemon & honey slice



How to make the perfect scones

Find these and more on
foodtolove.co.nz



Look for this
on pack

READY TO FIRE UP THE BBQ?

We can help with that



Looking to enjoy a classic Kiwi BBQ? Then look for the green Countdown label on pack and make your summer entertaining easy with the Countdown range.

countdown 



FOOD *for* THOUGHT

Foodie news, insights, trends and tips

Butter it up

Is it even summer if you haven't had that first juicy bite of buttery corn cob? Boiled, roasted, steamed or grilled, peak-of-season sweetcorn is delicious just as it is, but flavoured butters, known as compound butters, take it to the next level. Try one of these options at your next barbecue.

1 MISO SESAME BUTTER

Mix 2 teaspoons of white miso paste into 2 tablespoons unsalted butter. Smear over cooked corn cobs and scatter with toasted panko breadcrumbs and toasted sesame seeds.

2 MAPLE CHILLI BUTTER

In a small saucepan, combine ½ cup maple syrup, 75g butter,

2 chillies, finely chopped, 2 cloves garlic, crushed, and a pinch of salt. Simmer for 5- 8 minutes. Brush onto cooked corn.

3 PARMESAN HERB BUTTER

Mash 175g soft butter with 3 sprigs finely chopped thyme, 1 crushed garlic clove and 25g grated parmesan. Slather over cooked cobs of corn.



Kids Can Cook!

One of the best ways to get kids eating healthy food is to involve them in cooking it themselves. But we live in a busy world, and some parents find it tricky to balance full-on lives with making sure their kids are getting their veges. So, sKids, the nation's largest private out-of-school care provider, has partnered with Nestlé's Healthy Active Kids programme to provide 'FoodStorm'.

It helps kids to practise basic cooking skills and learn about healthy choices, by preparing nutritious, affordable food they then enjoy eating.

Our editor Sophie Gray went along to see for herself, and together with Kiwi Olympic legend Rob Wadell, competed in a cooking 'face-off' to create a 'Selfie Wrap' made out of vegetables. This is one of 10 new recipes that will see more than 1000 kids across New Zealand enjoy cooking classes during after-school care, at no additional cost to families. And while Rob may have won this face off, we reckon Sophie's outcome bears an incredible likeness to the creator! See right for another bonus recipe from FoodStorm.



PIGS IN SPACE

PREP + COOK TIME 20 minutes

- 1 Tbsp olive oil/spray oil
- 1 brown onion, finely chopped
- 1 clove garlic, finely chopped
- 500g extra lean pork mince
- 8 button mushrooms, thinly sliced
- 1 carrot, peeled, grated
- 1 courgette, ends trimmed, grated
- 2 Tbsps hoisin sauce
- 8 iceberg lettuce (or baby cos) leaves

- 1 Heat the oil in electric pan over medium heat.
- 2 Add the onion and garlic and cook, stirring, for 5 minutes or until the onion softens.
- 3 Add the pork and cook, stirring to break up any lumps, for 5 minutes or until the mince changes colour and is cooked through.
- 4 Add the mushroom, carrot and courgette, and cook for 2 minutes or until the carrot is tender.
- 5 Add the hoisin sauce and cook for 2 minutes or until the mixture is heated through.
- 6 Spoon the pork mixture evenly among lettuce cups.



WIN



A KITCHEN WIZZ

The compact and lightweight KitchenAid 3.5 cup Mini Food Processor is ideal for every day use – whether you want to eat healthier, be more creative, or just save time on meal prep. It is ideal for quick and small processing tasks, such as dressings, sauces and single-serve meals. The easy one-touch operation enables you to chop and purée quickly. Thanks to sKids, we have one to give away, worth \$179. To enter, email foodmagazine@bauermedia.co.nz with 'KitchenAid' in the subject line by February 28, 2019.



SPEND LESS TIME IN THE KITCHEN AND MORE IN THE SUN

- 1.** Agee oven rack push/puller, **\$10.50**, Milly's Kitchen. **2.** Harvest fruit picker, **\$16.95** (pole not included), Milly's Kitchen. **3.** Dumpling mould, large, **\$19.99**, Stevens. **4.** Citrus juicer, **\$41.99**, Stevens. **5.** Russell Hobbs Inspire kettle, **\$149.99**, Briscoes. **6.** Melon baller and fruit scoop set, **\$24.49**, Stevens. **7.** Cherry pitter and olive stoner, **\$12.50**, Stevens. **8.** SodaStream Crystal, **\$299.99**, Farmers. **9.** Nordic Ware bronze bundt pan **\$79.95**, Milly's Kitchen. **10.** Microplane butter blade knife, **\$29.99**, Milly's Kitchen. **11.** Nut cracker, **\$29.74**, Stevens. **12.** Herb stripper, **\$10**, Stevens. **13.** NutriBullet Balance, **\$329.99**, Briscoes. **14.** Russell Hobbs icecream waffle cone maker **\$39.97**, Noel Leeming.

HEALTHY AND WISE

With its revolutionary technology that connects the NutriBullet Balance and App to calculate real-time nutrition info, you can build the perfect smoothie, based on your tastes, needs and nutrition goals – every time. NutriBullet Balance automatically tracks nutritional information as ingredients are added to the blender cup, and can view nutritional info on your smart device instantly. We have one NutriBullet Balance to give away; to enter, email foodmagazine@bauermedia.co.nz with 'NutriBullet' in the subject line by February 28, 2019.

BRILLIANT BUBBLES

Friends due for drinks? Present their sparkling beverages with panache thanks to the uber-stylish SodaStream Crystal, which combines form and functionality to prepare and serve sparkling beverages in elegant, dishwasher-safe glass carafes – without the need for plastic bottles. The SodaStream Crystal also fits all New Zealand SodaStream cylinders. We have one SodaStream Crystal to give away; to enter, email foodmagazine@bauermedia.co.nz with 'SodaStream' in the subject line by February 28, 2019.

Events

AN EVENING WITH NIGELLA LAWSON

Auckland Jan 22, Wellington Jan 23, Christchurch Jan 25 If you're a fan of Nigella, this is a once-in-a-lifetime opportunity. In her intimate new show, Nigella will be on stage sharing her own culinary tales, food stories and insights, with lots of opportunities for interaction and questions. Tickets from **\$85. nigellaliveonstage.com**

MARLBOROUGH FOOD & WINE FESTIVAL

Feb 9 Of all the wine festivals in New Zealand, this is the original and longest running! Head along to this picturesque vineyard for a day of wine

tasting, all day entertainment and local cuisine from some amazing food producers. Tickets from **\$60. wine-marlborough-festival.co.nz**

NELSON FOOD & WINE FESTIVAL

Feb 17 With gourmet food stalls, wine and beer and all-day entertainment, this local festival is a true celebration of all things summer. Enjoy the day with friends or bring the whole family – there's face painting and bouncy castles to keep the kids happy too. Tickets from **\$20. richmondrotary.org.nz/bwff**

TAKAPUNA FOOD, WINE & MUSIC FESTIVAL

Feb 16 Held at Smales Farm, there will be a huge range of beverages on offer, alongside a delicious selection of eats to keep every foodie happy. With acts such as Sneaky Sound System and Tiki Taane, this is one to definitely pop in your calendar. Tickets from **\$50. takapunafestival.co.nz**

DINNER IN THE DOMAIN

All Season Every Thursday evening until the end of March, the Papamoa Domain in Tauranga is full of the best food trucks and locally brewed craft beer from Mount Brewing Co. Bring the family, grab a bite to eat, and find a spot in the park to enjoy an evening of live entertainment and activities. **littlebigevents.co.nz/dinnerinthedomain**

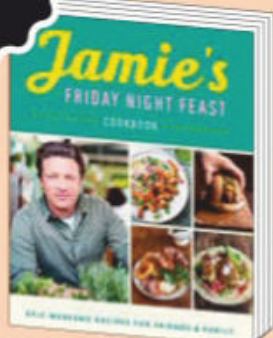
WELLINGTON WINE & FOOD FESTIVAL

Feb 2 This one-day festival combines the best of local cuisine, wine and beer to match, sunshine and great music – the perfect way to spend a Saturday and raise a glass to summer. The festival will be at Waitangi Park; tickets from **\$32.50. wineandfoodfestival.co.nz**

Nigella Lawson



WIN



JAMIE'S FRIDAY NIGHT FEAST by Jamie Oliver (PENGUIN MICHAEL JOSEPH) RRP \$48

Cook up an epic feast for friends and family with Jamie Oliver's new cookbook, featuring the best of the best food from the hit TV series *Jamie & Jimmy's Friday Night Feast*. Packed with show-stopping dishes for the weekend and special occasions, this is the ultimate in indulgent food. We have five copies to give away. To enter, email foodmagazine@bauermedia.co.nz with 'Jamie' in the subject line by February 28, 2019.

WIN

Picnic like a Pro

TIPS FOR DELICIOUS DINING IN THE GREAT OUTDOORS

1 FOOD SAFETY FIRST. Avoid food that spoils easily. Choose foods that can be enjoyed hot or cold and can withstand some variation in temperature, as the hamper will go from kitchen to the hot car boot before arriving at your destination. Go for cured meats, sausages and ham, rather than chicken and seafood.

2 TRAVEL LIGHT. If there is a long walk from the car to your picnic spot, opt for paper or plastic plates and cutlery as they're lighter and so much easier to carry. Freezing your water bottles and using them to keep the hamper cold can relieve you of having to lug a load of cool packs with you too.

3 FILL 'EM UP. There's nothing like tearing around in the fresh air to make the family famished. Bacon and egg pie, quiche and

sandwiches have always been popular picnic food because they're filling as well as portable, and require no last-minute assembly.

4 KEEP IT SIMPLE. Have salads already made in single-serve plastic cups, covered with cling film. Plan finger foods where possible, and avoid sticky puddings, fragile cakes, chocolate biscuits and anything likely to melt. Instead, go for brownies, cookies or a sturdy cake, such as fruit cake or a glazed loaf. Include snacks too – dips, crackers and chippies will keep everybody happy.

5 ESSENTIAL EQUIPMENT. Pack plenty of wet wipes for handwashing, spill management and cleaning the sand off that dropped cutlery. Remember to include a bag for removing your rubbish.



EAT YOUR GREENS
by Pete Evans
(MACMILLIAN)
RRP \$39.99
My Kitchen Rules star Pete Evans makes eating green easy with more than 130 dishes that take veges from sidedishes to stars – plus simple tips for upping you and your family's vege intake and harnessing the different health benefits of seasonal produce. We have three copies to give away; to enter, email foodmagazine@bauermedia.co.nz with 'Eat Your Greens' in the subject line by February 28, 2019.



Trend Watch: A Sour Taste

While last year was all about earthy, savoury flavours, 2019 will see the boom of all things sour. Thanks to the growing popularity of Korean and Filipino cuisines, as well as a worldwide desire to eat more seasonally, dishes accentuated with the flavours of vinegar, kimchi and citrus, as well as the tartness of fruits such as rhubarb, pomegranate and tamarind will dominate the foodie scene. Even traditionally sweet desserts will have an added sour tinge – think marmalades on top of chocolate muffins, pomegranate seed-decorated cakes and lime-scented panna cotta.

Try it yourself: check out our Salmon Ceviche 'Tacos' with Pickled Relish on page 54, or our Chimichurri Sauce on page 76.

★ Space Oddity ★

It's the trend that won't go away – not since the 60s have we seen such an interest in the cosmos! And amongst robotic landers crawling around Mars and the slew of space-themed movies released recently, our fascination with the universe has made its way to our food.

From mirror glazes on cakes to simple buttercream and cream cheese icings, galaxy icing has been around for a while in restaurants and with professional bakers – but amateur foodies are now giving the trend a go in their own kitchens.

While galaxy icing might look intimidatingly complicated, it's actually incredibly easy to achieve, with the effect simply the combination of icing colours. The delightful and mysterious swirls of colours that mimic solar systems, stars, constellations and planets are sure to impress young and old alike – after all, it's not rocket science!

Get the Look:

To get the effect with a buttercream or cream cheese icing, simply divide your icing into four bowls, and into each add a couple of drops of dark blue, purple, pink and light blue food colouring. If you like, add some edible glitter into the icing for a truly galactic effect. Then, spoon a tablespoon of each colour into a piping bag until you run out, so the colours alternate inside the bag. Then, simply pipe as normal. If you're after an on-trend glaze, all you need to do is make the glaze and gently swirl two to three drops of each colour into the glaze. Be careful not to mix the colours – only swirl them – then pour onto your cake. Add a few splatters of white icing, to mimic stars. The sky's the limit!



Look for this
on pack

WANT A REAL KIWI TASTE OF SUMMER?

We can help with that



Countdown's range of ice cream is the perfect summer treat. And with nothing artificial, the only thing you need to worry about is picking one of the seven New Zealand-made flavours.

countdown 

A chat with...

Ying Liu & Grace Ng of Platter and Graze – Platter Artistry

There's nothing more on-trend right now than the grazing platter – a heaping, indulgent spread of cheese, cured meat, fresh breads, dips and treats designed to not only satisfy the stomachs of your guests, but their eyes, too. Ying Liu and Grace Ng, two best mates from Auckland, have found a mutual love for putting together delicious and gorgeous platters for events – and with more than 14,000 followers on Instagram, we reckon they're doing a great job! We spoke to the fabulous foodies and got them to spill the secrets to making a perfect platter at home, just in time for your next get-together!

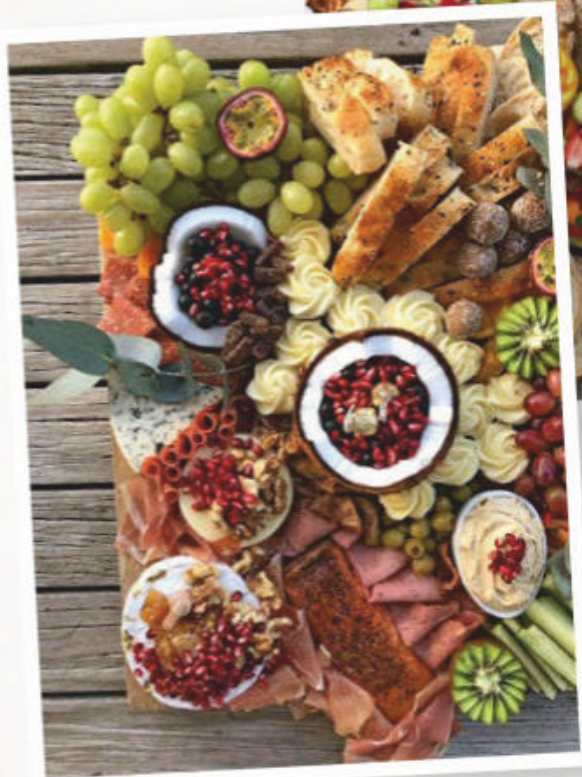
What do you think is the most important thing to remember when putting together a platter?

Think colour, textures and variety in food. We love buying fresh colourful fruits and vegetables to give a platter colour. Make sure you use fresh seasonal produce to really ensure the platter is looking fresh. To add texture to a platter, look for an assortment of different foods. For a variety of foods, it might be helpful to think in threes; for example: three types of cheeses, three types of fruit and three types of meat. But don't restrict yourself! The beauty of platters is that you can customise them however you want.

What would you include in a platter for a typical Kiwi BBQ? You can't go wrong with a selection of fresh veggie sticks with the classic onion dip. This will help balance the platter, and add a refreshing element to your meal.

Is there anything you refuse to include in a platter, or anything you think is overrated? Nope, we enjoy variety – even if we don't love it, we're sure one of your guests will. It's all about providing variety but including a good balance of foods.

How did you begin your careers in platter artistry? Platter artistry is very much a creative outlet for us, as we both love food and making things look pretty. We have been doing this while juggling full-time jobs, but it has been so



worthwhile; seeing people happy makes us happy.

What inspires you? We like trying out different

types of cuisines and food and beautiful florals. We also love learning about different pairings.

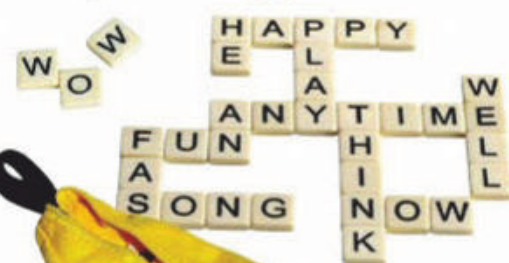
Are you noticing any emerging trends you think will be popular in 2019? Colourful platters – these will never go out of fashion! We also love seeing different cheese pairings with honey. In general,

we are seeing a lot of lunch items or meals presented in a deconstructed way and served on platters.

If you only had five ingredients to put a platter together, what would they be? Cheeses, crackers, purple grapes, salami, and a squirt of honey!

What's your most popular platter? Our large mixed platters with a bit of everything. They're bound to be a crowd-pleaser with something for everyone.

@PLATTERANDGRAZE



Trending #2

THE NEW BBQ KOHA

WHAT TO TAKE TO A BBQ WHEN YOUR HOST SAYS, 'DON'T BRING A THING!'

1. Paella pan, \$36.50, Milly's Kitchen. 2. New Zealand flag BBQ turner, \$10.49, Stevens.
3. First Light wagyu sausages, \$12.49. 4. Cheese board with knife and wine opener, \$69.99, Stevens.
5. Moët Imperial gift box \$65, Liquor Stores. 6. Grapefruit & Hops soda syrup, \$19.50, sixbarrelsoda.co. 7. Mini-cooler, \$59.90, Citta.
8. Cooler bag, \$34.99, Briscoes. 9. Bloody Mary salt, \$15.90, Father Rabbit. 10. Wine cooler, \$199, Citta. 11. Smith & Co candle, \$20.99, The Aromatherapy Company. 12. Bananagrams, \$20, The Warehouse. 13. Coasters, \$12.99, Farmers.
14. Quoits set, \$49.99, Rebel Sports. 15. Lemon tree, \$17.99, King's Plant Barn.

Coffee with a Conscience

For most of us, a good cuppa first thing is an absolute essential, and now a Kiwi company is making sure some good comes out of our morning fix. The good people at Grounded Coffee have pioneered a new initiative in collaboration with Trees for Survival NZ and Trees for the Future, and with every purchase made, a tree is planted. Available in beans, plunger grind, espresso grind and capsules, there's a pack for everyone – and of course the blends are organic, Fairtrade, climate neutral and chemical free. Best have another cup then!



The recipes you ask for... At Your Request

"I adore the meatballs at **STAFFORD ROAD WINE BAR** but I can't figure out how to replicate them – can you help?"

– **SHIRLEY, TAKAPUNA**

Food spoke to Stafford Road Wine Bar manager Ben Higgins.

What do you think sets Stafford Road Wine Bar apart from other local eateries? We established ourselves over the past 10 years as one of Auckland best little hidden gems. While we have a focus on delicious wine, great New Zealand craft beers and tasty food, we are very proud to be a local place for many to come and have a great time. We focus on the local community helping with fundraising and other events. The bar is incredibly cosy and welcoming. It's just hard to leave!

What tends to be your most popular dish? Our duck liver parfait served with toasted housemade bread, pear chutney and hazelnuts – matched with a nice savoury Martinborough pinot noir. Yum!

What is your favourite menu item? My guilty pleasure (as is for most of us who live locally) is walnut butter served with potato sourdough and smoked chilli salt. We can't share this recipe!

What do you recommend as the ideal drink to go with the Honey Glazed Chicken Meatballs? We suggest having these meatballs with a luscious riesling with nice mouth-watering acidity and a bit of bottle age.

Where do you get your menu inspiration from? Our menu is inspired by the wines we try during our travels throughout New Zealand and abroad. We also focus on the local seasonal produce available. We aim to have tasty sharing plates that are accessible to everyone's palates and take them on a journey matched with wines while supporting local businesses.

What food trends do you see emerging in 2019? We see small sharing plates continuing their trend as recent previous years. Fusion will still play a big part in most of the industry. Also, a focus on organics and sustainability will be hugely influential - we've just started preparing our herb and vegetable gardens for their second time this season.



HONEY GLAZED CHICKEN MEATBALLS

SERVES 5-6

- 60g butter
- 1 medium leek (pale part only), finely chopped
- 1 kg chicken mince
- zest of 2 lemons
- 3 tablespoons sweet chilli sauce
- handful of rosemary
- 30g dry breadcrumbs
- 2 eggs, plus extra for crumbing
- 1 handful coriander leaves, chopped, plus extra for garnish
- flour for coating
- 3 tablespoons honey
- sweet thick soy sauce, to serve

THE CRUMB

- 40g sesame seeds
- 100g panko breadcrumb
- dash of milk

- 1 Heat butter in a frying pan over low-medium heat; add leek and cook until translucent (about 4-6 minutes). Set aside in the refrigerator to cool.
- 2 In a mixing bowl, season the minced chicken, add the chilled leek, zest, sweet chilli sauce, rosemary, breadcrumbs, eggs and coriander. Mix together. Roll mixture into 40 balls; allow to cool.
- 3 In a bowl, add the seeds and panko crumbs, season. Remove chilled meatballs from fridge.
- 5 Coat balls in flour then a mix of whisked egg and a dash of milk, then dunk into the panko.
- 6 Cook meatballs in a frying pan with 2 Tbsps oil, covered, for about 7 minutes; turn and uncover. Keep cooking until done.
- 7 Drizzle meatballs with honey and roll in a bowl to coat before serving. Garnish with coriander and serve sweet soy sauce on the side.

Trending #3

ECO WARRIOR

HELP THE PLANET WITH THESE GORGEOUS SUMMER SAVIOURS

1. AvoSeedo plant pot set, **\$34.95**, Notsocks.
2. Tea and fruit infuser bottle, **\$29.95**, Notsocks.
3. CaliWoods reusable straws, **\$21.99**, notsocks.co.nz
4. Collapsible reusable cup, **\$24.95**, therubbishwhisperer.co.nz
5. Biodegradable instant BBQ, **\$34.95**, notsocks.co.nz
6. Lunch bag, **\$15.97**, Munch Cupboard.
7. Ecostore hand wash in coconut and vanilla, **\$5**, Countdown
8. Click Clack Daily and Cook Ranges, clickclack.com

7



WIN

8



MAKE IT CLICK

ClickClack has your food storage covered this summer with these two new ranges: ClickClack Cook+ for food that's ready when you are, and ClickClack Daily – that's picnic season sorted! ClickClack is an iconic New Zealand company which has been thinking up ways to help Kiwis in the kitchen for more than 30 years. We have one picnic basket filled with both new ranges to give away, worth more than \$200. To enter, email foodmagazine@bauermedia.co.nz with 'ClickClack' in the subject line by February 28, 2019.

MORE BARBIES LESS QUEUES?

We can help with that

We're delivering to beaches and baches all over New Zealand this summer

countdown.co.nz





Congrats, Dani!

Tapas, or small plates, are a trend that's stubbornly stuck around for years, and for good reason. The Spanish tradition of serving portions of food shared among a table of guests lends itself perfectly to the relaxed Kiwi style of dining, and many gatherings, parties and even weddings are ditching the idea of a sit-down three-course meal in favour of something lighter. Here, Dani Chen, chef de partie at Auckland's Bellota restaurant and winner of the 2018 World Tapas Championship in Spain, gives us her recipe for a perfect tapa to serve at your next barbecue, which is simple to make and delivers on taste. Congratulations, Dani!



PINTXO – GRILLED CHORIZO WITH CARMELISED ONION AND MUSTARD AIOLI

MAKES 5

- 200g fresh chorizo sausage
- 5 slices baguette bread

CARMELISED ONION

- 3 onions, finely sliced
- 100ml canola oil
- 100g brown sugar
- 100g sherry vinegar

MUSTARD AIOLI

- 500ml canola oil
- 1 garlic clove
- 30g wholegrain mustard
- 125ml milk
- 1 tsp salt

1 Preheat the oven to 180°C. Place chorizo in the oven for 18 minutes, or until cooked.

2 Meanwhile, make the Caramelised

onions and Mustard aioli (see below).

3 Toast the baguette slices in the oven for 2 minutes until the crust is crunchy.

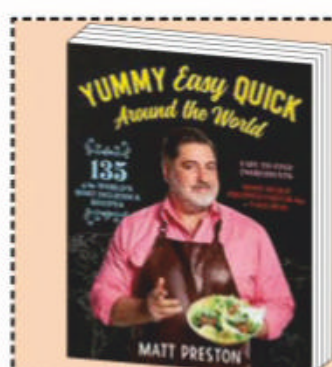
4 Top the toasted bread with Caramelised onion, a piece of sliced chorizo and a drizzle of Mustard aioli.

Caramelised onions

Place onions in a pan with the oil over a low to medium heat. Cook until soft, then add sugar and sherry vinegar, stirring occasionally, until onions brown.

Mustard aioli

Place garlic, mustard, milk and salt in a blender, mix well; add oil slowly until it reaches a mayonnaise consistency.



YUMMY, EASY, QUICK AROUND THE WORLD by Matt Preston (MACMILLIAN) RRP \$39.99

Based on the success of *Yummy, Easy, Quick*, Matt Preston has done it again, and this time he's gone global. Here are 135 of Matt's favourite iconic dishes from 11 of the world's great cuisines, all of which are quick to prepare using easy-to-find ingredients. We have three copies to give away; to enter, email foodmagazine@bauermedia.co.nz with 'Yummy' in the subject line by February 28, 2019.

WIN



TASTE THE DIFFERENCE.

TC131

SANDHURST SETS THE STANDARD IN FINE FOODS.

Sandhurst premium products have been a family favourite for nearly 30 years, which is due to the wonderful recipes and preserving techniques the Lubrano family have used for generations. Sandhurst Fine Foods represents the highest quality products you would find anywhere in the world.



FRESH Ideas

New recipes to inspire & delight

DAMPER

PREP + COOK TIME 1 hour SERVES 6



- 3½ cups self-raising flour, plus extra for sprinkling
- 1 teaspoon salt
- 2 teaspoons caster sugar
- 40g butter, chopped
- ¾ cup milk
- 1 cup water, approx
- butter and honey for serving, optional

1 Place a trivet in the base of a camp oven. Place camp oven, elevated about 5cm, over hot coals to heat. (The damper can be cooked directly on the base of a camp oven; you just may need to elevate the oven further.)

2 Place flour, salt and sugar in a large bowl. Rub in the butter; stir in milk and enough of the water to form a sticky dough. Knead dough on a floured surface until just smooth. Press into a 16cm round.

3 Cut a cross into the top of the dough, about 1cm deep. Sprinkle with a little extra flour. Place damper on a trivet in the camp oven.

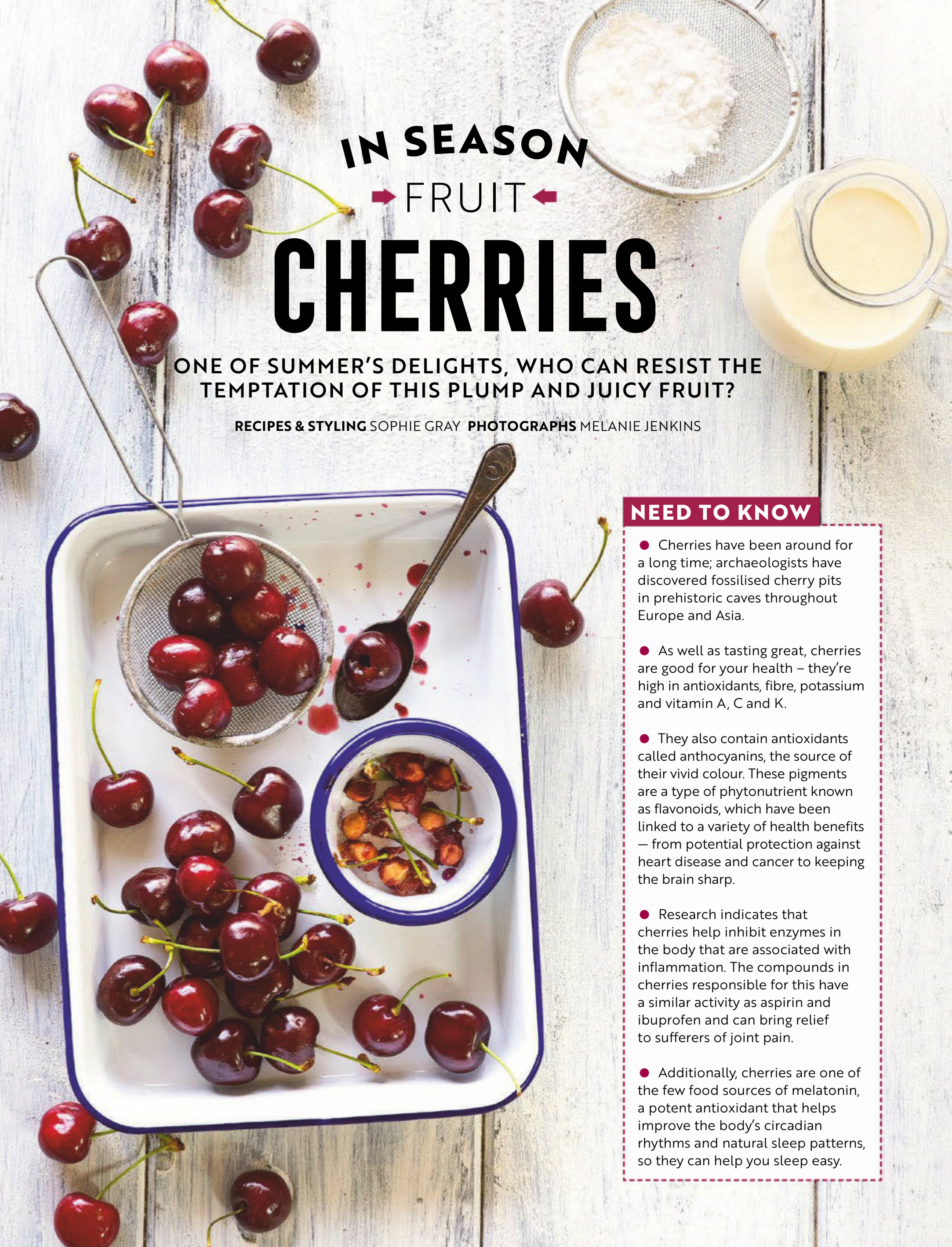
4 Place lid on camp oven. Place hot coals on oven lid; most of the heat should be on lid so base doesn't burn.

5 Bake damper for 20 minutes, rotating oven occasionally. Elevate further or reduce the coals underneath if the damper is browning too quickly on the base. Replace the coals on the lid with hot coals. Bake for a further 15 minutes, or until damper is golden and sounds hollow when tapped. Stand for 10 minutes before slicing. Serve with butter and honey, if desired.

PER SERVE Energy 343kcal, 1435kj • Protein 9.6g • Total Fat 6.3g • Saturated Fat 2.5g • Carbohydrate 60g • Fibre 3g • Sodium 962mg • Sugar 3g

Bush Tucker

Damper was the original Aussie bushman's bread, cooked in the ashes of their camp fires. It still makes great camping food whatever side of the Tasman you are from – maybe we can redub it Kiwi camp bread! If you don't have a camp oven, flatten and cook as griddle scones, or wind strips of the dough around a long skewer and cook on the barbecue.



IN SEASON → FRUIT ← CHERRIES

ONE OF SUMMER'S DELIGHTS, WHO CAN RESIST THE
TEMPTATION OF THIS PLUMP AND JUICY FRUIT?

RECIPES & STYLING SOPHIE GRAY PHOTOGRAPHS MELANIE JENKINS

NEED TO KNOW

- Cherries have been around for a long time; archaeologists have discovered fossilised cherry pits in prehistoric caves throughout Europe and Asia.
- As well as tasting great, cherries are good for your health – they're high in antioxidants, fibre, potassium and vitamin A, C and K.
- They also contain antioxidants called anthocyanins, the source of their vivid colour. These pigments are a type of phytonutrient known as flavonoids, which have been linked to a variety of health benefits – from potential protection against heart disease and cancer to keeping the brain sharp.
- Research indicates that cherries help inhibit enzymes in the body that are associated with inflammation. The compounds in cherries responsible for this have a similar activity as aspirin and ibuprofen and can bring relief to sufferers of joint pain.
- Additionally, cherries are one of the few food sources of melatonin, a potent antioxidant that helps improve the body's circadian rhythms and natural sleep patterns, so they can help you sleep easy.

CHERRY CHEESECAKE BITES

PREP + COOK TIME 35 mins + chilling MAKES 12

V

- 1 pack Oreo biscuits (approx 140g)
- 1 tablespoon desiccated coconut
- 50g butter, melted
- 1 Cherry Ripe bar (optional)
- 250g cream cheese, at room temperature
- ½ cup sugar
- ¼ cup cream
- 2 teaspoons lemon juice
- ½ teaspoon vanilla essence
- 1 egg, lightly beaten
- 1 tablespoon thread coconut, for decorating (optional)
- 12 cherries on the stem, to decorate (optional)

CHERRY TOPPING

- 250g pitted cherries, fresh or frozen
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 teaspoon arrowroot

1 Preheat oven to 180°C. Grease a 12-cup mini cheesecake pan, or individual paper cups. Place biscuits and coconut in a processor and pulse to fine crumbs. Add melted butter and mix.

2 Place heaped tablespoons of the mixture into each cup and press down firmly with the base of a glass or a wine bottle cap. Chill in the freezer while you prepare the filling.

3 Cut the Cherry Ripe bar, if using, in half. Finely chop half and set the remainder aside for decorating. Place cream cheese, sugar, cream, lemon juice, vanilla and egg in processor and pulse to combine. Pour filling into prepared tins and bake for 12-15 minutes, until set. Cool completely.

4 Meanwhile, make the Cherry topping

(see below). Spoon the cherry topping onto each cheesecake and chill.

Decorate with small pieces of Cherry Ripe bar, if using, a sprinkle of coconut and a cherry on the stem, if using.

Cherry Topping

Place cherries in a small saucepan with lemon juice and sugar and simmer gently until pulpy. Strain off some of the juice into a small bowl and let cool. Whisk the arrowroot into the juice, then mix into the cherries. Heat, stirring continuously, until the mixture begins to gel (about 1-2 minutes). Remove from the heat and leave to cool.

PER SERVE Energy 232kcal, 972kJ • Protein 5.6g • Total Fat 15g • Saturated Fat 8.8g • Carbohydrate 18.5g • Fibre 1g • Sodium 148mg • Sugar 14.5g

Cook's NOTES

We used a mini cheesecake pan with removable bases. You can purchase these cheaply from online kitchenware suppliers. Alternatively, line a mini muffin pan with mini paper cases.

TIP

The topping is a soft-set syrup, so if planning to take these to an event, top them with the syrup just before serving.

Cook's NOTES

Make sure the sugar in the meringue is completely dissolved; beat until you can't feel granules when you rub a dab of mixture between your thumb and forefinger. You can use frozen cherries in the cherry syrup if wanting to make this outside of cherry season.

MOCHA CHERRY PAVLOVA

PREP + COOK TIME 1 hour 45 mins SERVES 8



- 6 egg whites
- 330g caster sugar
- 1 teaspoon vanilla extract
- 1 teaspoon white vinegar
- 2 teaspoons cornflour
- 1½ tablespoons dark cocoa, sifted
- chocolate curls or shavings, to decorate
- extra fresh cherries, to decorate

CHERRY SYRUP

- 400g cherries, pitted and halved
- ¼ cup water
- 1½ teaspoons cornflour

COFFEE CREAM

- 500ml cream
- 2 tablespoons strong black coffee, cold
- 1 tablespoon icing sugar

- 1 Preheat oven to 175°C. Cover a baking sheet with non-stick baking paper.
- 2 Beat egg whites to soft peaks. Gradually beat in caster sugar a spoonful at a time until completely dissolved. Add vanilla; fold in vinegar and cornflour; lightly fold in half the cocoa.
- 3 Spoon meringue onto prepared tray to form a rectangle approximately 22 x 32cm, keeping the swirling peaked mounds as much as possible. Dust lightly with remaining cocoa.
- 4 Reduce oven to 100°C. Cook pavlova for 1 hour 30 minutes. Turn off the oven and leave to cool completely (you can leave it overnight in the oven).
- 5 Slide a spatula under the pavlova to release it from the baking paper and slide gently onto a serving platter.
- 6 Make the Cherry syrup and Coffee cream (see below). Spoon the Coffee cream on top, drizzle with cooled Cherry syrup and scatter with grated chocolate or chocolate curls and a few extra fresh cherries.

Cherry Syrup

Place 400g of cherries and water in a small saucepan, bring to a gentle simmer until cherries are tender but still holding their shape. Scoop out 1 tablespoon of juice and cool. Whisk cornflour into the cooled juice, pour back into the pan, then simmer until beginning to gel. Remove from heat and cool.

Coffee Cream

Place cream and coffee in a bowl, whip to soft peaks; add icing sugar to taste and whisk to firm peaks.

PER SERVE Energy 489kcal, 2051kj • Protein 4g • Total Fat 31g • Saturated Fat 20g • Carbohydrate 50g • Fibre 1g • Sodium 64mg • Sugar 49g

Cook's **NOTES**

Handle scone dough as little as possible so they turn out light and fluffy. Kneading or working the dough activates the gluten in the flour and makes a strong elastic dough – great for bread, but not for scones.

CHERRY JAM WITH CHOCOLATE CHIP BUTTERMILK SCONES

PREP + COOK TIME 35 mins **MAKES** 12

V

- 750g cherries, pitted
- juice of 1 lemon
- 500g jam setting sugar
- knob of butter

CHOCOLATE CHIP SCONES

- 3 cups plain flour
- 3 teaspoons baking powder
- 2 tablespoons caster sugar
- 60g butter, chopped
- 1½ cups buttermilk
- ½ cup chocolate chips

1 Place 2 empty saucers in the freezer to chill. Wash and pit the cherries. Cut three quarters of them in half, leaving the remainder whole.

2 In a large saucepan, combine cherries, lemon juice and sugar. Heat gently, without boiling, until sugar has dissolved. Boil for 4 minutes, then crush cherries lightly with a potato masher.

3 Add the butter, then test the jam to see if it will set by removing from the

heat and drizzling a little onto a chilled saucer. Wait 30 seconds, then run your finger through the jam – if it crinkles, it's ready; if your finger slips through without the jam crinkling, boil for another couple of minutes, then re-test. Ladle into sterilised jars and place lids on immediately.

4 Make the Chocolate chip buttermilk scones (see below). Serve the scones with the Cherry jam.

Chocolate Chip Buttermilk Scones

Preheat oven to 200°C. Grease and flour a square cake pan, or a flat cookie sheet. Place flour, baking powder, sugar and butter into a large bowl or processor. Pulse, or use fingertips to rub butter into flour until mixture resembles fine breadcrumbs. Add buttermilk and chocolate chips; pulse or stir until dough comes together. Place on lightly-floured surface. Roll out to a 3cm-thick rectangle. Cut into 12 scones. Place in

prepared pan on the tray. Bake for 15 to 17 minutes or until lightly golden and hollow when tapped on top.

PER SERVE Energy 423kcal, 1770kj • Protein 5.6g
• Total Fat 8g • Saturated Fat 3.7g • Carbohydrate 81g • Fibre 2.5g • Sodium 126mg • Sugar 55.5g

TIP

You can use frozen cherries for the jam, or make up the weight with a mixture of fresh and frozen. Cherries are low in pectin, so the lemon juice is important for aiding the setting process. Jars can be sterilised by running through the dishwasher or heating in the oven at about 120°C for 15 minutes.

Want more recipes?
Search **cherries** on

 **FOODTOLOVE.CO.NZ**



IN SEASON → VEGE ← COURGETTES

BOUNTIFUL, INEXPENSIVE AND OH SO
VERSATILE, COURGETTES ARE AN ESSENTIAL
IN ANY SUMMERTIME KITCHEN

RECIPES & STYLING SOPHIE GRAY PHOTOGRAPHS MELANIE JENKINS

NEED TO KNOW

- Low in calories, courgettes are a member of the squash family and are an extremely versatile vege. Grilled, sautéed, grated or baked, their mild flavour goes well with sweet and savoury seasonings.
- They have a high water content, so when using in fritters and baking, grate them and squeeze the excess water out in a clean tea towel.
- 'Courgetti' or 'zoodles' are noodles made from raw courgette using a spiraliser or julienne grater, and are a great low-carbohydrate alternative to pasta and noodles. Try swapping the noodles in the Kale Ramen on page 38 with two courgettes made into noodles.
- Courgette flowers are also edible, traditionally stuffed with cheesy fillings, then lightly battered and fried.
- Make sure they're firm and shiny, and store them in the fridge. They'll keep for several days, but after three to four will become more bitter.

SPICY TIKKA COURGETTE BURGERS

PREP + COOK TIME 20 mins MAKES 4



- 3 medium courgettes, grated
- 2 teaspoons tikka curry paste
- 1 teaspoon grated ginger
- 1 teaspoon wholegrain mustard
- 1 egg
- 100g fresh breadcrumbs
- big handful coriander, roughly chopped
- salt and pepper
- 2-3 tablespoons oil for frying
- toasted burger buns
- 4 tablespoons aioli or tomato sauce
- lettuce, tomatoes, beetroot or other fillings of your choice
- 4 tablespoons mango chutney

1 Place grated courgettes into a clean tea towel and squeeze out as much liquid as you can.

2 Tip into a bowl or processor with the curry paste, ginger, mustard, egg, breadcrumbs and coriander. Season with salt and pepper and pulse or mix to combine.

3 Form the mixture into 4 patties. Heat half the oil in a frying pan and fry patties for 5 minutes until golden and crisp. Add remaining oil, turn patties over, and continue cooking until the second side is golden and crisp.

4 Spread the base of each burger bun with aioli, add lettuce, tomato and any other of your preferred burger fillings. Add a courgette patty, spread with

a tablespoon of mango chutney or tomato sauce. Place bun tops in position and add skewer to hold them together.

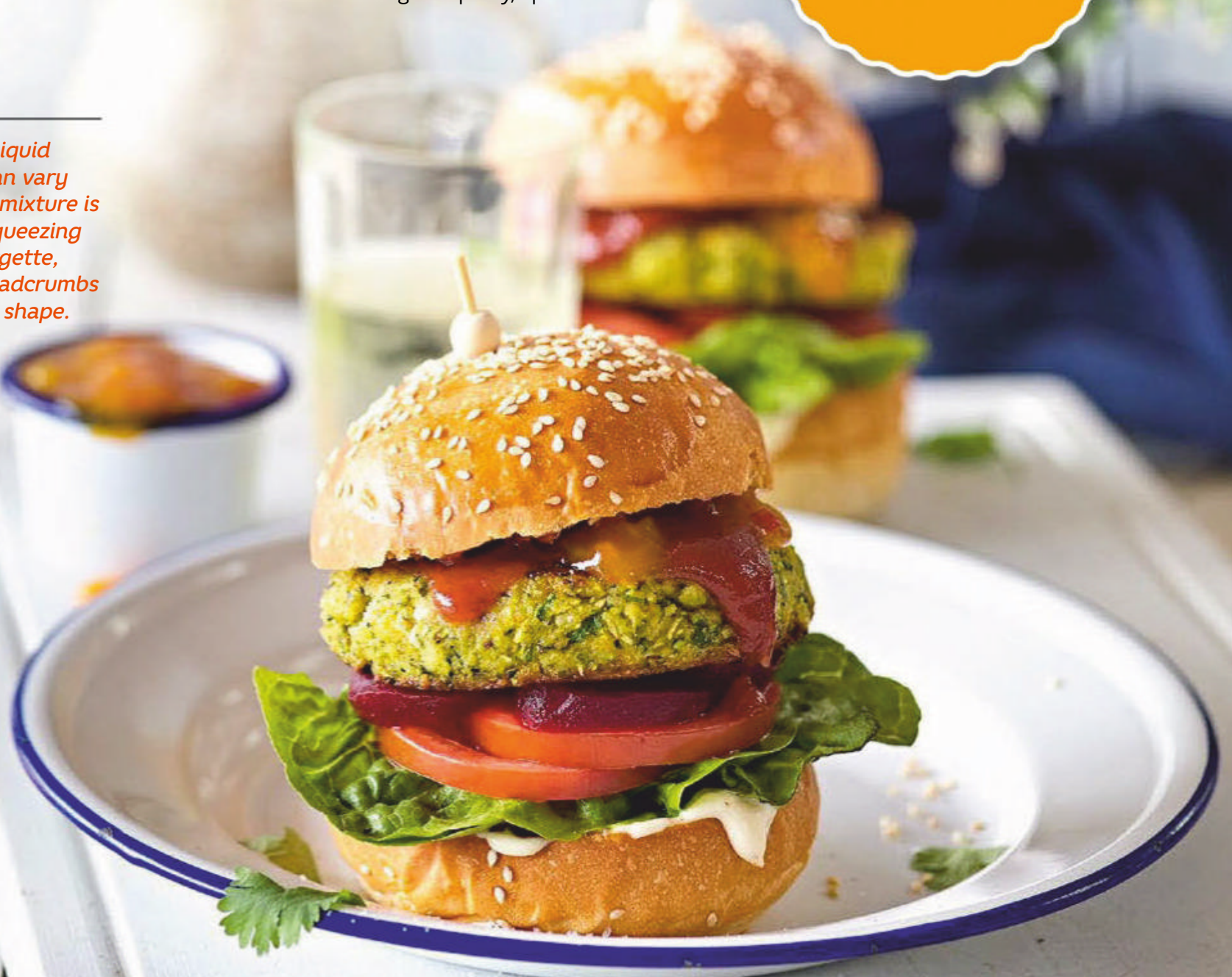
PER SERVE Energy 451kcal, 1891kj • Protein 13.5g • Total Fat 16.3g • Saturated Fat 3.8g • Carbohydrate 60g • Fibre 6g • Sodium 785mg • Sugar 15.5g

Cook's NOTES

You can make small patties from the mixture and use like falafel, to be enjoyed as a snack with mango chutney for dipping.

TIP

The amount of liquid in courgettes can vary greatly. If your mixture is too wet after squeezing the grated courgette, mix in more breadcrumbs until it holds its shape.



Cook's NOTES

Muffin mixture should be just mixed, as overworking will result in a heavy, claggy batter. These muffins are great for lunchboxes or the picnic basket.

COURGETTE, FETA & SEED MUFFINS

PREP + COOK TIME 40 mins MAKES 12



- 2 tablespoons pumpkin seeds
- 1 tablespoon sunflower seeds
- 1 tablespoon chia seeds
- ½ tablespoon poppy seeds
- 1 cup self-raising flour
- 1 cup wholemeal flour
- 1¼ teaspoons baking powder
- ½ teaspoon salt
- 1½ small courgettes, grated and squeezed of excess juice
- handful of fresh basil, finely sliced
- 100g feta
- ½ cup grated tasty cheese
- 1 cup milk soured with a drop of lemon juice
- 75g butter, melted
- 1 egg

1 Preheat oven to 190°C. Grease a 12-cup muffin pan, or line with muffin papers. Combine the seeds in a small bowl and set aside.

2 Place flours, baking powder and salt in a mixing bowl. Add the grated courgette and mix through. Scatter in the basil, feta, tasty cheese and two-thirds of the seeds.

3 Combine the soured milk, melted butter and egg in a small jug. Whisk lightly, then add the wet mixture to the dry ingredients.

4 Mix lightly until just combined and spoon into the prepared muffin pans. Top with remaining seeds and bake for 20-25 minutes until risen and lightly golden.

PER SERVE Energy 194kcal, 814kj • Protein 7.2g • Total Fat 10g • Saturated Fat 4.8g • Carbohydrate 17.4g • Fibre 2g • Sodium 310mg • Sugar 1.6g

TIP

You can add other savoury ingredients to the batter – try some cooked chopped bacon, chorizo or sundried tomato.

Want more recipes?
Search **courgette** on

 **FOODTOLOVE.CO.NZ**

COURGETTE & BANANA SHEET CAKE WITH CARAMEL BUTTERCREAM

PREP + COOK TIME 45 mins SERVES 16

V

- 115g butter at room temperature
- 1 cup sugar
- ½ cup brown sugar
- 1 cup mashed ripe banana (approx 2 medium-sized)
- ½ cup yoghurt (see Cook's Notes)
- 1 egg
- 2 teaspoons vanilla extract
- 3 loose cups grated courgette (approx 2 medium-sized), squeezed of excess juice
- 2 tablespoons milk
- 1 teaspoon baking soda
- 2 cups plain flour
- 1 teaspoon baking powder
- pinch of salt
- 1 teaspoon mixed spice
- ½ teaspoon cinnamon

CARAMEL BUTTERCREAM ICING

- 100g butter, at room temperature
- 2½ cups icing sugar
- 3 tablespoons caramel
- 1 tablespoon milk, if needed

Cook's NOTES

1 medium banana yields about ½ a cup when mashed. You can use a flavoured yoghurt or natural, or swap the yoghurt for buttermilk, or the same amount of milk soured with a drop of lemon juice.

1 Preheat oven to 180°C. Grease and line a 23cm x 33cm Swiss roll pan. In a bowl or food processor, beat the butter and sugars. Add the mashed banana, yoghurt, egg and vanilla and mix lightly. Stir in the grated courgette.

2 Bring the milk to the boil in a small pan or microwave, stir in the baking soda to dissolve. Add to courgette mixture. Sift in the flour, baking powder, salt and spices and mix to combine.

3 Spread in the prepared pan. Bake for 35-37 minutes, or until a skewer inserted in the center comes out clean. Remove and let cool completely.

4 Meanwhile, make the Caramel buttercream icing (see below), and spread on cake when cake has cooled.

Caramel buttercream icing

Beat butter and icing sugar at a low speed until combined, then increase speed and beat for 6-8 minutes until pale. Add caramel and beat, adding the milk gradually if needed.

PER SERVE Energy 331kcal, 1386kj

• Protein 3.2g • Total Fat 10.4g •

Saturated Fat 4.4g • Carbohydrate 57g •

Fibre 1.5g • Sodium 179mg • Sugar 43.5g

TIPS

If you want to amp up the caramel icing to the next level, warm 2 tablespoons of caramel in the microwave, stir until smooth and splatter it over the icing. Add a pinch of flaky sea salt if you like a hint of salted caramel.





IN SEASON

→ FRUIT ←

NECTARINES

FROM CAKES AND TARTS
TO JAMS AND JELLIES,
NECTARINES ADD A FRUITY,
JUICY BURST TO MANY
RECIPES

RECIPES & STYLING SOPHIE GRAY
PHOTOGRAPHS MELANIE JENKINS

NEED TO KNOW

- Nectarines are a smooth-skinned peach, resulting from a mutation whereby the gene responsible for fuzz is recessive. While nectarines are grown as a variety in their own right, a regular peach tree may produce a smooth-skinned nectarine from time to time – and visa versa.
- ‘Nectarine’ means sweet as nectar, or nectar of the gods, and is believed to have originated in China.
- Since nectarines belong to the same species as peaches, they can have white or yellow flesh. Ripe nectarines vary in colour from greenish yellow to mostly reddish with a hint of yellow. A redder skin doesn’t signify riper fruit.
- When ripe, the fruit are fragrant and give slightly to the touch. If a little under-ripe, leave at room temperature for two to three days. They can be stored in the fridge for three to five days.
- Nectarines are a good source of vitamins C and A and potassium. They are also abundant in antioxidants and fibre.

NECTARINE & PIMMS PICNIC JELLY JARS

PREP + COOK TIME 15 mins + 4 hours chilling MAKES 4



- 150ml Pimm's No 1
- 200g nectarines, sliced
- 150ml apple juice
- 300ml ginger ale
- 2½ teaspoons powdered gelatine
- 1 orange, peeled and segmented
- 4 strawberries, halved (optional)
- 6 mint sprigs to decorate

1 Combine the Pimm's, nectarine slices, apple juice and ginger ale in a saucepan. Heat gently till simmering, then remove from the heat.

2 Strain ½ a cup of the liquid into a bowl. Sprinkle on the gelatine and whisk until completely dissolved. Return the gelatine mixture to the saucepan and gently stir through.

3 Divide the nectarine slices, orange segments and strawberries, if using, between the glasses. Pour on the liquid, add a sprig of mint to each and chill for about 4 hours, or until the jellies are set.

PER SERVE Energy 182kcal, 764kj • Protein 3g • Total Fat 0.2g • Saturated Fat 0g • Carbohydrate 21g • Fibre 3.6g • Sodium 18mg • Sugar 20.5g

Cook's NOTES

Add other fruits such as peach slices, if desired, but avoid highly acidic fruit such as pineapple or kiwifruit as they will prevent the jelly from setting. The jellies can be made in small jars with lids so they are easy to transport.

TIP

Jellies are fun and easy to make. Two to 3 teaspoons of gelatine powder is generally enough to set 500ml of liquid.



NECTARINE & BLACKBERRY CAKE

PREP + COOK TIME 60 mins SERVES 12

V

- 1 cup sugar
- 115g butter
- 2 eggs
- zest of one orange
- juice of ½ an orange
- 1 teaspoon vanilla essence
- 1½ cups self-raising flour
- ½ cup ground almonds
- 1 teaspoon cinnamon
- ½ teaspoon baking powder
- 2 ripe nectarines, sliced
- ¾ cup or 1 small punnet blackberries
- ½ cup sliced almonds
- icing sugar to dust

1 Pre-heat oven to 190°C. Grease and line the base of a 20cm loose-bottom cake pan.

2 In a bowl or food processor, beat sugar and butter until light and creamy. Add the eggs one at a time, mixing after each addition. Mix in the zest, orange juice and vanilla; then mix in the flour, ground almonds, cinnamon and baking powder.

3 Spread the cake batter into the prepared pan, and level the top. Arrange the sliced nectarines and blackberries on top. Scatter with sliced

almonds and bake 50 minutes or until golden, risen and springy.

4 Dust with icing sugar to serve.

PER SERVE Energy 276kcal, 1159kj • Protein 5.3g
• Total Fat 13g • Saturated Fat 3.5g • Carbohydrate 34g • Fibre 2.8g • Sodium 185mg • Sugar 21.6g

TIP

Try swapping the sliced almonds on top for streusel, or bake as individual cakes in muffin pans.

Cook's NOTES

This is delicious served warm with cream, or when cool, it's sturdy enough to pack in a picnic hamper. Any berries, fresh or frozen, can be used if blackberries are unavailable.

Want more recipes?
Search **nectarines** on

 **FOODTOLOVE.CO.NZ**

NECTARINE & PROSCIUTTO GALETTE

PREP + COOK TIME 40 mins SERVES 4-6

LS

- 1½ sheets (or 1 block) puff pastry, defrosted
- 1 egg
- 200g crème fraîche
- salt and pepper
- 2 nectarines, sliced
- 100g feta
- 75g prosciutto, torn into thin strips
- cherry or vine tomatoes
- rocket leaves or micro greens to decorate (optional)

1 Preheat oven to 210°C. Join the pastry sheets with a dab of water along the overlapping edge and press firmly. (If using a block of pastry, roll out on a floured board.) Score a 1cm border all the way around with the tip of a knife. Transfer to a greased baking tray.

2 Prick the base with a fork. Whisk the egg lightly and brush around the edges of the pastry. Whisk together the remaining egg and crème fraîche, season lightly with salt and pepper and spread half the mixture over the base, taking care to avoid the edges.

3 Bake pastry for 10 minutes or until the filling has set. Pour in remaining filling, scatter over the nectarine slices, crumble on the feta, add twists of the prosciutto and tuck tomatoes halves in any spaces.

4 Return to the oven and bake a further 20-25 minutes, until golden and crisp and the filling is set. Top with a scattering of fresh rocket or micro greens, if using.

PER SERVE Energy 370kcal, 1548kj • Protein 11.4g • Total Fat 26.8g • Saturated Fat 16g • Carbohydrate 19.5g • Fibre 3g • Sodium 421mg • Sugar 5.7g

TIP

Salty and sweet flavours work well together. You could add other salty and sweet elements, such as olives or sundried tomatoes.



Cook's NOTES

The beauty of a galette is that it doesn't require a pan or tart tin. The filling is cooked in stages to prevent it flooding off the pastry; however, if you use a Swiss roll pan, you can pour all the filling mixture onto the pastry, bake until set, then add remaining ingredients.

IN SEASON

→ VEGETABLE ←

KALE

THIS LEAFY VEGE IS SO NUTRITIOUS AND DELICIOUS – ALL HAIL KALE!

RECIPES & STYLING SOPHIE GRAY PHOTOGRAPHS MELANIE JENKINS

NEED TO KNOW

- A cruciferous vegetable like cabbage, broccoli, cauliflower, collard greens and Brussels sprouts, the leaves can be green or purple, and have either a smooth or curly shape.
- Gram for gram, kale has twice the vitamin C of an orange. It's also high in vitamin K, which is important for blood clotting. If you're on blood-thinning medication such as Warfarin, talk to your doctor before eating kale.
- The most common type of kale is curly kale, which has green and curly leaves and a hard, fibrous stem.
- Kale contains substances that lower cholesterol levels in the body.
- Avoid washing kale until just before use, as it hastens spoilage.
- Look for bright, fresh-looking leaves without any yellowing. When using, remove the fibrous central rib, which is tough to eat. Hold the kale leaf upside down by the stem and strip the leaves off.
- Stack large green leaves on top of one another, roll into tight bundles and slice into desired widths.

SAUSAGE, CAPSICUM & KALE CASSOULET

PREP + COOK TIME 45 mins SERVES 6



- 1 tablespoon olive oil
- 400g sausages (choose good herby ones; check label for GF)
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 celery stalk, finely chopped
- 1 capsicum, de-seeded and chopped
- 700g passata sauce
- 2-2½ cups chicken stock
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried chilli flakes
- 120g kale, washed and finely chopped (approx 3 packed cups)
- 1 400g can cannellini beans, rinsed
- fresh parsley to garnish (optional)

1 Heat olive oil in a large pan, cook the sausages until brown and cooked through. Remove from the pan and set aside. To the pan add onion, garlic, celery and capsicum and cook gently until onion is translucent and vegetables are becoming tender.

2 Add passata to the pan, then mix in the stock, herbs and chilli flakes and bring to a simmer. Stir in half of kale. When kale has wilted, add the remaining kale, stir to combine, and return to a simmer.

3 When sausages are cool enough to handle, slice into thick chunks and add them to the pan. Simmer gently for

20 minutes until kale is tender.

4 Add cannellini beans and simmer until heated through. Add a splash more stock if needed. Serve garnished with parsley if you like.

PER SERVE Energy 355kcal, 1487kJ • Protein 16g • Total Fat 19.7g • Saturated Fat 6.7g • Carbohydrate 23.3g • Fibre 10.3g • Sodium 1063mg • Sugar 12g

TIP

Choose gluten-free stock and sausages to make this dish safe for coeliacs.

Cook's NOTES

Look for sausages with a high proportion of meat for plenty of flavour; spicy or herby ones will both work well.

QUICK CHICKEN & KALE RAMEN

PREP + COOK TIME 20 mins SERVES 4



- 6 cups chicken stock
- 1 garlic clove, minced
- 2 tablespoons soy sauce
- 1 tablespoon finely grated ginger
- 1 tablespoon sugar
- 2 tablespoons miso paste
- 4 instant ramen noodle 'blocks' or 'squares'
- 2 boneless chicken breasts, cooked and very thinly sliced
- 2 cups green or purple kale, finely shredded
- 2 teaspoons sesame oil
- toasted sesame seeds (optional)

TOPPING

- 2 large flat mushrooms, sliced
- handful of bean sprouts or alfalfa
- 2 eggs, hard boiled and halved
- 1 spring onion, thinly sliced
- 1 radish, thinly sliced

Cook's NOTES

Unflavoured blocks of crinkly instant noodles are available in supermarkets, or use whatever noodles you prefer. You could swap the chicken for 175g firm tofu and use vegetable stock to make this recipe vegetarian.

1 In a medium saucepan bring the stock to a gentle simmer. Whisk in the garlic, soy sauce, ginger and sugar, then add the miso paste.

2 Break the blocks of noodles into smallish pieces and place into the broth. When the noodles are cooked, divide between the bowls and ladle the broth on top.

3 While the broth is piping hot, arrange the sliced chicken and kale on top, then add the remaining toppings.

4 Sprinkle with sesame oil and sesame seeds, if using.

PER SERVE Energy 488kcal 2043kj • Protein 45g • Total Fat 8.4g • Saturated Fat 2g • Carbohydrate 52g • Fibre 6.7g • Sodium 2388 mg • Sugar 7.5g

TIP

Mix and match the toppings according to what you have. Keep the pieces small or slice thinly to ensure they heat through – try snow peas, enoki mushrooms and carrot.

SPICED KALE CHIPS

PREP + COOK TIME 20 mins SERVES 4



- 1 teaspoon paprika
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- ½ teaspoon ground chilli
- 3 cloves garlic, crushed
- ¼ cup oil
- 1 bunch kale, stripped from stems and torn into chip-sized pieces
- ½ medium kumara, thinly sliced on a mandolin (optional)
- 1 small beetroot, peeled and thinly sliced on a mandolin (optional)
- salt, to serve

PER SERVE Energy 197kcal, 825kJ • Protein 2.6g • Total Fat 14.7g • Saturated Fat 1.6g • Carbohydrate 11.6g • Fibre 4.7g • Sodium 357mg • Sugar 6.8g

TIP

Kumara and beetroot won't become as crisp as the kale, but they add a pleasant counterpoint to the almost candy floss-like texture of the kale.

Cook's NOTES

Try other seasoning mixes, or simply massage some basil pesto with a dash of oil through the leaves before baking. They can be used as a crunchy snack or as a garnish.

- 1 Preheat oven to 160°C. Spray 2 large cookie sheets with non-stick spray.
- 2 In a large bowl combine the spices, salt, chilli, garlic and oil. Toss the kale in the mixture and gently massage over the leaves. Arrange in a single layer on the trays. Bake for 15 minutes until crisp.
- 3 If using beetroot and kumara, brush lightly with the seasoned oil, increase the oven temperature to 180°C and bake for 20- 25 minutes, turning once during cooking.

Want more recipes?
Search **kale** on

 **FOODTOLOVE.CO.NZ**

*Sweet & Spicy
Pork Skewers*

RECIPE ON PAGE 46



SUMMER SHINDIG

SUMMER IS FINALLY HERE! TIME TO FIRE UP THE BARBECUE AND INVITE YOUR NEAREST AND DEAREST AROUND FOR AN ALFRESCO PARTY IN THE SUN

TIPS

Is there anything better than enjoying a good old fashioned Kiwi BBQ with friends and family? While we still love a great sausage on a bit of bread, the humble barbecue is now so much more than just slapping a piece of meat on a grill plate. Interesting, fresh and zesty salads are now a must, and we're increasingly having a lot more fun with marinades, accompaniments and dressings.

Of course, the number one rule of barbecue cooking is that it has to be simple, simple, simple – but at the same time, it can be a little tricky to think of new ways with kebabs and lamb chops! Thankfully, we've created a perfect menu of easy, alfresco-friendly dishes – complete with a little twist – which are perfect to take to the next family

gathering or friend's party.

Our best tip for a stress-free gathering is to embrace the very Kiwi tradition of bringing a plate! Sharing the load saves time and divides the responsibility of feeding the crowd. So, assign your mates a dish, make sure you've got enough ice on hand and crank up the tunes. Happy grilling everyone!



TANGY BEEF SALAD

PREP + COOK TIME 40 mins
+ chilling time **SERVES** 4

DF **GF** **LS**

- 500g rump steak
- 2 teaspoons vegetable oil
- $\frac{1}{3}$ cup lime juice
- $\frac{1}{4}$ cup fish sauce
- 2 tablespoons caster sugar
- 2 cloves garlic, finely chopped
- 10cm stick fresh lemongrass, finely chopped
- 1 fresh long red chilli, seeded, finely chopped
- 1 medium carrot
- 1 small red onion, sliced thinly
- 1 Lebanese cucumber, cut into matchsticks
- 1 cup loosely packed fresh Thai basil leaves
- 1 cup loosely packed fresh mint leaves
- 1 cup loosely packed fresh Vietnamese mint leaves
- $\frac{1}{2}$ cup roasted peanuts, coarsely chopped
- 2 tablespoons fried shallots

1 Cut beef in half lengthways. Heat oil in a large frying pan or barbecue plate over high heat; cook beef 7 minutes or until browned well all over and cooked as desired. Remove from pan. Cover; rest 10 minutes. Slice beef thinly.

2 Combine juice, fish sauce and sugar in a large bowl until sugar dissolves. Stir in garlic, lemongrass and chilli; add sliced beef, then toss to coat. Cover; refrigerate 2 hours.

3 Using a vegetable peeler, slice carrot into thin ribbons. Place in a large bowl with onion, cucumber and herbs; toss gently to combine.

4 Arrange vegetable mixture on a platter; top with beef, peanuts and shallots.

PER SERVE Energy 374kcal, 1566kJ • Protein 35.6g • Total Fat 17.6g • Saturated Fat 4.2g • Carbohydrate 14.3g • Fibre 7.6g • Sodium 1688mg • Sugar 12.6g

Cook's **NOTES**

You can also use eye fillet or New York strip steak (boneless sirloin) for this recipe.

POTATO & SALMON SALAD WITH MUSTARDY DRESSING

PREP + COOK TIME 45 mins SERVES 8



- 1kg potatoes, scrubbed, halved lengthways
- 1.5kg side of salmon, skin on, pin-boned
- ½ teaspoon sea salt
- ½ cup finely chopped fresh mint, plus 1 cup loosely packed fresh mint leaves extra
- ¼ cup finely chopped fresh chives, plus 2 tablespoons extra
- 1 tablespoon finely grated lemon zest
- 2 tablespoons olive oil
- 170g asparagus, trimmed, halved on the diagonal
- 1 tablespoon drained capers
- 1 tablespoon finely chopped cornichons

MUSTARDY DRESSING

- ½ cup extra virgin olive oil
- 2 teaspoons finely grated lemon zest
- 2 tablespoons white wine vinegar
- 1 tablespoon dijon mustard

- 1 Make Mustardy dressing (see right).
- 2 Cook the potato in a large saucepan of boiling salted water for 8 minutes or until tender; drain. Cover to keep warm.
- 3 Meanwhile, place salmon, skin-side up, on a chopping board; season with the salt. Turn the fish over, cut 5mm deep slices, 3cm apart crossways along the length of the fish. Combine mint, chives, zest and oil in a small bowl. Rub herb mixture over flesh side of salmon.
- 4 Cook asparagus on a heated char-grill plate (or barbecue), turning, for 3 minutes or until just tender. Remove from heat; season to taste.
- 5 Place salmon, skin-side down, on a large heated char-grill plate (or barbecue) for 4 minutes or until the flesh turns paler two-thirds of the way up the side of the salmon. Using two lifters, carefully turn salmon over. Using tongs, carefully remove skin, place on char-grill plate beside the salmon, white-side down; cook skin and salmon for 2 minutes or until skin



Cook's NOTE

Char-grilling and salting the salmon skin transforms it into the most delicious fish 'crackling', which is then served on the salad.

is browned and crisp and salmon is just cooked through. Remove from heat. (To cook the salmon perfectly, keep in mind that it will continue to cook once removed from the heat.)

6 Place warm potatoes and asparagus in a large bowl with capers, cornichons and three-quarters of the dressing; toss gently to combine. Arrange on a platter, topped with large flakes of salmon. Scatter with the extra mint

and chives and top with shards of crisp skin. Serve immediately drizzled with remaining dressing.

Mustardy dressing

Whisk ingredients in a small bowl to combine; season to taste.

PER SERVE Energy 571kcal, 2391kj • Protein 43.7g
• Total Fat 36g • Saturated Fat 7g • Carbohydrate 16g • Fibre 2.6g • Sodium 340mg • Sugar 2.4g

BARBECUED PRAWNS WITH CHILLI LIME DRESSING

PREP + COOK TIME 35 mins SERVES 8



- 1.7kg uncooked large king prawns, halved lengthways (see Cook's Note)
- 2 baby fennel bulbs, trimmed, sliced thinly
- 250g baby cucumbers (qukes), sliced into ribbons
- 6 radishes, thinly sliced
- ¼ cup fresh baby coriander

CHILLI LIME DRESSING

- ½ cup lime juice
- ½ cup lemon juice

- ½ cup olive oil
- 2 cloves garlic, crushed
- 2 teaspoons caster sugar
- 2 teaspoons sea salt flakes
- 1 fresh long green chilli, thinly sliced

- 1 Make Chilli lime dressing (see right).
- 2 Place prawns in a large bowl with half the dressing; toss to coat. Cook prawns on a heated grill plate (or grill or barbecue) for 5 minutes or until just changed in colour.

3 Place fennel, cucumber and radish in a bowl; toss gently to combine.

4 Serve the prawns with salad, drizzled with remaining dressing and topped with coriander.

Chilli lime dressing

Combine ingredients in a small bowl.

PER SERVE Energy 341kcal, 1427kj • Protein 44.5g • Total Fat 15.8g • Saturated Fat 2.5g • Carbohydrate 3.5g • Fibre 2.2g • Sodium 2035mg • Sugar 3.3g

Cook's NOTE
Use sharp kitchen scissors or a chef's knife to halve the prawns.





SPICY CHICKEN NIBBLES WITH GREEN GODDESS DIP

PREP + COOK TIME 45 mins SERVES 8



- cooking oil spray
- 2kg chicken wing nibbles
- ½ cup hot chilli sauce
- ½ cup buttermilk
- ½ cup firmly packed light brown sugar
- 2 tablespoons onion salt
- 2 tablespoons mild paprika
- 4 baby cucumbers, quartered lengthways
- 4 small celery sticks with tops intact, halved crossways
- hot chilli sauce, extra to serve (optional)
- lime wedges, to serve

GREEN GODDESS DIP

- ½ cup buttermilk
- 1 small ripe avocado, chopped
- ½ cup loosely packed fresh flat-leaf parsley leaves
- ½ cup loosely packed fresh basil leaves
- 4 spring onions, sliced
- 1 small clove garlic, peeled
- 2 tablespoons lemon juice
- 1 teaspoon sea salt flakes

- 1 Preheat oven to 240°C. Line a large oven tray with foil; spray with cooking oil.
- 2 Trim excess skin from chicken. Combine chilli sauce, buttermilk, brown sugar, onion salt and paprika in a large bowl. Add chicken; toss well to coat. Place chicken in a single layer on tray; brush with any remaining sauce mixture.
- 3 Bake chicken for 25 minutes or until well browned and cooked through, brushing occasionally with pan juices. Stand for 5 minutes.
- 4 Make Green goddess dip (see below).
- 5 Serve the chicken with Green goddess dip, cucumber, celery, extra chilli sauce if you like, and the lime wedges.

Green goddess dip

Blend or process ingredients until smooth. Transfer to a bowl; season to taste with pepper. Cover surface with plastic wrap until ready to serve.

PER SERVE Energy 655kcal, 2745kj • Protein 42.5g • Total Fat 47.8g • Saturated Fat 14.5g • Carbohydrate 13g • Fibre 3g • Sodium 2069mg • Sugar 12.2g

Cook's NOTES

If cooking for vegetarians as well as meat eaters, cook the haloumi in a small frying pan on the grill so it is completely separate from the meats.

FENNEL & PRESERVED LEMON SALAD WITH HALOUMI

PREP & COOK TIME 25 mins SERVES 8



- 250g haloumi cheese, thinly sliced
- 1 tablespoon fresh coriander, finely chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice

FENNEL & PRESERVED LEMON SALAD

- 1 medium avocado, coarsely chopped
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 2 pieces preserved lemon zest, washed, finely chopped
- 2 medium fennel bulbs, thinly sliced
- ½ cup firmly packed fresh coriander leaves

- 1 Make Fennel & preserved lemon salad (see right).
- 2 Combine cheese, coriander, oil and juice in small bowl. Heat a large

frying pan; cook cheese over medium heat for 30 seconds each side until browned.

3 Serve the cheese topped with salad.

Fennel & preserved lemon salad

Combine avocado, juice and oil in medium glass bowl. Add remaining ingredients; toss gently before serving.

PER SERVE Energy 262kcal, 1100kj
• Protein 8.4g • Total Fat 23g • Saturated Fat 7g • Carbohydrate 3g • Fibre 3g • Sodium 932mg • Sugar 3g

TIP

Combining the avocado, oil and juice in the bowl will help stop the avocado from turning brown.



SWEET & SPICY PORK SKEWERS

PREP + COOK TIME 1 hour + chilling SERVES 4



- 750g pork fillet
- 6 cloves garlic, crushed
- 1 tablespoon honey
- 2 teaspoons hot paprika
- ¼ cup finely chopped fresh flat-leaf parsley, plus ½ cup parsley sprigs extra
- 1 cup olive oil
- 2 egg yolks
- 1 clove garlic, extra, crushed
- 1 teaspoon finely grated lemon zest
- 2 tablespoons lemon juice
- 1 teaspoon horseradish
- 500g celeriac, trimmed, peeled
- 2 medium carrots
- 1 large red apple
- ¾ cup walnuts, roasted, coarsely chopped

- 1 Cut pork into 3cm pieces. Combine garlic, honey, paprika, chopped parsley and 1 tablespoon of the oil in a large bowl; add pork, toss to coat in mixture. Cover; refrigerate for 3 hours or overnight.
- 2 Blend or process egg yolks, extra garlic, zest and juice until combined. With motor operating, add remaining oil in a thin, steady stream, until dressing thickens and is smooth. Stir in horseradish. Season to taste.

3 Using a mandoline or V-slicer, cut celeriac and carrots into matchsticks; cut apple into thin slices. Place celeriac and apple in a large bowl of water to

prevent discolouration.

4 Thread pork onto skewers; discard marinade. Cook skewers, in batches, on a heated oiled grill plate (or grill or barbecue), turning, for 2 minutes each side or until pork is browned and cooked through.

5 Drain celeriac and apple. Place in a large bowl with carrot, walnuts and parsley sprigs; toss to combine.

6 Serve the pork skewers with the salad, drizzled with the dressing.

PER SERVE Energy 1034kcal, 4328kj • Protein 51.9g • Total Fat 80g • Saturated Fat 11.3g • Carbohydrate 19.2g • Fibre 14g • Sodium 189mg • Sugar 18.3g

TIP

If using bamboo skewers, soak them in water for at least 1 hour before use to prevent them splintering and scorching during cooking.

TANDOORI LAMB CUTLETS WITH TOMATO & CORIANDER SALSA

PREP + COOK TIME 30 mins
SERVES 4



- ⅓ cup basmati rice
- ¼ cup tandoori paste
- ¼ cup Greek-style yoghurt
- 1 tablespoon lemon juice
- 12 French-trimmed lamb cutlets

TOMATO AND CORIANDER SALSA

- 200g cherry tomatoes, halved
- 1 small red onion, finely chopped
- 2 tablespoons fresh coriander

- 1 Boil, steam or microwave rice until tender; drain.
- 2 Combine paste, yoghurt and juice in a large bowl; add lamb, turn to coat lamb in mixture. Season.
- 3 Cook lamb on a heated oiled grill plate for 4 minutes each side or until browned and cooked as desired. Cover; stand for 5 minutes.
- 4 Make Tomato and coriander salsa (see below).
- 5 Serve lamb with rice and salsa.

Tomato and coriander salad

Combine ingredients in a small bowl; season to taste.

PER SERVE Energy 398kcal, 1670kj • Protein 22g • Total Fat 16.7g • Saturated Fat 6.3g • Carbohydrate 36.3g • Fibre 6.4g • Sodium 390mg • Sugar 5g

TIP

Jasmine rice will also work with this dish.



Want more recipes?
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Summer salads

Kale Caesar Salad RECIPE ON PAGE 54





Shake Up YOUR SALADS

SUMMER IN NEW ZEALAND MEANS FRESH, FAST AND EASY FOOD THAT LEAVES YOU REPLENISHED AND ENERGISED. PAIR A COUPLE OF THESE DELICIOUS SALADS WITH YOUR NEXT BBQ FOR A PERFECT MEAL

Tips

- When deciding on what salads to make, keep in mind the seasons, and use produce that's widely available.
- Invest in a salad spinner – they are amazing at removing excess moisture, leaving you with crispy, fresh greens that last longer.
- Texture is supremely important in a salad; make sure you include a crunchy element, such as croutons or nuts.
- If you're not sure what flavour combinations work, follow a theme. For example, a Mediterranean salad would include olives, tomatoes, feta cheese and cucumber, alongside herbs such as parsley and oregano.
- When packing leftover salad for lunch the next day, do not add the dressing, otherwise you'll end up with a very soggy meal! Pack the dressing separately.
- Don't forget to season the salad to taste with salt and pepper.
- Never serve a salad without a dressing – a basic one is easy to whip up. Simply combine three parts oil with one part vinegar, then add some flavours to complement your dish, such as mustard, herbs, honey or lemon.
- Keep things interesting with a pop of unexpected flavour, be it pomegranate seeds, fresh herbs, toasted pine nuts or pepitas – or even berries.

DUKKAH ROASTED PUMPKIN SALAD

PREP + COOK TIME 1 hour 15 mins
SERVES 6



- 2 tablespoons honey
- 1 cup walnuts
- 1½ tablespoons dukkah
- 2kg pumpkin, cut into 2.5cm-thick wedges
- 2 large red capsicum, deseeded, quartered
- 1 large red onion, cut into wedges
- 2 tablespoons extra virgin olive oil
- 400g canned lentils, drained, rinsed
- 60g watercress

YOGHURT DRESSING

- ½ cup Greek-style yoghurt
- 1 tablespoon finely grated lemon zest
- ¼ cup lemon juice

- 1 Preheat oven to 220°C. Line three oven trays with baking paper.
- 2 Bring honey to the boil in a small frying pan over medium heat. Add walnuts and 1 teaspoon dukkah; toss to coat. Transfer to a tray; bake 5 minutes; set aside to cool.
- 3 Place pumpkin on another tray and capsicum and onion on remaining tray. Drizzle with olive oil and remaining dukkah; toss to coat. Bake for 30 minutes or until tender; remove from oven.
- 4 Meanwhile, make Yoghurt dressing (see below).
- 5 Serve roasted vegetables with lentils, watercress, walnuts and Yoghurt dressing.

Yoghurt dressing

Combine ingredients in a small bowl; season to taste.

PER SERVE Energy 624kcal, 2615kj • Protein 26.5g • Total Fat 23.5g • Saturated Fat 2.2g • Carbohydrate 64g • Fibre 20g • Sodium 228mg • Sugar 33g

TIP

Make extra spice mix and store in an airtight container for up to 1 month.

Cook's NOTES

While you can buy dukkah (an Egyptian spice mix of herbs, nuts and spices) in most supermarkets, if you can't find it, you can make it – head to foodtolove.co.nz/recipes/homemade-dukka for the recipe.

*Salmon Ceviche
'Tacos' with
Pickled Radish*
RECIPE ON PAGE 54



Summer salads



Cook's **NOTES**

You can use grilled chicken breast or thigh fillets instead of pork, if you prefer. You can also substitute the blood oranges for standard naval oranges.

BEETROOT, BLOOD ORANGE & PORK SALAD

PREP + COOK TIME 40 mins SERVES 4



- 200g pork fillet, trimmed
- 1 wholemeal baguette, halved horizontally
- 2 tablespoons extra virgin olive oil
- 440g canned baby beetroot, quartered
- 3 small blood oranges, peeled, thinly sliced
- 100g radicchio leaves
- 8 fresh pitted dates, halved
- ½ cup pitted kalamata olives, halved
- 2 tablespoons pepitas (pumpkin seeds), roasted
- 2 tablespoons sunflower seeds, roasted
- 2 teaspoons poppy seeds
- red micro leaves, to serve

RASPBERRY ORANGE DRESSING

- 2 tablespoons raspberry wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon orange juice
- 1 small clove garlic, crushed
- 2 teaspoons chopped fresh chives

- 1 Make Raspberry orange dressing (see below).
- 2 Drizzle pork and bread with oil; season. Cook pork on lightly oiled heated grill plate, turning frequently, for 15 minutes or until cooked through. Rest for 5 minutes before slicing thickly. Place bread on the oiled heated grill plate for 2 minutes each side or until golden. Tear bread into large pieces.
- 3 Place pork in large bowl with beetroot, blood oranges, radicchio, dates, olives and dressing; toss to combine. Sprinkle with seeds and micro leaves, serve with bread.

Raspberry orange dressing

Combine all ingredients; season to taste.

PER SERVE Energy 476kcal, 1995kJ • Protein 20.6g • Total Fat 21.7g • Saturated Fat 3.3g • Carbohydrate 44.2g • Fibre 12g • Sodium 775mg • Sugar 28g

TIP

Always remember to rest pork – just like red meat, doing so allows the meat fibres to relax and re-absorb their juices.



TIP

For a spicy version, add 2 teaspoons chopped pickled jalapeños to the dressing.

GREEN GOODNESS IN A BOWL

PREP + COOK TIME 20 mins SERVES 4



- 150g snow peas, trimmed
- 200g green beans, trimmed, halved lengthways
- 200g broccolini, trimmed, thick stalks halved lengthways
- 2 teaspoons extra virgin olive oil
- 500g packaged brown microwave rice
- 2 tablespoons pepitas, toasted, coarsely chopped, plus 1 tablespoon extra
- 1 medium avocado, thinly sliced

AVOCADO YOGHURT DRESSING

- 1 medium avocado, coarsely chopped
- ¾ cup Greek-style yoghurt
- ¼ cup fresh basil leaves
- 2 tablespoons lime juice
- 1 small clove garlic, chopped finely
- 1 tablespoon extra virgin olive oil
- 1 tablespoon water

- 1 Make Avocado yoghurt dressing (see below).
- 2 Boil, steam or microwave peas, beans and broccolini, separately, until tender; drain. Place peas, beans and broccolini in a large bowl with oil; toss to combine. Cover to keep warm.
- 3 Cook the rice according to the instructions on the packet. Combine rice and chopped pepitas in a medium bowl; season to taste.
- 4 Serve rice topped with three-quarters of dressing, then vegetables, avocado, remaining dressing and extra pepitas.

Avocado yoghurt dressing

Blend or process ingredients until smooth and combined; season to taste.

PER SERVE Energy 795kcal, 3327kJ • Protein 19g • Total Fat 29g • Saturated Fat 6g • Carbohydrate 106g • Fibre 12g • Sodium 47mg • Sugar 7.6g



KALE CAESAR SALAD

PREP + COOK TIME 45 mins + cooling SERVES 4

LS

- 1 litre water
- 4 sprigs fresh thyme
- 2 cloves garlic, crushed
- ½ medium lemon, thinly sliced
- 400g chicken breast fillets
- 12 thin slices sourdough bread
- ¾ cup finely grated parmesan
- 1 tablespoon extra virgin olive oil
- 8 middle bacon slices
- 180g baby kale leaves
- 4 soft boiled free-range eggs, halved

GREEN MAYONNAISE

- ¾ cup whole-egg mayonnaise
- 2 tablespoons sour cream
- ¾ cup coarsely chopped fresh flat-leaf parsley
- 1 tablespoon coarsely chopped fresh basil

- 1 tablespoon coarsely chopped fresh chives
- 2 tablespoons water
- 1 tablespoon lemon juice
- 1 drained anchovy fillet, coarsely chopped
- 1 clove garlic, finely chopped

1 Bring the water, thyme sprigs, garlic and lemon to the boil in a medium saucepan. Add chicken, return to the boil. Reduce heat; simmer, uncovered, for 12 minutes or until chicken is cooked through. Remove chicken; cool 10 minutes, then shred coarsely. Reserve poaching liquid for another use (see Tip).

2 Meanwhile, make Green mayonnaise (see right).

3 Preheat grill. Toast bread on one side, then turn and sprinkle with half the parmesan; grill

croutons until parmesan melts and is browned lightly.

4 Heat oil in a small frying pan over medium heat, cook bacon until golden and crisp; drain on paper towel.

5 Meanwhile, place kale and one-quarter of the dressing in a large bowl; toss to combine. Stand for 5 minutes to soften slightly.

6 Add croutons, bacon, remaining parmesan and dressing; toss to combine. Serve salad topped with eggs.

Green mayonnaise

Process ingredients until smooth and combined; season to taste.

PER SERVE Energy 1052kcal, 4405kJ • Protein 66g • Total Fat 69g • Saturated Fat 24g • Carbohydrate 40g • Fibre 5g • Sodium 2001mg • Sugar 5g

TIP

The poaching liquid in step 1 can be used as a light chicken stock. Allow to cool; refrigerate and use within 2 days, or freeze for up to 1 month.



SALMON CEVICHE 'TACOS' WITH PICKLED RADISH

PREP + COOK TIME 45 mins + standing SERVES 4

GF

LS

- 2 cups shredded red cabbage, plus 4 large leaves to serve
- ½ cup coarsely chopped fresh coriander
- 2 spring onions, thinly sliced
- ¾ cup lime juice
- ¾ cup extra virgin olive oil
- 1 cup sour cream
- 1 tablespoon medium-hot chilli sauce
- 400g sashimi-grade salmon, thinly sliced
- 1 cup vegetable oil for frying
- 3 x 7cm corn tortillas, shredded into 5mm-wide strips
- 2 medium avocados, scooped from skin, cut into large chunks

PICKLED RADISH

- 1 teaspoon cumin seeds
- ¼ cup apple cider vinegar
- 1 teaspoon caster sugar
- pinch sea salt flakes
- 6 mixed radishes, trimmed, thinly sliced

1 Make Pickled radish (see right).

2 Meanwhile, combine cabbage, coriander, spring onion, 1 tablespoon of the juice and 1 tablespoon of the oil in a medium bowl; season to taste.

3 Combine sour cream and chilli sauce in a small bowl; season to taste.

4 Combine fish, remaining juice and 1 tablespoon of the oil in a large glass or ceramic bowl. Cover; refrigerate for 25 minutes or until fish is opaque and cooked (cured).

5 Meanwhile, heat vegetable

oil in a small saucepan over medium heat. Fry shredded tortillas in batches for 2 minutes or until golden and crispy. Drain on paper towel.

6 Serve salad in cabbage cups topped with pickled radish, crispy tortilla strips and sour cream mixture; drizzle with remaining oil.

Pickled radish

Stir cumin seeds in a dry frying pan over medium heat for 2 minutes or until toasted and fragrant. Place seeds in a medium bowl with vinegar, sugar and salt; stir until sugar dissolves. Add radish; stand for 10 minutes.

PER SERVE Energy 838kcal, 3512kJ • Protein 26.5g • Total Fat 75g • Saturated Fat 23g • Carbohydrate 13.6g • Fibre 3.7g • Sodium 208mg • Sugar 5.7g

TIP

Ceviche is a popular South American seafood dish that 'cooks' by marinating in citrus juice. Sriracha is a medium-hot chilli sauce available from supermarkets.

Cook's NOTES

Patties can be made up to 1 day ahead; store in an airtight container in the fridge. Use a mandoline or V-slicer to slice the fennel very thinly.

PEA, TARRAGON & PRAWN FRITTER SALAD

PREP + COOK TIME 45 mins SERVES 4

DF GF LS

- 1½ cups frozen peas
- 1 clove garlic, peeled
- 250g peeled uncooked medium king prawns, coarsely chopped
- 1 tablespoon fresh tarragon leaves, plus 1 tablespoon extra
- ½ teaspoon finely grated lemon zest
- ¼ cup extra virgin olive oil
- 2 cups firmly packed trimmed watercress
- 2 cups firmly packed trimmed snow peas
- 1 medium fennel bulb, thinly sliced
- 1 stalk celery, trimmed, sliced thinly on the diagonal
- ¼ cup roasted whole blanched almonds, coarsely chopped

MUSTARD & LEMON DRESSING

- 1½ tablespoons dijon mustard
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil

- 1 Boil, steam or microwave peas and garlic together until peas are tender; drain.
- 2 Blend or process garlic and 1 cup of the peas with prawns, tarragon and zest until combined; season. Heat oil in a large non-stick frying pan over medium heat; drop level tablespoons of prawn mixture into oil, in batches, cook for 2 minutes each side or until golden and cooked through. Cover to keep warm.
- 3 Meanwhile, make Mustard & lemon dressing (see below). Place watercress, snow peas, fennel, celery, blanched almonds, extra tarragon and remaining peas in a large bowl with half the dressing; toss to combine.
- 4 Serve fritters with salad, drizzled with remaining dressing.

Mustard & lemon dressing

Whisk ingredients in a small bowl until combined; season to taste.

PER SERVE Energy 343kcal, 1438kj • Protein 20.3g • Total Fat 23g • Saturated Fat 3g • Carbohydrate 9.5g • Fibre 8g • Sodium 383mg • Sugar 6.6g

Want more recipes? Search **salad** on

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*Korean Beef &
Spring Onions*
RECIPE ON PAGE 58

NICI
WICKES



'WHAT SHOULD I BRING?'

WITH BARBECUE AND PARTY SEASON UPON US, THERE'S ONE QUESTION WE FIND OURSELVES ASKING ALL THE TIME— WHAT SHOULD I BRING? FOUR OF NEW ZEALAND'S MOST TRUSTED COOKS SHARE THEIR FAVOURITE BRING-A-PLATE RECIPES

As long as the weather's good and the beer's cold, we as a nation will be outside, gathered around a table with family and friends and eating and drinking our way through feast after delicious feast. But it's always sweeter when everyone's contributed to the table – and sometimes the humble chip and Kiwi onion dip just won't cut it! If you need

a few new and fresh ideas for the next time you're going to a dinner party or barbecue, we asked four of Aotearoa's finest foodies – Nici Wickes, food editor of *New Zealand Woman's Weekly*, national treasure Jo Seagar, TV chef Michael van der Elzen and international superstar and *The Sugar Club* chef Peter Gordon – for their take on the perfect plate to bring to a get-together.

Broad Bean, Feta & Lemon Pepper Savouries
RECIPE ON PAGE 61

JO
SEAGAR



"Sliders, or mini-burgers, are a great addition to a barbecue because everyone can have a taste and still have room to try the other dishes, as they are only two or three bites each. You can experiment a bit more with the favours that you put into them. Forget the classics – these ones will make you feel like summer is well and truly here with homemade hummus and tzatziki, which can be prepared earlier at home and put together at the potluck."

MIKE'S LAMB SLIDERS

SERVES 6

- 500g lamb mince
- ½ tablespoon mustard seeds
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- 1 egg
- pinch salt and pepper
- 2 tablespoons breadcrumbs
- 6 small burger buns or slider buns
- 2 tablespoons extra virgin avocado oil
- 1 cos lettuce

HUMMUS

- 1 400g can cooked chickpeas in springwater
- 1 tablespoon tahini
- juice of 1 lemon
- ¼ cup toasted walnuts
- 2 tablespoons olive oil
- pinch salt
- pinch pepper

TZATZIKI

- ½ fennel bulb, finely sliced
- juice of ½ lemon
- 1 cup cold water
- ¼ telegraph cucumber, deseeded and peeled into strips
- 1 green chilli, deseeded and finely chopped
- 6 fresh mint leaves, finely chopped
- 2 tablespoons natural unsweetened yoghurt
- pinch sea salt

- 1 Make the Hummus and Tzatziki (see right).
- 2 Mix the lamb, mustard, cumin, smoked paprika, egg, salt, pepper and breadcrumbs in a large bowl until sticky and well combined. Form the mix into 6 equal-sized patties and lightly fry in a little vegetable

oil until golden brown.

3 Assemble your lamb burgers by first toasting the buns and brushing with avocado oil. Spread a little hummus on the base of each bun, then cos lettuce, the lamb patty and a drizzle of tzatziki.

Hummus

Blitz all of the ingredients together until smooth. Adjust the seasoning to taste and add a little cold water if necessary to achieve the right consistency.

Tzatziki

Cover the sliced fennel with the lemon juice and cold water for 10 minutes, then drain. In a bowl, mix the fennel, cucumber, chilli, mint and yoghurt. Season to taste with a pinch of sea salt.



"Forget expensive eye fillet or sirloin; barbecue cheaper cuts of beef instead, such as flat iron or rump. When cooked right, they're juicy with just the right amount of chewiness, and super tasty."

NICI'S KOREAN BEEF & SPRING ONIONS

SERVES 2-4

- 3 tablespoons caster sugar
- 6 tablespoons dark soy sauce
- 2 tablespoons vegetable oil, plus extra for grilling
- 2 tablespoons sesame oil
- squeeze lemon juice
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, grated
- 500g flat iron or rump steak
- 6-8 spring onions
- toasted sesame seeds, to serve

- 1 In a large bowl, stir together sugar, soy sauce, oils, lemon juice, ginger and garlic. Stir until sugar is dissolved.
- 2 Add the steak, massage the marinade into the

meat and leave at room temperature for at least 30 minutes, or refrigerate overnight (see Tip).

3 Cook beef on grill heated to medium. Baste with leftover marinade as it cooks. Cook to medium-rare, which will be when it feels similar to your thumb flesh when you lightly touch your thumb and index finger together. Rest for 15 minutes while you cook the spring onions.

4 Brush spring onions with oil and grill until soft – even charred in places.

5 Cut meat into thin slices across the grain and serve with spring onions and sprinkles of sesame seeds. Add bread or buns and a green salad to complete your easy meal!

TIP

Zip lock bags are great for marinating meat in as they allow the marinade to stay in contact with the meat.

MICHAEL
VAN DE
ELZEN



PETER'S ESCALIVADA

SERVES 6-8 as a side dish

- 3 red capsicums
- 2 large tomatoes
- 1 eggplant
- 2 red onions, peeled and cut into ½ cm-thick rings (discard the top and bottom)
- 6 spring onions, use bottom half only
- 4 cloves garlic, peeled and finely grated
- ½ teaspoon finely grated lemon zest
- 2 tablespoons lemon juice
- 4 tablespoons extra virgin olive oil
- 1 handful mint and basil leaves, torn

1 Grill the capsicums and tomatoes (don't oil them) on a barbecue, over a gas flame or in the oven until their

skins blister and blacken and they begin to soften. Place in a plastic bag.

2 Cook the eggplant the same way, but prick it several times before doing so. You need to grill it until the skin blackens and you can almost squeeze it inwards. Place this in a separate plastic bag.

3 Grill the onions (or cook in a skillet) on both sides until marked and a little softened. Place on a plate to cool.

4 Grill the spring onions all over until softened and slightly blackened, then peel off any badly burnt pieces while still warm.

5 Mix the garlic with the lemon zest and juice in a large bowl.

6 Once the vegetables have cooled

enough for you to handle, take from their bags, peel their skins and remove stalks. Cut the capsicums in half and remove the seeds.

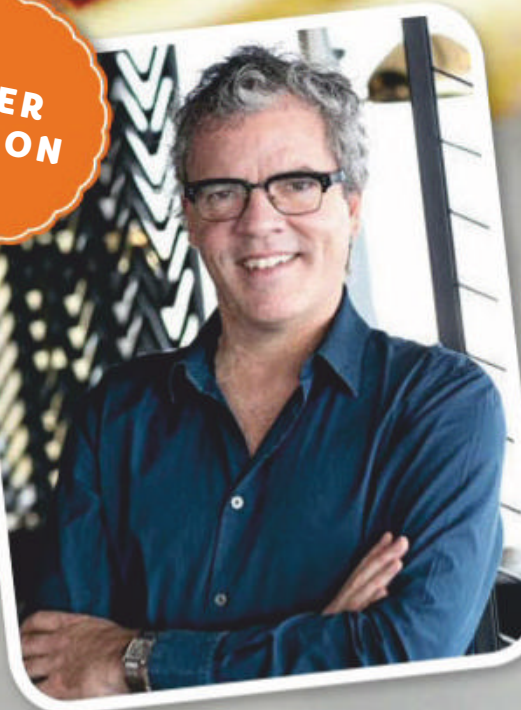
7 Split the eggplant in half lengthways and gently squeeze out excess moisture, as this can be a little bitter. Cut into thin strips and add to the lemon in the bowl. Cut the capsicums and tomatoes into strips and add to the bowl.

8 Slice the red onions and spring onions; add to the other vegetables with the olive oil and herbs; mix well. Season to taste.

➞ See opposite page for Peter's perfect barbecue accompaniments.

"This Catalan dish is similar to French ratatouille and, like ratatouille, it tastes even better the day after you make it. It's fabulous served as a dish in its own right, with crusty bread and green salad, or alongside grilled pork, lamb or fish, or on bruschetta with mozzarella or goat's cheese."

PETER GORDON



"Both of these side dishes go really well with any type of lamb, in the classic way that mint always does. However, they also team well with roast chicken and grilled or pan-fried oily fish, such as tuna, salmon and mackerel."

PETER'S MINTED GARLIC YOGHURT

SERVES 4 as a side dish

- 300ml plain thick yoghurt
- 1 clove garlic, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil
- 1 handful mint leaves, shredded
- 1 teaspoon flaky salt
- 50ml cold water
- salt and freshly ground black pepper

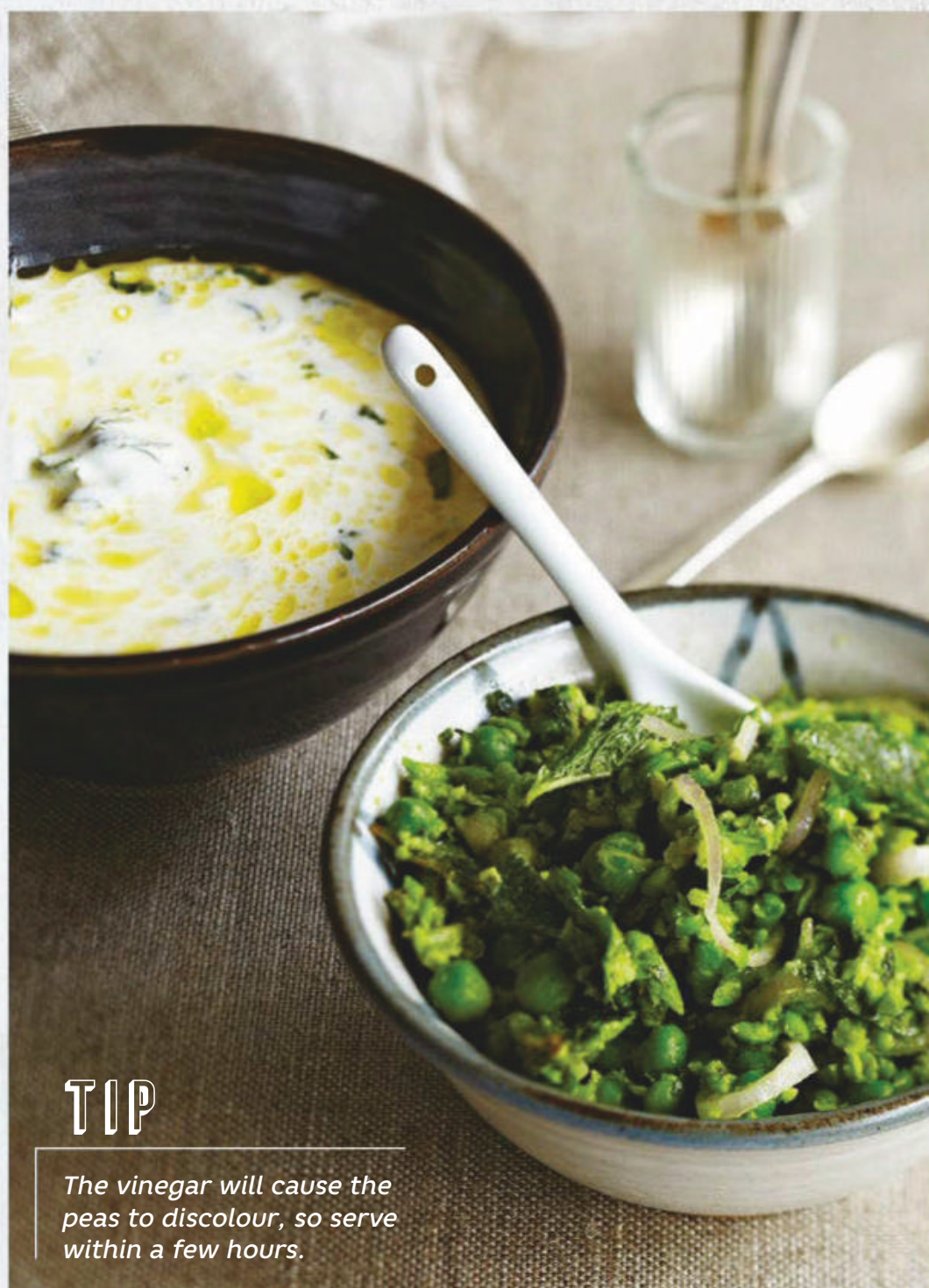
- 1 Mix the yoghurt, garlic and lemon juice together.
- 2 Mix in everything else and leave for at least 1 hour to settle and mellow.
- 3 Season to taste, mix again and serve chilled.

PETER'S MINTED PEA SALSA

SERVES 4 as a side dish

- 200g peas, frozen or fresh
- 1 spring onion, thinly sliced
- 1 handful mint leaves
- 4 tablespoons extra virgin olive oil
- 2 shallots, peeled and thinly sliced into rings
- 2 tablespoons rice vinegar or cider vinegar
- salt and freshly ground black pepper

- 1 Boil peas in lightly salted water until just cooked, then drain and refresh under cold running water.
- 2 Place half the peas in a food processor with the sliced spring onion and the mint leaves and pulse to a coarse texture. Do not purée. Tip into a bowl and mix with the remaining peas and the olive oil. Leave for 30 minutes.
- 3 Mix the shallots with the vinegar and leave for 30 minutes as well.
- 4 Mix the peas with the shallots and season.



TIP

The vinegar will cause the peas to discolour, so serve within a few hours.



"These are tasty little tarts. I have used small square tart tins but they are just as desirable in a round tart shape."

JO'S BROAD BEAN, FETA & LEMON PEPPER SAVOURIES

MAKES 12

- 3 sheets frozen flaky pastry, thawed
- 1 cup grated tasty cheese
- ½ cup peeled broad beans (can be thawed frozen beans)
- 100g feta, cut into broad bean-sized cubes
- 2 teaspoons lemon pepper seasoning
- 2 eggs
- ½ cup cream

- 1 Preheat oven to 200°C. Spray a 12-cup tartlet tray or mini-muffin tin with

non-stick baking spray.

- 2 Cut the pastry to fit the tartlet cases or muffin cups. Line each with the pastry.
- 3 Divide the grated cheese, broad beans, feta and lemon pepper amongst the tarts.
- 4 Whisk the eggs and cream together and pour carefully into each case, dividing the mixture amongst the 12. Do not overfill. The mixture should three-quarters fill each case.
- 5 Bake for 15–18 minutes until golden and puffed. Serve warm.

TIP

This recipe is easily doubled and cooked in two batches. It can be prepared up to 24 hours ahead and stored in the refrigerator before reheating and serving. They do not freeze particularly well. Always serve them warm. It seems a bit of a faff to peel broad beans, but the thick grey skin really isn't very nice in a delicate little party savoury. Simply split the skins with thumbnail and pop out the bright green beans. It is a quick, easy job and takes a broad bean to a whole new culinary level.

We Scream For Icecream

NO ICECREAM MAKER? NO PROBLEM.
AMAZING FLAVOURS MAKE OUR EIGHT
EASY, NO-CHURN ICECREAMS SUMMER'S
COOLEST INDULGENCE – FROM SWEET
TREATS FOR KIDS TO ADULT DELIGHTS



Whiskey Sour Cherry
RECIPE ON PAGE 69



Chocolate Munchies

RECIPE ON PAGE 69

Tips

◆ The world's your oyster when it comes to adding sweet treats to your icecream – use your imagination and add in gummy lollies to make your own goody goody gum drop version, or Skittles or Jaffas to customise our Chocolate Munchies recipe.

◆ Icecream doesn't have to be served in a bowl or a cone – have it in between wafers or cookies for an icecream sandwich, or on top of cupcakes.

◆ Experiment with deep-frying icecream for the ultimate treat – yes, it's possible! Freeze solid scoopfuls, then cover with flour, egg and batter. Once it's deep-fried, the icecream will have a crispy shell.

◆ Getting the kids involved in making icecream is easy, and a great way to introduce them to cooking. Plus, they'll enjoy the finished product even more knowing that they made it themselves!

◆ Homemade icecream is the perfect dish to take to a summer BBQ – your host will appreciate the effort you've gone to.

◆ Always remember to leave enough time for your creation to freeze – make your icecream before anything else on the menu. If we've learnt nothing else from reality cooking shows, it's that it's always the icecream that takes the longest!

SALTED WATERMELON SHERBET

PREP + COOK TIME 15 mins + cooling & freezing **MAKES** 2 litres



- 2.35kg piece seedless watermelon (see Cook's Notes)
- 1 cup caster sugar
- 1 cup boiling water
- 1 rosehip and hibiscus tea bag
- ¾ teaspoon sea salt
- ¼ cup lemon juice
- 1 egg white
- 1 cup Greek-style yoghurt

1 Cut flesh from watermelon; discard rind. Cut flesh into 2cm cubes, place in

a bowl; freeze overnight.

2 Place sugar and the boiling water in a medium saucepan, stir over medium heat until sugar dissolves. Add tea bag and salt; simmer for 5 minutes. Stand until cooled. Squeeze liquid from tea bag and discard. Pour syrup into a small jug, stir in lemon juice; cover and refrigerate overnight.

3 The next day, process or blend half the watermelon, syrup, egg white and yoghurt until smooth; tip into a bowl.

Repeat with remaining ingredients; add to the bowl. Stir mixtures to combine.

4 Pour sherbet into a freezer-proof container, cover and freeze for 2 hours, then blend in a food processor until smooth. Return mixture to container; freeze a further 2 hours or overnight until firm.

PER SERVE Energy 108kcal, 454kj • Protein 2g • Total Fat 0.7g • Saturated Fat 0.2g • Carbohydrate 23.3g • Fibre 1g • Sodium 126mg • Sugar 23.3g

Cook's NOTES

A 2.35kg piece of watermelon is approximately ¼ of a large watermelon. You will need to start this recipe the day before.





Cook's NOTES

We used stroopwafels, a syrupy crisp waffle biscuit, available from select supermarkets and delis. However, you can use any biscuit. You can scoop the icecream instead of cutting into slices or squares if you prefer.



CHUNKY MONKEY

PREP TIME 20 mins + cooling & freezing **MAKES** 1½ litres



- 1 cup raw cashews
- 1 cup boiling water
- 2 ripe bananas, chopped
- 2 tablespoons lemon juice
- 270ml can coconut milk
- ⅔ cup pure maple syrup
- 1 teaspoon sea salt
- 375g jar natural peanut butter
- 100g dark chocolate, finely chopped
- ½ cup roasted peanuts, coarsely chopped
- 12 dairy-free biscuits or stroopwafels, to serve (see Cook's Notes)

1 Place cashews in a medium heatproof bowl, pour over the boiling water; stand until cooled. Drain.
2 Blend cashews, banana and lemon juice until smooth. Add coconut milk, maple syrup, salt and all but 2 tablespoons of the peanut butter; blend until smooth.
3 Pour into a 20cm-square

cake tin. Cover; freeze overnight until firm.
4 Turn icecream out onto a chopping board; chop into pieces. Blend until smooth. Wash and dry cake tin; line base and sides with baking paper, extending paper slightly beyond the rim. Return icecream to tin, dot over remaining peanut butter, add half each of the chocolate and peanuts; stir to swirl. Freeze a further hour or until firm again.
5 Using paper as an aid, lift icecream from tin. Cut into 6 squares; roll sides in remaining chocolate and peanuts. Sandwich icecream between biscuits or stroopwafles.

PER SERVE Energy 591kcal, 2475kj
 • Protein 14.4g • Total Fat 41.3g • Saturated Fat 14.2g • Carbohydrate 40.5g • Fibre 4.5g • Sodium 460mg • Sugar 30g

PEACH & GINGER BEER ICECREAM

PREP + COOK TIME 35 mins + cooling & freezing **MAKES** 1¼ litres



- 375ml bottle strong ginger beer
- 2 large peaches cut into 1cm pieces
- 1 teaspoon ground ginger
- 2 tablespoons lemon juice
- 300ml cream
- 1¼ cups icing sugar
- 250g mascarpone

1 Bring ginger beer, peaches and ginger to the boil in a medium saucepan; reduce heat to a simmer, cook for 18 minutes or until peaches are tender. Strain. Return peach liquid to pan with lemon juice; simmer a further 5 minutes, or until syrup is reduced to ½ cup. Pour syrup over peaches; cool. Refrigerate until cold.
2 Beat cream and sifted icing sugar in a large bowl with an electric mixer until soft peaks form. Fold in

mascarpone and peach mixture. Spoon mixture into a baking paper-lined, 6-cup, freezer-proof container. Cover; freeze for 6 hours or overnight until firm.
3 Fill a sink with hot water; partially immerse icecream for a few seconds to loosen from the sides. Turn loaf out onto a baking paper-lined board; remove lining paper. Serve cut into slices.

PER SERVE Energy 286kcal, 1199kj
 • Protein 3g • Total Fat 19.4g • Saturated Fat 12.5g • Carbohydrate 25.5g • Fibre 0.9g • Sodium 97mg • Sugar 25.3g

TIP

You can use tinned peaches for this recipe if fresh peaches are out of season.

WHITE CHOCOLATE & POTATO CHIP

PREP + COOK TIME 20 mins + cooling & freezing **MAKES 1 litre**



- 200g white chocolate (see Tip)
- 100g Crinkle Cut Salt & Vinegar chips (check for gluten-free)
- ½ cup water
- 395g can sweetened condensed milk
- 3 egg yolks
- 1½ cups cream
- 2 teaspoons finely grated lemon zest
- hundreds & thousands, to serve

1 Break half the chocolate into a small heatproof bowl. Place bowl over a saucepan of gently simmering water (don't allow the bowl to touch water), stir until melted. Remove bowl from pan. Finely chop remaining chocolate, add to melted chocolate and stir off the heat until melted. Return bowl to pan to loosen chocolate slightly, then remove from pan. (This process is called tempering and will help set the chocolate hard.)

2 Spread chips one at a time with chocolate to completely coat; place on a baking paper-lined tray; leave to set.

3 Add the water, condensed milk and

egg yolks to the bowl with the chocolate (there will be hardly any chocolate left). Whisk mixture over the pan of gently simmering water (don't allow the bowl to touch the water), until mixture is smooth and thick enough to coat the back of the spoon like custard. Remove from heat; cool 20 minutes.

4 Whisk cream and zest in a large bowl with an electric mixer until soft peaks form. Pour white chocolate mixture over cream; gently fold together with a large metal spoon.

5 Transfer mixture to a 6-cup, freezer-proof container. Cover, freeze 1½ hours or until beginning to firm. Add three-quarters of the chocolate-coated chips; gently fold in without crushing. Freeze a further 4 hours or overnight until firm.

6 Serve scoops topped with remaining chips, scattered with hundreds & thousands.

PER SERVE Energy 466kcal, 1953kj • Protein 6.6g • Total Fat 33g • Saturated Fat 19.6g • Carbohydrate 38g • Fibre 4g • Sodium 158mg • Sugar 33.4g

TIP

Use a good quality white chocolate for the best tasting result – look for one with about 30 per cent cocoa solids.



KEY LIME PIE ICECREAM

PREP 15 mins + freezing MAKES 1 litre



- 4 limes
- 270ml can coconut cream, shaken, chilled
- 300ml cream
- 1½ cups icing sugar
- green food colouring, optional
- 1 cup Greek-style yoghurt
- 4 shortbread biscuits, coarsely crushed
- lime zest, extra to serve

1 Finely grate zest from 3 limes. Roll limes vigorously on a counter to loosen juice from flesh. Juice limes; you will need approximately ¾ cup juice. (Don't worry if your yield is slightly less.)

2 Beat the coconut cream, cream, sifted icing sugar and food colouring, if using, in a medium bowl with an electric mixer until soft peaks form. Gently fold in the lime juice and rind, followed by the yoghurt and shortbread biscuits.

3 Transfer mixture to a 6-cup, freezer-proof container. Cover; freeze 6 hours or overnight until firm.

4 Serve scoops of icecream scattered with extra lime zest.

PER SERVE Energy 404kcal, 1693kj • Protein 4.6g
• Total Fat 26g • Saturated Fat 19g • Carbohydrate 37.5g • Fibre 2.2g • Sodium 62mg • Sugar 33.6g

TIP

Instead of serving as scoops, freeze in a loaf tin, top with lime zest and crushed-up shortbread and slice.



BERRY PAVLOVA

PREP 20 mins + freezing

MAKES 1 litre



- 1¾ cups icing sugar
- 400g mixed frozen berries
- 2 teaspoons vanilla extract
- 1 cup Greek-style yoghurt
- 1 cup buttermilk
- 250g mascarpone
- 30g vanilla flavoured mini meringues, crushed

1 Sift icing sugar into a bowl. Process ½ cup of the sifted icing sugar with the frozen berries for 4 minutes, scraping down the side of the bowl with a spatula, until mixture resembles a smooth sorbet. Set food processor bowl aside in the freezer.

2 Meanwhile, beat vanilla, yoghurt, buttermilk, mascarpone and remaining sifted icing sugar in a large bowl with an electric mixer until soft peaks form.

3 Drop alternate spoonfuls of berry mixture and cream mixture into an 18cm cake tin (or 4-cup freezer-proof container), scattering with the crushed meringues as you layer until all ingredients are used.

4 Cover; freeze for 6 hours or overnight until firm.

PER SERVE Energy 328kcal, 1376kj • Protein 7g • Total Fat 14g • Saturated Fat 8g • Carbohydrate 44g • Fibre 1.6g • Sodium 148mg • Sugar 43.8g

TIP

For a tropical version, substitute the frozen berries for frozen mango and banana, and top with passionfruit pulp and sliced kiwifruit.



WHISKEY SOUR CHERRY

PREP + COOK TIME 20 mins + cooling & freezing
MAKES 1½ litres



- 500g frozen cherries
- ½ cup whiskey
- 1½ cups caster sugar
- ¼ cup lemon juice
- 300ml cream
- 250g sour cream

1 Place cherries, half the whiskey and the sugar and lemon juice in a large saucepan; stir over medium heat, crushing cherries with the back of the spoon until sugar dissolves.

2 Bring to the boil, boil for 10 minutes or until mixture is reduced to 2½ cups. Cool. Refrigerate until chilled.

3 Beat creams in a large bowl with an electric mixer until soft peaks form. Add cherry mixture and

remaining whiskey; gently fold together until combined.

4 Transfer mixture to a freezer-proof container. Cover; freeze 6 hours or overnight until firm.

PER SERVE Energy 358kcal, 1499kj • Protein 7g • Total Fat 21g • Saturated Fat 13g • Carbohydrate 29.6g • Fibre 1g • Sodium 17mg • Sugar 29.6g

TIP

You can use brandy instead of whiskey, if you prefer.



CHOCOLATE MUNCHIES

PREP + COOK TIME 15 mins + freezing **MAKES** 1 litre



- 100g milk chocolate
- ½ cup water
- 2 tablespoons Dutch-process cocoa
- 1 cup buttermilk
- 250g mascarpone
- 1½ cups icing sugar
- 1 cup pretzels, coarsely crushed
- 160g Mini M&M's, ½ coarsely chopped
- waffle cones, to serve

1 Break chocolate into a medium heatproof bowl; add the water and cocoa. Place bowl over a medium saucepan of simmering water, cook, stirring until smooth and just melted. Stir in buttermilk; cool to room temperature.

2 Transfer chocolate mixture to the large bowl of an electric mixer. Add mascarpone and sifted

icing sugar; beat on high speed until mixture thickens enough to hold a trail when beaters are lifted.

3 Transfer mixture to an 8-cup, freezer-proof container, freeze 2 hours, blend in a food processor until smooth. Fold in pretzels and half the M&M's. Freeze 6 hours or until firm.

4 Serve scoops in waffle cones topped with M&M's.

PER SERVE Energy 487kcal, 2040kj • Protein 6.5g • Total Fat 24g • Saturated Fat 15.6g • Carbohydrate 63g • Fibre 0.7g • Sodium 231mg • Sugar 56g

TIP

For a richer icecream, use dark instead of milk chocolate.

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*Sweet Soy
Beef on Rice*
RECIPE ON PAGE 75



TURNING *Japanese*

JAPANESE CUISINE IS SO MUCH MORE THAN SUSHI AND KATSU. FROM SUBTLE, DELICATE FLAVOURS TO THOSE THAT ARE SPICY AND ROBUST, THERE ARE OPTIONS TO SATISFY EVERY PALATE. WOW FAMILY AND FRIENDS WITH THIS SELECTION OF QUICK AND EASY-TO-PREPARE CLASSICS

TIPS

- Soy sauce is essential for Japanese cooking, but it's also a very handy condiment to have in the pantry for other cuisines too. Add a tablespoon or so into your next spaghetti bolognese for an instant savoury boost.
- Miso paste is another great ingredient to have on hand – add a teaspoon and a squeeze of lemon juice into $\frac{3}{4}$ cup of good-quality mayonnaise for an instant dressing, perfect for coleslaw. Miso paste is also a brilliant marinade for chicken and fish.
- Once you've mastered the basics of our sushi rolls on page 74, get creative with the fillings. Whatever you've seen in your local sushi restaurant will work, but you can also make up your own non-traditional combinations, such as incorporating Pacific flavours such as coconut and prawn, or a taste of South America with pulled pork and lettuce.



SALMON TERIYAKI

PREP + COOK TIME 20 mins + standing **SERVES** 4



- 120g cabbage, finely shredded
- 4 salmon fillets (700g), skinned

TERIYAKI MARINADE

- ⅔ cup Japanese soy sauce
- ⅔ cup mirin
- 2 tablespoons sake (see Tips)
- 1 tablespoon sugar

- 1 Finely shred cabbage, set aside.
- 2 Make teriyaki marinade (see right).
- 3 Combine salmon and marinade in a medium bowl; stand for 10 minutes, turning occasionally.
- 4 Drain salmon over a medium bowl; reserve marinade. Cook salmon on a heated oiled grill plate (or grill or barbecue), brushing occasionally with marinade, until cooked to your liking.
- 5 Bring reserved marinade to the boil in a small saucepan. Reduce heat;

simmer for 5 minutes or until sauce thickens slightly.

- 6 Serve salmon with cabbage; drizzle with sauce.

Teriyaki marinade

Stir ingredients in medium bowl until sugar dissolves.

PER SERVE Energy 428kcal, 1793kj • Protein 40.3g • Total Fat 23.5g • Saturated Fat 4.8g • Carbohydrate 11g • Fibre 0.3g • Sodium 2303mg • Sugar 10g

TIPS

If you don't have sake, use Chinese rice wine or dry sherry instead. If you prefer lower sugar recipes, substitute half the sugar for stevia in the broth.

SUKIYAKI

PREP + COOK TIME 30 mins **SERVES** 4



- 200g firm tofu
- 400g fresh gelatinous noodles
- 8 fresh shiitake mushrooms
- 600g beef rump steak
- 4 spring onions, finely chopped
- 300g spinach, trimmed, coarsely chopped
- 125g can bamboo shoots, drained, thinly sliced
- 4 eggs

BROTH

- 1 cup Japanese soy sauce
- ½ cup sake
- ½ cup mirin
- ½ cup water
- ½ cup caster sugar (see Tips)

- 1 Press tofu between two chopping boards with a weight on top, raise one end of the boards to allow moisture to drain; stand for 25 minutes. Cut tofu into 2cm cubes.
- 2 Meanwhile, make Broth (see below).
- 3 Rinse noodles under hot water; drain. Cut into 15cm lengths.
- 4 Discard mushroom stems; cut a cross in top of caps. Trim beef of all fat; slice thinly. Retain a small piece of beef fat for greasing sukiyaki pan. Arrange ingredients on platters or in bowls. Place broth in medium bowl. Break eggs into individual bowls; beat lightly.
- 5 Heat greased sukiyaki pan on a portable gas cooker at the table (or use an electric frypan); add one-quarter of the beef, stir-fry until partly cooked. Add one-quarter each of the vegetables, tofu, noodles and broth. Dip cooked ingredients in egg before eating (see Cook's Notes).
- 6 As ingredients are eaten, add remaining ingredients and broth to pan, in batches.

Broth

Stir ingredients in saucepan over medium heat until sugar dissolves.

PER SERVE Energy 876kcal, 3667kj • Protein 62.6g • Total Fat 13.6g • Saturated Fat 3.3g • Carbohydrate 113g • Fibre 9.7g • Sodium 3612mg • Sugar 41g



Cook's
NOTES

Sukiyaki is shared at the table from the pan in which it was cooked. Diners dip the hot ingredients into their bowls of egg. Note: pregnant women, the elderly, and those with immune deficiencies should not eat raw egg. Sukiyaki can also be enjoyed without it.



SUSHI HAND ROLLS

PREP TIME 30 mins MAKES 16



- 1 Lebanese cucumber
- 3 cups prepared sushi rice (see opposite page)
- 4 sheets toasted seaweed (yaki-nori)
- 1 large avocado
- 1 tablespoon lemon juice
- 2 tablespoons mayonnaise
- 1 teaspoon wasabi paste
- 300g surimi or crab meat
- 1 teaspoon black sesame seeds, toasted
- ½ cup soy sauce
- 2 tablespoons drained pink pickled ginger

- 1 Halve cucumber lengthways; discard seeds with teaspoon. Cut into 16 strips.
- 2 Place rice in non-metallic bowl; cover with damp cloth. Cut each sheet of seaweed into quarters; cover with plastic wrap until ready to serve. Slice avocado thinly, brush with lemon juice to stop it discolouring; cover. Combine mayonnaise and wasabi in a bowl; cover.
- 3 Place a piece of seaweed, shiny-side down, diagonally across palm of one hand. Dip fingers of other hand in bowl of rice vinegared water (see Cook's Note opposite page), shake off excess water; pick up about 2 tablespoons of the rice, place in centre of seaweed, then 'rake' rice towards top corner of seaweed, making a slight groove down the middle of the rice for the filling.
- 4 Using finger, swipe a dab of wasabi mayonnaise along the groove, topping it with a slice each of avocado, surimi or crab meat and cucumber, then a small sprinkle of seeds. Fold one side of the seaweed over to stick to rice; fold other side of seaweed over the first to form a cone. (Tip of cone can be folded back to hold cone shape securely.)
- 5 Repeat process with remaining seaweed pieces, rice, mayonnaise, avocado, seafood, cucumber and seeds to make 16 rolls in total.
- 6 Dip rolls in some sauce; top with a slice of pickled ginger and eat immediately.



1

Dip fingers in rice vinegared water before picking up rice.



2

Use finger to swipe wasabi mayonnaise along groove in rice.



3

Fold sides of seaweed over the filling to form a cone.

PER SERVE Energy 106kcal, 446kj • Protein 4g • Total Fat 4.6g • Saturated Fat 0.8g • Carbohydrate 11.7g • Fibre 0.9g • Sodium 713mg • Sugar 1.4g

SUSHI RICE

PREP + COOK TIME 25 mins + standing MAKES 9 cups



- 3 cups sushi rice
- 3 cups water

SUSHI VINEGAR

- ½ cup rice vinegar
- ¼ cup sugar
- ½ teaspoon salt

- 1 Place rice in large bowl with just enough cold water to cover; stir. Drain; repeat process two or three times until water is almost clear. Drain rice in strainer for at least 30 minutes.
- 2 Meanwhile, make Sushi vinegar (see right).
- 3 Place rice and the water in medium saucepan, cover tightly; bring to the boil. Reduce heat; simmer, covered tightly, on low heat for about 12 minutes or until water is absorbed. Remove from heat; allow rice to stand, covered, 10 minutes.
- 4 Spread rice in large, non-metallic flat-based bowl or tub (preferably wood). Using large flat wooden spoon or plastic spatula, repeatedly slice through rice at sharp angles to break up lumps and separate grains, gradually

pouring in sushi vinegar. Not all of the vinegar may be required; rice shouldn't become too wet or mushy. Continue to slice through the rice with one hand (don't stir because it crushes the rice grains), lifting and turning rice from outside into centre.

5 Meanwhile, using other hand, fan rice until it is almost cool; this will take about 5 minutes (an electric fan, on the low setting, can be used instead if you prefer). Do not over-cool the rice or it will harden. Performing these two actions together will give you glossy, slightly sticky, but still separate sushi rice. Keep rice covered with damp cloth to stop it drying out while making sushi.

Sushi vinegar

Stir ingredients in small bowl until sugar dissolves. (For a slightly less sharp mixture, heat it gently just before using.)

PER SERVE Energy 277kcal, 1162kj • Protein 5.7g • Total Fat 0.4g • Saturated Fat 0.1g • Carbohydrate 60g • Fibre 2.3g • Sodium 393mg • Sugar 3g



Cook's NOTE

For vinegared water, add 1 tablespoon of rice vinegar to a medium bowl of cold water. Sushi rice is great to serve with stirfrys – the vinegar provides subtle flavour.



SWEET SOY BEEF ON RICE

PREP + COOK TIME 20 mins SERVES 4



- 200g konjac noodles, drained (see Tip)
- ½ cup soy sauce
- 1 tablespoon sugar
- ¼ cup mirin
- 300g beef eye fillet, sliced paper thin
- 2 spring onions, cut into chunks
- 2 teaspoons fresh ginger juice
- 5 cups hot cooked sushi rice

and mirin to the boil in a medium saucepan. Add the beef; cook, stirring, until the the beef just changes colour. Strain the beef over a medium heatproof bowl; return the sauce to the same saucepan.

3 Add the onion and noodles to the pan; simmer for 3 minutes or until the onion softens.

4 Return the beef to the pan with the ginger juice; heat through.

5 Divide rice among serving bowls; top with beef, noodles and one-quarter cup of the sauce.

PER SERVE Energy 641kcal, 2686kj • Protein 26.5g • Total Fat 4.6g • Saturated Fat 1.4g • Carbohydrate 117g • Fibre 2.9g • Sodium 2201mg • Sugar 14.6g

TIP

Konjac noodles are made from konjac yams. They're vegan and contain no fat or carbs – just simply fibre.

Want more recipes?
Search **Japanese** on

FOODTOLOVE.CO.NZ

2

Goes with
beef, pork,
chicken, veges
or fish

Goes with
meat or
chicken

1

Four ways with BARBECUE SAUCE

WHIP UP A SIMPLE SAUCE TO COMPLEMENT YOUR NEXT BBQ – WHETHER YOU'RE COOKING MEAT, SEAFOOD OR VEGES, WE'VE GOT YOU COVERED WITH OUR FOUR EASY RECIPES

1

CHIMICHURRI SAUCE

PREP TIME 10 mins MAKES 1 cup

DF GF V LS

In small food processor, process 1 tablespoon **red wine vinegar**, $\frac{1}{2}$ cup **extra virgin olive oil**, 2 halved cloves **garlic**, $\frac{1}{2}$ teaspoon **dried chilli flakes**, 1 teaspoon **sea salt flakes**, 2 cups loosely packed fresh **flat-leaf parsley leaves**, 1 teaspoon **dried oregano** and 1 tablespoon **lemon juice** until finely chopped. Season. Transfer to a small bowl or jar; cover tightly. Refrigerate until ready to use.

PER SERVE Energy 268kcal, 1122kj • Protein 0.9g • Total Fat 29g • Saturated Fat 4.4g • Carbohydrate 0.7g • Fibre 2g • Sodium 566mg • Sugar 0.3g

TIP

Fresh chimichurri will keep in the fridge for up to three weeks.

3

Goes with
chicken or
beef

Goes with
steak,
chicken
or fish

2

SMOKY BARBECUE SAUCE

PREP + COOK TIME 35 mins
MAKES 1½ cups

DF GF V LS

Heat 1 tablespoon **extra virgin olive oil** in a medium saucepan over medium-high heat; cook 1 finely chopped medium brown **onion** for 5 minutes or until softened. Add 2 coarsely chopped cloves **garlic** and 1 tablespoon **smoked paprika**; cook until fragrant. Add 2 teaspoons finely grated **ginger**, 1 tablespoon **tomato paste**, 1 tablespoon **dijon mustard**, ¼ cup **maple syrup**, ¼ cup **apple cider vinegar** and 400g **canned crushed tomatoes**. Simmer, uncovered, for 20 minutes or until thickened. Blend sauce until smooth; season. Cool.

PER SERVE Energy 25kcal, 103kj • Protein 0.5g • Total Fat 0.8g • Saturated Fat 0.1g • Carbohydrate 3.6g • Fibre 0.7g • Sodium 37mg • Sugar 3.5g

TIP

Add ½-1 teaspoon of chilli flakes if you like a little heat.

3

ROMESCO SWIRL SAUCE

PREP + COOK TIME 20 mins + cooling
MAKES 1 cup

V LS

Preheat oven to 180°C. Roast ⅓ cup **blanched almonds** on an oven tray for 10 minutes or until lightly browned. Cool. Process nuts with 140g drained bottled **fire-roasted capsicum**, 1 chopped clove **garlic**, 1 teaspoon **smoked paprika**, ½ teaspoon **chilli flakes** and 1 tablespoon **sherry vinegar** until smooth. With motor operating, gradually add ¼ cup **extra virgin olive oil** until combined. Transfer to a bowl; season. Swirl with 2 tablespoons **sour cream**.

PER SERVE Energy 166kcal, 694kj • Protein 2.2g • Total Fat 16.7g • Saturated Fat 2g • Carbohydrate 1g • Fibre 1.7g • Sodium 104mg • Sugar 0.8g

TIP

If you can't find fire-roasted capsicum, use fresh instead.

4

ANCHOVY, GARLIC & LEMON BUTTER

PREP TIME 10 mins MAKES ⅓ cup

GF LS

Beat 125g softened **butter** in a small bowl with an electric mixer until light and creamy. Beat in 2 crushed cloves **garlic**, 2 teaspoons finely grated **lemon zest**, 3 chopped **anchovy fillets** and 1 tablespoon finely chopped fresh **flat-leaf parsley** until combined. Season with freshly **ground pepper**.

PER SERVE Energy 101kcal, 426kj • Protein 0.5g • Total Fat 11g • Saturated Fat 4.7g • Carbohydrate 0.2g • Fibre 0.2g • Sodium 152mg • Sugar 0.1g

TIP

You can also fold this sauce through a potato salad.

Want more recipes? Search **sauce** on

FOODTOLOVE.CO.NZ



Make it **AND TAKE IT**

GO BEYOND A HAM SANDWICH WITH
YOUR LUNCHES – IT'S EASY WITH
A LITTLE PREPARATION AND
A BIT OF IMAGINATION!

PLAN & PREPARE

When doing the weekly grocery shop, make lunch ingredients a priority, not an afterthought. Indulge in your favourite meats, cheeses and breads and you won't feel like you are missing out by bringing lunch to work. By planning and packing your lunches the night before, you will also find yourself naturally making healthier choices. It is much harder to resist fast food options if you're hungry and need to grab something quickly.

Lunch can be more than last night's leftovers, though curries, pastas, stir-fries and salads make excellent options. Cook large batches of pastas, curries, soups and stews and freeze them in single portions. Take your lunch out of the freezer the night before and defrost it in the fridge. Refrigerate it when you get to work, and at lunchtime it can be heated in the microwave.

THE HEALTHY LUNCHBOX

Eating a variety of fresh food during the day means you're on your way to reaching the daily target of five servings of vegetables and two of fruit. Low GI carbohydrates, such as wholemeal bread, grainy crispbread, rice and pasta, provide a slow release of energy so you can concentrate throughout the afternoon. Good sources of protein, such as tuna, eggs, chicken and ham, satisfy hunger and will keep you feeling fuller for longer.

STORAGE

There are many lunchbox options to keep food hot, cold and prevent messy leaks and spills. Fruit yoghurts can be frozen overnight to prevent bacteria growth and to also keep the rest of your lunch cool in your lunchbox the next day. Many fruits – grapes, watermelon, oranges, bananas and strawberries – can be frozen, too.

*Crustless Bacon
& Tomato Quiches*
RECIPE ON PAGE 83



Cook's NOTES

If a microwave isn't available at work, spread the pita with baba ganoush, fill with falafel and wrap securely in foil before leaving home. Add salad just before serving.

FALAFEL & CABBAGE SALAD POCKETS

PREP TIME 25 mins MAKES 2



- ½ large tomato
- 2 tablespoons fresh flat-leaf parsley leaves
- ½ small Lebanese cucumber
- 1 large spring onion
- 1 cup shredded red cabbage
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 6 mini falafel
- 2 small pocket pita breads
- ½ cup baba ganoush
- 8 drained pickled peppers, optional

- 1 Coarsely chop tomato, parsley, cucumber and onion. Combine tomato, parsley, cucumber, onion, cabbage and combined oil and juice in medium bowl; season to taste. Pack in small airtight container until ready to serve.
- 2 At work, microwave falafel about 1 minute on HIGH, or until heated through. Break falafel up with a fork. Cut pockets in half. Spread inside of pita with baba ganoush; add falafel, cabbage salad and peppers.

PER PITA Energy 737kcal, 3087kJ
 • Protein 22g • Total Fat 35.7g • Saturated Fat 5.6g • Carbohydrate 72.7g • Fibre 16.2g



BEETROOT HUMMUS & BEEF WRAPS

PREP + COOK TIME 25 mins MAKES 4



- 1 small courgette, sliced thinly sliced lengthways
- 100g canned baby beets
- 420g can chickpeas, drained, rinsed
- 1 tablespoon hulled tahini
- 1 clove garlic, crushed
- 1 tablespoon lemon juice
- ½ cup olive oil
- 4 wraps
- 320g sliced rare roast beef
- 80g baby rocket leaves

- 1 Cook courgette on a heated oiled grill plate (or barbecue) for 3 minutes each side or until browned and tender.
- 2 Blend or process beetroot, chickpeas, tahini, garlic and juice until combined. With motor operating, gradually add oil in a thin, steady stream; process until mixture is smooth. Season to taste.

- 3 Spread wraps with beetroot hummus. Top with the sliced beef, rocket and courgette, then roll to enclose filling.

PER SERVE Energy 605kcal, 2534kJ
 • Protein 37.4g • Total Fat 31.3g • Saturated Fat 5.8g • Carbohydrate 38g • Fibre 8.3g • Sodium 692mg • Sugar 3.5g

TIPS

Wraps can be filled a few hours before serving, or can be assembled at work. Invest in small sauce containers - they're perfect for transporting hummus and dressings to add later.

HAM & BASIL COLESLAW ROLLS

PREP TIME 15 minutes SERVES 4

LS

Cook's NOTES
This recipe is so versatile – adjust the ingredients to your taste and what you have in the fridge and pantry. Pack the ingredients separately – including the dressing and coleslaw – and assemble at work.

- ½ cup lite mayonnaise
- ½ cup lite yoghurt
- 2 cups finely shredded cabbage
- 1 medium carrot, coarsely grated
- 2 shallots, thinly sliced
- ½ cup torn fresh basil leaves
- 4 multigrain bread rolls
- 250g shaved light ham
- 4 apples, to serve

- 1** Whisk mayonnaise with yoghurt in a bowl until combined. Mix in cabbage, carrot, shallot and basil. Season.
- 2** Split the multigrain bread rolls in half; sandwich coleslaw and ham between rolls. Serve each roll with 1 large apple, quartered.

PER SERVE Energy 409kcal, 1712kj • Protein 21g • Total Fat 8.8g • Saturated Fat 1.6g • Carbohydrate 54g • Fibre 11g • Sodium 1532mg • Sugar 25g



TIPS

Invest in good-quality food containers in different sizes. Use them to cut down on your use of plastic wrap and foil, which is costly and bad for the environment. Cut wraps in half if you like.



PEA, BROAD BEAN & EGG ROLL-UPS

PREP + COOK TIME 25 mins MAKES 2



- 2 eggs
- 1 cup frozen broad beans
- 10g butter
- 1 shallot, finely chopped
- ½ cup frozen peas
- 1 tablespoon finely grated lemon zest
- ½ cup finely grated parmesan cheese
- 1 teaspoon chopped fresh mint leaves
- 2 large bread wraps

1 Place eggs in small saucepan of cold water; bring to the boil. Boil, uncovered, for 3 minutes; drain. Place eggs under cold water until cool enough to handle; peel eggs.

2 Meanwhile, boil, steam or microwave broad beans for 1 minute or until thawed. Rinse under cold water; when cool enough to

handle, peel beans.

3 Heat butter in medium frypan over medium heat; cook shallot, stirring, until soft. Add beans, peas and zest; cook, stirring, until peas and beans are bright green. Add cheese, stir to combine.

4 Transfer pea mixture to medium bowl; mash coarsely with a fork. Add mint and

eggs; mash coarsely. Season to taste.

5 Spoon mixture into centre of wraps, roll up firmly; secure with folded baking paper.

PER ROLL Energy 273kcal, 1144kJ
• Protein 19.7g • Total Fat 10.8g • Saturated Fat 4.3g • Carbohydrate 20g • Fibre 8.2g



CRUSTLESS BACON & TOMATO QUICHES

PREP + COOK TIME 40 minutes MAKES 12



- 250g bacon, trimmed, coarsely chopped
- 6 spring onions, chopped
- 100g feta, coarsely crumbled
- 12 fresh small basil leaves, plus extra to serve
- 100g heirloom cherry tomatoes, halved lengthways
- 6 eggs
- ½ cup cream

1 Preheat the oven to 170°C. Grease a 12-hole muffin pan; line the bases with baking paper.

2 Cook bacon in a medium frying pan over medium heat, stirring, for 5 minutes or until crisp. Add spring onion; cook, stirring, for 2 minutes or until the onion is soft. Drain on paper towel.

3 Divide bacon mixture, feta, basil and tomato, cut-side up, among muffin pan holes. Beat eggs and cream in a medium jug; season. Pour mixture evenly into holes.

4 Bake quiches for 18 minutes or until a thin-bladed knife inserted into the centre comes out clean. Cool in the pan for 5 minutes, then transfer to a wire rack to cool slightly. Serve topped with extra basil leaves.

PER SERVE Energy 122kcal, 512kJ
• Protein 7.6g • Total Fat 9.6g • Saturated Fat 5.3g • Carbohydrate 1g • Fibre 0.5g • Sodium 365mg • Sugar 1g

Cook's NOTES

Quiches can be made up to 3 days ahead. Store them in an airtight container in the fridge.

Want more recipes?
Search **lunch** on

FOODTOLOVE.CO.NZ



Four ways with MUSSELS

THEY'RE MIGHTY FAST TO COOK AND DELICIOUS TO EAT – HERE ARE FOUR NEW WAYS TO ENJOY OUR FAVOURITE KAIMOANA

1. TOMATO CHILLI MUSSELS

PREP + COOK TIME 25 mins SERVES 4

GF LS

Melt 40g chopped **butter** in a large saucepan over medium heat; cook 2 crushed cloves **garlic**, 1 finely chopped medium **onion** and 2 thinly sliced, fresh, long **red chillies** for 2 minutes or until onion is soft. Add two 400g cans chopped **tomatoes**; bring to the boil. Add 2kg cleaned **mussels** to pan. Cover; cook for 5 minutes or until mussels open (discard any that don't open).

PER SERVE Energy 515kcal, 2158kj • Protein 61g • Total Fat 17g • Saturated Fat 4.6g • Carbohydrate 26.8g • Fibre 4.4g • Sodium 1954mg • Sugar 10g

2. THAI-STYLE MUSSELS

PREP + COOK TIME 25 mins SERVES 4

DF GF LS

Stir 2 tablespoons **Thai green curry paste** in a large saucepan over medium heat for 30 seconds or until fragrant. Add 1½ cups each **fish stock** and **water**, 1 tablespoon **fish sauce** and 2 teaspoons **brown sugar**; bring to the boil. Add 2kg cleaned **mussels**. Cover; cook for 5 minutes or until mussels open. Add 400ml **coconut milk**; stir for 2 minutes or until hot. Sprinkle with sliced fresh **green chilli**. Serve with **lime cheeks**.

PER SERVE Energy 582kcal, 2437kj • Protein 61g • Total Fat 26.2g • Saturated Fat 16.2g • Carbohydrate 23.8g • Fibre 1.3g • Sodium 2578mg • Sugar 6.3g



3. CHORIZO MUSSELS

PREP + COOK TIME 25 mins SERVES 4

GF LS

Cook 200g sliced **cured chorizo** in a large pan for 2 minutes or until browned. Remove. Cook 2 teaspoons **sweet paprika** in pan for 30 seconds or until fragrant; stir in a 400g can chopped **tomatoes**, pinch of **sugar** and 1 cup **chicken stock**; bring to the boil. Add 2kg cleaned **mussels**. Cover; cook for 5 minutes or until mussels open. Stir in chorizo and chopped **flat-leaf parsley**. Serve with **lemon wedges**.

PER SERVE Energy 582kcal, 2437kj • Protein 70g • Total Fat 21.4g • Saturated Fat 6g • Carbohydrate 24g • Fibre 2.7g • Sodium 2488mg • Sugar 6.7g

Tips

Two steps are necessary before you can cook mussels: scrubbing and bearding. Firstly, discard any mussels already open and those with cracked shells. Scrub the shells with a strong scourer to remove any debris that is attached. Wash the mussels under plenty of cold water. Look between the mussel shells and you will see the rope-like, tough, fibrous beard. To remove it, pull down firmly and jerk it away from the shell.



4. BEER & THYME MUSSELS

PREP + COOK TIME 25 mins SERVES 4

LS

Heat 1 tablespoon **olive oil** in a large saucepan over medium heat. Add 1 finely chopped **onion**, 4 crushed cloves **garlic** and 3 sprigs **thyme**; cook for 2 minutes or until soft. Add 1½ cups **beer**; bring to the boil. Add 2kg cleaned **mussels**. Cover; cook for 5 minutes or until mussels open. Remove mussels. Add 60g chopped **butter** to pan; cook for 2 minutes or until combined. Season. Pour over mussels to serve.

PER SERVE Energy 560kcal, 2348kj • Protein 60g • Total Fat 23g • Saturated Fat 6.6g • Carbohydrate 23g • Fibre 1.4g • Sodium 1811mg • Sugar 3.6g





Taste of **THE TROPICS**

THEY'RE ONE OF NEW ZEALAND'S MOST POPULAR FRUITS, AND THEY'RE AT THEIR TROPICAL BEST DURING THE HEAT OF SUMMER. MAKE THE MOST OF THE SEASON'S BOUNTIFUL BANANA HARVEST WITH THIS LUSCIOUS SPREAD OF DESSERTS AND TREATS

TIPS

⇒ We can't get enough of bananas. In fact, according to the UN Food and Agricultural Organisation, Kiwis eat 72 million kilos of them (\$130 worth per household) a year.

⇒ It's best to use very ripe bananas in baking, as they're easier to mash and they're sweeter. Plus, it's a great way to avoid waste. If you can't get around to baking with

them before they turn, freeze them whole and, once thawed, use them in cakes, muffins and smoothies.

⇒ If your bananas are ripening too quickly, pop them in the fridge. The skin will turn black, but the fruit will be fine.

⇒ On the other hand, if you need them to ripen in a hurry, place with a ripe apple in a brown paper bag on a windowsill.

⇒ Bananas can also be used as a substitute for oil or fat – just replace the same amount of oil or fat you'd use with an equal amount of mashed banana.

⇒ If you're time poor but need a quick sweet treat for the kids, keep some frozen bananas on an iceblock stick in the freezer and simply dip in yoghurt or chocolate and roll in nuts.

Summer baking

*Layered Banana
Butterscotch Cake*

RECIPE ON PAGE 91





Cook's NOTES

The cake can be made up to 2 days ahead; store in an airtight container. Un-iced cake can be frozen for up to 3 months.

BANOFFEE ICECREAM TART

PREP + COOK TIME 40 mins + chilling, freezing & standing **SERVES** 10

V

- 170g butter
- 250g digestive biscuits
- 3 cups vanilla icecream
- ½ cup firmly packed brown sugar
- 395g can sweetened condensed milk
- ½ cup golden syrup or treacle
- ½ cup milk
- 1 cup cream
- 3 small bananas, thickly sliced

TOFFEED PECANS

- ¼ cup caster sugar
- 2 tablespoons water
- 5g butter
- ½ cup pecans

1 Melt 100g of the butter in a small saucepan over a low heat. Process biscuits until fine; with motor operating, add melted butter, process until combined. Press mixture over base and side of a 22cm-round loose-base fluted tart tin. Place tin on a tray; refrigerate for 15 minutes.

2 Place icecream in a large bowl; beat with a wooden spoon until just softened. Spread icecream into tart shell, smooth surface; freeze overnight.

3 Make Toffeed pecans (see right).

4 Chop remaining butter, place in medium saucepan with sugar; stir over high heat until smooth. Add condensed milk and golden syrup; bring to the boil. Boil, stirring constantly, for 10 minutes or until sauce is caramel in colour. Remove from heat; stand for 10 minutes, then gradually stir in milk.

5 Beat cream in a small bowl with an electric mixer until soft peaks form.

6 Spread cream over icecream; top with banana and toffeed pecans. Serve immediately drizzled with warm caramel sauce.

BANANA CAKE WITH PASSIONFRUIT ICING

PREP + COOK TIME 1 hour 30 mins + cooling **SERVES** 10

V

- 125g butter, softened
- ¾ cup firmly packed brown sugar
- 2 eggs
- 1½ cups self-raising flour
- ½ teaspoon baking soda
- 1 teaspoon mixed spice
- 1 cup mashed banana
- ½ cup sour cream
- ¼ cup milk

PASSIONFRUIT ICING

- 2¼ cups icing sugar
- 2 teaspoons softened butter
- 3 tablespoons passionfruit pulp

1 Preheat oven to 180°C. Grease a 15cm x 25cm loaf pan; line base with baking paper. Beat butter and sugar in a small bowl with an electric mixer until light and fluffy. Beat in eggs, one

at a time. Transfer to a large bowl; stir in the sifted dry ingredients, banana, sour cream and milk.

2 Spread mixture into pan; level surface. Bake for 50 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 5 minutes before turning, top-side up, onto a wire rack to cool.

3 Make Passionfruit icing (see below). Spread cooled cake with icing.

Passionfruit icing

Combine ingredients in a medium bowl; stir until smooth.

PER SERVE Energy 400.8kcal, 1677kj •

Protein 4.2g • Total Fat 15g • Saturated Fat 7g • Carbohydrate 63g • Fibre 1.5g • Sodium 283mg • Sugar 47g



Toffeeed pecans

Line an oven tray with baking paper. Stir sugar and water in a small saucepan over low heat, without boiling, until sugar dissolves. Bring to the boil; boil, uncovered, without stirring, until caramel in colour. Remove from heat,

allow bubbles to subside; stir in butter and nuts. Pour mixture onto tray; cool. Break toffee into pieces.

PER SERVE Energy 677kcal, 2833kj • Protein 8.7g
• Total Fat 38g • Saturated Fat 19g • Carbohydrate
77.6g • Fibre 2.7g • Sodium 264mg • Sugar 62.7g

TIP

You need two large overripe bananas and three passionfruit for this recipe.



Cook's **NOTES**

Muffins with the topping will keep in an airtight container, in the fridge, for up to 3 days. Un-iced muffins can be frozen for up to 3 months.

BANANA & CINNAMON MUFFINS WITH CREAM CHEESE TOPPING

PREP + COOK TIME 40 minutes + cooling MAKES 12



- 2 cups self-raising flour
- ⅓ cup plain flour
- 1 teaspoon ground cinnamon, plus ½ teaspoon extra
- ½ teaspoon baking soda
- ½ cup firmly packed brown sugar
- 1 cup mashed banana
- 2 eggs, whisked
- ¾ cup buttermilk
- ⅓ cup vegetable oil

CREAM CHEESE TOPPING

- 125g cream cheese, softened
- ¼ cup icing sugar

- 1 Preheat oven to 200°C. Grease a 12-hole muffin pan.
- 2 Sift flours, first measure of cinnamon, soda and sugar into a large bowl; stir in banana, then egg, buttermilk and oil. Spoon mixture into pan holes.
- 3 Bake muffins for 20 minutes or until a skewer inserted into the centre of one cake comes out clean. Stand in pan for

5 minutes before turning, top-side up, onto a wire rack to cool.

- 4 Make Cream cheese topping (see below). Spread cold muffins with topping; sprinkle with extra cinnamon.

Cream cheese topping

Beat ingredients in a small bowl with an electric mixer until smooth.

PER SERVE Energy 256kcal, 1075kj • Protein 5.6g • Total Fat 11g • Saturated Fat 3.4g • Carbohydrate 33g • Fibre 1.6g • Sodium 262mg • Sugar 12.6g



TIP

You need 4 overripe large bananas for this recipe.

LAYERED BANANA BUTTERSCOTCH CAKE

PREP + COOK TIME 2 hours + cooling & chilling SERVES 12



- 375g butter, softened
- 2 cups caster sugar
- 6 eggs
- 2 cups mashed overripe bananas
- 3 cups self-raising flour
- ½ cup plain flour
- 3 cups pecan halves

BUTTERSCOTCH FROSTING

- 1½ cups firmly packed brown sugar
- ¾ cup cream
- 185g butter, chopped
- 375g cream cheese, softened

BUTTERSCOTCH SAUCE

- 185g butter, chopped
- 1 cup firmly packed brown sugar
- 1 cup cream

- 1 Preheat oven to 180°C. Grease two deep 20cm-round cake pans; line bases with baking paper.
- 2 Make Butterscotch frosting and Butterscotch sauce (see right).
- 3 Beat butter and sugar in a large bowl with an electric mixer until light and fluffy. Beat in eggs, one at a time. Stir in banana, then sifted flours. Divide mixture

between pans; level surfaces.

- 4 Bake cakes for 50 minutes or until a skewer inserted into each centre comes out clean. Stand cakes in pans for 5 minutes before turning, top-side up, onto wire racks to cool.

- 5 Place nuts, in a single layer, on an oven tray. Roast in oven for 10 minutes or until browned lightly, stirring frequently. Remove from tray, cool; chop nuts coarsely.

- 6 Trim tops of cakes to make level. Split cakes in half. Place one cake layer, cut-side up, on a serving plate; spread with ¼ cup of butterscotch sauce, then ½ cup of butterscotch frosting.

- 7 Spread cut surface of next cake layer with another ¼ cup of butterscotch sauce. Place, sauce-side down, on top of first layer. Spread top of cake with another ¼ cup of sauce, then ½ cup of frosting.

- 8 Repeat layering with remaining cake layers, finishing with frosting. Spread remaining frosting over side of cake. Press nuts onto side of cake. Refrigerate cake for 2 hours or until firm.

- 9 Serve cake drizzled with the remaining sauce.

Butterscotch frosting

Stir sugar, cream and half the butter in a small saucepan over medium heat until smooth. Bring to the boil, stirring constantly. Reduce heat; simmer, uncovered, for 5 minutes. Transfer mixture to a large heatproof bowl; refrigerate until cold.

Beat remaining butter with cream cheese in a medium bowl with an electric mixer until combined. Gradually beat in cold butterscotch mixture. Cover; refrigerate for 1½ hours or until spreadable.

Butterscotch sauce

Place ingredients in a medium saucepan; cook, stirring, until smooth. Bring to the boil. Reduce heat; simmer, uncovered, for 3 minutes. Transfer to a medium heatproof bowl. Cover; refrigerate until cold.

PER SERVE Energy 1271kcal, 5323kj • Protein 14g • Total Fat 90g • Saturated Fat 36g • Carbohydrate 105g • Fibre 4.7g • Sodium 662mg • Sugar 74g

Want more recipes?
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MORNING GLORY

EXOTIC FOOD SRIRACHA CHEESE DIPPERS ARE PERFECT FOR STIRRING UP SOME WEEKEND FUN. DUNK THEM IN YOUR BRUNCH BLOODY MARY OR ENJOY AS A TASTY SNACK, ANY TIME

DIRTY BLOODY MARY WITH SRIRACHA CHEESE DIPPERS

PREP + COOK TIME 30 mins + resting
MAKES 4-6

- 1 $\frac{3}{4}$ cups grated cheese
- 40g butter, softened
- $\frac{1}{2}$ tablespoon hot water
- 1-2 tablespoons Exotic Food Sriracha, according to taste, plus 2 teaspoons extra
- 2 sheets store-bought puff pastry, defrosted
- 1 litre tomato juice, chilled
- 2 tablespoons Worcestershire sauce
- 125ml vodka
- Squeeze of lime juice
- Cucumber or celery shards, to garnish
- $\frac{1}{2}$ tablespoon runny honey
- $\frac{1}{2}$ tablespoon flaky sea salt
- $\frac{1}{2}$ tablespoon crushed black peppercorns
- Ice (optional)

1 Make the dippers. Preheat oven to 210°C. In a bowl or processor combine grated cheese, softened butter and hot water. Mix well until blended, add Sriracha to taste.

2 Lay pastry sheets on a lightly floured bench. Use a rolling pin to flatten them slightly. Spread cheese mixture over one sheet. Lay the second sheet over the top and roll gently to secure. Slice into 1cm strips. Twist each strip several times then press the ends onto a greased baking tray to prevent them un-twisting. Bake for 15 minutes until golden and crisp.

3 Make the Bloody Mary mix. Combine the tomato juice, remaining Sriracha, Worcestershire sauce, vodka, and lime juice in a large jug. Chill for 30 minutes or overnight.

4 Combine flaky sea salt and black pepper on a flat surface. Rub honey around the rims of the glasses.

5 Dip glass rims in the salt and pepper, fill with Bloody Mary mix and garnish with a shard of cucumber or celery. Add ice if desired and serve with the dippers for dunking.



FAMILY *First*

Quick and easy weekday food

SHROOM BOOM

Mushrooms have always been appreciated for their intensely savoury 'umami' flavour, but your favourite fungi is also functional food, or 'nutraceutical', thanks to adaptogenic compounds that help regulate your hormones, fight-or-flight instincts, blood sugar and more. So it's no surprise the mushroom market is booming while the trend for plant-based meat replacements grows. If you're looking for new ways to feed fungi to the family, check out our fun ideas.

BLENDED BURGERS Swap 25-50 per cent of the mince in your favourite burger recipe with any variety of mushroom. Chop or process to coarse crumbs and mix into your burger mix. For a richer flavour, brown the mushrooms in a frying pan with a splash of oil before finely chopping.

MEATLESS MEAT Use with sauces and seasoning in plant-based or plant-forward diets. Mushrooms can replace all the meat – think mushroom and red wine pies, mushroom stroganoff and mushroom Wellington, to name but a few.

BUN FUN De-stem eight large Portobello mushrooms and place them stem-sides down on a tray. Drizzle with 1 tablespoon garlic-infused oil, season with salt and pepper and bake in oven for 10–15 minutes, or until the mushrooms are tender. Drain on a paper towel to remove excess moisture. Use in place of bread burger buns to make 4 low-carb, paleo and gluten-free buns. They're also great in place of hot dogs or pizza bases.

Cook's NOTES

Reducing the calories and increasing the nutritional content of the meal at the same time, blended burgers are an easy way to sneak mushrooms past the more vege-resistant members of the household.

Eat the **WEEK**

FIGURING OUT WHAT'S FOR
DINNER ON A BUSY WORK
DAY CAN BE A CHALLENGE, SO
WE'VE REMOVED THE STRESS
WITH 10 MEALS READY IN
45 MINUTES OR LESS



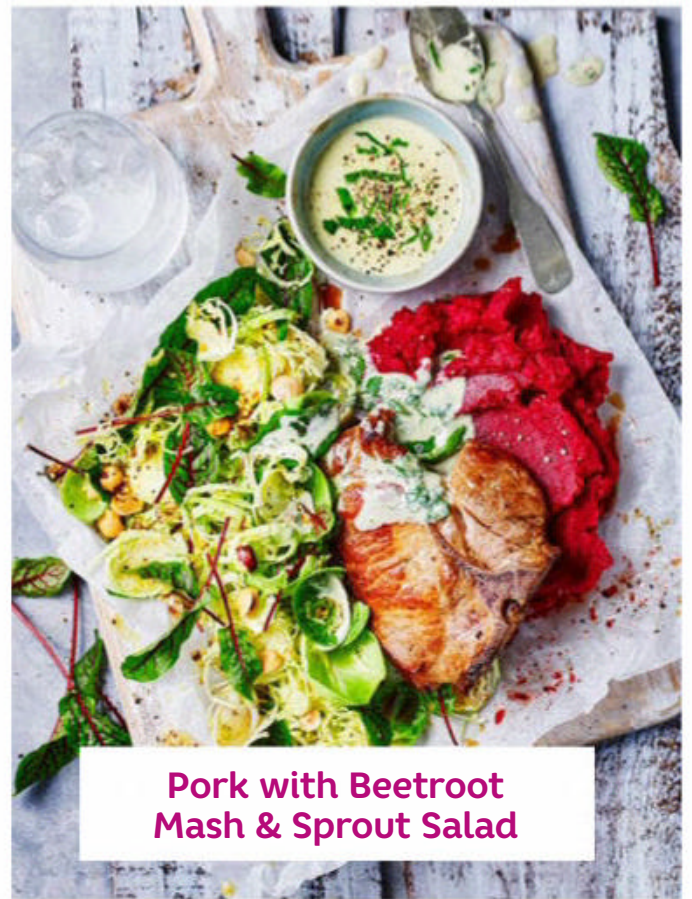
**Mongolian Beef
with Noodles**



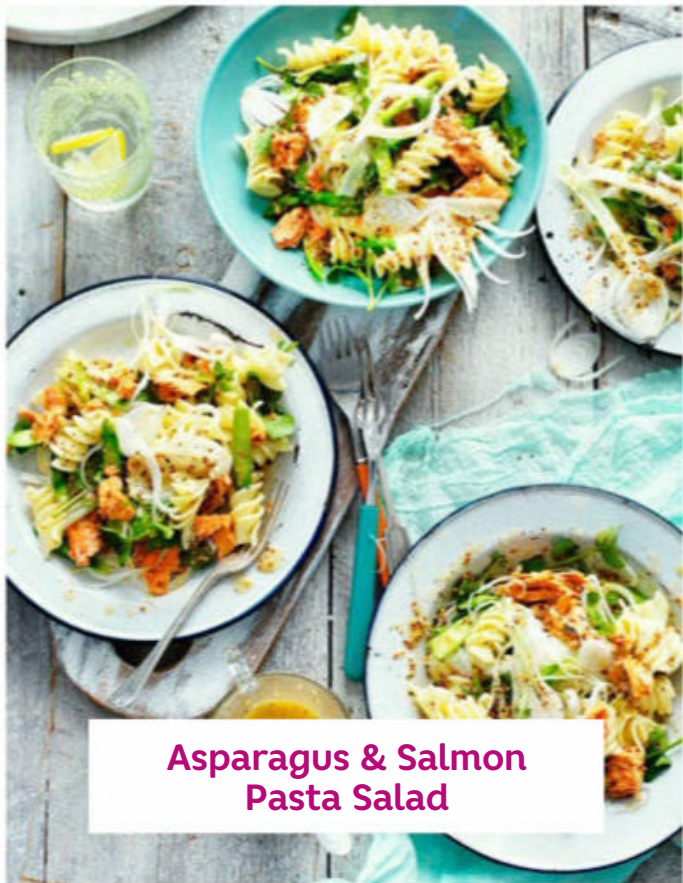
**Roasted Kale, Sweetcorn
& Chickpea Salad**



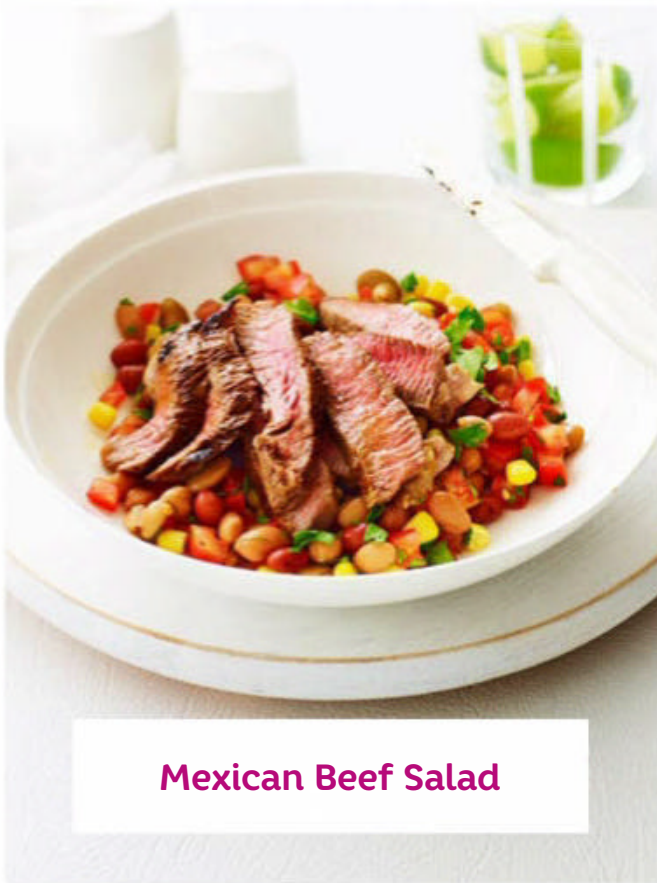
**Pork Sliders with
Apple & Slaw**



**Pork with Beetroot
Mash & Sprout Salad**



**Asparagus & Salmon
Pasta Salad**



Mexican Beef Salad



Corn & Broccoli Fritters



**Lamb Fillet Salad with
Spinach Pesto Dressing**



**Mushroom & Red
Bean Nachos**



**Fennel, Apple & Pistachio
Chicken Salad**

PORK SLIDERS WITH APPLE & SLAW

PREP + COOK TIME 40 mins SERVES 6

LS

- 500g frozen shoestring chips
- 600g thick pork sausages
- 2 spring onions, finely chopped
- 2 tablespoons finely chopped fresh flat-leaf parsley
- $\frac{1}{4}$ cup olive oil
- 1 cup grated cheese
- 2 small green apples, thinly sliced
- 12 small round dinner rolls, split

MINT SLAW

- 1 cup finely shredded green cabbage
- $\frac{1}{4}$ cup loosely packed small fresh mint leaves
- 1 spring onion, thinly sliced on the diagonal
- $\frac{1}{2}$ cup coleslaw dressing

- 1 Preheat oven to 210°C.
- 2 Place chips on an oven tray lined with baking paper, season. Cook in oven according to packet directions.
- 3 Meanwhile, make Mint slaw (see right).
- 4 Remove casings from sausages; place filling in a large bowl. Add onion and parsley; mix to combine. Divide pork mixture into 12 equal portions; shape into 5cm patties (or same size as the bread rolls).
- 5 Heat half the oil in a large frying pan over medium-high heat. Add half the patties; cook for 3 minutes each side. Drain on paper towel. Repeat with remaining oil and patties.
- 6 Remove chips from oven when ready; cover loosely to keep warm. Preheat grill to high. Place patties on baking trays, sprinkle with the cheese. Grill for 2 minutes or until cheese melts.
- 7 Sandwich apple, slaw and patties in rolls. Serve with chips.

Mint slaw

Place all of the ingredients in a large bowl; season to taste. Toss gently to combine.

PER SERVE Energy 1093kcal, 4576kJ • Protein 34g
• Total Fat 50g • Saturated Fat 16g • Carbohydrate 119g • Fibre 12.7g • Sodium 1508mg • Sugar 10g

TIP

Patties can be made a day ahead; keep them in the fridge, covered.

Cook's NOTES

When shaping the patties, use wet hands to prevent the beef mixture sticking to them.





Ready in
45
minutes

ROASTED KALE, SWEETCORN & CHICKPEA SALAD

PREP + COOK TIME 45 mins SERVES 4

GF V LS

- 300 green kale, trimmed, washed, torn into bite-size pieces
- 2 teaspoons extra virgin olive oil, plus 1½ tablespoons extra
- pinch of salt
- 4 medium corn cobs, husks and silks removed
- 1 medium avocado
- 1 cup rinsed, drained, salt-reduced canned chickpeas
- 1 cup loosely packed fresh flat-leaf parsley leaves
- 2 tablespoon lemon juice
- 2 cloves garlic, crushed
- 20g feta, crumbled
- 2 medium lemons, cut into wedges

- 1 Preheat oven to 190°C.
- 2 Place kale in a large bowl with oil and salt. Using hands, massage leaves to coat well in oil and soften. Arrange kale in a single layer on an oven tray. Roast for 20 minutes, or until crisp.
- 3 Meanwhile, cook the corn on a heated oiled grill plate (or grill or barbecue), over medium-high heat, for 10 minutes or until lightly charred. Using a sharp knife, remove corn kernels from cob.
- 4 Using a spoon, scoop out pieces of avocado flesh. Combine kale, corn, avocado, chickpeas and parsley in a large bowl. Pour combined extra oil, juice and garlic over salad; toss gently to combine. Top salad with feta. Serve with lemon wedges.

Cook's NOTES

You can use any green leaf as a base to this salad; spinach would work well. Serve with protein of your choice – falafel, tofu, tuna, chicken or a seared steak.

PER SERVE Energy 405kcal, 1697kj • Protein 13.7g
• Total Fat 20g • Saturated Fat 3.8g • Carbohydrate 32.5g • Fibre 16.7g • Sodium 236mg • Sugar 10.6g



Ready in
25
minutes

FENNEL, APPLE & PISTACHIO CHICKEN SALAD

PREP + COOK TIME 25 mins + cooling SERVES 4



- 2 cups chicken stock
- 2 cups water
- 4 thin slices lemon
- 4 cloves garlic
- 6 fresh thyme sprigs
- 2 x 200g free-range chicken breasts
- ½ cup lemon juice
- 1 tablespoon dijon mustard
- ½ cup extra virgin olive oil
- 1 small fennel bulb, thinly sliced
- 1 medium apple, thinly sliced
- 1 cup trimmed watercress
- 1 cup firmly packed fresh flat-leaf parsley leaves
- 1 cup firmly packed torn fresh mint
- 1 medium avocado, thinly sliced
- ½ cup pistachios, coarsely chopped

1 Place stock, water, lemon slices, garlic and thyme in a saucepan over medium heat. Add chicken; bring to the boil. Reduce heat; simmer for 14 minutes. Cover pan, turn off heat; set aside to cool to room temperature. Remove chicken; shred coarsely.

2 Whisk lemon juice and mustard in a small bowl until combined; gradually whisk in oil until combined. Season to taste.

3 Combine fennel, apple, watercress, herbs and avocado in a large bowl. Add chicken and dressing; toss to combine. Season to taste. Serve salad topped with pistachios.

PER SERVE Energy 526kcal, 2204kj
• Protein 28.8g • Total Fat 38g • Saturated Fat 6.4g • Carbohydrate 12g • Fibre 8.7g • Sodium 625mg • Sugar 9g



Ready in
15
minutes

MEXICAN BEEF SALAD

PREP + COOK TIME 15 mins SERVES 4



- 35g packet taco spice mix
- 600g piece beef rump steak
- 420g can four bean mix, rinsed, drained
- 125g can corn kernels, rinsed, drained
- 2 large tomatoes, finely chopped
- ½ cup coarsely chopped fresh coriander
- lime wedges, to serve

serving plates; top with the steak. Serve with lime wedges.

PER SERVE Energy 336kcal, 1409kj
• Protein 40g • Total Fat 5.4g • Saturated Fat 1.7g • Carbohydrate 25.4g • Fibre 9.5g • Sodium 991mg • Sugar 7.2g

1 Rub the spice mix over both sides of the beef. Heat a large frying pan over medium-high heat. Cook the steak for 4 minutes each side or until browned and cooked as desired. Remove from the pan; cover to keep warm.

2 Combine the beans, corn, tomato and coriander in a medium bowl; season to taste.

3 Slice the beef thickly. Divide the salad between

TIPS

Serve with guacamole. Any leftover salad mixture, without dressing, can be added to chilli con carne, beef casserole or a basic bolognese sauce.



*Lamb Fillet Salad with
Spinach Pesto Dressing*
RECIPE ON PAGE 102

MUSHROOM & RED BEAN NACHOS

PREP + COOK TIME 45 minutes
SERVES 4



- 1 tablespoon olive oil
- 1 medium brown onion, finely chopped
- 1 medium red capsicum, finely chopped
- 200g button mushrooms, thickly sliced
- 200g Swiss brown mushrooms, thickly sliced
- 30g taco seasoning
- 400g can kidney beans, drained, rinsed
- 300g can corn kernels, drained, rinsed
- 375g bottle mild thick and chunky salsa
- 330g corn chips
- ½ cup pizza cheese
- ½ cup guacamole or avocado dip
- ½ cup sour cream
- ½ cup loosely packed fresh coriander sprigs

1 Heat oil in a large saucepan over medium heat; cook onion, capsicum and mushrooms, stirring, for 5 minutes or until soft. Add taco seasoning; cook, stirring, for 1 minute or until fragrant.

2 Add beans, corn and salsa to pan; bring to the boil. Reduce heat to low; simmer for 5 minutes or until sauce thickens. Season to taste.

3 Meanwhile, preheat oven to 210°C.

4 Place corn chips in a large ovenproof dish (or into four ovenproof serving dishes); sprinkle with cheese. Bake for 3 minutes or until the cheese melts.

5 Serve corn chips immediately, topped with bean mixture and with guacamole, sour cream and coriander.

PER SERVE Energy 905kcal, 3788kJ • Protein 25.8g • Total Fat 46g • Saturated Fat 20g • Carbohydrate 85g • Fibre 20.5g • Sodium 1989mg • Sugar 16.6g

Ready in
45
minutes

Cook's NOTES

If you like a little heat, add a teaspoon of dried chilli flakes, or serve with hot sauce for that extra kick.



Ready in
45
minutes

Cook's **NOTES**
Sorrel leaves can sometimes be hard to find, in which case use spinach that has had a little lemon juice squeezed over it.

PORK WITH BEETROOT MASH & SPROUT SALAD

PREP + COOK TIME 45 mins SERVES 4

GF LS

- 500g baby beetroot, trimmed, coarsely chopped
- 1 small orange kumara, coarsely chopped
- 1 tablespoon olive oil
- 4 pork mid-loin chops
- 1 cup cream
- 100g gorgonzola cheese
- 300g Brussels sprouts, trimmed, shredded
- 50g small red-veined sorrel leaves (see Cook's Note)
- ½ cup hazelnuts, roasted, coarsely chopped

MUSTARD DRESSING

- 1 tablespoon wholegrain mustard
- 1 tablespoon extra virgin olive oil
- 2 teaspoons lemon juice

1 Boil, steam or microwave beetroot and sweet potato separately for 10 minutes or until tender; drain. Place beetroot and sweet potato in a large bowl; mash to combine. Season to taste.

- 2** Meanwhile, heat oil in a large frying pan over high heat; cook pork for 5 minutes each side or until just cooked through. Remove from pan; cover to keep warm.
- 3** Discard oil from frying pan, add cream and cheese; cook, stirring, over medium heat for 2 minutes. Bring to the boil. Reduce heat; simmer for 2 minutes or until sauce thickens.
- 4** Meanwhile, make Mustard dressing (see below).
- 5** Place Brussels sprouts, sorrel and hazelnuts in a medium bowl with dressing; toss gently to combine.
- 6** Serve pork with mash and salad, drizzled with sauce.

Mustard dressing

Whisk ingredients in a small bowl to combine; season.

PER SERVE Energy 938kcal, 3929kJ
• Protein 51g • Total Fat 70g • Saturated Fat 32.4g • Carbohydrate 24g • Fibre 9g • Sodium 683mg • Sugar 19g



Ready in
25
minutes

ASPARAGUS & SALMON PASTA SALAD

PREP + COOK TIME 25 mins SERVES 4

DF LS

- 375g spiral pasta
- 340g jar asparagus in springwater, drained, cut into 5cm lengths
- 415g can red salmon, drained, flaked
- 100g watercress, trimmed
- 3 spring onions, thinly sliced

WHOLEGRAIN MUSTARD VINAIGRETTE

- 1 garlic clove, crushed
- 2 tablespoons wholegrain mustard
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice
- ¼ cup olive oil

- 1** Cook pasta in a large saucepan of boiling water for 10 minutes, or until just tender; drain. Rinse under cold water; drain.
- 2** Make Wholegrain mustard vinaigrette (see right).
- 3** Combine pasta and asparagus in a large bowl with salmon, watercress

and spring onion. Drizzle dressing over pasta; toss gently to combine.

Wholegrain mustard vinaigrette

Place all ingredients in a screw-top jar; shake well.

PER SERVE Energy 583kcal, 2443kJ
• Protein 35g • Total Fat 24.8g • Saturated Fat 4.4g • Carbohydrate 50g • Fibre 8.5g • Sodium 542mg • Sugar 4.3g

TIP

Use your favourite pasta in this recipe. Try penne, conchiglie (a shell-shaped pasta) or other short pasta.

Ready in
25
minutes



MONGOLIAN BEEF WITH NOODLES

PREP + COOK TIME 25 mins SERVES 4

DF LS

- 600g rump steak, thinly sliced
- ⅓ cup sweet sherry
- 2 tablespoons dark soy sauce
- 2 tablespoons sweet chilli sauce
- 2 tablespoons vegetable oil
- 1 large brown onion, thinly sliced
- 2 cloves garlic, crushed
- 1 medium red capsicum, thinly sliced
- 1 packet sweet-stem broccoli
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil

- ⅓ cup chicken stock
- 400g packet fresh hokkien noodles, blanched
- 2 spring onions, sliced into thin strips

- 1 Combine beef with half the sherry, half the soy sauce and half the sweet chilli sauce in a medium bowl.
- 2 Heat half the vegetable oil in a wok over high heat; stir-fry beef, in batches, for 2 minutes or until browned. Remove from wok.
- 3 Heat remaining vegetable oil in wok; stir-fry onion and

garlic for 3 minutes or until onion is soft. Add capsicum and broccoli; stir-fry until vegetables are tender.

4 Return beef to wok with remaining sherry, soy sauce and sweet chilli sauce, the sugar, sesame oil, stock and noodles; stir-fry for 5 minutes or until hot. Sprinkle with spring onion.

PER SERVE Energy 522kcal, 2188kj
• Protein 41g • Total Fat 17.6g • Saturated Fat 4.5g • Carbohydrate 42g • Fibre 6g • Sodium 855mg • Sugar 15g

TIP

You could swap the rump steak for chicken if you prefer.

Ready in
35
minutes



LAMB FILLET SALAD WITH SPINACH PESTO DRESSING

PREP + COOK TIME 35 mins SERVES 4

GF LS

- 4 lamb steaks
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- 4 large flat mushrooms
- 1 small red onion, cut into thin wedges
- 3 medium heirloom tomatoes, quartered
- 1 medium red cabbage
- 25g baby rocket leaves
- ½ cup soft marinated goat's cheese, plus 2 tablespoons reserved marinating oil (see Tip)
- ¼ cup fresh microgreen mix

- 2 Cook mushrooms and onion on a heated oiled grill plate (or grill or barbecue) for 5 minutes, or until browned and just tender; season. Remove from heat; cover to keep warm.
- 3 Cook lamb on heated oiled grill plate for 4-6 minutes, or until cooked as desired. Remove from heat; rest, covered, for 5 minutes before slicing.
- 4 Meanwhile, make the Spinach pesto dressing (see right).
- 5 Place mushrooms and onion in a large bowl with tomato, cabbage, rocket and reserved marinating oil from goat's cheese; toss gently to combine. Season.
- 6 Add lamb to salad; toss to

combine and arrange on a large serving platter. Top with crumbled cheese; drizzle with Spinach pesto dressing; sprinkle with microgreens.

Spinach pesto dressing

Place ingredients in a small screw-top jar and shake well to combine.

PER SERVE Energy 595kcal, 2494kj
• Protein 45g • Total Fat 40g • Saturated Fat 11.5g • Carbohydrate 8.3g • Fibre 9.6g • Sodium 359mg • Sugar 8g

TIP

The oil from the marinated goat's cheese adds an extra depth of flavour to this dish. The cheese that we used was marinated in a mixture of olive oil, garlic, thyme and chilli.

SPINACH PESTO DRESSING

- ½ cup spinach pesto
- ¼ cup olive oil

- 1 Combine lamb, garlic and oil in a medium bowl; season.

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Ready in
30
minutes

CORN & BROCCOLI FRITTERS

PREP + COOK TIME 30 mins
MAKES 12



- 1 cup small broccoli florets, chopped
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 egg
- $\frac{1}{2}$ cup skim milk
- 400g can brown lentils, rinsed, drained
- 1 cup frozen corn kernels, thawed
- $\frac{1}{3}$ cup grated cheddar cheese
- 2 spring onions, thinly sliced
- $\frac{1}{4}$ cup finely chopped fresh basil, plus $\frac{1}{2}$ cup extra
- 1 tablespoon olive oil
- 2 medium tomatoes, chopped
- 2 teaspoons balsamic vinegar

1 Pour boiling water over broccoli in a medium heatproof bowl; stand for 1 minute. Drain.

2 Place flour in a large bowl; make a well in the centre. Gradually whisk in the egg and milk until smooth. Stir in lentils, corn, broccoli, cheese, onion and basil. Season with pepper.

3 Heat oil in a large non-stick frying pan over medium-high heat. Drop heaped tablespoons of the batter into the pan, in batches, allowing room for spreading. Cook for 2 minutes each side, or until golden brown and cooked through. Repeat to make a total of 12 fritters.

4 Combine extra basil, tomato and vinegar in a small bowl.

5 Serve fritters with tomato salad.

PER SERVE Energy 393kcal, 1647kJ •

Protein 21.3g • Total Fat 9g • Saturated Fat 3g • Carbohydrate 50g • Fibre 10g • Sodium 652mg • Sugar 6.6g

Cook's NOTES

Leftover fritters can be stored, covered, in the fridge for up to 3 days.



SUPERCHARGE

Summer

GONE ARE THE DAYS OF A SIMPLE SALAD PROVIDING YOUR SUMMER NUTRIENTS. HERE ARE SOME FRESH NEW WAYS WITH THE SEASON'S HOTTEST SUPERFOODS

*Tofu & Carrot Kimchi
Lettuce Wraps*
RECIPE ON PAGE 108

The SUPER FACTOR



Falafel is a zingy Middle Eastern delight which is packed with plant-based protein. Made

primarily of chickpeas – which are high in iron, fibre and antioxidants, as well as being low in fat and sodium – falafel patties are an easy and healthy option to pop in a salad, in a wrap, or enjoy as a substantial snack. Also called garbanzo beans, chickpeas are one of the oldest consumed crops in the world, and are still among the most popular legumes in the world.

FALAFEL WITH EGGPLANT PURÉE & TOMATO SALSA

PREP + COOK TIME 30 mins SERVES 4



- 2 medium eggplants
- 450g packaged ready-made gluten-free falafel
- 2 cloves garlic, quartered
- 2 tablespoons tahini
- ¾ cup Greek-style yoghurt
- 2 tablespoons lemon juice
- 250g rocket leaves
- 2 tablespoons olive oil

TOMATO SALSA

- 3 medium tomatoes, finely chopped
- ¼ cup finely chopped fresh mint
- 2 tablespoons finely chopped, fresh flat-leaf parsley

- 1 Preheat oven to 200°C.
- 2 Cut eggplant in half lengthways. Using a small knife, cut a criss-cross pattern on the cut side. Cook the eggplant, cut-side down, on a heated oiled chargrill plate (or grill pan or barbecue) for 8 minutes, or until tender and soft. Cool slightly.
- 3 Meanwhile, reheat falafel in oven according to directions on packet.
- 4 Using a spoon, scoop eggplant flesh from skin. Discard the skin. To make the eggplant purée, blend or process eggplant flesh with garlic, tahini, yoghurt and lemon juice until almost smooth; season to taste.
- 5 Make Tomato salsa (see below).
- 6 Serve falafel with eggplant purée, rocket and tomato salsa; drizzle with oil.

Tomato salsa

Combine ingredients in a medium bowl; season to taste.

PER SERVE Energy 491.5kcal, 2058kj • Protein 21g • Total Fat 25.5g • Saturated Fat 4.6g • Carbohydrate 32.5g • Fibre 25g • Sodium 561mg • Sugar 18g

TIP

Keep a pre-made tub of falafel mix in the fridge so you can whip up a quick meat-free meal. It will last for weeks and is especially handy if you don't have time to defrost the meat!



SUMMER PASTA WITH MIXED PEAS & RICOTTA

PREP + COOK TIME 35 mins SERVES 4



- 250g spelt pasta spirals
- 1 medium lemon
- 150 sugar snap peas
- 200 frozen green peas
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 cup rinsed, drained, salt-reduced can chickpeas
- 220g fresh ricotta, crumbled
- ½ cup loosely packed fresh mint leaves, shredded, plus 2 tablespoons extra
- 60g feta cheese, crumbled

- 1 Cook pasta in a large saucepan of boiling water for 10 minutes, or until tender. Reserve ½ cup of the pasta water, then drain pasta.
- 2 Meanwhile, remove zest from lemon using a zester (or peel zest thinly from lemon, avoiding the white pith; cut rind into long, thin strips); reserve. Squeeze juice from lemon and reserve.
- 3 Add sugar snap and green peas to a small saucepan of boiling water; boil, uncovered, for 2 minutes or until just tender. Drain; refresh under cold water, drain well. Cut sugar snap peas in half lengthways.
- 4 Heat oil in a medium frying pan over medium heat; add garlic, cook, stirring, for 1 minute or until fragrant.
- 5 Add pasta to frying pan with reserved pasta water, peas, chickpeas, ricotta, the mint, lemon juice and half the zest. Stir for 1 minute or until combined and heated through.
- 6 Divide pasta into serving bowls; sprinkle with feta, extra mint and remaining zest; season with freshly ground black pepper.

PER SERVE Energy 408kcal, 1711kj • Protein 20g • Total Fat 14g • Saturated Fat 3.8g • Carbohydrate 44g • Fibre 9.2g • Sodium 364mg • Sugar 5.2g

The SUPER FACTOR



One of the most versatile dairy products, ricotta is a nutritional angel compared to its other cheesy cousins. Half a cup of it will give you 14 grams of protein, as well as provide 25 per cent of your daily calcium intake. It's also great for your vitamin A, zinc and B-12 levels. Opt for light versions if you're watching your calorie intake.

TIP

This salad will work with different types of pasta; for example, gluten-free quinoa spirals, or pulse pasta, which is made out of peas, lentils, chickpeas and borlotti beans.



The SUPER FACTOR



Eggplant, or aubergine, is very in vogue right now, and for good reason. Once maligned as too

exotic, this flavoursome vege – well, it's technically a fruit as it grows from a flowering plant and contains seeds – is high in fibre, potassium and B vitamins, and is low in fat. It's also great for upping your antioxidant intake.

EGGPLANT PARMIGIANA

PREP + COOK TIME 1 hour 15 mins SERVES 4



- $\frac{1}{3}$ cup olive oil
- 1 medium brown onion, finely chopped
- 2 cloves garlic, crushed
- 400g can crushed tomatoes
- 2 cups bottled tomato passata
- $\frac{1}{4}$ teaspoon dried chilli flakes
- 2 medium eggplants, thickly sliced
- $\frac{1}{4}$ cup plain flour
- $\frac{1}{2}$ cup loosely packed fresh basil leaves, plus extra to serve
- 200g bocconcini, thinly sliced
- $\frac{3}{4}$ cup finely grated parmesan
- $\frac{1}{2}$ teaspoon sweet paprika

1 Preheat oven to 180°C.

2 Heat 1 tablespoon of the oil in

a large frying pan over medium heat; cook onion, stirring, for 3 minutes or until soft. Add garlic; cook, stirring, for 30 seconds or until fragrant. Stir in tomatoes, passata and chilli flakes; season to taste. Transfer mixture to a medium jug.

3 Toss eggplant in flour to coat; shake off excess. Heat remaining oil in same pan; cook eggplant, in batches, for 2 minutes or until browned on both sides. Drain on paper towel.

4 Layer half the eggplant in an 18cm x 25cm ovenproof dish; season. Top with half the tomato mixture, the basil and bocconcini. Repeat layering, finishing with parmesan. Sprinkle with paprika.

5 Bake, covered, for 30 minutes. Uncover, then bake for a further 15 minutes or until browned and tender. Serve topped with extra basil leaves.

PER SERVE Energy 737kcal, 3086kJ • Protein 23.5g • Total Fat 57g • Saturated Fat 16.5g • Carbohydrate 27g • Fibre 11.7g • Sodium 759mg • Sugar 19g

TIP

You can use pasta sauce instead of passata, if you prefer. To keep your eggplants in tip-top shape, don't store them in the fridge. They'll last longer if kept at room temperature.

SESAME-CRUSTED CHICKEN WITH 'QUICKLED' SLAW

PREP + COOK TIME 35 mins + standing SERVES 4

DF LS

- ⅔ cup plain flour
- 2 eggs
- 1 cup panko breadcrumbs
- ½ cup sesame seeds (use a mixture of black and white if you prefer)
- 12 chicken tenderloins
- vegetable oil, to fry
- 1 lime, halved

'QUICKLED' SLAW

- 1 Lebanese cucumber
- 400g baby carrots, trimmed
- ¼ small red cabbage
- ½ cup white wine vinegar
- 1 tablespoon caster sugar
- ½ teaspoon sea salt flakes

LIME MAYONNAISE

- 1 cup Japanese mayonnaise
- 2 teaspoons finely grated lime zest
- 1 tablespoon lime juice

1 Make 'Quickled' slaw and Lime mayonnaise (see right).
2 Place flour in a shallow bowl; season. In another shallow bowl, lightly beat eggs. Place breadcrumbs and sesame seeds in a third shallow bowl; toss to combine. Coat chicken tenderloins in flour, dip in egg, allow excess to

drip off, then coat in breadcrumb mixture.

3 Heat 1cm of oil in a large frying pan over medium heat. Cook chicken, in batches, turning frequently, for 5 minutes, or until golden and cooked through. Remove with a slotted spoon; drain on paper towel.

4 Serve chicken with 'Quickled' slaw, Lime mayonnaise and lime halves.

'Quickled' slaw

Using a vegetable peeler, mandoline or V-slicer, cut cucumber and

carrots lengthways into long, thin ribbons. Finely shred cabbage. Combine vegetables with remaining ingredients in a large glass or ceramic (non-reactive bowl); stand for 15 minutes. Drain.

Lime mayonnaise

Combine ingredients in a small bowl; season to taste.

PER SERVE Energy 1210kcal, 5067kJ • Protein 25.5g • Total Fat 97.5g • Saturated Fat 17.5g • Carbohydrate 54g • Fibre 9.6g • Sodium 980mg • Sugar 13.8g



TIPS

Kimchi is traditionally left to ferment, but this quick version mimics the flavours in a fraction of the time. You can buy small tubs of kimchi from Asian grocers, if you prefer. Use a julienne peeler, mandoline or a V-slicer with a julienne attachment to cut the carrot into long, thin strips. Lettuce wraps are best eaten in one bite, so make them small and manageable.

TOFU & CARROT KIMCHI LETTUCE WRAPS

PREP + COOK TIME 35 mins + standing SERVES 4

DF V LS

- ¼ cup soy sauce
- 1½ tablespoons caster sugar
- 2 cloves garlic, crushed
- ½ teaspoon sesame oil
- 400g firm tofu, drained, cut into 1cm slices
- 1 medium red onion, cut into thin wedges
- 2 baby cos lettuces, leaves separated
- 1 medium nashi pear, halved, cored, thinly sliced
- 2 teaspoons toasted sesame seeds

CARROT KIMCHI

- 2 medium carrots, cut into long, thin strips
- 250g baby radishes, trimmed, sliced thinly
- 4 spring onions, thinly sliced
- 2 cloves garlic, crushed
- 2 teaspoons soy sauce
- 2 teaspoons caster sugar
- 1 teaspoon chilli flakes

1 Make Carrot kimchi (see right).

2 Meanwhile, stir soy sauce, sugar, garlic and oil in a medium bowl until sugar dissolves. Add tofu; toss to coat in marinade. Stand for 15 minutes.

3 Cook tofu and onion on a heated oiled grill plate, grill or barbecue over high heat, for 4 minutes or until tofu is golden brown and grill marks appear on both sides. Transfer tofu and onion to a plate; cover to keep warm.

4 Arrange lettuce on a large platter; top with tofu, onion, nashi and kimchi. Sprinkle with sesame seeds.

Carrot kimchi

Place all ingredients in a medium bowl; toss well to combine. Stand for 15 minutes.

PER SERVE Energy 259kcal, 1086kJ • Protein 17.5g • Total Fat 9.3g • Saturated Fat 1g • Carbohydrate 20.6g • Fibre 12.6g • Sodium 1381mg • Sugar 19.7g



The SUPER FACTOR

Currently the hottest superfood of them all, kimchi is enjoying much-deserved time in the spotlight. Traditionally, this Korean delight is served as a side dish of fermented cabbage, but it's much more than just a vinegary vege. The fermentation process injects a heap of gut-healthy bacteria – and it often contains other veges, such as onion and peppers.

The SUPER FACTOR



Small but mighty, sesame seeds are loaded with nutrients – and if you're currently trying to lower your

cholesterol, they're your new best friend. More than 50 per cent of the fatty acids in the seeds contain oleic acid, which naturally lowers LDL cholesterol (the bad one) and raises the good HDL. They're also high in magnesium, and can aid in lowering blood pressure.

TIP

Use your peeler to achieve the wafer-thin strips of carrot and cucumber, or if you have one, a mandoline. If you can't find Lebanese cucumber, use telegraph cucumber.

Want more recipes?
Search **superfood** on

 [FOODTOLOVE.CO.NZ](https://www.foodtolove.co.nz)

Want more fresh in the lunchbox?



Cauliflower and Cheese Frittatas

Ingredients

- 220g cauliflower florets
- 8 eggs, lightly beaten
- $\frac{3}{4}$ cup grated tasty cheese
- $\frac{3}{4}$ cup frozen peas
- 1 Tbsp chopped fresh parsley

PER SERVE

- Energy 356Kj • Protein 7g • Total Fat 5g
- Saturated Fat 2g • Carbohydrates 2g
- Sugars 1g • Sodium 99mg

Makes 12

Prep Time 30

Cook Time 15

Gluten Free GF

Low Sugar LS

Vegetarian V

Method

- 1 Preheat oven to 180°C (160°C fan-forced). Grease a 12-hole muffin pan.
- 2 Steam cauliflower in microwave on high, for 4-5 minutes. Cool. Combine with remaining ingredients in a bowl. Spoon into prepared pan.
- 3 Bake for 10-15 minutes, or until firm.

Fresh Tip

Try using broccoli instead of cauliflower, or half and half.



Dietary and nutritional info supplied
by NZ Nutrition Foundation

For more fresh recipes and tips,
visit countdown.co.nz/foodhub

countdown 

COOK *School*

Techniques, step-by-steps, & expert advice

Oil Up!

THERE ARE MANY varieties of oil, all with unique flavours and properties – so choosing the right one for the job matters. All oils have a smoke-point ranging from high to no-heat. The no-heat oils, such as flaxseed and wheat germ oil, should be used for dips and dressings. If you want one oil that will do everything, rice bran is a good choice – suitable for drizzling and dressings, roasting and frying. Get the lowdown on other oils with our guide.

SESAME OIL

Refined sesame oil has a higher smoke point than unrefined, so can be used when frying to add a distinctive nutty flavour, or simply as a dressing or a drizzle.

CANOLA OIL

This neutral flavoured oil is derived from rapeseed, and is one of the most popular all-purpose oils. With a high-heat classification, it's our choice for frying and deep-frying, but it's also suitable for roasting, baking and grilling.

AVOCADO OIL

This oil has a mild, grassy, avocado flavour, and is rich in beneficial monounsaturated fats. Its high smoke point means it is suitable for frying, grilling and roasting, but is also great in dressings.

COCONUT OIL

Coconut oil, also known as copra, is extracted from mature coconut flesh. With a sweet flavour and mid-range smoke point, it can be used for everyday cooking, including sautéing, roasting and baking, and can be substituted 1:1 with other fats. When substituting butter with coconut oil, use solid room temperature coconut oil.

WALNUT, HAZELNUT & MACADAMIA

All have a nutty flavour and mid-range smoke point, so are great for baking, dressings and sauces.

PEANUT OIL

Pressed from ground peanuts, peanut oil is most commonly used in Asian cooking because of its high smoke point – the capacity to handle high heat without burning.

OLIVE OIL

Extra virgin refers to the first oil that comes from cold pressed olives, whereas other olive oils are blends of both cold pressed and processed oils. Use extra virgin oil for drizzling and dressings; general olive oils are suitable for pan frying. 'Light' refers to the oil's colour, flavour and aroma, not fat content.

MUSTARD SEED OIL

When mild, this is a pleasantly flavoured but not hot oil, suitable for baking or frying fish, chicken or vegetables for a subtle flavour addition. It can also be a 'piquant' oil, used in dressings or for frying, where its mustard bite will be appreciated.

MAKE THE PERFECT *Moroccan lamb cigars*

LET OUR FILO CIGARS TAKE YOUR TASTEBUDS
ON AN EXOTIC MAGIC CARPET RIDE



Cook's **NOTES**

The filling can be made a day ahead. Store, covered, in the fridge. Use this technique for other sweet or savoury fillings.

MOROCCAN LAMB, MINT & CURRANT CIGARS

PREP + COOK TIME 50 mins + cooling
MAKES 40

LS

- 2 tablespoons olive oil
- 1 large brown onion, finely chopped
- 2cm piece fresh ginger, finely grated
- 3 cloves garlic, crushed
- 2 tablespoons ras el hanout
- 500g lamb mince
- 1 medium tomato, finely chopped
- ¼ cup dried currants
- ¼ cup coarsely chopped fresh mint
- ¼ cup coarsely chopped fresh coriander
- ¼ cup pine nuts, toasted
- 150g butter
- 20 sheets filo pastry
- 1 teaspoon sumac
- 1½ cups Greek-style natural yoghurt

1 Heat oil in a large frying pan over medium heat. Add onion, ginger and garlic; cook, stirring, for 2 minutes or until onion is soft. Add ras el hanout; stir for 1 minute or until fragrant.

2 Add lamb; cook, stirring and breaking up lumps with a wooden spoon, for 5 minutes or until browned. Stir in tomato; season to taste. Cook for 1 minute or until any liquid evaporates. Remove from heat; cool to room temperature. Add the currants, herbs and nuts.

3 Meanwhile, preheat oven to 190°C.

4 Heat butter until just melted. Unroll filo; place flat on a work surface. Working quickly, place one sheet of filo on the work surface, brush with melted butter; cut in half crossways. Place 1 tablespoon of lamb mixture along the base of filo, leaving a 5cm border on each side.

5 Fold in sides of filo to enclose filling; roll up tightly to form a cigar shape. Place 3cm apart on an oven tray lined with baking paper. Repeat with remaining filo, butter and filling.

6 Brush cigars with remaining butter; sprinkle with a little sumac. Bake for 12 minutes or until browned and crisp. Serve with yoghurt.

PER SERVE Energy 92kcal, 384kj • Protein 4.3g • Total Fat 5.5g • Saturated Fat 1.7g • Carbohydrate 6g • Fibre 0.7g • Sodium 78mg • Sugar 2g

STEP-BY-STEP

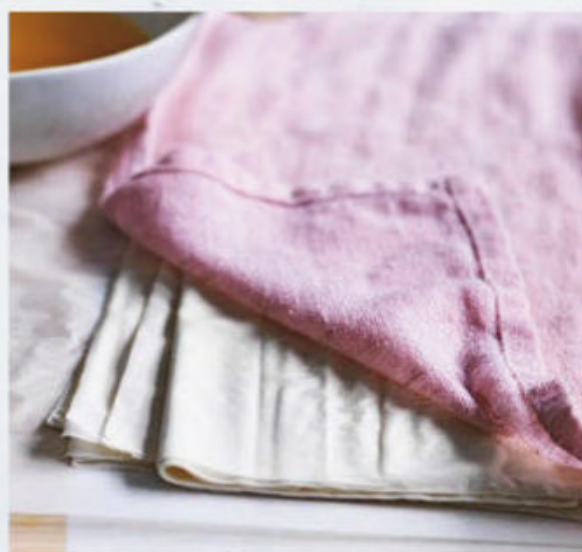
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1 PREP Have all of your ingredients prepped and ready to go before you start.



2 THE PERFECT MIX Pine nuts add a delicate nut flavour to the mince mixture, but you can use flaked almonds instead. Store any leftover nuts in the freezer.



3 KEEP THE PASTRY PERFECT Cover the filo pastry with a clean, slightly damp tea towel to prevent it from drying out. If the pastry does dry out, it will crack during rolling.



4 ROLL 'EM UP Be sure to roll the cigars up firmly so they keep their shape during baking.



5 THE FINISHING TOUCH Sumac has a slightly sour taste. If unavailable, you can use paprika, poppy or sesame seeds.

Want more recipes? Search **filo** on

 **FOODTOLOVE.CO.NZ**

savour
the taste



Low
Calorie

fuzetea

Peach
Black Iced Tea

fuzetea



2 INDIAN-STYLE CURRY BLEND

PREP TIME 10 minutes **MAKES** ½ cup
Place 2 tablespoons coriander seeds and 2 tablespoons cumin seeds in a small frying pan over medium heat; stir constantly for 45 seconds or until fragrant. Transfer to a mortar, cool; grind finely with a pestle. Stir in 2 teaspoons ground turmeric, 2 teaspoons medium-hot curry powder, 1 teaspoon ground ginger and 1 teaspoon ground chilli; place in a jar and seal. Store in a cool, dark place for up to 3 months.
USE ON fish, prawns or chicken

3 PEPPERED SUMAC BLEND

PREP TIME 10 minutes **MAKES** ½ cup
Place 1 tablespoon whole black peppercorns, 1 teaspoon onion flakes and 1 teaspoon sea salt flakes in a mortar. Grind finely with a pestle. Transfer to a medium-sized bowl; stir in 2 tablespoons sumac, 1 tablespoon dried oregano and 1 teaspoon garlic powder; place in an airtight container or jar and seal. Store in a cool, dark place for up to 3 months.
USE ON lamb or beef

4 ALLSPICE & PAPRIKA BLEND

PREP TIME 10 minutes **MAKES** ½ cup
Place 2 teaspoons coriander seeds and 1 teaspoon mustard seeds in a small frying pan over medium heat; stir constantly for 45 seconds or until fragrant. Transfer to a mortar with 2 tablespoons onion powder, seeds from 2 cardamom pods, 1 whole clove and 1 teaspoon whole black peppercorns, cool; grind finely with a pestle. Stir in ¼ cup sweet paprika, ½ teaspoon ground cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground allspice and ¼ teaspoon ground nutmeg; place in a jar and seal. Store in a cool, dark place for up to 3 months.
USE ON beef, chicken or lamb

Make your own

SPICE RUBS

JAZZ UP BEEF, CHICKEN, FISH, LAMB, PORK AND PRAWNS WITH OUR SPICY SPRINKLES

1 SMOKY CITRUS BLEND

PREP TIME 10 minutes **MAKES** ½ cup
Place 1 tablespoon fennel seeds, 1 tablespoon cumin seeds and 1 tablespoon coriander seeds in a small frying pan over medium heat; stir constantly for 40 seconds or until fragrant. Transfer mixture to a mortar, cool; grind finely with a pestle. Stir in 1 tablespoon smoked paprika and 1 tablespoon finely grated lemon zest; place in a jar and seal. Store in a cool, dark place for up to 3 months.
USE ON chicken or pork

Want fresh and tasty in the lunchbox?

Cucumber Sushi

Vegetarian **V**

Makes **15**

Prep Time **15**

Dairy Free **DF**

Low Sugar **LS**

Ingredients

- 1 cucumber
- 1 red capsicum, finely sliced
- 1 avocado, finely sliced
- ½ cup sushi rice, cooked
- Soy sauce, to serve (optional)

PER SERVE

- Energy 193Kj • Protein 1g • Total Fat 3g
- Saturated Fat 0g • Carbohydrates 3g
- Sugars 2g • Sodium 16mg

Method

- 1 Cut the cucumber in quarters. Using an apple corer, hollow out the centre to remove the seeds.
- 2 Add a few slices of capsicum and avocado into the cavity to fill half of it.
- 3 Stuff the rice into the other half of the cavity and press to compact it until completely filled.
- 4 Cut into 2cm sushi slices. Serve with soy sauce, if desired.

Fresh Tip

You can use any fresh veges you like for the filling.



Dietary and nutritional info supplied
by NZ Nutrition Foundation

For more fresh recipes and tips,
visit countdown.co.nz/foodhub

countdown



Ask SOPHIE

FROM ICECREAM DRIPS TO CHERRY PIPS, OUR EDITOR SOPHIE GRAY HAS THE ANSWERS

Q My barbecue is a basic one without a thermostat. How can I tell when it is hot enough or too hot for cooking different foods?

A Always preheat the grill for 20 minutes before attempting to cook anything on a barbecue, then hold your hand 12cm above the cooking grate. When it's at a high temperature you won't be able to leave your hand there for more than two seconds; when it's medium you'll manage four to five seconds; and at medium-low about seven seconds is tolerable.



Q My kids love icecream in a cone, but in the summer it melts so quickly and the icecream drips out of the bottom. Can I prolong the life of the icecream or cone so it can be eaten before it ends up as a sticky mess on the floor?

A There are a few tricks you can try. Lining icecream cones with melted chocolate makes them even more delicious and creates a moisture barrier. Use melted white or dark chocolate melts, spoon it in, tilt to coat, then turn upside down on a foil-lined tray to set. Alternatively, pop a couple of mini marshmallows or Hershey's Kisses in the bottom of the cone so the icecream can't drip out.



Cherry cheer

Q Is there a way to stone cherries without buying yet another kitchen gadget, and can I freeze them?

A No special tools are required to stone them, but there will be some splatter, so wear an apron. Place a cherry stem-side over the mouth of an empty beer bottle. Push a chopstick down through the upturned base of the cherry, forcing the stone out and into the bottle. As for freezing cherries, yes you can – they can be 'free flow frozen'. Simply space out on a paper-lined tray and freeze. When frozen, transfer to a bag. Be aware: the high sugar content means that they remain a little soft, even when completely frozen.



HOLIDAY *Fun*

KEEP THE KIDS BUSY OVER THE
SUMMER WITH EASY RECIPES THAT
WILL DELIGHT THE ENTIRE FAMILY

RECIPES & STYLING SOPHIE GRAY
PHOTOGRAPHS ANGIE HUMPHREYS



Charlotte, 9



Gianni, 8



Ava, 7



Cook's NOTES

You could use white or dark melts and add a sprinkle of coconut, dried berries, or even Hundreds & Thousands. Great for a lunchbox, picnic hamper or just to keep the kids busy for half an hour while you do something else.





CHOCOLATE TWISTS

PREP+COOK TIME 25 mins MAKES 24



- 1 sheet frozen puff pastry, defrosted
- 2 tablespoons apple juice
- 100g milk chocolate melts
- 1 tablespoon Kremelta

- 1 Preheat the oven to 200°C. Line an oven tray with baking paper.
- 2 Cut the pastry sheet in half, then cut each half crosswise into 2cm strips, making 12 strips from each half.
- 3 Place apple juice in a shallow bowl. Dip the pastry strips one at a time into the apple juice; twist and place on the



- 4 Melt chocolate and Kremelta in a bowl placed over (but not touching) a pan of simmering water. Stir to combine the melted chocolate and Kremelta.
- 5 Dip one end of each pastry twist into the melted chocolate then return to the tray to set.

PER SERVE Energy 51kcal, 212kj • Protein 0.7g
• Total Fat 3g • Saturated Fat 2g • Carbohydrate 4.8g • Fibre .3g • Sodium 50mg • Sugar 2.5g

JOBS

for the KIDS

The kids can all get involved in dipping the pastry strips in the juice and arranging on the tray. Older kids can be responsible for melting and stirring the chocolate.



WATCH OUT

Be careful removing the bowl of chocolate from over the saucepan; allow the steam to be released gently to avoid getting burned.

DIPPING THE PASTRY TWISTS CAN GET MESSY

Make a rule no one gets to lick the bowl until after the clean-up!





CHILLI BEEF TORTILLA BOWLS

PREP + COOK TIME 30 mins
SERVES 4

LS

- 8 small flour tortillas
- non-stick cooking spray
- 500g beef mince
- 300g jar of chunky store-bought salsa, medium
- 400g can of chilli beans in sauce, mild to medium
- $\frac{1}{2}$ cup water
- pinch of salt
- sliced lettuce
- chopped tomatoes
- grated cheese
- sour cream, optional

1 Preheat the oven to 190°C. Soften tortillas in microwave according to pack directions.

2 Spray the tortillas each side lightly with cooking spray and press them into a

Texas-style muffin pan or heat-proof noodle bowls. Bake for 10-15 minutes until evenly brown and crisp.

3 Brown the beef in a non-stick frying pan, breaking it up with a potato masher until it is crumbly and cooked. Mix in the salsa and chilli beans and when simmering add the water. Simmer until thick. Season with salt.

4 Spoon into prepared tortilla bowls and top with sliced lettuce, chopped tomatoes, grated cheese and sour cream, if using.

PER SERVE Energy 539kcal, 2259kJ • Protein 42g • Total Fat 20.6g • Saturated Fat 9.5g • Carbohydrate 39.4g • Fibre 8.2g • Sodium 1011mg • Sugar 9g

SURVIVAL SKILLS

CAN DO Make sure the kids have mastered the can opener, if they haven't already.

TIGHT SPOT A tight jar lid is a challenge for little hands. Show them how to stand a jar lid-side-down in a dish of hot water to expand the metal, making it easier to open.

SIMPLE SWAPS Everyone needs a few basic recipes that require very little equipment to take into student life or the first flat. This simple chilli is a great example as it can be eaten with rice, as a quesadilla, stuffed in a roll like a sloppy joe or in a jacket potato. Next time they make this recipe, try a different serving suggestion so they get the idea of simple swaps.

Kids in the kitchen

Cook's NOTES

Tortilla bowls are great for serving salads or making a little bit of something left over go a long way. If you place a drinking glass in the base of the bowls while still hot from the oven, it will shape them so they form a flat base as they cool and crisp.



JOBS for the KIDS

Younger kids can grate the cheese, spray the tortillas with cooking spray and once it's cooking, stir the meat mixture with supervision. They can also help with dishwashing – stand them on a chair and fill the sink with bubbly water to keep them interested. **Older kids** can brown the meat and break it up with the masher. They can also slice the lettuce and chop the tomatoes.



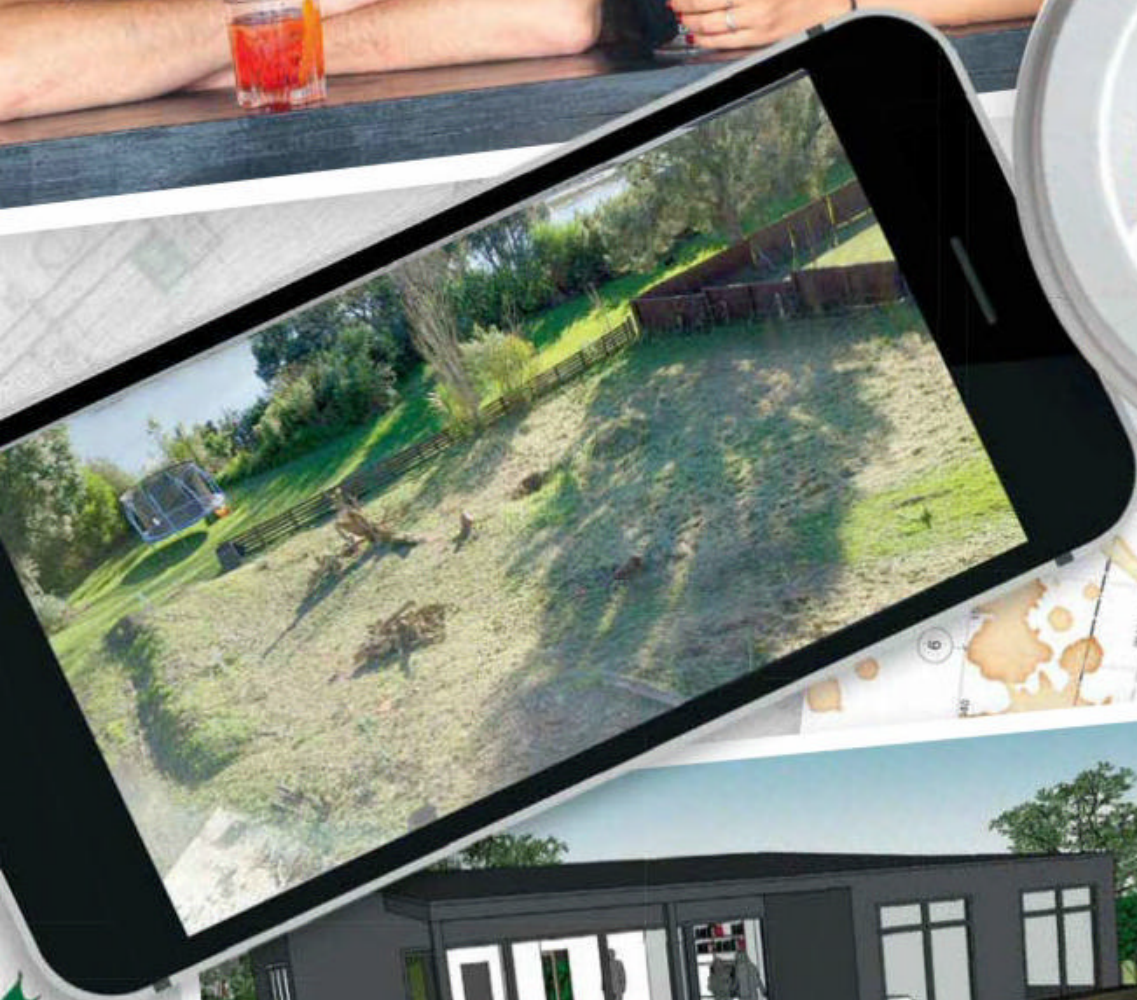
WIN



GO BANANAS!

The kids will love these brightly-coloured, scented bananas with cute collectible Crushie characters and accessories. Peel the banana to reveal what is inside – 21 pieces included with each bunch of three! Can you find the ultra-rare and limited-edition Crushies? We have three packs to give away, each worth \$25 (per 3 pack); to enter, email foodmagazine@bauermedia.co.nz with Bananas in the subject line by February 28, 2019.





FOLLOW THE BUILD VISIT

 **HOMES** [TOLOVE.CO.NZ](https://www.hometolove.co.nz)



SMART *Living*

A Kitchen REFRESH



Kitchen
GARDEN

Top 10 POTTED HERBS

YOU DON'T NEED A MULTITUDE OF GARDEN BEDS TO GROW FRESH HERBS; POT THOSE PUPPIES IN CONTAINERS

The great thing about herbs, apart from their divine flavour and wonderful nutritional value, is that most of them are able to grow in all sorts of places – rocky slopes, coastal gardens and, of course, containers.

Indeed, people have been growing herbs in pots, baskets, troughs and other containers for centuries. Convenience plays a part – after all, what could be handier than a pot of herbs by the back door? But another reason for container cultivation is that herbs don't all necessarily like the same soil type, nutrients, sun exposure, moisture levels and so forth. Plant them in pots and you can customise their care and conditions. If you're unsure what to grow, here are our favourite container herbs:



1. Basil

Basil is an annual herb (it only lives for one season) and is ideal for growing on a sunny deck, terrace or window sill. Sow seeds, or plant seedlings, in spring into a standard potting mix and keep in a warm spot until well established. Pots need to be deep as basil has a long taproot. Water well during dry weather, but not at night as damp leaves can be susceptible to fungal disease.



5. Bay

An evergreen tree that can become enormous if left unpruned, bay needs a large, deep pot and protection from frost. Feed in spring with a liquid fertiliser and water well during summer.

To grow your bay tree as a standard topiary, choose a plant with a straight stem, remove the lower side shoots and trim the rest to the shape you want.



6. Chives

Chives are perfect for a window box or small pots on a ledge. They prefer soil to be fertile and moist so give them some shade in summer to avoid pots drying out. Liquid feed in spring, and if aphids attack, wash the leaves thoroughly. Chives are perennial (plants will live for several seasons), but die down in winter.



7. Lemongrass

Lemongrass thrives in pots if the compost is kept moist during summer.

Move pots from frosty places to shelter in winter and expect plants to become dormant; in warmer areas lemongrass will remain in leaf. Harvest fresh leaves and lower stems in summer and liquid-feed weekly during warmer months.



2. Coriander

A frost-tender annual, coriander is best in a large, deep pot in a sunny spot with plenty of moisture in summer. It hates being transplanted but is easy to grow from seed – just sprinkle on top of potting mix and cover with a thin layer of compost. Pick leaves regularly and harvest seeds by picking the flowers as soon as they start to produce a scent. If you're a real coriander fan, keep your supply up by sowing seeds in another pot three weeks later.



8. Rosemary

You need a large pot for rosemary, as plants can reach a metre in height and spread. Good drainage is essential and rosemary needs very little water, especially during the colder months. In colder locations, position the container against the sunniest wall, mulch around the plant, and move to a sheltered spot during winter. Trim after flowering to keep it in shape.



3. Mint

There are many different mints apart from the common variety, including apple, pineapple, lemon and peppermint. Most are frost-hardy perennials that spread easily, which is why they are best grown in large pots, not the garden. Keep compost moist at all times and feed with a liquid fertiliser throughout the growing season. Part-shade is best.



9. Sage

Common sage, the one used most often in cooking, is frost tolerant, evergreen and perennial. Plants reach 60cm in height and spread, so select a reasonably large container that is not too shallow and has good drainage. Use a mix of composted fine bark and soil-based compost. Trim back after flowering in summer and avoid over-watering.



4. Parsley

Inside or out, parsley will thrive in pots if kept moist, harvested regularly and given a liquid feed occasionally. A little shade is best in summer and a sunny spot in winter. Remove any flowers to ensure plants produce leaves, not seed. Both common and flatleaf parsley are biennial (only live for two seasons).



10. Thyme

There are many different varieties of thyme to choose from, all frost hardy, evergreen and perennial. Some are very low-growing, others will reach about 30cm in height – and they all do well in containers, provided soil is well drained and they get plenty of sun. Avoid fertilisers and keep watering to a minimum.

Four ways with **DENIM**

DENIM NEVER GOES
OUT OF STYLE – AND
WE'RE NOT JUST
TALKING ABOUT YOUR
JEANS. CHECK OUT
THESE GENIUS NEW
WAYS WITH THE FABRIC



Heart cushion

Cut the inner leg seam of a pair of jeans all the way down. Open up the leg so the outside seam is in the middle. Create a paper template of a heart about 42cm wide by 36cm long. Using the template, cut out 2 hearts from the denim with the seam running down the centre of each heart. Place hearts together, right sides facing out. Sew around heart, 1.5cm in from the edge, but leave a small gap for the stuffing. Stuff cushion with filling then sew up gap.



Re-cover a stool

A great way to revamp an old or tired-looking stool is to re-cover it. Cut the inner leg seam of a pair of jeans all the way down. Place the widest part of the denim over the stool, ensuring there is enough fabric to wrap under the stool. Cut off any excess denim and slowly start staple-gunning the denim to the underside of the stool, making neat pleats where necessary. Fold over the edge of the denim before stapling for a nice finish.



Placemats

Update some plain placemats by simply cutting the back pockets off a pair of old jeans and sewing them on to create cute cutlery holders.



Key Ring

Find a scrap of old denim and cut out 2 identical shapes of your choice; we chose a heart measuring 12cm long by 12cm wide. Place shapes on top of one another, right sides out. Cut off a belt loop from an old pair of jeans and insert between fabric pieces at the point where you want to attach your keys, leaving the loop protruding. Sew around shape and attach key ring to loop.



Pair them with...



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Resene White Pointer.



Resene Harvest Gold.

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Wine NOTES

THINK PINK THIS SUMMER
– ROSÉ IS THE DRINK OF THE
SEASON! TO FIND THE ONE
FOR YOU, CHECK OUT
OUR GUIDE



La Vie En Rosé

It's hard to think of a more favoured wine in the world at the moment than rosé. The gorgeous pink varietal has experienced a massive jump in popularity over recent years, with sales increasing 53 per cent last year alone. And it's easy to see why – it's uncomplicated, fresh, fruity, easy to drink and comes in various degrees of sweetness.

Pretty in Pink

Rosé is wine that's made from a single red grape or a blend of red grapes, but the skins of the grapes only come into contact with the wine for a very short time, giving the wine its pink hue. The longer the skins are left in contact, the deeper the shade of the rosé. Typical flavours of a rosé include raspberry, strawberry and cherry, and it can be

made in many different styles, from the typically dry French Cotes du Rhone and Cotes de Provence, through to more fuller-bodied pinot noir rosé, and the sweeter New World zinfandel. Rosé originated in France, and is thought to be the oldest style of wine in the world, with Provence making it since 600BC.

New Kiwi classic

Aotearoa now boasts more than 150 different rosés, with every winemaking region in the country producing its take on it. While it has been taken seriously as a style in France for centuries, rosé has taken much longer to catch on here – but now it has, the industry is revelling. From playful, fruity styles to deeper pinot rosé, there's a Kiwi drop for everyone. See right for our edit of some of the best.

FAQ

Does a darker shade of rosé indicate a sweeter wine? No, this is a common misconception, but a darker rosé will have more body and notes of fruit.

Can you blend white grapes with red to make rosé? You can, but the traditionalists would very much frown on it! It's actually illegal to do so in France, apart from in Champagne.

FROSÉ

Set to be the drink of the summer, give frosé, or a frozen rosé cocktail, a whirl at home.

- 1 cup hulled, sliced strawberries
- dash of sugar, to taste
- 1 bottle dry New Zealand pinot rosé
- 45ml sweet vermouth

- 1 Place strawberries in a blender and blitz. If the strawberries are too bitter, add sugar to taste and blitz again.
- 2 Mix rosé, vermouth and strawberries together. Pour into a deep dish and place in the freezer.
- 3 Stir with a fork every 30 minutes until the mixture reaches frozen slushie consistency.
- 4 Drink!



TIP

Don't add ice as it will dilute the flavour of the wine.



TOP TIPPLES

- SLIGHTLY SWEET** Graham Norton's Own Rosé (NEW ZEALAND) \$18.99 **DRY** Rabbit Ranch 2017 Rosé (CENTRAL OTAGO) \$23.99 **MEDIUM** The Ned 2018 Rosé (MARLBOROUGH) \$15.99 **FRUITY** Brancott Estate Pinot Noir Rosé (MARLBOROUGH) \$17 **LIGHT** Selaks Reserve Lighter Rosé (HAWKES' BAY) \$12 **SPARKLING** Villa Maria Private Bin Sparkling Rosé (NEW ZEALAND) \$13

Doing the MAHI

KARENA AND KASEY BIRD HAVE NOTCHED UP A *MASTERCHEF* WIN, A HIT TV SERIES AND BEST-SELLING BOOK. BUT THEIR GREATEST JOY TO DATE IS IN SHOWCASING THEIR CULTURE WITH A MULTI-SENSORY MIX OF MAORI LEGEND AND FOOD

STORY KELLY BERTRAND

It's a photo that's going straight to the pool room. With their foreheads and noses pressed against those of the Duke and Duchess of Sussex, Karena and Kasey Bird couldn't help but grin as they performed a hongi with Harry and Meghan on the grounds of Te Papaouru marae in Rotorua.

At the time, they say laughing, they were just focussed on not embarrassing themselves in front of the Royals, while at the same time trying to focus on the meal they were in the middle of preparing for 180 people, the duke and duchess included.

Now, however, as they look back on this and all of the other remarkable feats they've accomplished since winning *MasterChef* in 2014, they take a second to appreciate just how far they've come.

"It feels like 10 years ago!" Karena (30) laughs, referring to their reality TV win.

"Since then, there have been so many full-circle moments, like cooking for the royals – our great-grandparents were in the kitchen when Prince Andrew visited (in 2007). And recently we were asked to be chefs at a Leukaemia and Blood Cancer foundation dinner – just a few years before that, we were just guests, and then all of a sudden we're cooking alongside the likes of Peter Gordon and Al Brown."

Adds 29-year-old Kasey, "To be part of that group really made us feel like we were on the right path."

The sisters, who still live in their tiny Bay of Plenty hometown of Maketu – population 900 – took their time deciding on that right path, they freely admit.

Fame, attention and the glare of the spotlight doesn't come naturally to the pair, a concept perhaps at odds with their TV beginnings. While they've enjoyed great success since – and have gone on to star in two seasons of their award-winning show *Karena and Kasey's Kitchen Diplomacy* – it's been their other projects, such as their self-published cookbooks and, most recently, the birth of their aptly-named Creation Dinner, that have given them the most contentment.

"The amount of different stuff we've crammed into the last four years has been pretty wild," nods Kasey, the younger and perhaps more subdued of the sisters.

"But it's been good. It's really given us an understanding of what we really want to do and a real focus. And now we know it's not really television. We find more satisfaction in other things, and it's nice to take a step back from the spotlight a little bit. We find the whole idea of

Maketu sisters Karena (left) and Kasey Bird. "The amount of different stuff we've crammed into the last four years has been pretty wild."





trying to sell ourselves really hard; we struggle with it.”

Their success has been hard-won. Though they enjoyed profile and plaudits following their *MasterChef* win, the girls quickly found their provenance to be detrimental when it came to fulfilling their dreams of becoming professional chefs.

“We weren’t taken seriously at all,” Karena admits. “I mean, we came from a reality show! And there were chefs who had worked in kitchens for years and years, who had started from the bottom and were working their way up to the top – and there we were.”

So they decided that the only way forward was to take a step back, and they worked for free in two of Auckland’s

‘Everything is about storytelling; that’s where food is going’

best restaurants for two months, learning how a kitchen worked. They then did the same thing in the south of France at Kiwi chef Nick Honeyman’s former restaurant, Le Petit Léon.

With a bit of pedigree behind them, Karen and Kasey then set out to discover who they were as chefs, and quickly realised that their strength and passion lay in their roots.

Showcasing their culture – through

both food and storytelling – is their greatest joy, and the drive that led to the Creation Dinner, a series of pop-up restaurants that spanned the nation in 2018. Exceptionally intimate affairs with no more than 30 people per sitting, guests would first gather at a meet-up location before being taken to the mystery location, often a marae, but Karena and Kasey’s Wellington guests were taken to the Beehive (yes, that Beehive – even they can’t figure out how they managed to swing that particular location!).

Once settled, diners were then treated to a seven-course meal, complete with wine matches, that were designed to mirror the story of sky father Ranginui and earth ➡



Prince Harry performs a hongi with Kasey at Te Papaouru Marae, Rotorua, 2018.

mother Papatuanuku – the creation story of Aotearoa.

But as well as telling the tale through their food – think pork and watercress consommé, butter-poached crayfish and crayfish dumplings, miso-bruléed kumara with puha, and vanilla and passionfruit panacotta with manuka honey – the story of New Zealand played out in projections on the roof and walls, with *Te Karere* presenter Scotty Morrison's booming voice narrating.

It's a unique concept and a real first for New Zealand, but the idea came during the sisters' travels for *Kitchen Diplomacy*, when they realised plating up food, however delicious or impressive it is, wasn't enough any more.

"Everything is about storytelling; that's where food is going. Why don't we just do something that tells a story, our story?" Karena remembers asking herself.

"So, we did. It's very different, and it was a risky move. But to have it pay off, and for the final product to turn

out exactly as we'd hoped, has been really cool."

It's definitely fair to say Karena and Kasey are far from risk adverse – the sisters famously turned down a portion of their *MasterChef* prize, a cookbook deal, because they weren't happy with the format it would have been published in. Instead, they decided to self-publish, and their resulting cookbook *For the Love Of* won a prestigious international cookbook award in 2016.

And the pair already had a legacy of incorporating traditional Maori flavours into their cooking; a talent which helped them win *MasterChef* in the first place. They effortlessly intertwine their culture into their food, as well as in the way they operate their small but burgeoning empire – it's simply a by-product of their complete inability to be anything but themselves. It even extends to the logistics of the events – their sister Michaela hosts and is in charge of wine matching, while they recruited young women from Maketu and taught them the intricacies of fine-dining service.

"I'm the oldest in our crew, and I'm 30!" Karena laments. "We even roped in the cousins too – one of them does our sound and AV. It's a real family affair."

The next step, they nod, is to take the Creation Dinner internationally, starting with a trip to Japan to coincide with the 2019 Rugby World Cup, and then perhaps China.

"Our biggest goal is that we want to take as many of our crew over as possible, and get ourselves in the position to make the right partnerships to be able to take them all," says Kasey. "We would have gone overseas sooner, but it wouldn't be with everyone."

Adds Karena, "We've got a few bits and bobs we're working on. 2019 is going to be a good year!"

Maori flavours at home

Incorporating traditional Maori flavours in your own food doesn't have to be tricky, the pair say.

"Kawakawa grows everywhere in New Zealand; we see it wherever we go. It's really good for infusing a drink or a cordial, or another flavour to a sauce. If you're making a gravy or a jus, you can put kawakawa leaves into it and you'll notice a herbal pepperiness. It's really good for you

as well. Horopito, or bush pepper, is great too, and also easy to forage. Also, we find smoking really reminds us of hangi. If you wanted to add a bit of flavour, pop some potatoes into a smoker, then mash them. It gives a really nice smoky flavour, and you can do it on your stovetop."



COUNTDOWN TRACKS PROGRESS ON *Sustainability Goals*

**CUTTING DOWN
ON PLASTIC WASTE
AND REDUCING THE
GENDER PAY GAP HAVE
BEEN COUNTDOWN'S
BIG WINS OF 2018**

Reducing its gender wage gap to 1.11%, and carbon emissions by 8.8%, are just two of the highlights included in Countdown's recently released 2018 Corporate Social Responsibility (CSR) Report.

The report publicly tracks the company's progress towards 20 goals that were set in 2017, to be achieved by 2020.

"To us, being sustainable means we demonstrate our values in our everyday activities and behaviour. It's about doing the right thing by our team, our customers and the environment," says Kiri Hannifin, Countdown's General Manager Corporate Affairs and Sustainability.

"Our 2020 goals have allowed us to focus our attention really effectively on the areas where we can make a tangible difference for New Zealand and New Zealanders. I'm incredibly proud of what we have achieved over the last financial year," she says.

Countdown has reduced its gender wage gap to 1.11%, phased out single-use plastic carrier bags across its 180 stores, further reduced carbon emissions by 8.8% as compared to the previous year, and donated \$6.3 million worth of food to its food rescue charity partners and local farmers.

"We have made some great progress," adds Kiri, "but we also know there is still plenty more to be done. In particular, we are very determined



to continue to reduce plastic and packaging across our business wherever we can.

"Being more sustainable is something our customers, and all New Zealanders, want as well. We have seen unprecedented levels of feedback and support from our customers who want us to take even more action when it comes to the environment. Responding to this feedback with action will be a priority for us over the next year."

countdown 

OTHER KEY HIGHLIGHTS FROM THE REPORT INCLUDE:

- Removing more than 70 tonnes of plastic from produce.
- Supporting the local economy by sourcing 100% of fresh chicken, lamb and pork, and 97% of fresh beef, from New Zealand farmers.
- Gaining White Ribbon accreditation.
- Raising \$1.26 million for children's hospitals through the Countdown Kids Hospital Appeal.
- Increasing the number of own-brand products with a Health Star Rating to 82%.
- Increasing the number of Countdown own-brand products containing certified timber, pulp or paper to 77% in FY18 – up 22% from FY17.

The Sweet Life **ON THE SHORE**

EDITOR SOPHIE GRAY TAKES A JAUNT ACROSS
AUCKLAND'S HARBOUR BRIDGE TO VISIT THE
SHORE'S SWEETEST NEW ATTRACTION

The first European settlers of Auckland's famed North Shore must have had dessert on their minds from the get-go, since they almost immediately cleared acres of land to be used just for orchards and strawberry fields.

In years gone by, city dwellers would schlep across the harbour on the ferry to enjoy a day out by the sea and the strawberries. Now, decades later, there's a sweet new reason to take a trip over the bridge.

Located on a beautiful harbour-side site, the Chelsea Sugar Factory with its famed orange walls has long been one of Auckland's most iconic buildings. It has now evolved into so much more than a refinery and is home to the

spanking new Chelsea Bay Visitor and Food Education Centre, and the highly anticipated Sugar café.

The stunning spot, with fabulous views of The Auckland Harbour Bridge and skyline, has been occupied since the company was established in 1882. Originally chosen for its deep-water port, ships are still unloading raw sugar to the fully operational refinery every six weeks.

At the end of last year, Chelsea Sugar decided to throw its doors open to welcome visitors, to show them where their sugar comes from and let them step back in time to experience the 134-year history of Chelsea's heritage site. So I was excited to join the winner of our Chelsea Best Dessert competition on one of the weekday tours that run

every hour between 10am-4pm.

Having donned the requisite pink hard hat and safety goggles, we board the motor train to see how raw sugar makes its way from the ships berthed at the deep-water port into the massive raw sugar store. After viewing the awe-inspiring sugar mountain up close, we're guided through the steamy factory, where we're greeted with the malty sweet aroma of sugar and accompanied by the occasional opportunistic bee. Steep stairwells and elevated gang planks ensure a real factory experience, but it does mean tours are not suitable for pre-schoolers, wheelchairs or pushchairs.

Throughout the tour the friendly crew happily answer questions about the refining process, and of course

‘Not only is the food delicious, the presentation is Instagramably pretty’

there’s a chance to taste some of the products fresh from the production line. The tour also provides a fascinating glimpse into the past and the key role that Chelsea has played in the establishment of the North Shore.

There’s also a free interactive Food Education Centre adjoining the tour gathering point, a collaboration between Chelsea Sugar and Edmonds, which provides a state-of-the-art interactive experience, including a fun digital baking activity with cook Annabelle White. But be warned, if you stuff your recipe up, digital Annabelle will definitely let you know all about it!

Baking classes will also be available in the custom-made kitchen, but it’s Sugar that truly entices those with a sweet tooth, and the smart, stylish new café is everything you’d expect of its name. Think mountains of goodies in the counter – indulgent slices, eye-popping donuts and tempting tarts all made on site by the skilled team of bakers. You can watch them live as they work and pick up a few pointers, or just relax with a glass of wine and order from the sophisticated menu, where meals such as eggs benedict with salmon and

Sophie with our Best Dessert competition winner Marietjie Swart and family.



Smart and stylish Sugar cafe won't fail to entice the sweet-toothed customer.

capers and summer bruschetta with local burrata, heirloom tomatoes, coriander seeds and ciabatta are served with friendly professionalism. Not only is the food delicious, the presentation is Instagramably pretty.

High tea is available if you book ahead and there is even a fabulous new playground directly opposite, so you can keep an eye on the kids while you linger over lunch or dine picnic-style on the grass. Parking is plentiful, so allow time for a stroll in the grounds – dogs on a leash are welcome too.

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10 Healthy CHANGES

WANT TO MAKE A
REAL DIFFERENCE TO
YOUR WELLBEING THIS
YEAR? THESE SIMPLE
ADJUSTMENTS WILL
HELP KEEP YOU ON
TRACK EVERY DAY

1 DO PELVIC FLOOR EXERCISES

These are one of the easiest forms of exercise and one of the most important, especially if you're a mum. Incontinence affects an estimated 1.1 million New Zealanders, but 80 per cent of women with urinary stress incontinence (the most common type affecting women) can be cured with pelvic floor muscle training.

"All women who have had a baby should be doing pelvic floor exercises every day for the rest of their lives," says pelvic floor physiotherapist Liz Childs from Continence NZ. "You should be able to build up to 10 x 10-second holds. Initially, if the muscles are weak, aim for short sets several times a day."

2 COLOUR IN

Colouring books are child's play, right? Not at the moment. Adult colouring books are still flying off the press as grown-ups get their pencils out to combat stress and aid relaxation. Psychologists say colouring is a mindful activity which helps us to focus our attention in much the same way as meditation. "This creative activity allows us to focus on the present moment in a systematic way, which can be quite meditative and relaxing," says health psychologist Iris Fontanilla, from the New Zealand Psychological Society.

3 Volunteer Helping others will help you, too. "Volunteering can help you feel socially connected to others by forming new friendships and networks," says Iris. "It can improve your social and relationships skills, and the act of being of service and helping others can improve your self-esteem, self-confidence and life satisfaction. Volunteering can also give you a sense of purpose and can take your mind off your worries." If you're short on time, then 'micro-volunteering' allows you to give back in small chunks, often from the convenience of home with phone and internet-based tasks.

4

MEASURE WHAT YOU DRINK

Many of us tally our drinks by counting the glasses emptied, but glass sizes vary dramatically so it's almost impossible to monitor this way. 'Standard drink' glasses featuring a subtle standard-drink line can help you keep track. "Over time our portions have crept up without us realising it," says dietitian Sarah Hanrahan from the New Zealand Nutrition Foundation. "When you look at one standard serve of alcohol, it really isn't that much. Having that line there is a reminder it's very easy to slosh in half-a-glass-full that's equal to two standard serves of alcohol."



5 Eat more plants

The evidence is stacking up in favour of a plant-based diet, one that emphasises fruits, vegetables, grains, beans, legumes and nuts. Why? Because a plant-based diet is lower in calories and fat and is associated with a reduced risk of heart disease. However, that doesn't mean you need to give up meat altogether, says dietitian Sarah Hanrahan. "It doesn't mean a totally vegan or vegetarian diet at all; rather, it means there's an emphasis on the plants. Look at the amount of meat you're having and remember you don't need it every single night."

6 Exercise in short bursts

Experts recommend a minimum of 150 minutes of moderate-intensity exercise a week for better health. Brisk walking, cycling, gardening or even household chores count towards your total. Even small increments of 10 minutes are beneficial. "There's some evidence frequent short periods are better than a few long periods, as long as the total time meets the guideline," says Dr James Stinear from the University of Auckland's Department of Sport and Exercise Science.



7 STAND MORE, SIT LESS

We all need to just sit quietly and relax from time to time, but it seems you can overdo it. According to a growing body of experts, sitting is the new smoking. Spending too much time sitting – at work, in your car, or at home on the sofa – increases your risk of diabetes, certain cancers and heart disease, and is also linked to an early death. "Anything you can do to intersperse your sedentary daily life with short bouts of physical activity will have a huge impact on your health and wellbeing," says Dr James.



9 Add a salad

Life is busy and it's not always easy to eat enough fruit and veg. In fact, only one in three Kiwi women eat the recommended three serves of vegetables and two of fruit every day. Adding a side salad to whatever you're eating for lunch and dinner is an easy way to up your intake. "You're reducing your calories, you're getting all the good things that come with the vegetables and it helps with satiety," says Sarah.



8 TURN OFF YOUR PHONE BEFORE BED

Do you keep your phone by your bed? The blue light emitted from your smartphone can affect your sleep quality.



"Light is something that affects our sleep hormones," says Angela Campbell from the Australasian Sleep Association. "It can suppress one of the key hormones that helps us go to sleep: melatonin. If you're using your device in the evening, the light from your screen may mean it's harder to get off to sleep."

10 Wear a moisturiser with sunscreen

Skin cancer is the most common cancer in New Zealand and the number of people affected is among the highest in the world. Research shows sunscreen dramatically reduces the risk of skin cancer and using it daily can reduce skin ageing by 24 per cent. Wearing a moisturiser with sunscreen is an easy and practical way of protecting your most sensitive area – your face. "For sun protection, we recommend you choose UVA/UVB broad spectrum products with SPF30+ or higher," says Shayne Nahu from the Cancer Society of New Zealand.



HERE COMES *The Sun*

SUMMER IS THE TIME TO LET YOUR TRUE BEAUTY SHINE. GLOW FROM THE INSIDE OUT WITH OUR TOP 15 BEST BUYS FOR THE SEASON

Summer calls for a less-is-more approach to beauty – think barely-there makeup, fresh and fruity fragrances and a natural, sun-kissed complexion that radiates. Combine a sunsafe skincare routine with a bit of pampering for the perfect beachy glow, and add a low-maintenance makeup regime to the mix for more time on the beach and less in front of the mirror. Here are our favourite 15 products for an easy, breezy summertime look that won't break the bank.

Sunscreen

1 CANCER SOCIETY SUNBLOCK LOTION SPF50+, RRP \$18, 400ML

Cancer Society's formula is a Kiwi-summer essential, having been specially formulated for the harsh New Zealand sun. To make sure you're protected at all times, squirt some into a reusable mini bottle and keep in your bag.

Facial wipes

2 NEUTROGENA HYDRO BOOST FACIAL WIPES, RRP \$10.99, PACK OF 25

Keep a handy pack in the car or by your bedside and taking your makeup off on a lazy summer day or night will be a breeze. Neutrogena's hydrating facial wipes remove even the best waterproof mascara, while giving your skin a welcome boost of hydration.

BB Cream

3 GARNIER MIRACLE SKIN PERFECTOR BB CREAM, RRP \$15, 50ML

Summer calls for a lighter approach when it comes to coverage. BB cream, or blemish balm, combines skincare and makeup in one. While the formula hydrates and protects your skin, it also provides you with light coverage for healthy, glowing looking skin.

Body Moisturiser

4 NIVEA BODY LOTION RICH NOURISHING RRP \$8.49, 400ML

Nivea's classic nourishing lotion now has twice as much almond oil, and improves the appearance of rough and sun-damaged skin almost instantly.

Lip Balm

5 CHAPSTICK LIP BALM TOTAL HYDRATION CORAL, RRP \$8.99

Your lips are one of the first parts of your body to feel the sun's wrath. Protect them with this formula of rosehip and jojoba oils, while adding a tint of summery coral blush.

Hair treatment

6 EARTHWISE NOURISH LEAVE IN TREATMENT, RRP \$9.99

A leave-in treatment that moisturises, detangles and de-frizzes your locks at the same time. Plus, it's all natural.

Body Scrub

7 GLOW LAB BODY SCRUB, RRP \$7.49, 200ML

Keeping your skin exfoliated is essential if you want an even tan. Glow Lab's sugar exfoliator is enriched with summery coconut to polish and protect.

Fake Tan

8 BONDI SANDS GRADUAL TANNING MILK, \$22.99, 375ML

Save yourself a fake tan disaster by using a gradual formula instead. Apply sparingly but often for a natural-looking golden glow, which won't leave you with orange elbows.

Waterproof mascara

9 MAYBELLINE GREAT LASH WATERPROOF MASCARA IN VERY BLACK, RRP \$14.99

From the beach to the pool, odds are you'll need a reliable mascara that won't make you look like a panda. Stick with the tried and true Great Lash – no matter how big the waves are, it just won't budge!

Nude Eye Shadow

10 COLLECTION EYES UNCOVERED NUDE BRONZE EYE SHADOW PALETTE, RRP \$12

A swipe of shadow is enough to take a summer-day look into the night, and you won't get much better value than

Collection's nude bronze palette. Apply a lighter colour to your lid and a darker shade in your crease for a look that's natural but makes your eyes pop.

Blush

11 COLLECTION GORGEOUS GLOW BLUSH BLOCK, RRP \$12

A brush of blusher is magic for creating a fresh complexion, and Collection's edition features multiple highly pigmented shades, making it perfect for blending. It also contains a light shimmer.

Bright lippy

12 MAYBELLINE SUPERSTAY MATTE INK LIPSTICK IN HEROINE, \$17.99

The last thing you need on a hot day is for your lipstick to end up all over your face – and as the name suggests, Maybelline's Superstay range isn't going anywhere! Go for a pop of Heroine, a gorgeous orange-red for a fresh take on your usual shade.

Highlighter

13 RIMMEL INSTA STROBING HIGHLIGHTER LIQUID, RRP \$15.99

Add dimension and luminosity to your skin with a highlighter. Either apply just to the areas of your face that would naturally catch the sun, such as your cheekbones and bridge of your nose, or add a few drops to your foundation or BB cream for an all-over glow.

‘Combine a sunsafe skincare routine with a bit of pampering for a perfect beachy glow’

Bronzer

14 RIMMEL SUN SHIMMER 3 IN 1 SHIMMERING BRONZER, RRP \$17.99

With three different shades in one palette, you can customise the tone of your bronzer as your skin colour deepens over the summer. You can also use the separate shades as eye shadows and highlighters; a great space-saving product to take to the beach!

Face Mask

15 GARNIER HYDRA BOMB TISSUE MASK IN POMEGRANATE, RRP \$5

Go on, pamper yourself – it's the holidays! And after a few trips to the beach and hikes in the bush, your skin could use a little love. Garnier's Hydra Bomb face mask has developed something of a cult following with its ultra-nourishing, purifying formula and delicious pomegranate scent.



SHOWcase

Products worth shouting about

Thailand on your plate

Bring the mouth-watering flavours of Thailand into your home with Exotic Food's range of authentic sauces, marinades, soups, coconut milks, curry pastes, oils and more. Made from only the finest ingredients in Thailand, they'll help you create exotic dishes in minutes. Recipes at exoticfood.co.nz.



Be good to you

Fuze Tea is an unexpected fusion of tea extracts with a lush peach or lemon flavour. Low in calories and made from quality blended ingredients, it's never been so delicious to be good to yourself. Contains no preservatives and is sweetened from natural sources. Available in Peach Black Iced Tea, Lemon Black Iced Tea or Lemon Green Iced Tea. Available at all good retailers.



New look, same great quality

Whatever it is you love to eat, with FreshLife ingredients it's so easy to add a whole lot more flavour, crunch and nutritional goodness to your food. Why not sprinkle pistachios into a couscous salad, bake brazils into chocolate brownies or add coconut chips to your homemade granola. Available from supermarkets nationwide (from the baking aisle). From RRP \$1.80 per pack. www.freshlifefood.co.nz; @freshlifefood.



It's the icing on the cake

Chelsea Pure Decorating Icing Sugar dissolves effortlessly and evenly to create a smooth, firm finish. The absence of starch allows it to achieve a hard-setting texture, which is ideal for piping and making decorative features.

Great for biscuits, wedding and celebration cakes. RRP \$1.99. For recipe inspiration, visit chelsea.co.nz.



Tickled pink

Leefield Station Rosé 2018 is the go-to rosé for summer this year! Recently released and already taking the stores by storm, this new rosé from Marisco Vineyards is set to please. Filled with bright fruit flavours of strawberries and red currants, with a nice dry finish, this wine is not only refreshing, it leaves you wanting more! RRP \$19.99, available through leading retailers throughout New Zealand.

Taste the difference

Carefully created by the Lubrano family for more than 30 years, Sandhurst Fine Foods uses time-honoured preserving techniques. With a range of wonderful olives, along with cornichons, artichokes and sauerkraut, to name a few products, Sandhurst is brilliant for the summer platter. RRP from \$4.29 to \$7.79, available at your supermarket.



Hidden goodness, happy kids

Mother Earth has found a way to make veggies taste yummy with their Vege Fruit Sticks. Filled with a delicious blend of real vegetable purée as well as real fruit purée, wrapped in a soft dough and baked, they are a tasty lunchbox snack the kids will love. There are four unique flavours in the range, with no artificial colours or flavours. RRP \$3.79, available at leading supermarkets.

At the checkout

Go on! Try it! You'll love it!



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ON SALE
FEBRUARY
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The Baking Bliss Issue!

NEW TWISTS ON
EASTER GOODIES

CHOCOLATE LOVERS'
SPECIAL

HEALTHY BAKING
FOR THE LUNCHBOX

COOK *the* COVER

CHICKEN AND KUMARA BURGERS

PREP + COOK TIME 40 mins + chilling SERVES 6

GF LS

- 2 large kumara, unpeeled
- cooking oil spray
- $\frac{1}{3}$ cup quinoa flakes
- $\frac{1}{4}$ cup milk
- 1 small courgette, coarsely grated
- 1 small carrot, coarsely grated
- 1 small red onion, coarsely grated, plus 1 small onion extra, thinly sliced
- 400g chicken mince
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 2 tablespoons olive oil
- 1 large tomato, thinly sliced
- 100g watercress, trimmed
- 1 tablespoon sesame seeds, toasted

GREEN TAHINI SAUCE

- $\frac{1}{4}$ cup tahini (or sesame paste)
- 2 tablespoons fresh flat-leaf parsley
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 small clove garlic, crushed

1 Preheat oven to 200°C. Oil and line two large oven trays with baking paper.

2 Cut kumara into 12 x 1.5cm-thick rounds; discard tapered ends. Place kumara slices in a single layer on oven trays; spray with oil. Roast for 20 minutes or until tender. Cover to keep warm.

3 Meanwhile, make Green tahini by placing all ingredients in food processor or blender. Blend until combined.

4 Combine quinoa flakes and milk in a small bowl, stand for 10 minutes.

5 Combine courgette, carrot, red onion, chicken, parsley and quinoa mixture in a medium bowl; season to taste. Using damp hands, shape

chicken mixture into six 8cm-round patties. Cover, refrigerate for 30 minutes.

6 Heat oil in a large non-stick frying pan over medium heat; cook patties for 4 minutes on each side or until golden and cooked through.

7 Place the patties on six kumara rounds; top with tomato, Green tahini sauce, watercress, extra onion and remaining kumara rounds. Sprinkle with sesame seeds.

PER SERVE Energy 489kcal, 2045kJ • Protein 24g • Total Fat 19.5g • Saturated Fat 3.4g • Carbohydrate 48g • Fibre 12.6g • Sodium 92mg • Sugar 18g

Cook's NOTES

Swap the watercress for baby spinach or rocket if you prefer a less bitter green in your burger. Quinoa flakes make a great gluten-free binder for burger patties. If you are not gluten free, you could simply use breadcrumbs.



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