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MEALS, SNACKS & DESSERTS FOR ENTERTAINING & LIVING WELL

Universal Magazines

Issue 17 AUS \$12.00*
NZ \$12.00 (Both incl. GST)

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Lemons

Lemons probably originated in the Punjab region of Pakistan and India. They have been regarded as a health food for many centuries and by the 1930s had gained the title "superfood" and were claimed to treat more than 140 health conditions. That might be a slight exaggeration, but we do know that lemons are a rich source of vitamin C, flavonoids, B vitamins and minerals such as magnesium and potassium. A fresh lemon simply squeezed into water is a great way to start your day, but the sweet, tangy flavour of lemons also makes them wonderful additions to puddings, tarts or a chicken bake.









Almonds

If you purchase your almonds in the shell they will last for a year if stored in a cool, dry place. The mild flavour of almonds perfectly complements either vegetables or fish and chicken. Almonds are pleasant to eat raw, but roasting does improve their flavour. It is best to roast your almonds at home fresh from the shell. Just spread the kernels in a single layer on a roasting dish and cook in a 180°C oven for 8-10 minutes until light and golden.

Green tea

Green tea undergoes a minimal amount of processing compared to black tea, although they both come from the one plant (*Camellia sinensis*). For green tea, freshly harvested leaves are immediately steamed or pan-fried to prevent oxidation and fermentation. The leaves are then rolled to rupture the leaf cells and facilitate the drying process. This form of processing preserves a high proportion of the natural antioxidants (catechins) in the tea. There are many varieties of green tea available, including sencha (a roasted Japanese green tea) and gyokuro (an expensive fine tea).





FROM THE EDITOR

You've had conversations like the one I am about to relate. It was a lovely morning by the sea. A gentle breeze ruffled what hair you had to offer it, the sun was shining and children were frolicking. I'd bumped into a friend and we'd entered into casual conversation. We'd been through the usual update on the status of work, both managing to edge in largely irrelevant detail that might make us look slightly more important and accomplished than we actually were. Following this, a couple of self-deprecating jokes along the lines of "You might as well hand me a stick of celery as a hammer — I'm no handyman" and we were well and truly into the realm of relaxed chat.

As we continued our casual banter, one of us mentioned dinner. It might have been me, I can't say for sure, but it inspired my companion to wax lyrical about one of the local Italian restaurants, a soliloquy that ended with the pronouncement that it was surely the best Italian restaurant in the area.

I could have let this rest but, in reality, I couldn't. "Really? You like Carmen's? I prefer The Winking Shallot," I observed (the names of the restaurants have been changed to protect the hungry). This sparked a spirited comparison of napoletana sauces, the consistency of gnocchi, freshness of mushrooms and relative merits of pizza bases. Neither of us was really willing to consider the other's arguments, having already made up our minds about which eating house deserved our patronage. So, having agreed to disagree, we moved on to more agreeable topics such as politics and religion.

It wasn't actually a remarkable conversation, which is the point. People have discussions like this every day, possibly a little more highbrow, but of the same ilk and substance. You've had them, and you've probably had them today.



We all have opinions when it comes to food. Life is full of choices, but in no aspect of our daily lives are we more certain and set in our opinions than we are about our food preferences.

You might defer to others as to what makes a good movie, how a house should be designed, what is the best exercise or what clothes look good on you. Yet when it comes to what food you like, you will be both clear and ready to argue the case.

Food is a personal journal, part of the recipe of your life. The question is, what are you cooking?



On the cover:
Cobs' Crunchy Nourish Bowl
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Give us **FOODBACK**

We want your feedback: *EatWell* is all about building a sharing community of people who care about the origins, quality and enjoyment of our food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made, or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can.

Send your feedback to Kate at kduncan@universalmagazines.com.au

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EatWell Issue 17 is published by Universal WellBeing Pty Ltd, Unit 5, 6-8 Byfield Street, North Ryde NSW 2113, Australia. Phone: +61 2 9805 0399, Fax: +61 2 9805 0714, Printed by KHL Printing Co Pte Ltd, Singapore. Distributed by Gordon and Gotch, Australia. Editorial advice is non-specific and readers are advised to seek professional advice for personal problems. Individual replies to readers' letters by consulting editors are not possible. The opinions expressed by individual writers in *WellBeing* are not necessarily those of the publishers. This book is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review as permitted under the Copyright Act, no part may be reproduced by any process without written permission. Enquiries should be addressed to the publishers. The publishers believe all the information supplied in this book to be correct at the time of printing. They are not, however, in a position to make a guarantee to this effect and accept no liability in the event of any information proving inaccurate. Prices, addresses and phone numbers were, after investigation and to the best of our knowledge and belief, up to date at the time of printing, but the shifting sands of time may change them in some cases. It is not possible for the publishers to ensure that advertisements which appear in this publication comply with the Trade Practices Act, 1974. The responsibility must therefore be on the person, company or advertising agency submitting the advertisements for publication. While every endeavour has been made to ensure complete accuracy, the publishers cannot be held responsible for any errors or omissions. This magazine is printed on paper that comes from a mill that satisfies the requirements of ISO 14001.

*Recommended retail price

ISSN 2204-2474/0812-8220

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ACN 003 026 944

universalmagazines.com.au

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94 Recipes — Cooking with Jackfruit

Jackfruit is a tropical fruit with a subtle taste of its own, but mostly it picks up the flavour of whatever you cook it with. It has a texture that makes it a great vegetarian substitute for dishes that use meats like pulled chicken or pork. Use jackfruit in scrumptious Pulled Jackfruit San Choy Bau; Green Jackfruit Curry; Jackfruit Lettuce Cup Tacos; Jackfruit Sliders with Coleslaw & Chipotle Mayonnaise; Jackfruit & Pumpkin Curry with Spinach; and Jackfruit-Stuffed Avocado.

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32 Recipes — Meat & 3 Veg Revisited

Try our variations on "meat and three veg" for delicious, nutritious meals that don't even need the meat. Treat your tastebuds with Spiced Chicken Thighs with Corn Puree, Suma-Roasted Tomatoes & Garlic Asparagus; Crispy-Skin Ocean Trout with Sweet Potato Mash & Lemon Butter Greens; Quinoa-Crusted Tofu with Pesto Cauliflower Mash & Caponata; Smashed Spuds, Prosciutto, Rosemary, Carrots, Peas & Garlic; and Lemon Mustard Lentils, Cauliflower, Carrots & Kale.

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62 Recipes — Meals Made in Advance





Whether you are a busy person, new parents, or you just don't like cooking a meal at the end of the day, having a pre-prepared meal can be a lifesaver. Try our Mushroom Miso Bolognese; Kale Pesto Pasta; Lamb Harira; Pumpkin Lasagne; Chickpea & Rice Rissoles; Tofu, Tempeh & Veggie Burgers; or Vegetarian Bean Casserole.

78 Recipes — Korean Style

Korean food is incredibly healthy and tasty, with an emphasis on vegetables and meats cooked simply with minimal oil. You'll be delighted by Korean-style dishes such as Tofu Noodles; Chicken with Slaw; Mandu Dumplings; Mushroom Stir-fry; Kimchi Fried Rice; and Roasted Barley Tea.

OUR GUIDE

Next to each recipe in EatWell, you will see icons as a guide. This is what they mean:

-  **Gluten Free**
-  **Omnivore Friendly**
-  **Vegetarian Friendly**
-  **Vegan Friendly**

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OUR CHEFS



CHRISTIE CONNELLY

CHRISTIE CONNELLY

Christie publishes the popular Australian food blog *Fig & Cherry* featuring healthy, family-friendly meals and sweet treats, with mouth-watering photography to match. Christie lives with her husband and two young children on the Far North Coast of NSW, enjoying the beach, local produce and a relaxed country lifestyle.

She draws recipe inspiration from her Hungarian and Lebanese heritages, her travel adventures and, of course, the amazing fertile soil of the Northern Rivers with its abundance of local organic fruits, vegetables, delicious native produce and healthy free-range-reared animals.

Her passion is educating parents, grandparents and carers how to shop for, prepare and cook healthy, nutritious food and to encourage children to enjoy it as well. With one child on the autism spectrum, she also has a strong interest in helping parents whose children have special needs or restricted eating.

Why not make yourself a cup of tea and head on over to her blog for a little bit of pure and healthy indulgence? After all, as Christie says, "Food is love, so embrace it with gusto!"

Connect with Christie at figandcherry.com



ADAM GUTHRIE

ADAM GUTHRIE

Adam is a vegan whose passion for food began with a life-threatening illness and continues today in a lifestyle built around healthy cooking and eating.

Adam is a qualified chef and wellness coach who specialises in a wholefood, plant-based diet. He is a passionate advocate for living a simple, healthy and environmentally friendly life. His story begins with a rude awakening when, as an out-of-balance and overweight 39-year-old, he found himself in hospital after an early-morning surf, discovering he'd had a heart attack and being told by his cardiologist that he would be on daily medications for the rest of his life.

Adam didn't accept that his cardiologist's "solution" of daily medication was the only way of minimising his risk of another heart attack. Instead, he decided he would do everything in his power to find another way. He learned how to treat himself with absolute kindness, love and respect. Adam transformed his diet, lost 20kg and no longer needs to take medication.

Somewhere along the way, he realised he was more than a chef and a "heart attack survivor"; he was a role model, an educator and someone who could provide inspiration simply by sharing his story and showing how easy it is to eat healthfully and to live well.

These days, Adam shares how to prepare delicious food for health, energy and vitality. He conducts online healthy eating and wellness programs at ifeelgood.com.au and gives keynote talks, live cooking demonstrations and cooking classes on the subject of healthy eating and living well.

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OUR CHEFS



LISA GUY

LISA GUY

Lisa Guy is a highly qualified Sydney-based naturopath, author and passionate foodie and founder of Art of Healing (artofhealing.com.au) and Bodhi Organic Tea.

Lisa believes that good wholesome food is one of the greatest pleasures in life and the foundation of good health. She encourages her clients to get back to eating what mother nature intended: good, clean, wholesome food that's nutrient rich and free from high levels of sugars, harmful fats, artificial additives and pesticides. Lisa's aim is to change the way people eat, cook and think about food.

She sees a wide variety of clients in her clinic, ranging from people with severe anxiety, mums with post-natal depression and people with adrenal exhaustion to couples having difficulty conceiving and parents who need help with their fussy eaters. Being a mum of two little girls, Lisa has a particular passion for supporting women through pregnancy and beyond and for children's health and nutrition.

Lisa is an avid health writer; she is *The Telegraph's* *Body + Soul's* resident nutritionist and a regular contributor to *WellBeing* and *Nurture Natural Parenting* magazine. Lisa is frequently quoted in many leading Australian publications promoting the natural way to better health. She is also an author of five books to date, including *My Goodness: all you need to know about children's health and nutrition*, *Pregnancy Essentials*, *Heal Yourself*, *Listen to Your Body* and *Healthy Skin Diet*.

Connect with Lisa at artofhealing.com.au



LEE HOLMES

LEE HOLMES

Lee's food philosophy is all about S.O.L.E. food: sustainable, organic, local and ethical. Her main goal is to alter the perception that cooking fresh, wholesome, nutrient-rich meals is difficult, complicated and time-consuming.

Lee says, "The best feeling I get is when I create a recipe using interesting, nourishing ingredients and it knocks my socks off. Then I can't wait to share it with my community and hear their experiences."

After being diagnosed with a crippling autoimmune disease in 2006, Lee travelled the world discovering foods that could be used to heal her body at a cellular level. After discovering many nutrient-rich and anti-inflammatory foods and changing her diet, Lee recovered. Her mind alive with ideas for new recipes, she wanted to share her creations with the world, so superchargedfood.com was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia.

From posting recipes, her passion to share her story and help others has snowballed and the blog recently took home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at superchargedfood.com

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OUR CHEFS



GEORGIA HARDING

GEORGIA HARDING

Georgia Harding is a naturopath with almost 20 years experience, a mother, and a passionate health educator. After many years consulting in a busy practice, lecturing in natural medicine and sharing her knowledge on talkback radio, Georgia decided to reach out and share her passion for holistic health by developing her blog, *Well Nourished*.

On her website, she shares fad-free health advice and intolerance/allergy-friendly recipes to inspire people to live happy, healthy lives and create delicious food memories. Georgia says, "The intricacies of the way we eat seem to have become the big picture and a source of stress for so many people." She advises, "Avoid becoming hung-up on all of those little things you 'should' be doing and take simple steps to improve your health and wellbeing — good health and eating well is a lifestyle, not a diet." She endeavours to simplify nutrition and make cooking nourishing meals achievable for everyone.

Georgia is committed to supporting the health of this generation of children, so she especially loves to help parents feed their kids well. She believes healthy eating habits and a passion for good food are developed in early childhood. "Just as you have to teach your children manners or to read and write, you also need to teach them how to eat well." On her website, Georgia shares many tips and strategies for encouraging kids to be fuss-free and genuinely love eating nourishing wholefoods.

Georgia's beautiful ebook *Rise and Shine — A Well Nourished Breakfast* will inspire and guide you to prepare the most important meal of the day in just minutes. Her latest ebook *The Well Nourished Lunch Box* contains over 50 nut-free, allergy-friendly wholefood sweet and savoury snacks, lunches and meals to inspire you to pack a nourishing lunch box that your kids will love to eat and you will love to make.

Connect with Georgia Harding at wellnourished.com.au

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BLACKBERRY & BLUEBERRY TART

RECIPE / LISA GUY

Berries are a great source of protective antioxidants that fight free-radical damage in the body, offering protection against chronic illnesses such as cardiovascular disease and cancer.

Makes: 4 tarts



- 1 punnet blueberries
- 1 punnet blackberries
- 3 tbsp coconut sugar
- 4 sheets shortcrust pastry, thawed
- 1 egg
- 1 tbsp coconut sugar, for topping
- Coconut or natural yoghurt, to serve

Preheat oven to 200°C.

Place blueberries and blackberries in medium bowl and toss with coconut sugar.

Cut pastry into 4 quarters.

Divide berry mixture evenly into each quarter.

Bring edges of pastry up, folding them over a little so berries are half covered.

Brush pastry with egg and sprinkle with coconut sugar.

Bake for 35–40 mins or until tart is golden-brown.

Serve warm topped with yoghurt.



Lee's Chicken & Roast Vegetable Pot Pie

CRANBERRY FRUIT MINCE PIES

RECIPE / LEE HOLMES

If you're looking for a pie that hits the mark when it comes to the crumble-to-filling ratio, this is it. Turn the typical sugar-, preservative- and gluten-filled mince pie on its head with this deliciously natural pie.

Makes: 1 large pie



Filling

- 150g cranberries
- 100g sultanas
- 100g currants
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1 tsp cinnamon
- ¼ tsp mixed spice
- ½ granny smith apple, cored & chopped
- Zest 1 lemon
- 1 cup orange juice
- 1 tbsp apple-cider vinegar



Lee's Cranberry Fruit Mince Pies

Shortcrust Pastry

- 375g gluten-free flour
- 150g butter
- 1 large beaten egg
- Pinch salt
- Handful almond flakes, for topping

Preheat oven to 180°C. Grease and flour a 12-cup muffin pan.

Place all filling ingredients in food processor and blend until smooth. Set aside to ensure flavours can meld.

In bowl, sieve flour and mix flour and butter until it resembles breadcrumbs.

Add beaten egg and mix until dough forms, adding cold water if necessary. Mould with hands until it resembles a ball. Chill in fridge for 30 mins.

With a rolling pin, roll out dough to 5mm between two sheets of baking paper and cut into rounds, reserving some for tops.

Place 12 rounds in bottom of greased muffin pan and bake for 5–10 mins until almost golden.

Remove from oven and add fruit mince filling.

Top with thin pastry lids or crosses of pastry. Add almond flakes and return to oven for 5 mins or until top is crisp.

Remove from oven onto cooling rack and serve warm or cold. Once cooled, they can be stored in airtight tin.

LEMON CHICKEN & ROAST VEGETABLE POT PIE

RECIPE / LEE HOLMES

With just a few tweaks to your usual pie recipe, this Lemon Chicken & Roast Vegetable Pot Pie provides you with the comfort of pot pie minus the sluggish feeling afterwards.

Makes: 1 large pie



- 1 tbsp extra-virgin olive oil
- 1 clove garlic, crushed
- 1 onion, diced
- 2 cups oven-roasted chopped vegetables (such as ½ pumpkin, 2 large carrots & 1 large parsnip, baked in the oven for 25 mins)
- 1 cup frozen peas, thawed
- ½ cooked chicken, roughly cut into pieces
- 1 tsp parsley
- 1 tsp thyme
- 2 tbsp gluten-free rice flour
- 2 cups homemade chicken stock
- Sea salt & pepper, to taste
- 2 sheets gluten-free filo pastry

Preheat oven to 180°C.

Heat oil in fry pan over medium heat. Add garlic and onion, cooking for 2–3 mins until slightly coloured.

Add chopped vegetables, peas, chicken and herbs to the pan, heating for 3–4 mins while stirring occasionally.

Place gluten-free rice flour and stock in bowl and mix together. Pour liquid into pan and stir through.

Bring to boil and return to simmer, simmering for 10 mins or until liquid thickens.

Season with sea salt and pepper to taste. Remove from pan and pour mixture into greased baking dish.

Roll out sheet of gluten-free pastry until large enough to cover surface area of mixture. You can use 2 sheets of pastry and join together when rolling if you need more pastry.

Cut around edges of pastry so it's neatly covering dish, tucking edges inside of dish so it holds together.

Bake on the middle shelf for 40 mins or until pastry is golden and cooked through.



VEGETARIAN SAMOSAS

RECIPE / LISA GUY

Adding curry powder to dishes is a wonderful way to promote better health. Made with the super spice turmeric along with coriander, cumin, red pepper and cardamom, this delicious combination not only tastes amazing but is loaded with curcumin, a natural compound in turmeric that has been found to help reduce the risk of cancer and Alzheimer's. Curry powder is also anti-inflammatory, making it beneficial for arthritis sufferers.

Makes: 12 samosas



- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- Olive oil
- 1 medium sweet potato, peeled & diced
- 1 carrot, finely chopped
- 1 cup peas (fresh or frozen)
- 1 tbsp curry powder
- Pinch sea salt & pepper
- Small handful coriander
- 1 tbsp mango chutney
- Juice ½ small lemon
- 6 sheets filo pastry
- 1 tbsp sesame seeds

Raita

- 200g natural yoghurt
 - Small handful mint, finely chopped
 - Juice ½ small lemon
- Preheat oven to 200°C. Line baking tray with baking paper.

Cook onion and garlic in frying pan over medium heat with a little olive oil for 3 mins.

Add sweet potato, carrot, peas, curry powder and salt and pepper and cook for around 5 mins.

Stir through coriander, mango chutney and lemon juice and cook for a further 2 mins, until sweet potato is cooked through. Gently mash vegie mixture so it still has plenty of lumpy bits.

Lay 1 sheet filo pastry out on dry chopping board, brush with olive oil then lay another layer of filo on top. Cut into quarters then fill centre of each with 2 tbsp mixture. Fold filo over to make triangle and press down edges.

Brush tops with a little olive oil and sprinkle with sesame seeds.

Place triangles on baking tray and bake for 30 mins, or until golden-brown.

To make raita simply mix ingredients in small bowl until well combined. Samosas are delicious served warm with small bowls of raita and mango chutney.

RED CAPSICUM & KALE QUICHE

RECIPE / ADAM GUTHRIE

Potato pastry is not quite as short as traditional pastry, but the finished quiche is delicious and much healthier than traditional pastry. Do your health a favour and eat to your heart's content.

Serves: 6



Pastry

- 1 cup plain wholewheat flour
- 2 medium potatoes, boiled & mashed
- ½ tsp salt
- 2 tbsp cold water, if required

Filling

- 500g firm tofu
- ¾ cup soymilk
- 2 medjool dates, pitted
- ½ cup nutritional yeast flakes
- 4 tbsp arrowroot
- ½ tsp ground turmeric
- 4 spring onions, whites sliced finely
- 2 garlic cloves, crushed
- 1 large red capsicum, diced
- 3 large handfuls kale, finely shredded
- ½ cup water
- 1 tbsp tamari
- ½ cup finely chopped parsley leaves
- Salt & pepper, to taste

Line base of 25cm flan dish with a greaseproof paper. Mix flour, mashed potato and salt in bowl and drizzle in cold water, 1 tbsp at a time, until dough just comes together. Cover and refrigerate while you make filling.

Roll pastry out on floured bench, using rolling pin or glass jar, to 4cm bigger than flan dish. Drape rolled pastry carefully over dish and push pastry into bottom of dish. Scrape overhanging pastry away with knife and remove excess. Prick base with fork. Bake for 10 mins.

Place tofu, soymilk, dates, nutritional yeast flakes, arrowroot and turmeric in food processor or blender and blend to consistency resembling ricotta cheese, then place in large bowl.

Heat frying pan on high heat, add spring onion and garlic and sauté until golden-brown. Add red capsicum, kale and water. Add tamari and continue to sauté for a couple of mins until softened and liquid has evaporated.

Place cooked vegetables in bowl with tofu mix and parsley, and mix well. Season to taste. Place tofu vegetable mix on pastry base and smooth top with spatula. Bake for 30–45 mins or until top is golden-brown and firm to touch.

Slice into 6 portions and serve with salad.

Adam's Capsicum & Kale Quiche



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Choose your favourite vegetables to put your own spin on this dish.



Adam's Vegetable Flan

VEGETABLE FLAN WITH VEGAN SHORTCRUST PASTRY

RECIPE / ADAM GUTHRIE

This is a great vegan recipe that produces a fantastic egg-like base. Add any vegetables to put your own spin on this delicious recipe.

Serves: 6



Pastry

½ cup whole almonds
1 cup rolled oats
1 cup wholewheat flour
½ tsp salt
½ cup water

Filling

500g firm tofu
½ cup soymilk
½ tsp ground nutmeg
Zest ½ lemon
1 tbsp maple syrup
1 onion, finely diced
2 garlic cloves, minced
10 mushrooms, finely sliced
1 zucchini, grated
1 carrot, grated
2 handfuls spinach, shredded
1 tbsp tamari
1 tsp dried oregano
½ cup wholewheat flour
Salt & pepper, to taste

Preheat oven to 190°C.

Place almonds, rolled oats, wholewheat flour and salt in food processor or blender. Pulse to flour-like consistency then place in large bowl. Add water and mix with hands until mixture forms moist but firm dough (keep adding a little water if necessary).

Push dough with fingers evenly over base and sides of 25cm loose-bottom flan tin. Starting from centre of tin, press dough evenly into tin, working outward and up sides. Poke a few fork holes so air can escape. Bake for 10 mins or until lightly golden and firm to touch. Set aside to cool.

Place tofu, soymilk, nutmeg, lemon zest and maple syrup in food processor and blend to consistency that resembles ricotta cheese, then place in large bowl.

Increase oven temperature to 200°C.

Heat frying pan on a high heat. Sauté the onion and garlic in ¼ cup water. Cook until onion is soft and translucent and water has evaporated. Add mushroom and sauté until soft. Add zucchini, carrot, spinach and tamari and sauté for a couple of mins until all vegetables are soft and liquid has reduced.

Place cooked vegetables in bowl with tofu mix. Add oregano, flour and salt and pepper to taste, then mix well.

Place tofu and vegetable mixture in cooked flan crust. Smooth top with spatula. Bake for 30 mins or until top is firm and dry to touch.



Lisa's Pumpkin & Leek Mini Quiches



Christie's Za'atar Fingers



Christie's Apple Pie Bites

PUMPKIN & LEEK MINI QUICHES

RECIPE / LISA GUY

These delicious little quiches are filled with flavour and nutritional goodness. Pumpkins are loaded with beta-carotene, an important vitamin needed to make vitamin A in the body to support eye health and good vision, and a strong immune system. These quiches also supply plenty of protein and calcium for bone health.

Makes: 10 mini quiches



900g pumpkin, peeled & cut into small cubes

Drizzle olive oil

Sea salt

1 leek, thinly sliced

4 sheets filo pastry

4 eggs

150g natural or Greek yoghurt

½ cup grated cheese of choice

Small handful sunflower or pumpkin seeds

Preheat oven to 190°C and grease 12-hole large muffin tin.

Place pumpkin on baking tray lined with baking paper. Drizzle with olive oil and sprinkle with a little sea salt. Bake for 40 mins until cooked through.

In medium frying pan, sauté leek in some olive oil over medium heat, until soft and cooked through. Then set aside.

Place 1 sheet filo pastry on dry chopping board, brush with olive oil and layer with another sheet of filo.

Cut filo pastry into 13cm squares.

Place a square of pastry into each muffin hole, pushing pastry down into sides of holes.

Prepare another 2 sheets of filo, cut and place in remaining muffin holes.

In medium bowl whisk together eggs, yoghurt and cheese.

Fill each hole with leek then top with pumpkin pieces. Pour egg mixture over top.

Sprinkle with seeds and bake for 20 mins until egg is firm and has cooked through.

Allow quiches to cool a little before taking them out of tray.

Delicious served warm or they make a perfect lunch eaten cold the next day.

Z'AATAR FINGERS WITH YOGHURT DIPPING SAUCE

RECIPE / CHRISTIE CONNELLY

Za'atar is a Middle Eastern dry spice mix featuring wild thyme and sesame seeds. It's a Lebanese staple breakfast food when mixed with a little olive oil to form a loose dip, served with labne (a soft yoghurt cheese) and flat bread for scooping. Here, I've repurposed the elements into a portable snack. Serve with drinks or as a shared starter.

Makes: 18



3 sheets all-butter frozen puff pastry*

(24cm x 24cm)

½ cup za'atar spice mix

¾ cup cold-pressed olive oil

Handful plain flour

Dip

½ cup labne or Greek yoghurt

2 tbsp tahini

2 tbsp cold-pressed olive oil

1 garlic clove, pounded to a paste

Juice 1 lemon

Big pinch salt

Allow puff pastry to defrost at room temperature while you preheat oven to 180°C.

Put za'atar spice mix in small bowl with olive oil and mix well. Set aside.

Lightly flour clean benchtop and roll out first sheet of puff pastry as thinly as you can into rectangle shape — it doesn't matter if you break a few holes in it. Brush wet spice mix all over pastry and roll up like a carpet from longest side. Use palms of both hands to rub until roll thins out into snake about 80cm long.

Repeat with other sheets of pastry then slice

each one into 6 pieces. Place on baking tray and bake for 15 mins until puffed and golden.

Meanwhile, to make dip, add all ingredients to bowl. Whisk until smooth and glossy. Serve fingers hot from oven with dip.

*I like Carême Pastry brand. You can use regular puff pastry if you prefer.

APPLE PIE BITES

RECIPE / CHRISTIE CONNELLY

The beauty of this recipe is that it's super quick and the portion is very modest, so you can have all the taste of a slice of apple pie without over-eating. Try them as an after-school snack with a dollop of coconut yoghurt or as a mini dessert with a tablespoon of ice cream or whipped cream.

Makes: 16



2 sheets all-butter spelt frozen puff pastry*

(24cm x 24cm)

¼ cup coconut sugar

2 tbsp ground cinnamon

2 Pink Lady apples

1 egg, lightly beaten

Allow puff pastry to defrost at room temperature while you preheat oven to 180°C.

Place coconut sugar and cinnamon in small bowl and mix to combine.

Core both apples and slice each into 8 wedges so you have 16 wedges in total.

Slice each pastry sheet into 4 even strips, then each strip diagonally in half to form 16 triangles. Place 1 triangle on work bench and sprinkle all over with cinnamon sugar. Place 1 wedge of apple at widest end and roll up. Some apple will be sticking out both sides. Repeat to make 16 bites.

Place on baking tray and brush with beaten egg. Bake for 15 mins until puffed and golden. Serve hot or at room temperature.

*I like Carême Pastry brand. You can use regular puff pastry if you prefer.



MUSHROOM, THYME & FETA TARTS

RECIPE / CHRISTIE CONNELLY

I have a carpet of thyme growing in my garden, so I'm always looking for ways to use it up. Mushrooms, thyme and garlic are a match made in heaven and, when feta and pastry come along, it's quite a party.

Serves: 4



- 1 tbsp butter
- 500g cup mushrooms, sliced
- 1 clove garlic, sliced
- 3 sprigs thyme, leaves picked
- Salt & pepper
- 1 sheet all-butter frozen puff pastry* (24cm x 24cm)
- 4 tbsp crumbled feta cheese
- 1 egg, lightly beaten
- Side salad, to serve

Preheat oven to 180°C.

Melt butter in large frying pan over medium heat and add mushroom. Cook for 5 mins until wilted then add garlic and cook for 1 min more. Drain off any liquid. Stir through thyme leaves and season with salt and pepper.

Slice sheet of pastry into 4 squares and place on lined baking sheet a few centimetres apart. Score 1cm border on each. Pile mushrooms into centre and sprinkle over feta. Brush edges with beaten egg and bake for 15 mins until puffed and golden. Serve hot with side salad.

*I like Carême Pastry brand. You can use regular puff pastry if you prefer.



Christie's
Mushroom,
Thyme & Feta Tart

AUTUMN FISH PIE

RECIPE / GEORGIA HARDING

This fresh, light and nourishing meal is the perfect pie for this time of year. It's also super simple to make, just the way I like it! Try to choose an all-butter, additive-free puff pastry to top it.

Serves: 4



- 2 carrots, grated
- 2 sticks celery, grated
- 150g aged cheddar cheese, grated
- Large handful baby spinach, chopped
- Handful flat-leaf parsley, finely chopped
- 4-5 spears asparagus, cut into 2cm pieces
- 4 spring onions, white part only, sliced
- 400g salmon or trout fillets, skinless
- 150g white fish, skinless
- 100g hot smoked salmon fillet

- 1 tbsp Dijon mustard
- Zest & juice 1 large lemon
- Good pinch sea salt
- Grind black pepper
- 1 sheet all-butter puff pastry

Place grated carrot, celery and cheese in large mixing bowl. Add chopped spinach, parsley, asparagus and spring onion.

Cut fish into 2-3cm pieces and flake smoked salmon. Add to the rest of ingredients.

In small bowl, mix together Dijon mustard, lemon zest and juice and seasoning until well combined. Pour into large mixing bowl and mix well to combine and coat vegetables and fish.

Place in pie or casserole dish and top with puff pastry, sealing edges around dish. Make a couple of small incisions in pastry.

Bake for 30-35 mins until pastry is golden. Enjoy immediately.

This pie is so simple to make. You'll love it.



Georgia's Autumn Fish Pie

Photography: Georgia Harding, Christie Connelly

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LAMB & GOAT'S CHEESE MINCE PIE

RECIPE / LEE HOLMES

Who needs to buy a processed meat pie from the corner store when you can make this Lamb & Goat's Cheese Mince Pie instead? When you make your own pie filled with the best-quality lamb mince, delicious herbs and scrumptious goat's cheese, you turn an average pie into a full-blown healthy meal.

Serves: 4



- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 750g lamb mince
- 1 tsp cumin
- 1 tsp nutmeg
- ½ tsp cinnamon
- Large tin chopped tomatoes
- Zest 1 lemon
- Juice ½ lemon
- 2 large handfuls baby spinach, chopped, or 250g frozen, thawed & drained well
- 100g goat's cheese, crumbled
- 8 sheets gluten-free filo pastry
- ⅓ cup olive oil
- Few scoops sesame seeds
- Micro herbs, to garnish

Heat large frying pan over medium-high heat. Add onion and garlic and cook until translucent. Add mince, stirring and breaking up with wooden spoon, until browned.

Add spices, tomato, zest and juice and stir, then add spinach, stirring through.

Add goat's cheese then turn down heat and cook on low.

Meanwhile, preheat oven to 200°C. Grease 24cm ovenproof pie dish.

Remove filo sheets from pack and roll into shape.

Press two sheets into bottom of greased dish and brush with oil.

Add mince and top with 2 more layers of filo and sprinkle with sesame seeds.

Brush top of pie with remaining oil and bake for 30 mins until golden.

Cut into wedges to serve with micro herbs.

RICH CHOCOLATE CREAM TARTS

RECIPE / GEORGIA HARDING

These tarts are really quite simple to make despite looking very fancy. The gluten-free pastry creates a delicious, biscuity base to house the fruit and decadent cashew cream.

Serves: 4



Chocolate Cashew Cream

- 1 cup whole raw cashews, soaked for 3-4 hours or overnight & drained
- ¼ cup coconut water
- ¼ cup maple syrup or rice-malt syrup
- 2-3 tbsp cacao powder (the more you add, the richer the chocolate flavour)

Chocolate Pastry

- 125g butter, room temperature
- 280g organic buckwheat flour
- ½ cup coconut sugar or rapadura sugar



Lee's Lamb & Goat's Cheese Mince Pie



The pastry in these tarts is gluten-free and the "cream" is made from cashews.

Georgia's Rich Chocolate Cream Tart

- 2 tbsp cacao
- 1 large free-range or organic egg
- 1 cup fruit of choice such as fresh berries or cherries
- Shaved dark chocolate, to garnish (optional)

To make chocolate cream, blend soaked cashews with powerful food processor or blender to coarse texture.

Add remaining ingredients and blend again until smooth cream is formed (you may need to scrape sides).

Set aside in fridge until you're ready to serve. Preheat oven to 180°C and grease 1 large or 4 small spring-form tart tins.

In food processor, combine butter and buckwheat flour until crumb-like texture forms.

Add remaining ingredients and mix until dough forms a disc.

Wrap dough in baking paper and pop in fridge for 1 hour.

Remove from fridge and cut dough in half (you have enough for 2 large tarts or 8 small tarts).

For this recipe, you only need half of the dough; the other half can be refrigerated or frozen until needed. Or cut the remaining dough into shapes to use for decorating (or just enjoy as biscuits).

Roll dough to about 5mm thickness. It's important to work quickly, especially in a hot kitchen. As dough softens, it's harder to work with.

Cut pastry to suit tin. You may need to bring pastry back together and re-roll to use it all up. You can mend any tears or thin areas by pushing dough into tin with fingers.

Cover tarts with sheet of baking paper and weight it to blind bake shells.

Bake small tarts for 7 mins and large tarts for 10 mins. Remove from oven and cool in tins for a few mins then, when cool enough to handle, carefully push out of base and cool completely on wire rack.

Store in airtight container for 1-2 days until ready to serve.

To serve, place fruit in bottom of tart shells. Top shells with cashew cream and garnish with more fruit and shaved dark chocolate if desired. Enjoy!



SILVERBEET, BASIL & FETA ROLLS

RECIPE / GEORGIA HARDING

These rolls are a quick and easy lunch or dinner. I've actually presented these to very green-fussy kids in the past and, to their parents' shock, they have happily enjoyed eating them. I think it has something to do with encasing it in pastry that gets them over the line!

Serves: 4-6



Filling

2 tbsp butter
1 onion, peeled & finely diced
1 clove garlic, peeled & finely diced
1 large bunch silverbeet, leaves washed & picked from stems, finely chopped
2 handfuls basil leaves, finely chopped
Black pepper, to taste
Pinch sea salt
Zest 1 large lemon
1 egg, beaten
100-150g feta cheese, crumbled
½ cup rolled quinoa flakes

1 sheet all-butter puff pastry

2 tbsp milk choice

1 tbsp black chia seeds

Preheat oven to 200°C.

Using a little butter, sauté onion and garlic for 1 min.

Add silverbeet and cook for 1 min, stirring continually until just started to wilt.

Remove from heat and stir in basil. Pop into food processor, leaving behind any excess liquid.

Season with black pepper and sea salt and add zest, egg, feta and rolled quinoa flakes.

You can process mixture smooth or leave a little texture — up to you.

To assemble, halve sheet of puff pastry and divide silverbeet filling evenly between pastry pieces.

Roll and pinch together seam, placing face down on baking tray. Brush with milk choice and sprinkle over chia seeds.

Bake for approx. 20 mins or until pastry is puffed and golden. Enjoy immediately with beautiful tomato chutney.



WHOLEFOOD APPLE & DATE PIE

RECIPE / ADAM GUTHRIE

This recipe has no sugar or oil and is almost completely wholefood plant-based. You can enjoy it as a treat and know it's healthy and wholesome.

Serves: 8



Pastry

1¼ cups self-raising wholemeal flour
1 cold banana, peeled & mashed
4 fresh medjool dates, pitted
1 tsp ground cinnamon
½ tsp salt

Filling

8 large apples, cored & sliced into thin crescents
500g frozen mixed berries
1 tbsp cinnamon
8 medjool dates, pitted & chopped

Preheat oven to 180°C.

Combine flour and cold mashed banana, dates, cinnamon and salt in food processor or blender. Blend until dough is a play-dough consistency. Place pastry on clean bench and knead in 1–3 tsp warm water.

Roll out pastry on bench using glass jar or rolling pin (with a little flour to prevent sticking) until very thin and wider than baking dish you are going to bake it in. Place pastry over dish, push into corners and cut off any excess with knife. Prick base of pastry with fork. Add large piece of greaseproof paper into dish with overhanging sides and add 2–3 cups rice to weigh down pastry while blind baking to ensure pastry base stays flat and is cooked at base before you put in filling. Bake for 15 mins.

Add filling ingredients to medium saucepan. Place lid on and stew fruit in its own juices, stirring regularly for 20 mins, or until apple slices are very soft and juicy.

To assemble pie, place filling in base. Roll second piece of thin pastry and carefully place on top of pie. Cut away excess pastry with knife and seal edges by pinching pastry together with fingers to make scalloped edge. Add diamond-shaped pastry leaves to top of pie, then brush top with soymilk. Place pie in preheated oven for 15–20 mins or until crust is golden-brown. Allow to cool for 10 mins before serving.

Adam's Wholefood Apple & Date Pie



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MEAT AND 3 VEG REVISITED

There was a time when “meat and three veg” was a recipe intended to supply protein from the meat portion and nutrients from the vegetables. Unfortunately, as a way of cooking it has become synonymous with bland, unimaginative meals featuring slabs of overcooked meat surrounded by limp, flavourless vegies. It doesn't have to be that way, though. You can achieve the nutritional aims of “meat and three veg” in delicious, nutritious meals that don't even need the meat. Try our variations on this theme, like Spiced Chicken Thighs with Corn Puree, Suma-Roasted Tomatoes & Garlic Asparagus; Crispy-Skin Ocean Trout with Sweet Potato Mash & Lemon Butter Greens; Quinoa-Crusted Tofu with Pesto Cauliflower Mash & Caponata; Smashed Spuds, Prosciutto, Rosemary, Carrots, Peas & Garlic; and Lemon Mustard Lentils, Cauliflower, Carrots & Kale.



COLOURFUL CARROT & FETA LENTIL SALAD

RECIPE / LISA GUY

This delicious salad featuring carrots, onions, feta and lentils is rich in protein, zinc, iron and beta-carotene. This salad is perfect served with lamb, chicken or salmon.

Serves: 4



Bunch coloured heirloom carrots, halved
Olive oil
1/3 cup cooked lentils
1 small red onion, finely chopped
Handful roughly chopped herbs such as parsley, mint, basil, coriander
40g feta, crumbled

Dressing

1 tbsp red-wine vinegar
1 tbsp extra-virgin olive oil

Place carrots in large frying pan with some olive oil. Cook for 10 mins until cooked through.

Lay carrots on serving dish and top with lentils and onion, then cover with dressing and toss until well coated.

Top with herbs and feta.

LEMON MUSTARD LENTILS, CAULIFLOWER, CARROTS & KALE

RECIPE / GEORGIA HARDING

This is a vegetarian take on meat and three veg with Puy lentils replacing the meat. Legumes are a fabulous vegetarian source of protein and a great addition to any healthy, wholefoods diet. The longer you leave the lentils to sit in the dressing, the more flavour they'll take on.

Serves: 4



Mustard Marinade

1 tbsp mustard seeds
2 tbsp extra-virgin olive oil
1 tbsp honey or maple syrup
Zest 1 lemon

1/2 head cauliflower

400g Dutch carrots, peeled & trimmed, leave 2cm stem

1 1/2 cups cooked Puy lentils

Bunch kale, leaves stripped off stems & torn

Dressing

4 tbsp extra-virgin olive oil
Zest & juice 1 large lemon
1 tbsp sea salt
Ground black pepper, to taste

Preheat oven to 180°C.

Make marinade by grinding mustard seeds using mortar and pestle until seeds are almost ground. Add remaining marinade ingredients and mix until combined.

Break cauliflower into florets and add to bowl with carrots.

Add mustard marinade and combine thoroughly so all vegetables are coated.

Spread vegetables on baking tray in single layer and roast for 40 mins, or until vegetables are tender and just beginning to brown.

Meanwhile, make dressing. Place all ingredients in jar and shake to combine.

Place cooked lentils and kale in serving dish. Pour dressing over lentils and kale and toss well. Sit at room temperature while vegetables continue to cook.

When vegetables are ready, toss through lentils/kale mix.

Store in fridge and allow to come to room temperature before serving.



Lee's Easy Fried Rice

EASY FRIED RICE

RECIPE / LEE HOLMES

If you're looking for an easy and cheap alternative to takeaway Thai, this is it. Loaded with vegies and protein-packed eggs, this fried rice makes the perfect comforting dinner any night of the week.

Serves: 4-5



1 tbsp extra-virgin coconut oil
2 rashers bacon, finely diced
2 shallots, finely diced
100g frozen or fresh peas
80g green beans, cut into 2cm lengths
1 carrot, finely diced
5 cups cooked brown rice
2 tbsp tamari
2 eggs, lightly beaten

Heat coconut oil in large frying pan over medium heat until sizzling. Add bacon, shallots, peas, beans and carrot and cook, stirring frequently, for 3-4 mins or until lightly cooked.

Add rice and cook for 5 mins, stirring once per minute. Stir through tamari and cook for another 2 mins.

Move rice mixture over to one side of pan and pour in egg. Let cook for 30 secs, scrambling with fork, then mix through rice and serve straight away.



Georgia's Lemon Mustard Lentils, Cauliflower, Carrots & Kale



HAM, CHEESE & TOMATO PIZZA

RECIPE / LEE HOLMES

This choose-your-own-adventure pizza is made with a delicious gluten-free base and is smothered in a range of vegies so you can make pizza healthy again.

Serves: 2



Pizza Bases

- 1½ cup almond meal, plus extra as needed
- 2 eggs, lightly beaten
- 2 tbsp extra-virgin olive oil
- 2 tbsp nutritional yeast flakes
- ½ tsp dried oregano
- ½ tsp dried basil
- 2 garlic cloves, crushed
- ¼ tsp Celtic sea salt
- 1 tsp apple-cider vinegar

Topping

- 2 tbsp tomato paste
- 105g oven-roasted tomatoes
- Leftover cooked vegies
- 1 cup rocket & spinach leaves (optional)
- 65g grated cheddar cheese or goat's cheese
- 80g ham, chopped
- Dried oregano leaves, for sprinkling

Preheat oven to 220°C and lightly grease 2 small pizza pans.

To prepare the pizza bases, combine all ingredients in large mixing bowl to form loose dough. If it feels wet, add a little more almond meal. Dust bench with almond meal and knead dough with hands until smooth. Shape into a ball.

Cut dough in half and roll each portion into thin circle about 15cm diameter, working from inside out in clockwise motion. Add more almond meal if too sticky. Place bases on prepared pizza pans and bake for 10 mins.

Remove bases from oven and spread with tomato paste, leaving a 1cm border. Scatter over tomato, vegies, greens, cheese, ham and sprinkle with oregano. Return pizzas to oven for 7–10 mins or until crispy.

Tip: You can freeze the bases before rolling and defrost when required.

LENTIL CURRY WITH ROAST SWEET POTATO & LEMON KALE

RECIPE / LISA GUY

This highly nutritious meal featuring lentils, sweet potato and kale is quick and easy to make and is an excellent way to include more protein, B vitamins, iron and beta-carotene in your diet. This dish is also high in protective antioxidants

Serves: 4-5



- 1 medium sweet potato, peeled & diced
- Splash extra-virgin olive oil
- 1 tbsp ground cinnamon
- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1½ cups red lentils, washed well
- 4 cups water
- 400g tin tomatoes
- 1 tsp ground turmeric



Lee's Cheese & Tomato Pizza



Lisa's Lentil Curry with Roast Sweet Potato & Lemon Kale

- 2 tsp curry powder
- 1 tsp garam masala
- 1 tsp ground ginger
- ½ tsp chilli flakes
- Pinch sea salt & pepper
- ½ bunch kale, ribs removed & thinly chopped
- Juice 1 lemon

Preheat oven to 220°C. Line baking tray with baking paper.

Place sweet potato on baking tray, drizzle with olive oil and sprinkle with cinnamon.

Bake for 45 mins, until cooked through and golden.

In large saucepan with some olive oil, cook onion and garlic for 4 mins.

Add lentils, tomato, turmeric, curry powder, garam masala, ginger, chilli, salt and pepper. Cook covered for 15 mins, stirring occasionally. Add more water if needed.

Add juice of ½ lemon and stir through.

While lentils are cooking place kale in medium bowl and add remaining lemon juice, splash of olive oil and pinch of salt. Massage kale for 2 mins.

Divide lentil curry into 4 bowls, top with sweet potato and kale.

FENNEL & ORANGE SALAD

RECIPE / LISA GUY

This tasty salad is full of vitamin C, which is vital for a strong immune system, healthy joints and skin. You will also get a good dose of vitamin K for healthy blood clotting and bones and B vitamins and iron for energy production.

Serves: 4



1 large fennel bulb
2 stalks celery, thinly sliced
2 oranges, peeled & cut into thin slices,
reserve some zest
Handful mint, roughly chopped
2 handfuls rocket
Handful toasted pistachios

Dressing

2 tbsp olive oil
2 tbsp red-wine vinegar

Shave fennel with peeler, saving some green fronds for topping.

Arrange fennel, celery, oranges, mint and rocket on serving dish.

Drizzle with dressing and toss.

Top with pistachios, orange zest and fennel fronds.

This salad is delicious served with fish, chicken or lamb.





SPICED CHICKEN THIGHS WITH CORN PUREE, SUMAC-ROASTED TOMATOES & GARLIC ASPARAGUS

RECIPE / CHRISTIE CONNELLY

Meat and three veg never tasted so yummy! I add these spiced thighs to my meal plan fortnightly and change the sides to keep it interesting. It's just so easy to whack all the chicken into a tray and let the oven do the work.

Serves: 4



- ½ tsp each ground turmeric, cumin & paprika
- 2 tbsp cold-pressed olive oil
- 8 small chicken thighs
- 500g cherry tomatoes, halved
- 1 tsp sumac
- Salt & pepper
- 4 cups corn kernels, fresh or frozen
- 2 bunches asparagus
- 2 cloves garlic
- 1 tbsp butter
- 2 tbsp tahini
- 2 tbsp chopped flat-leaf parsley
- 2 tbsp chopped mint

Preheat oven to 200°C.

Place spices in small bowl and add 1 tbsp olive oil. Mix well to make paste. Rub chicken thighs all over with spice paste and place in roasting tray in single layer.

On another roasting tray, add cherry tomatoes and pour over the last 1 tbsp of olive oil. Mix well and arrange all tomatoes cut side up. Sprinkle with sumac and season with salt and pepper.

Put chicken in oven on highest shelf and tomatoes on bottom shelf. Bake for 20 mins until chicken is cooked through and golden, and tomatoes have blistered and softened.

Meanwhile, place corn kernels in saucepan and cover with water. Bring to boil and cook for 5 mins until brightly coloured and softened slightly. Drain but reserve cooking water.

Place cooked corn in blender with ½ cup cooking water and blitz until smooth with a bit of texture. Season with salt and pepper and pour back into saucepan. Keep warm on stove.

Place asparagus in frying pan with garlic and butter. Season with salt and pepper and add splash of water. Cook over high heat for 3 mins, shaking pan often, until garlic is fragrant and asparagus is crisp-tender.

To serve, spoon some corn puree on serving plates, top with asparagus, chicken and tomato. Drizzle with a little tahini and scatter over herbs.

CRISPY-SKIN OCEAN TROUT WITH SWEET POTATO MASH & LEMON BUTTER GREENS

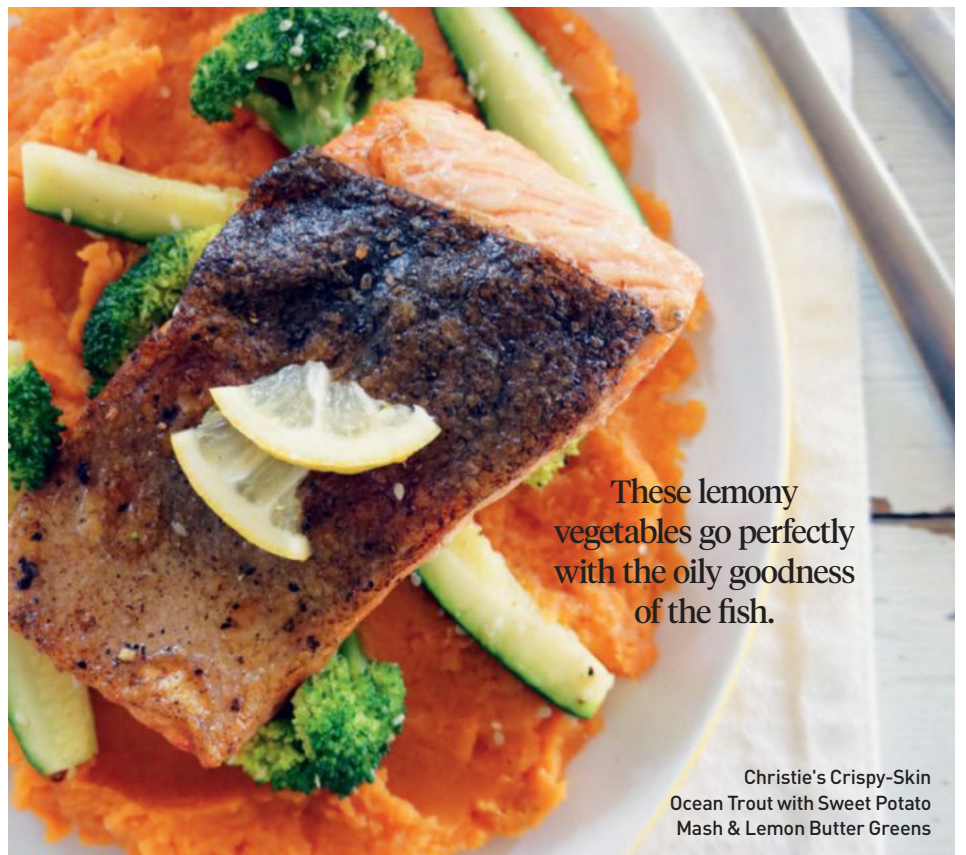
RECIPE / CHRISTIE CONNELLY

This is my go-to fish dinner — super simple and fast. The lemon in the vegies offsets the richness of the oily fish beautifully. Oh, and if you've never put coconut yoghurt into sweet potato mash, you're in for a treat!

Serves: 4



Christie's Spiced Chicken Thighs with Corn Puree, Sumac-Roasted Tomatoes & Garlic Asparagus



These lemony vegetables go perfectly with the oily goodness of the fish.

Christie's Crispy-Skin Ocean Trout with Sweet Potato Mash & Lemon Butter Greens

- 800g sweet potato, peeled & diced
- 1 tbsp coconut yoghurt
- 1 tbsp maple syrup
- ½ tsp ground white pepper
- 2 tbsp butter
- 4 ocean trout fillets, skin on
- 1 head broccoli, sliced into florets
- 1 zucchini, sliced into batons
- Zest & juice ¼ lemon
- Salt & pepper
- 1 tbsp sesame seeds

Place sweet potato in large saucepan and cover with cold water. Bring to boil over high heat and cook for 5–10 mins until tender enough to mash. Drain and mash with coyo, maple syrup, white pepper and a little salt. Keep warm.

Meanwhile, heat oven to 180°C. Place 1 tbsp butter in frying pan large enough to fit

all 4 fillets of fish. Melt butter over medium heat then add fish fillets, skin side down, and turn heat up to high. Cook for 3–4 mins until the skin is crisp.

Place non-stick paper on baking tray and flip fish fillets so they are skin side up and place on tray. Bake in oven for 10 mins until almost cooked through with pink centre. Set aside to rest.

Place broccoli and zucchini in saucepan with lid. Pour in ¼ cup water and cook over high heat for 2–3 mins until steam starts to form. Put lid on and steam for 2 mins until vegies are bright green. Take the lid off and stir until all water evaporates.

Add remaining butter, lemon zest and juice, and season with salt and pepper.

Serve ocean trout on top of mash and vegies, sprinkle over sesame seeds and enjoy.



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Slate



Black



White

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Racing Green



Stainless Steel



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90CM



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100CM



Professional+FX

110CM



Professional+

Classic/Classic Deluxe

Nexus

Elan



Georgia's Smashed Spuds, Prosciutto, Rosemary, Carrots, Peas & Garlic

There is nothing bland about this super-easy family meal.



Georgia's Chicken Pesto Tray Bake

CHICKEN PESTO TRAY BAKE

RECIPE / GEORGIA HARDING

I think a tray bake is such a quick and easy way to eat meat and three veg. This recipe is super-fast to throw together and full of flavour and goodness.

Serves: 4



- 2 sweet potatoes, scrubbed clean & diced
- ½ head cauliflower, broken into pieces
- 2 red capsicums, diced
- 6–8 boneless chicken thigh fillets, skin removed
- 4 whole garlic cloves, skin on
- 2 tbsp extra-virgin olive oil
- 1 tbsp sea salt
- Black pepper, to taste

Pesto

- 1 clove garlic, peeled
- 50g parmesan cheese, diced
- 60g raw almonds
- 2 large handfuls basil leaves
- 1 large handful baby spinach or rocket
- Sea salt & black pepper, to taste
- 3 tbsp extra-virgin olive oil
- Juice ½ lemon

Preheat oven to 200°C.

In large baking tray, place sweet potato, cauliflower, capsicum, chicken and garlic cloves. Drizzle with olive oil and season.

Place chicken in oven and bake for 30 mins.

In food processor or blender, chop garlic. Add parmesan cheese and process until finely grated. Add almonds and pulse until roughly chopped. Add basil and spinach and pulse.

You can process pesto into smooth paste or leave chunky. Stir in olive oil and lemon juice.

Once tray bake is done, dollop pesto over chicken and and vegies and serve immediately.

SMASHED SPUDS, PROSCIUTTO, ROSEMARY, CARROTS, PEAS & GARLIC

RECIPE / GEORGIA HARDING

This is a simple, flavoursome take on meat and three veg. Trust me, there's nothing bland about these carrots, peas and crunchy potatoes.

Serves: 4



- 12–16 (approx.) kipfler potatoes, scrubbed clean
- 4 tbsp extra-virgin olive oil
- 12–16 (approx.) Dutch carrots, peeled & trimmed
- 1 tbsp chopped rosemary
- 3–4 cloves garlic, crushed
- 1 tbsp sea salt
- Black pepper, to taste
- 8 slices prosciutto
- 1 cup frozen peas
- ¼ cup crème fraîche or sour cream (optional)

Preheat oven to 200°C.

Boil potatoes until starting to soften (almost cooked through). Depending on size of potatoes, will take about 10–20 mins.

Drain potatoes well.

Place 2 tbsp of olive oil into large baking tray. Add the potato and, with back of fork, partially crush them.

Scatter over carrots, rosemary and garlic.

Drizzle with remaining olive oil and season with salt and black pepper.

Bake for 20 mins then add prosciutto and cook for a further 15 mins.

Defrost peas by sitting them in boiling water. Drain well.

Once potato and prosciutto are nice and crispy, remove from oven and scatter over peas.

Serve immediately with optional crème fraîche or sour cream.

QUINOA CRUSTED TOFU WITH PESTO CAULIFLOWER MASH & CAPONATA

RECIPE / CHRISTIE CONNELLY

This is a really hands-off recipe when compared to crumbing other protein sources — schnitzel, for example. You simply pile the “crust” onto the tofu and bake it in a batch. If you’re not vegan, you can use regular parmesan cheese with great results.

Serves: 4

GF O V VG

350g organic firm tofu block
4 cups cauliflower florets
2 tbsp pesto
1 cup cooked quinoa
¼ cup grated vegan “parmesan cheese”
Salt & pepper
2 tbsp cold-pressed olive oil

Caponata

2 tbsp cold-pressed olive oil
½ onion, diced
1 clove garlic, diced
2 cups diced eggplant
1 cup diced red capsicum

1 cup diced zucchini
1 large tomato, diced
¼ cup green olives

Preheat oven to 200°C.

To make caponata, add olive oil and onion to saucepan over medium heat. Cook for 5 mins until translucent, then add garlic, eggplant and capsicum and cook for 5 mins more, stirring often. Add zucchini and tomato and stir well. Cook for 5 mins further until tomato has broken down to form thick sauce. Add olives and take off heat. Keep warm.

Cut tofu into 8 thick slices and place on paper-lined baking tray and set aside.

Add cauliflower to saucepan and cover with water. Bring to boil over high heat and cook for 5 mins until soft. Drain and mash to rough texture with pesto. Keep warm.

Mix quinoa with vegan parmesan and season with salt and pepper. Pile a few tbsp onto each slice of tofu to form thick crust. Drizzle with olive oil and bake for 10 mins until crust is crunchy and golden. Serve tofu on bed of cauliflower mash with scoop of caponata.





3 WAY BENTO BOX

RECIPE / LEE HOLMES

This meal has saved me time and time again! It's a little bit like a "throw all the good contents of the fridge into a container and it will no doubt taste delicious" kind of meal. This is easiest to eat from a bento box or lunchbox with 4 separate sections. Once it's assembled, just refrigerate it for lunch the following day.

Serves: 1



SESAME SLAW WITH TAHINI & ORANGE DRESSING

¼ cup shredded green cabbage
¼ cup shredded red cabbage
½ cup grated carrot
Few mint stalks, chopped
Few parsley stalks, chopped
1 tbsp finely chopped spring onion
1 tbsp sesame seeds, toasted in dry frying pan

Dressing

2 tbsp lemon juice
1 tsp extra-virgin olive oil
1 tsp tahini
Zest ½ orange
Celtic sea salt & freshly ground black pepper, to taste

Combine all slaw ingredients except sesame seeds and put in a section of box.

Combine dressing ingredients, adding filtered water as needed, then pour over salad. Top with sesame seeds.

SARDINES WITH LEMON & PEPPER

45g tinned sardines
Freshly ground black pepper, to taste
1 lemon wedge

Drain sardines and place in a section of box. Season with pepper and add lemon wedge.

ZESTY QUINOA

½ cup cooked quinoa (make the night before or on the weekend & store in fridge)
Zest 1 lime
Celtic sea salt & freshly ground black pepper, to taste

Combine quinoa and lime zest, then season with salt and pepper.

Transfer to a section of box.

Tip: Put a small handful of berries in the last section of the box for dessert.

Lee's 3 Way Bento Box



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Dark Chocolate & Red Berries Parfait

NATURE'S PATH

DARK CHOCOLATE & RED BERRIES PARFAIT

Luxurious layers of sweet berry-cherry chia jam, Love Crunch® Red Berries & Dark Chocolate Granola, creamy dairy-free yoghurt and fresh berries make this breakfast parfait fit for dessert.

RECIPE / NATURE'S PATH

Makes: 1 bowl



Berry-Cherry Chia Jam

- 1½ cups fresh or frozen mixed berries
- 1½ cups fresh or frozen pitted cherries
- ½ cup organic cane sugar
- 1 tsp lemon juice
- 2 tbsp chia seeds

Parfait

- ¾ cup plain dairy-free yoghurt
- ½ cup Love Crunch® Dark Chocolate & Red Berries Granola (plus more for topping)
- 2-3 tbsp Berry-Cherry Chia Jam (recipe above)
- ¼ cup raspberries
- 3-4 strawberries, chopped

To make the jam, heat berries, cherries, sugar and lemon juice in a saucepan over medium heat. Stir often.

Once berries and cherries have released their moisture, stir in chia seeds. Stir well and break up any chia seed lumps.

Turn heat down to low simmer and continue cooking until jam has thickened and fruit has broken down.

Jam will continue to thicken slightly as it cools. Remove from heat and set aside to cool.

Transfer jam to clean sealed jar and store in refrigerator.

Begin assembling parfait by layering ingredients in jar. Start with ¼ cup dairy-free yoghurt followed by ½ cup Love Crunch® Dark Chocolate & Red Berries Granola, another ¼ cup of yoghurt, 2-3 tbsp of chia jam, and remaining ¼ cup yoghurt. Top parfait with fresh raspberries, chopped strawberries and an extra sprinkle of Love Crunch® Dark Chocolate & Red Berries Granola.

Note: To prepare parfait ahead of time, layer dairy-free yoghurt, chia jam, raspberries and chopped strawberries in jar. Store granola in separate container. Top parfait with granola just before eating.



Nature's Path Love Crunch® Granola is a delicious organic breakfast, snack or special treat for you and your family.

With crunchy clusters of wholegrain rolled oats and premium ingredients, it's the tastiest way to put love into your day.



Chocolate Peanut Butter Layer Cake

CHOCOLATE PEANUT BUTTER LAYER CAKE

Made with delicious layers, this cake is a unique marriage of dark chocolate and peanut buttery goodness to fall in love with at first bite.

RECIPE / NATURE'S PATH

Serves: 16



Cake

1½ cups granulated sugar
 1½ cups all-purpose flour
 ½ cup cocoa (approx.)
 ½ cup Nature's Path Love Crunch® Granola
 Dark Chocolate Peanut Butter, finely ground
 1½ tsp baking soda
 1½ tsp baking powder
 ¾ tsp salt
 1 cup milk
 ½ cup unsweetened applesauce
 ½ cup melted coconut oil
 2 tsp vanilla

Peanut Butter Icing

¼ cup butter
 ¼ cup smooth natural peanut butter
 ½ tsp vanilla
 ⅔ cup icing sugar
 1 tbsp milk
 1 cup Nature's Path Love Crunch® Granola
 Dark Chocolate Peanut Butter

Ganache

½ cup heavy whipping cream
 170g chopped semi-sweet or bitter-sweet chocolate or chocolate chips

Preheat oven to 190°C. Line a cake tin with greaseproof paper or spray with non-stick cooking spray.

Using electric mixer fitted with whisk attachment, whisk sugar, flour, cocoa, granola, baking soda, baking powder and salt. In separate bowl, combine milk, applesauce, oil and vanilla; gradually beat into flour mixture until moistened.

Reduce speed to low and gradually add 2 tbsp hot water until incorporated. Pour batter into prepared cake tin, smoothing top.

Bake for 16–18 mins or until toothpick inserted in centre comes out clean.

Let cool completely on rack.

To make the icing, beat butter until light then add peanut butter and vanilla and beat well.

Gradually beat in icing sugar and milk, making 3 additions of icing sugar and 2 of milk, starting and ending with icing sugar.

Next, make the ganache. In small saucepan, heat cream until just simmering. Pour over chopped chocolate in bowl and stir until melted.

Invert cooled cake onto large cutting board dusted with cocoa and peel off greaseproof paper.

Slice cake into three layers. Place one layer on serving platter; spread with half of icing and sprinkle with 1/3 cup granola.

Top with second layer and repeat with remaining icing and granola.

Top with third layer and pour ganache over top of cake, smoothing top and allowing ganache to drip over edges.

Sprinkle with remaining granola. Refrigerate for about 1 hour or until ganache is firm.

CREAMY COCONUT NICE CREAM

It couldn't be easier to make luxurious banana-free nice cream! All you need is five simple ingredients to make this ultra-creamy dessert.

RECIPE / NATURE'S PATH

Serves: 2



2 cups ice cubes of frozen coconut milk
 ⅓ cup coconut nectar
 ⅓ cup coconut milk
 Pinch salt

Love Crunch® Dark Chocolate Cinnamon & Cashew Granola, for topping

Combine all ingredients except granola in high-speed blender and blend on high until smooth and creamy. Pause to mix (or use tamper if your blender is equipped with one) as needed.

If necessary, transfer coconut nice cream to freezer and chill until firm.

Scoop chilled nice cream into bowl and top with sprinkle of Love Crunch® Dark Chocolate Cinnamon & Cashew Granola.

For more visit bioliving.com.au/stockists



Creamy Coconut Nice Cream



Cheese & Bacon Muffins

MAGIMIX

CHEESE & BACON MUFFINS

RECIPE / MAGIMIX

Makes: 10 muffins



- 6 rashers bacon
- 70g aged cheddar or other hard cheese
- 180g bread flour
- 2 tsp baking powder
- 3 eggs
- 100mL milk
- 50mL olive oil
- 2 tsp salt & peppercorn blend
- 60g ricotta
- 1 sprig rosemary, leaves removed & finely chopped

Preheat oven to 180°C (170°C fan-forced, gas mark 4).

Cook bacon in frying pan without adding any extra fat; drain, chop and set aside.

Cut cheese into 2–3cm cubes, place in metal bowl and run EXPERT program (without heating) for 30 secs/speed 15, then set aside.

Put flour, baking powder, eggs, milk, oil, salt and pepper in metal bowl and run PASTRY/CAKE program. About 15 secs before it ends, press Stop and push batter down if necessary. Add cheese, ricotta, chopped bacon and rosemary. Restart program by pressing Auto.

Spoon batter into muffin tin and bake for 15 mins.

Serve warm or cooled.



Not only can you cook, whisk, puree and blend with the Magimix Cook Expert, you can also slice, grate and mince — and do so much more with its full food-processing capabilities. French by design, fantastic by nature.



Lamb Curry with Naans

LAMB CURRY WITH NAANS

RECIPE / MAGIMIX

Serves: 4



Naans

100mL milk
7g sachet easy-blend yeast
320g plain flour
150g plain yoghurt
2 tbsp soft butter
1 tbsp olive oil
1 tsp salt

2 onions, peeled & quartered
2½ tbsp olive oil
500g leg lamb
200g cherry tomatoes
1 tbsp ground garam masala
1 tbsp curry powder
1 tbsp ground sweet paprika
1 tbsp ground turmeric
1 tbsp ground cardamom
100g unsalted cashew nuts
100g dates, pips removed
100mL cream

Bunch coriander, leaves removed
& finely chopped
Cooked basmati rice, to serve

To make naans, place milk and yeast in metal bowl; run BREAD/BRIOCHE program. The program will stop after 1 min; add remaining ingredients and press Auto to restart program.

Remove dough using spatula and place in salad bowl. Cover with damp cloth and set aside to rest for at least 30 mins. Flour work surface and hands and divide dough into 6 balls of equal size.

Shape each portion of dough into small discs about 5mm thick. Place non-stick frying pan over medium heat and cook naans for about 2 mins on each side, until golden.

Place onion in metal bowl with olive oil; run EXPERT program (without heating) for 30 secs/speed 13.

If necessary, scrape down wall of bowl. Cut meat into pieces and add to bowl; restart EXPERT program for 5 mins/speed 1A/120°C.

Add remaining ingredients (except cream and coriander leaves) and run SIMMER program. 1 min before end of program, remove cap and add cream and coriander through opening.

Serve lamb curry with basmati rice and naans.

VIRGIN MOJITO

RECIPE / MAGIMIX

Serves: 4-6



300g ice cubes
4 tbsp golden caster sugar
1 tbsp mint syrup
75mL lime juice
1 bunch mint, leaves removed
500mL sparkling water

Put the ice cubes in metal bowl and run CRUSH program. Press Stop when ice is crushed. Add sugar, mint syrup and lime. Restart CRUSH program.

Pour virgin mojito into tall glasses, decorate with mint leaves and fill with sparkling water.

Serve immediately.

For more information visit magimix.com.au

Virgin Mojito





COOKING WITH FERMENTED FOOD

Fermented foods such as kefir, sauerkraut and kimchi add delightful taste complexity to any dish at the same time as they boost good bacteria in your gut. You aren't limited, though, to traditional fermented foods as just about any food can be fermented, from berries to vegetables. Bring the taste and health benefits of fermented foods into your kitchen with recipes like Grilled Tempeh Skewers with Satay Sauce; Turmeric Pickled Eggs; Omelette with Lebanese Pickled Turnips; a Kimchi & Cheddar Toastie on Rye Sourdough; Tuna & Sauerkraut Nourish Bowl; and a Hokey Bowl with Tamari and Vinegar.



Lee's Cultured Vegetables

CULTURED VEGETABLES

RECIPE / LEE HOLMES

Once you learn the process, fermenting can be lots of fun. Fermented vegetables can be served as a side dish — just start with a small amount and work your way up.

Makes: 2 × 1L jar



- 4 carrots, peeled & diced
- 4 celery stalks, chopped
- 4 cups cauliflower florets
- 1 red or yellow capsicum, chopped or sliced
- 3 tbsp grated fresh ginger
- 2 garlic cloves, chopped
- 2/3 cup Celtic sea salt
- Filtered water, to cover

Combine vegetables, ginger and garlic in sturdy bowl. Pound with pestle or rolling pin until slightly smashed.

Add salt and toss well. Press mixture into 2 sterilised 1L mason jars, leaving about 2.5cm breathing space at top of each jar to allow for expansion.

Pour in enough water to just cover vegetables, adding more salt if needed to submerge them; mixture needs to be very salty.

Cover jars with plastic wrap, then screw lids on tightly. Leave to ferment in warm place for 3–5 days.

Do a taste test until you're pleased with the flavour, removing any mould that may form on the surface. Vegetables should taste tangy.

Store in fridge and use within 1 week.

Note: To sterilise jars and lids, run them through a dishwasher or wash them in clean, soapy water, rinse well and dry in a low oven.

FERMENTED BERRIES

RECIPE / LEE HOLMES

Fermented fruits and berries can be mashed or puréed into sauces and drizzled over custard, nice cream, oats, pancakes and yoghurt.

Makes: 1 × 500mL jar



- 2 cups fresh mixed berries
- 2–3 tbsp filtered water
- 2 tbsp raw honey
- 1/2 tsp starter culture (find at healthfood stores & follow packet instructions for quantity needed as they vary)
- 1 tsp Celtic sea salt

Place berries in sterilised 500mL mason jar, packing them tightly with a wooden spoon to remove any air gaps and leaving about 2.5cm headroom at the top.

In small sterilised jug, mix together remaining ingredients until salt has dissolved.

Pour liquid over berries, ensuring they are submerged and leaving about 2.5cm of breathing room at top of jar to allow for expansion.

Cover jar with plastic wrap then screw lid on tightly. Store at room temperature for 1–2 days or until bubbles start to form. Transfer to fridge, where berries will keep for up to 4 weeks.

Note: Covering the top of the jar with plastic wrap before screwing the lid on stops the metal lid coming in contact with the fermenting liquid.



These pickled eggs make a simple, tasty, nourishing, mid-morning snack.

Lee's Turmeric Pickled Eggs

Lee's Fermented Berries



TURMERIC PICKLED EGGS

RECIPE / LEE HOLMES

Eggs and turmeric are a match made in heaven. Enjoy these pickled eggs with crackers, homemade bread or even on their own.

Serves: 3



- 250mL apple-cider vinegar
- Pinch Celtic sea salt
- 1 tsp coconut sugar
- 2 tsp ground turmeric
- 6 free-range eggs, hard-boiled, cooled & peeled
- 2 garlic cloves, thinly sliced

In saucepan, bring vinegar, salt, sugar, turmeric and 125mL filtered water to gentle simmer.

Place eggs in mason jar with garlic. Pour vinegar mixture over and leave to cool. Screw lid on and refrigerate for 1–3 days.

Pickled eggs are lovely cut in half and sprinkled with sea salt for a snack.



Christie's Omelette
with Lebanese
Pickled Turnips &
Micro Herbs



**OMELETTE WITH LEBANESE PICKLED
TURNIPS & MICRO HERBS**

RECIPE / CHRISTIE CONNELLY

You'll need to start this recipe 1 week ahead to make the pickled turnips. Alternatively, you can buy them from a Middle Eastern grocer.

Serves: 4



- 2 small turnips, peeled & sliced into 4cm batons
- ¼ beetroot, peeled & sliced into 4cm batons
- 2 garlic cloves, halved
- ½ cup white vinegar

- 375mL cold water
- 1½ tbsp pink salt
- 12 eggs
- 2 tbsp butter
- 4 tbsp labne
- ½ cup micro herbs
- Cold-pressed olive oil, to garnish

First, pickle turnips. Sterilise a 700mL jar with lid (or 2 smaller ones) in dishwasher or low oven. Place turnips, beetroot and garlic in jar.

Place vinegar, water and salt in jug and mix well until salt dissolves. Pour into jar to fill to top. You might have some left over — discard.

Seal with lid and put in cool, dark place for 7–10 days. Once opened, store in fridge for up to 3 weeks.

Crack 3 eggs in bowl and whisk well. Season with salt and pepper. Heat ½ tbsp butter in frying pan over medium heat. Pour in eggs. When set around edges, gently drag cooked mixture to centre and tilt pan so raw egg runs into its place. Once set all over, fold in half and keep warm under foil. Repeat to make 3 more omelettes.

Place omelettes on serving plates. Top with spoonful of labne, micro herbs, pickled turnip and drizzle of olive oil.

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RECIPES

DISHES THAT USE FERMENTED FOOD

Christie's Kimchi & Cheddar
Toastie on Rye Sourdough



KIMCHI & CHEDDAR TOASTIE ON RYE SOURDOUGH

RECIPE / CHRISTIE CONNELLY

All three major ingredients in this dish are fermented: bread, cheese and kimchi. You can make this in a frying pan if you don't have a sandwich press, but be sure to use a plate to weigh down the sandwich so it gets nice and crunchy on both sides.

Serves: 4



- 2 tbsp butter
- 8 slices sourdough
- 8 slices cheese
- 4 tbsp cabbage kimchi, drained well on paper towels
- 1 tsp pink salt

Butter all slices of bread. Place 4 slices, butter side down, on sandwich press. Top with a slice of cheese and 1 tbsp kimchi. Make sure kimchi is well drained of any liquid so sandwich doesn't go soggy. Place another slice of cheese on top and remaining slices of bread, butter side up.

Close sandwich press and cook until bread is golden brown and cheese is melted and starting to ooze out.

Serve immediately.

TUNA & SAUERKRAUT NOURISH BOWL

RECIPE / CHRISTIE CONNELLY

My favourite lunches are bits-and-bobs bowls where you clear out the fridge of anything that's about to turn. Here, I've used two different types of sauerkraut as we are lucky in the Byron region to have lots of local companies making wonderful versions. You can make this vegetarian by leaving out the tuna and using boiled eggs instead.

Serves: 4



Christie's Tuna & Sauerkraut Nourish Bowl

- 1 sweet potato, peeled & diced
- 2 tbsp cold-pressed olive oil
- Salt & pepper
- 4 cups baby spinach leaves
- 1 carrot, peeled & grated
- 2 tomatoes, sliced into wedges
- 1 cup sauerkraut
- 2 x 185g tins sustainable tuna in olive oil
- 2 tbsp sesame seeds
- Kewpie mayonnaise & sriracha chilli sauce, to serve

Preheat oven to 200°C.

Place diced sweet potato on baking tray and drizzle over olive oil. Mix well then season with salt and pepper and bake for 15 mins until soft and golden. Leave to come to room temperature.

When ready to serve, arrange baby spinach leaves in serving bowls and top with grated carrot, tomato wedges, sauerkraut, sweet potato and tuna. Sprinkle over sesame seeds and drizzle with mayonnaise and chilli sauce.

Serve immediately.

This nourish bowl is a great way to clean out leftovers in your fridge.

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Georgia's Egg Lettuce Cups

EGG LETTUCE CUPS

RECIPE / GEORGIA HARDING

Adding kimchi or sauerkraut to your eggs is a great way to kick-start your digestion. Serving it in a lettuce cup adds a nice fresh crunch, plus we could all do with a few more vegies at breakfast.

Serves: 4



- 2-3 free-range or organic eggs
- Pinch sea salt
- Ground black pepper, to taste
- Knob butter
- 2 large cos lettuce leaves
- 1-2 tbsp kimchi or sauerkraut

In small jug, beat eggs with sea salt and black pepper.

Heat pan over medium heat and melt butter.

Add eggs and after about 15-20 seconds fold them in from edges slowly until cooked to your liking. This should take less than a minute, remembering that egg will continue to cook once removed from heat.

Place on lettuce leaves, top with kimchi or sauerkraut and enjoy immediately.

HOKEY BOWL

RECIPE / GEORGIA HARDING

This is a delicious and easy way to include fermented vegies in your diet.

Serves: 4



Dressing

- 2 tbsp raw honey
- 2 tbsp tamari
- 2 tbsp rice-wine vinegar
- 1 tbsp finely grated ginger

- 250g salmon or ocean trout, skinless fillet
- 1½ cups cooked brown rice or quinoa
- ¼ cup kimchi
- 1 carrot, peeled & julienned
- 1 red capsicum, julienned
- 1 avocado, sliced
- ¼ cup cashew nuts, toasted
- ¼ cup coriander leaves
- 1 sheet nori, thinly sliced



Georgia's Hokey Bowl

Begin making dressing by mixing all ingredients together in small bowl until well combined.

Dice salmon or trout and toss through 2 tbsp of dressing. Cook quickly over moderate to high heat to your liking. Remove from heat and set aside in large bowl.

Add brown rice (or quinoa), kimchi, carrot, capsicum and remaining dressing and gently toss until combined.

Divide between two bowls and top with avocado. Sprinkle over cashew nuts, coriander and nori strips. Enjoy right away.

VEGAN RICEPAPER ROLLS

RECIPE / GEORGIA HARDING

I always put fermented vegetables in fresh ricepaper rolls. They add a lovely tang to the filling and a whole lot of gut-supporting goodness, too. The dipping sauce in this recipe is so delicious and so much healthier than anything store-bought.

Makes: 6 rolls, serves 2



- 100g (approx.) vermicelli rice noodles
- 6 sheets ricepaper
- 6 tsp sauerkraut or kimchi
- ½ red capsicum, sliced into 6 strips
- ½ avocado, sliced into 6 strips
- 6 small lettuce leaves, rolled up
- 6 sprigs mint
- 6 sprigs coriander
- Black sesame seeds, to garnish (optional)

Dipping Sauce

- 3 tbsp peanut butter
- 1 tbsp tamari
- 1 tbsp rice-malt syrup
- 1 tbsp rice vinegar
- 1 tbsp water
- Pinch chilli flakes, to taste

Start by putting noodles in bowl and covering with boiling water while you prepare the other ingredients.

To make dipping sauce, combine all ingredients in small bowl. If sauce is too thick, add a little more water.

Prepare vegetables on one plate so you can work quickly to assemble each roll.

Drain noodles once softened into bowl.

Wet chopping board so it's damp. Take a sheet of rice paper and run under lukewarm water so both sides are wet. Lay flat on chopping board (it will continue to soften as it sits).

Place 1 tsp of sauerkraut or kimchi, a slice of capsicum, avocado, lettuce and sprig each of mint and coriander horizontally across middle of ricepaper. Follow with about ¼ cup noodles.

Fold top half of ricepaper down, then fold sides in and roll towards you, tucking ingredients in to form neat roll.

Repeat steps until you've made approx. 6 rice paper rolls.

Enjoy immediately with dipping sauce.

You can also sprinkle with black sesame seeds to serve.

Tip: If you're not vegan, feel free to add in seafood or chicken.



These rolls are vegan
but you can add fish or
chicken if you choose.





RECIPES

DISHES THAT USE FERMENTED FOOD

GRILLED TEMPEH SKEWERS WITH SATAY SAUCE

RECIPE / ADAM GUTHRIE

Tempeh is created by fermenting soybeans. The result is delicious and highly nutritious.

Serves: 4



500g tempeh, cut into 4cm cubes
¾ cup kecap manis

Peanut (Satay) Sauce

1 garlic clove, peeled
2 red chillies, deseeded
2 tbsp chopped coriander roots & stems
¾ cup roughly chopped red shallot or onion
3 cups water
10 fresh medjool dates, pitted
200g roasted unsalted peanuts
½ kaffir lime leaf
1½ tbsp vegan fish sauce
1½ tbsp tamari
1 tbsp tamarind puree
3 tbsp lime juice

Coat tempeh with kecap manis in large bowl, toss and leave to marinate for 10 mins.

Place garlic, chilli, coriander, onion, water and medjool dates in high-speed blender and whizz until smooth. Pour mixture into frying pan and bring to boil, then add kaffir lime leaf, fish sauce, tamari, tamarind puree and lime juice. Stir, then simmer for 3 mins.

Place mixture and roasted peanuts in blender and blend to smooth paste. Consistency should be creamy and smooth.

Store in fridge for up to 4–5 days or freeze. (If not using immediately, peanut sauce can be reheated in saucepan with a little water.)

Place 4 tempeh cubes on wooden skewers. Heat non-stick frying pan or BBQ grill and grill tempeh so it's browned on all sides. Serve.



Adam's Grilled Tempeh Skewers with Satay Sauce

This satay sauce will keep in the fridge for 4-5 days if you want to make it in advance.

Adam's Miso, Tofu & Roast Pumpkin Salad



MISO, TOFU & ROAST PUMPKIN SALAD

RECIPE / ADAM GUTHRIE

A traditional ingredient in Japanese and Chinese diets, miso paste is made from fermented soybeans and contains millions of beneficial bacteria. Miso is also rich in essential minerals and a good source of various B vitamins, vitamins E and K and folic acid.

Serves: 4



Marinade

2 tbsp white miso paste
6 tbsp maple syrup
2 tsp lemon zest
2 tbsp tamari
Juice 1 lemon
Juice 2 oranges

250g firm tofu, cut into 2cm cubes
½ large pumpkin, cut into bite-size pieces

Handful parsley leaves, roughly chopped
Handful coriander leaves, roughly chopped
Handful rocket
Salt & pepper, to taste

Preheat oven to 200°C.

To make marinade, add all ingredients to bowl or jar and mix well.

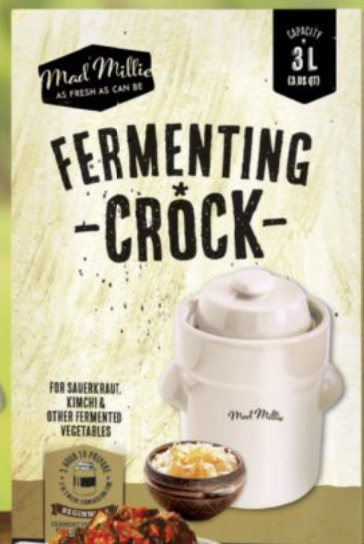
Add tofu cubes and pumpkin pieces to large bowl and drizzle over marinade, combining well. Place marinated tofu and pumpkin on baking tray lined with baking paper and place in preheated oven. Keep marinade to use as salad dressing.

Remove tofu and pumpkin from oven once pumpkin is softened and tofu has browned on corners.

Place herbs and rocket on serving plate. Add roast pumpkin and tofu over greens and season with salt and pepper to taste. Pour remaining marinade over each salad to serve.

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TO GOOD HEALTH!



Fresh, fermented and cultured foods have a raft of live cultures and enzymes vital for good health. Create fresh hand crafted products with the most enzyme activity using Mad Millie's artisan kits. Make your own yoghurt, kefir, sauerkraut, kimchi, tofu and now vegan cheese!

www.madmillie.com





SPONSOR RECIPES
NULAC



CapriLac Goat PB&J Smoothie Bowl



CapriLac Goat Yoghurt is a natural, creamy and unsweetened Greek-style yoghurt. It's a perfect complement to a healthy breakfast mixed with pieces of fresh fruit or used in Mediterranean and Indian-style meals. Goat milk is easier to digest and may prove beneficial to those with intolerance to cow's milk.

NULAC

CAPRILAC GOAT PB&J SMOOTHIE BOWL

RECIPE / NULAC

Start your day with a yummy and filling PB&J smoothie bowl made with CapriLac's Natural Goat Yoghurt and Milk. This protein-packed smoothie bowl will keep you full all day and give you the energy you need to be productive, all while staying healthy.

Serves: 2



- 1 cup CapriLac Natural Goat Milk
- 2 bananas, 1 frozen & chopped, the other sliced fresh
- ½ cup CapriLac Natural Goat Yoghurt
- 2 tbsp peanut butter
- 2 tbsp strawberry jam, 1 tbsp for garnish
- 2 tbsp chia seeds
- Peanuts (optional)

Add CapriLac Natural Goat Milk to blender followed by 1 frozen and chopped banana, CapriLac Natural Goat Yoghurt, 1 tbsp peanut butter and 1 tbsp strawberry jam. Blend until smooth and thick.

Pour into bowl and top with remaining sliced banana, chia seeds, peanut butter, peanuts and strawberry jam.

CAPRILAC GOAT YOGHURT DEVILLED EGGS

RECIPE / NULAC

Devilled eggs are a great source of protein along with CapriLac Natural Goat Yoghurt. These healthy and satisfying afternoon snacks can also become a part of your lunch for an extra boost of protein. You want to make sure the boiled eggs are done to perfection; the yolks should be yellow with no discolouration so they peel easily.

Serves: 16



8 hard-boiled eggs, peeled
 ½ cup CapriLac Natural Goat Yoghurt
 2 tsp yellow mustard
 1 tsp Worcestershire sauce
 ¼ tsp garlic powder
 2 tsp fresh dill
 Sea salt & pepper, to taste
 Smoky paprika & dill, for garnish (optional)

Slice hard boiled eggs in half. Remove yolks and place yolks in food processor.

To food processor or blender, add CapriLac Natural Goat Yoghurt, mustard, Worcestershire sauce, garlic powder, dill and a little salt and pepper. Process until smooth.

Transfer yolk filling into piping bag (may also spoon into egg whites).

Fill each egg white half with yolk filling.

Dust eggs with smoky paprika and top with dill.

Serve and enjoy.



CapriLac Goat Yoghurt Devilled Eggs

CAPRILAC YOGHURT CHOCOLATE CHIP COOKIES

RECIPE / NULAC

Got a craving for cookies but want something without all the fat? These cookies use our creamy and natural goat yoghurt so you can enjoy the cookie without the guilt.

Makes: 12–16 cookies



2½ cups flour
 1 tsp baking soda
 1 tsp salt
 2 eggs
 1 cup packed brown sugar
 ½ cup sugar

⅔ cup CapriLac Natural Goat Yoghurt
 ½ cup CapriLac Natural Goat Milk
 2 tsp vanilla
 2 cups chocolate chips

Preheat oven to 190°C.

Combine flour, baking soda and salt into medium mixing bowl and set aside.

In large bowl, beat together eggs and sugars, using whisk. Be careful not to beat for long — 45 secs is all you need.

Add CapriLac Goat Yoghurt, CapriLac Goat

Milk and vanilla to egg and sugar mixture.

Gradually stir flour mix into liquid mixture and add chocolate chips. Drop cookie dough about 1 tbsp at a time on parchment-lined sheet, making sure to leave enough space between cookies.

Bake cookies for 9–11 mins or until they start to rise and the bottoms turn a light brown.

Cool on rack and enjoy with a glass of CapriLac Natural Goat Milk.

For more information visit caprilac.com

CapriLac Yoghurt Chocolate Chip Cookies





Vegan Beet 'Cream Cheese', Dairy-Free Onion Dip and Easy Avo Dip

CERES ORGANICS

VEGAN BEET 'CREAM CHEESE'

RECIPE / CERES ORGANICS

Makes: 1 cup



- 1 medium beetroot, scrubbed
- ½ cup Ceres Organics Cashew Butter
- Juice 1 lemon
- 1 tsp Ceres Organics Genmai Aka Miso
- 1 tsp Ceres Organics Savoury Yeast Flakes
- Sea salt flakes & black pepper

Preheat oven to 200°C.

Wrap beetroot in foil and roast for around 40 mins until tender.

Let beetroot cool, rub off skin and dice.

Add all ingredients to high-speed blender or food processor and process to creamy consistency.

Transfer mixture to jar.

Allow to firm up in fridge for an hour or so before serving.

Enjoy with a handful of Ceres Organics Brown Rice Crackers with Chia or Sour Cream & Chives.



With Ceres Organics Brown Rice Crackers and these easy vegan-friendly dips, you've got entertaining sorted. Ceres Organics believes in using only the finest organic, wholesome ingredients. You'll find no nasty stuff like MSG, artificial flavours, synthetic preservatives or refined sugars. Ceres Organics Brown Rice Crackers are light, crispy and full of natural deliciousness.

TURMERIC CASHEW CHEESE

RECIPE / CERES ORGANICS

Makes: 1 cup



½ cup Ceres Organics Cashew Butter
¼ cup water
½ cup lemon juice
3 tbsp Ceres Organics Savoury Yeast Flakes
1 tbsp cold-pressed extra-virgin olive oil
1 garlic clove
1 tsp Ceres Organics Ground Turmeric
Sea salt flakes & freshly ground black pepper,
to season

Add all ingredients to high-speed blender or food processor and blitz until smooth.

Season to taste.

Pour into glass jar and leave in fridge overnight to set to cream cheese consistency.

EASY AVO DIP

RECIPE / CERES ORGANICS

Makes: 1 cup



1 large avocado
Juice 1 lime
Pinch Ceres Organics Garlic Powder
Sea salt flakes, to season

Add all ingredients to high-speed blender or food processor and blitz until smooth.

Transfer to jar or bowl and set aside in fridge until you're ready to enjoy.

DAIRY-FREE ONION DIP

RECIPE / CERES ORGANICS

Makes: 1 cup



4 tbsp Ceres Organics Cashew Butter
3 tsp Ceres Organics Onion Powder
¾ cup warm water
1 tsp Ceres Organics RAW Apple Cider Vinegar
1 tsp Ceres Organics Genmai Shiro Miso

Add all ingredients to high-speed blender or food processor and blitz to smooth consistency.

Transfer to jar or bowl and set aside in fridge until you're ready to enjoy.

For more information visit
ceresorganics.com.au



Turmeric Cashew Cheese



Brownies

NIRVANA HEALTH

BROWNIES

RECIPE / NIRVANA ORGANICS

Makes: 24 slices



- 80g spelt flour
- 140g almond meal
- 1/3 cup cocoa/cacao powder
- 6 scoops Nirvana Stevia™ Pure Extract Powder
- 1/4 cup Nirvana Xylitol™
- 1/4 tsp Nirvana Organics Himalayan Crystal Salt™ Fine
- 1/2 tsp instant coffee
- 1/2 cup melted unsalted butter
- 1/2 cup milk of choice
- 3 eggs
- 1/2 tsp vanilla extract
- 1/3 cup dark chocolate chips

Preheat oven to 180°C.

Place all dry ingredients (except chocolate chips) in large bowl and mix well. Make sure everything is evenly distributed.

In separate bowl, mix together melted butter, milk of choice, eggs and vanilla extract.

Pour mixture of wet ingredients over dry ingredients and mix well. Fold in chocolate chips.

Bake for 20 mins. Leave to cool completely before slicing.

BERRY GREEN SMOOTHIE

RECIPE / NIRVANA ORGANICS

Makes: 1 smoothie



- 1 banana
- 1/2 cup frozen blueberries
- 1/2 cup frozen raspberries
- 1 cup baby spinach
- 2 tbsp rolled oats
- 2 scoops Nirvana Stevia™ Pure Extract Powder
- 1/2 cup milk of choice

Place all ingredients in food processor or blender and blend.

Serve immediately and enjoy.



Berry Green Smoothie



Nirvana Organics™ Stevia is an all-natural, healthy sweetener that can be used to replace sugar. Made with Australian certified organic stevia, this sweetener contains no calories or carbohydrates. Not only does it taste great, Nirvana Organics™ Stevia is also good for you.



Choc-Mint Nice Cream

CHOC-MINT NICE CREAM

RECIPE / NIRVANA ORGANICS

Makes: 1 bowl



- 2 bananas, frozen, peeled & chopped
- 1 tbsp protein powder
- 1 tbsp cacao powder
- 1 tsp chia seeds
- ⅓ pipette Nirvana Organics™ Liquid Stevia Mint Flavour
- Splash water or milk of choice
- Cacao nibs, to top

Place bananas in food processor or blender along with protein powder, cacao powder, chia seeds and stevia liquid.

Blend until smooth, adding splash of water or milk of choice if it needs some more liquid to blend.

Pour into bowl and sprinkle cacao nibs on top to add crunch.

CARROT CAKE

RECIPE / NIRVANA ORGANICS

Makes: 1 cake



- 1 packed cup grated carrot
- ½ cup applesauce
- ½ cup coconut oil
- 2 tsp apple-cider vinegar
- 2 tsp pure vanilla extract
- 1½ cups spelt flour
- ½ tsp baking soda
- ¾ tsp Nirvana Organics Himalayan Crystal Salt™ Fine
- 1 tsp cinnamon
- ½ cup Nirvana Xylitol™
- 3 scoops Nirvana Stevia™ Pure Extract Powder
- ½ cup raisins
- ½ cup crushed walnuts, for topping

Cream Cheese Icing

- 110g unsalted butter, softened



Carrot Cake

- 100g Philadelphia block cream cheese, softened
- 5 scoops Nirvana Stevia™ Pure Extract Powder, add more to adjust to taste
- Zest ½ lemon
- 1 tsp vanilla extract

Preheat oven to 180°C and line 20cm square or round pan with parchment or grease well.

In mixing bowl, whisk together grated carrot, applesauce, coconut oil (if hard, melt oil first), apple-cider vinegar and pure vanilla extract. Set aside for at least 10 mins.

In separate bowl, stir together spelt flour, baking soda, Himalayan salt, cinnamon, xylitol, Nirvana Stevia™ and raisins.

Pour wet ingredients into dry, then stir

until just combined. Do not over-mix.

Pour mixture into prepared pan and smooth down evenly.

Bake 30 mins or until toothpick inserted into cake comes out clean.

While cake is baking, prepare icing by placing all ingredients in bowl and beating until thick and smooth. Butter and cream cheese may need a bit of gentle heating to soften.

Allow cake to cool before spreading with cream cheese icing. Sprinkle with crushed walnuts.

For more information visit
nirvanahealthproducts.com



MEALS MADE IN ADVANCE

Whether you are a busy person, new parents, or you just don't like cooking a meal at the end of the day, having a pre-prepared meal can be a lifesaver. Of course, not all meals lend themselves to being made in advance, so here we have a selection of delicious meals that can be made when it suits you, to be eaten when you are ready. Try our Mushroom Miso Bolognese; Kale Pesto Pasta; Lamb Harira; Pumpkin Lasagne; Chickpea & Rice Rissoles; Tofu, Tempeh & Veggie Burgers; and Vegetarian Bean Casserole.

Christie's Vegetarian Bean Casserole



VEGETARIAN BEAN CASSEROLE

RECIPE / CHRISTIE CONNELLY

I always make this as a gift for mums with newborns as it's so incredibly versatile and freezes well. Simply reheat and smother on a baked potato, in taco shells, on nachos, over steamed rice or quinoa (with lots of guacamole), on toast or as a really different lasagne filling.

Serves: 4



- 2 tbsp cold-pressed olive oil
- 1 red onion, finely diced
- 2 cloves garlic, finely diced
- 1 red capsicum, sliced into strips
- 1 green capsicum, sliced into strips
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp dried oregano
- 1 tsp cayenne pepper (optional)
- 400g tin red kidney beans, drained & rinsed
- 400g tin black eye beans, drained & rinsed
- 400g tin black beans, drained & rinsed
- 3 large tomatoes, diced
- Salt & pepper

Add olive oil and diced onion to large saucepan. Soften over medium heat for 5 mins, stirring constantly. Add garlic and both sliced capsicums and continue to cook gently for 5 mins, stirring often.

Sprinkle in all spices and mix well. Add drained beans, diced tomatoes and half a cup of water. Season with salt and pepper.

Simmer for 15 mins until tomatoes break down to form sauce.

Serve immediately (see ideas in note above) or allow to cool for 30 mins, then put in freezer-proof glass container and freeze for up to 3 months.

MUSHROOM MISO BOLOGNESE

RECIPE / CHRISTIE CONNELLY

This dish is umami heaven thanks to the mushrooms and miso combined. You can change it slightly each time by using different noodles: udon, soba and ramen (pictured) all work well. If you like a chilli hit, it's great with a drizzle of sriracha sauce. This recipe makes a very large batch so you can freeze half for another day.

Serves: 8



- 600g button mushrooms
- 1 tbsp butter
- 1 tbsp olive oil
- 1 onion, finely diced
- 1 carrot, grated
- 4 garlic cloves, finely diced
- 1kg beef mince
- ½ tsp ground white pepper
- 1 tbsp tamari
- 2 tbsp tomato paste
- 1½ tbsp miso paste
- Noodles, to serve
- 1 spring onion, finely sliced, to garnish

Place mushrooms in food processor and blitz until finely chopped. You may need to do this in 2 batches depending on size of machine.



Christie's Mushroom Miso Bolognese



Lisa's Kale Pesto Pasta

Place butter and oil in saucepan over medium heat. Add onion and carrot and cook gently for 5 minutes until softened. Add garlic and cook for 1 min more.

Turn heat to high and add beef mince. Cook, stirring frequently, for 5–10 mins, until browned. Add chopped mushroom, white pepper, tamari, tomato paste and 600mL of cold water. Mix well and simmer for 20 mins.

Stir in miso paste and taste. Season with a little extra salt if needed.

Serve over noodles and garnish with spring onion.

KALE PESTO PASTA

RECIPE / LISA GUY

Kale is a super brassica vegetable that contains high levels of sulphur compounds essential for liver detoxification of carcinogens. This

quick and easy sauce is handy to keep in the fridge or freezer to toss through pasta, roast vegies, a quinoa salad or as a nutritious topping for salmon or poached eggs.

Serves: 4



- 2 cups chopped kale, rib removed
- Bunch basil
- 2 cloves garlic
- ¼ cup toasted nuts such as almonds, pinenuts, walnuts
- ⅓ cup extra-virgin olive oil
- ⅓ cup grated parmesan
- Juice 1 lemon

Place all ingredients in food processor and blend until well combined.

Simply toss through pasta and serve with green salad or freeze for a quick easy meal during the week.



MEDITERRANEAN PASTA SALAD WITH SMOKED OYSTERS

RECIPE / CHRISTIE CONNELLY

The beauty of this salad is it tastes even better after a day in the fridge. If smoked oysters aren't your thing, substitute with tinned tuna, shredded roast chicken or boiled eggs. Simply dish out the pasta into bowls, top with your desired protein and dinner is served.

Serves: 4-6



- 400g small pasta shapes
- 1 Lebanese cucumber, sliced
- 250g punnet cherry tomatoes, halved
- 1 cup mini bocconcini cheese balls
- ½ cup mixed green & black olives
- Handful mint leaves, finely sliced
- Handful parsley leaves, finely sliced
- Zest & juice 1 lemon
- ¼ cup cold-pressed olive oil
- Salt & pepper
- 2 x 100g tins smoked oysters in oil, drained (or protein of choice)

Boil pasta according to package directions. Wash under cold running water, drain and transfer to large mixing bowl.

Add cucumber, tomato, bocconcini, olives, mint, parsley, lemon zest, lemon juice and olive oil. Mix well to combine and season with salt and pepper.

You can serve immediately at this point or, if making ahead, cover and leave in fridge to marinate. When ready to serve, mix well and spoon into serving bowls. Top with the drained smoked oysters (or protein of choice) and enjoy.

FETTUCINE WITH LENTIL BOLOGNESE

RECIPE / ADAM GUTHRIE

This lentil bolognese is a family favourite in our house. It's so easy to make a big batch and store for those days when you need dinner quickly.

Serves: 4



- 1 onion, finely diced
- 1 carrot, diced
- 2 celery stalks, diced
- 4 garlic cloves, finely chopped
- 8 button mushrooms, sliced
- 3 cups fresh or tinned chopped tomato
- 1 tbsp sugar
- 1 cup uncooked red lentils
- 2 cups vegetable stock
- 1 bay leaf
- Salt & pepper, to taste
- 1 packet wholemeal fettuccine
- Fresh basil leaves, for garnish

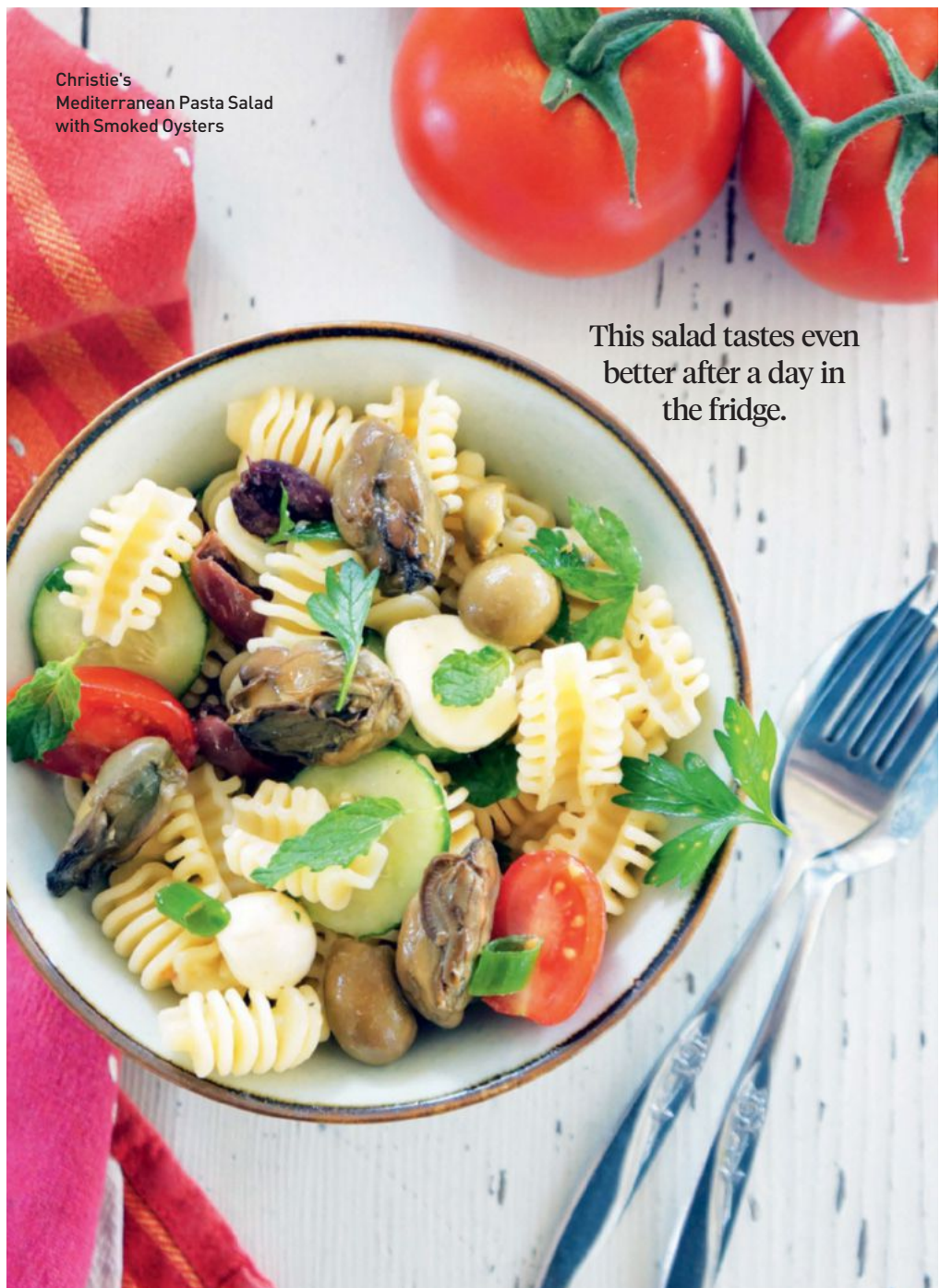
Heat pan over high heat. Sauté onion until soft, then add carrot, celery, garlic, mushroom and tomato. Stir, then add sugar, uncooked lentils and stock.

Bring to boil, reduce heat, add bay leaf and stir.

Simmer for 20 mins until lentils are soft. Add more stock if necessary. Once lentils are soft, remove from heat and add salt and pepper to taste.

Add fettuccine to pot of boiling water and, once pasta is tender, drain and place in 4 bowls.

To serve, pour about 1 cup bolognese over fettuccine and top with fresh basil leaves.



Christie's
Mediterranean Pasta Salad
with Smoked Oysters

This salad tastes even better after a day in the fridge.



Adam's Fettuccine
with Lentil
Bolognese

Photography: Christie Connelly, Adam Guthrie

No tricks. Just crackers.



MSG, synthetic preservatives,
refined sugars and artificial
flavours NOT included ♡


CeresOrganics



VEGETABLE KIDNEY BEAN MIX

RECIPE / LISA GUY

This vegetable kidney bean dish is a great one to make in advance and have in the fridge or freezer for meals during the week. Try making healthy nachos with homemade baked tortilla chips and guacamole, or have it with rice or on toast for a quick lunch or dinner.

Serves: 4-6



1 onion, finely chopped
2 cloves garlic, finely chopped
Olive oil
1 cup diced sweet potato or potato
1 large carrot, diced
Handful spinach or kale, finely chopped
400g tin tomatoes
400g tin kidney beans
400g tin lentils
1 tsp ground turmeric
1 tsp garam masala
½ tsp chilli flakes
Sea salt & pepper
Handful chopped coriander

In large frying pan, over medium heat, cook onion and garlic in a little olive oil for 4 mins.

Add sweet potato, carrot and spinach and cook for another 4-5 mins.

Add tomato, kidney beans, lentils and turmeric, garam masala, chilli flakes, salt and pepper, and coriander.

Cook for a further 10 mins until vegies are cooked through. Add a little water if needed

Delicious served with baked tortilla triangles and some guacamole or sour cream. Or, let it cool and put in the fridge for tomorrow night's dinner or pop in the freezer.

Lisa's Vegetable Kidney Bean Mix



GLUTEN-FREE VEGETABLE LASAGNE

RECIPE / LISA GUY

Lasagne is the perfect meal to make in advance. It actually tastes even better the next day. Packed with important nutrients, this tasty meal delivers plenty of beta-carotene, calcium, protein, vitamin K and folate, along with the antioxidant lycopene.

Serves: 6



Olive oil

¼ large Jap pumpkin, peeled & cut into small pieces

Sea salt

Ragu

2 onions, finely chopped

2 cloves garlic, finely chopped

2 zucchinis, finely chopped

2 x 400g tins tomatoes

Pinch sea salt & pepper

1 tsp Italian herbs

Tofu White Sauce

600g soft or silken tofu

1 cup pesto

Gluten-free lasagne sheets

Handful grated tasty cheese, for topping

Small handful pumpkin or sunflower seeds

Preheat oven to 180°C and grease lasagne dish with olive oil.

Place pumpkin on baking tray with baking paper and drizzle with a little olive oil and sprinkle with a little sea salt.

Bake for 40 mins until soft and cooked through. With a fork, mash pumpkin a little so it's still chunky.

In frying pan over medium heat with some olive oil, cook onion and garlic for 4 mins, then add zucchini, tomato, sea salt, pepper and herbs. Cook for 15 mins until tomato sauce starts to thicken and vegetables are cooked through.

In medium bowl, mix together tofu and pesto until well combined.

Cover bottom of dish with some ragu, lay down some lasagne sheets, then top with ragu, pumpkin, lasagne sheets, ragu, pumpkin, lasagne sheets, ragu, pumpkin, then tofu white sauce. Sprinkle with cheese and seeds.

Bake for 50 mins, until lasagne is cooked through and golden-brown.

This lasagne is delicious served hot with a green salad or allow it to cool then place in the fridge for tomorrow night's dinner or pop it in the freezer.

LAMB HARIRA

RECIPE / GEORGIA HARDING

This tasty, hearty soup is a nourishing meal to make ahead as the flavours just get better and better with time.

Serves: 4-6



1 large onion, diced

4 cloves garlic, chopped

2 large carrots, diced

2 sticks celery, diced

1 sweet potato, peeled & diced

680g tomato passata



Place lasagne in the fridge overnight to use the next day or pop it in the freezer for when you are ready.

Lisa's Gluten-Free Vegetable Lasagne



Georgia's Lamb Harira

1 tsp ground cumin

1 tsp ground turmeric

1 tsp ground cinnamon

½ tsp ground nutmeg

½ tsp ground ginger

1 cup uncooked Puy lentils

½ cup uncooked red lentils

2 tsp sea salt & black pepper, to taste

1L chicken broth or stock

4 lamb shanks

1 bunch kale

Lime wedges, to serve

Coriander or flat-leaf parsley leaves, to serve

Preheat oven to 250°C.

In large oven-proof casserole dish with lid, add all ingredients except shanks and kale.

Mix well to combine. Add shanks and submerge in liquid.

Cover dish and place in oven, turning temperature down to 150°C immediately.

Cook for 6-7 hours or until lamb falls off bone.

Gently strip kale leaves off stems and chop roughly.

Remove dish from oven, stir in kale, replace lid and allow to sit for 5-10 mins so kale wilts.

When you are ready, reheat and serve with wedges of lime and garnished with coriander or parsley.

Tip: If you are storing or freezing it, strip the meat from the bones of the shanks and discard the bones.



Serve these nachos buffet style so everyone can help themselves.

NOURISHING NACHOS

RECIPE / GEORGIA HARDING

All parts of this healthy, family-friendly meal can be made ahead and kept in the fridge until you are ready to reheat and serve. Serve it buffet style so everyone can help themselves.

Serves: 6



Sauce

- 1 tbsp ghee or butter
- 1 onion, diced
- 1 clove garlic, chopped
- 500g beef, turkey or chicken mince
- 1-2 tbsp medium Mexican chilli powder, add gradually to taste (see tips below)
- 400g tin red kidney beans, drained & rinsed
- 400g tin diced tomatoes or about 4-5 large ripe tomatoes, diced
- 1 large carrot, grated
- 1 small zucchini, grated
- Sea salt & pepper, to taste

Nachos

- Plain corn chips
- 1 clove garlic, crushed
- 100g (1 packed cup) cheddar cheese, grated

Guacamole

- 2 ripe avocados, peeled & stone removed
- 1 small red onion, finely diced
- Sea salt & pepper, to taste
- Juice 1 small lime (zest optional)
- Handful coriander leaves, finely chopped (optional)
- 2 tbsp natural yoghurt (optional)

Corn Salsa

- 1-2 cobs corn, peeled
- 2 vine-ripened tomatoes, deseeded & diced
- 1 red capsicum, diced
- Handful coriander leaves, finely chopped
- Juice 1 lime
- 1 tbsp extra-virgin olive oil

Preheat oven to 180°C.

To make sauce, melt ghee or butter in frypan and sauté onion and garlic for 1-2 mins.

Add mince and Mexican chilli powder and sauté until mince is just starting to brown.

Add kidney beans, tomato, carrot and zucchini and bring to simmer for 20-30 mins or until sauce starts to thicken.

Taste as you go and adjust the amount of spice mix and sea salt to suit.

While sauce is simmering, place corn chips in baking dish or oven-proof bowl and top with garlic and cheese.

Bake for 15 mins or until cheese is melted and the corn chips are golden-brown.

To make guacamole, mash or process all ingredients until well combined.

Finally, make corn salsa. I like to char corn on the BBQ, but you can quickly steam it if preferred. Slice kernels off cob and allow corn to cool.

Combine all salsa ingredients in a small bowl and mix well.

Serve buffet style with guacamole and corn salsa.

Enjoy immediately.

Note: I also like to serve this with a salad of shredded lettuce, grated carrot, sliced red capsicum dressed with lime juice, extra-virgin olive oil, sea salt and pepper.

Tip: Ditch additive-laden Mexican kit seasonings and stick with plain spice mixes (in the spice section of the supermarket). You can generally choose between a medium or hot Mexican chilli powder (the medium has very little heat) as they are cheaper and much healthier for you and your family.



Health & Nutrition



THE TASTE YOU CAN TRUST.



Mexican Black Bean Dip

- 1 pkt ORGRAN Corn Crispbread™
- 400g can black beans, drained & rinsed
- 1 small onion, diced
- 1 garlic clove, chopped
- 3 tbsp tablespoons tahini
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- juice of 1 lemon

1. Place all ingredients in a food processor and blend until combined.
2. Spread on Crispbread™ and garnish with avocado, tomato and coriander leaves. Enjoy!



GLUTEN FREE | **WHEAT FREE** | **NUT FREE** | **DAIRY FREE** | **EGG FREE** | **YEAST FREE** | **VEGAN**

www.ORGRAN.com

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**TOFU, TEMPEH
& VEGIE BURGERS**

RECIPE / ADAM GUTHRIE

These patties are great to freeze and can be thawed in the fridge or microwave, then heated in a non-stick frying pan.

Makes: 8 patties



- 1 large bunch spinach
- 1 onion, finely chopped
- 2 garlic cloves, finely sliced
- 15 mushrooms, finely sliced
- 500g tempeh
- 250g firm tofu
- 3 cups quick-cook oats

- 2 tbsp tamari
- 3 tbsp vegetarian oyster sauce
- 2 tbsp Dijon mustard
- Juice 1 lemon
- Wholemeal burger buns or sourdough bread slices, to serve
- 2 handfuls lettuce leaves
- 2 tomatoes, thinly sliced
- 2 cucumbers, thinly sliced
- Sweet chilli sauce, to serve

Preheat oven to 200°C.

Bring large pot of water to boil. Add spinach leaves, cook for 1 min, then strain and cool under cold running water. When cooled, finely chop and set aside.

Heat frying pan on high heat. Add onion and garlic. Add ¼ cup water, then mushroom and sauté until all water is absorbed.

Crumble tempeh and tofu into large mixing bowl. Mash in food processor to ricotta-like consistency. Add oats, cooked spinach, tamari, vegetarian oyster sauce and Dijon mustard. Squeeze over lemon juice. Mix well with hands.

Add sautéed mushroom, garlic and onion mixture and combine well. Form into patties and place in oven on baking tray lined with greaseproof paper. Bake for 30 mins until golden-brown on both sides.

To serve, top burger buns with lettuce leaves, tomato and cucumber. Add patty, then top with sweet chilli sauce and serve.



Adam's Tofu, Tempeh & Vegie Burgers

ZUCCHINI PASTA & GRILLED TOMATO WITH CHICKPEA & RICE RISsoles

RECIPE / ADAM GUTHRIE

Preparing food in advance is one of the best ways to ensure you always have tasty and nutritious meals to prepare in a flash when you are home late and ravenous.

Makes: 6–8 rissoles

GF DF V VC

Chickpea & Rice Rissoles

½ cup pine nuts

1 onion, finely chopped

1 garlic clove, finely chopped

1 cup cooked chickpeas

1 cup cooked brown rice

1 tbsp vegetable stock powder

1 handful parsley leaves, finely chopped

1 cup cherry tomatoes, halved

2 zucchinis, spiralised into spaghetti [zoodles]

Juice 1 lemon

2 handfuls baby spinach leaves

Salt & pepper, to taste

Heat pan over high heat. Add pine nuts and toast in pan. Shake pan every now and then to move pine nuts around. When they become aromatic and golden-brown, remove from heat and place in bowl.

Sauté onion and garlic in hot frying pan, add a little water to deglaze pan and cook until all water is evaporated and onion is soft and golden-brown.

Add chickpeas and cooked brown rice to bowl. Mash with food processor or potato masher until chickpeas are crushed and form a paste with rice. Add vegetable stock powder, cooked onion and chopped parsley, then mix.

Roll mixture into 6 ping-pong-ball-sized rissoles. Place in plastic container with airtight lid and freeze until needed. Thaw out in fridge before cooking.

Heat non-stick pan over high heat, add rissoles, turning to brown each side. Add cherry tomatoes cut-side down and cook until browned and juicy, then set aside.

Add zucchini spirals to heated frying pan. Add ¼ cup water, pinch of salt and pepper. Squeeze in lemon juice, add spinach leaves and pine nuts. Remove from heat and toss for 30 secs. Turn off heat, add cherry tomatoes and serve on plate, each with 3 rissoles.

PUMPKIN LASAGNE

RECIPE / GEORGIA HARDING

This pumpkin lasagne is a plant-powered, delicious delight. Even though it has a few layers, it really is simple to make and worth every minute of prep. It's such a brilliant dish to make ahead of time and it freezes well.

Serves: 8

GF DF V

Pumpkin Layer

1kg Butternut or Jap pumpkin, peeled & roughly sliced

2 large carrots, roughly cut

200g cauliflower, florets broken apart

1 onion, peeled & sliced



Adam's Zucchini Pasta & Grilled Tomato with Chickpea & Rice Rissoles



Georgia's Pumpkin Lasagne

2 cloves garlic, peeled & sliced

1 tsp sea salt

Black pepper, to taste

50g (approx.) butter, coconut oil or ghee, melted

120g (½ cup) quark or ricotta cheese

2 free-range or organic eggs

100g (1 cup) parmesan cheese, finely grated (though only half will go in pumpkin puree, the rest for top)

Spinach Layer

1 large onion, peeled & diced

1 clove garlic, peeled & crushed

50g (approx.) butter, coconut oil or ghee, melted

300g baby spinach

100g feta cheese or goat's feta

Tomato Layer

1 tbsp dried oregano

400g tin diced tomatoes

Pasta Layer

Either regular or gluten-free lasagne sheets or, for grain-free, use a large zucchini cut into ribbons. I have also layered both to increase the vegie content.

Preheat oven to 180°C.

In baking tray, combine pumpkin, carrot, cauliflower, onion, garlic and fat of choice

Season and toss together.

Bake for approximately 30 mins or until the vegetables are soft (cooked through).

While they are baking, make spinach layer by sautéing onion and garlic in pan with a little butter, ghee or coconut oil over low heat until they start to soften (but not brown). Add spinach and cook for a few mins until wilted. Remove from heat and place in food processor with feta or goat's feta and puree well. Set aside.

Once vegetables are baked, allow to cool a little, then puree in food processor with quark or ricotta, eggs, half the parmesan and more seasoning if required.

Mix oregano with tomato (I just add it to the can and gently mix).

Now arrange lasagne using chosen pasta or ribbons of zucchini.

Grease baking dish and layer pasta (or zucchini), followed by one-third of pumpkin, pasta, half of spinach and repeat.

Finish with last third of pumpkin puree, followed by all of tomato and top with remaining parmesan cheese.

Bake for approx. 30–40 mins or until brown on top and pasta is cooked through.

Lasagne is always easiest to slice once chilled. If it's important to have nice neat slices, chill, then slice, then reheat.

Otherwise, serve immediately with a simple green salad.



THAT'S AMORE CHEESE

BERRY MASCARPONE WITH OLIVE OIL SHORTCRUST & KIWIJELLY

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

Serves: 4



Shortcrust

200g all-purpose flour
Salt, to taste
6 tbsp olive oil
¼ cup cold water

Kiwi Jelly

5 kiwifruits, peeled
1 cup unsweetened pineapple juice
2 leaves gelatine

Berry Mascarpone

200g mixed berries
250g mascarpone
2 tbsp honey

In mixing bowl, mix together flour and salt. Then add in olive oil, stirring with fork until it resembles breadcrumbs. Gradually stir in cold water until mixture forms dough. Wrap dough in clingwrap and allow to rest in fridge for at least 30 mins.

Preheat oven to 190°C. Oil pan using baking brush.

Roll dough flat enough to cover pan. Use fingers to press gently into fluted side of pan. Lightly brush surface with some oil and prick bottom of tart with fork. Bake for 15-20 mins or until crust lightly browns. Once cool, crumble crust in large chunks.

Crush kiwifruits and add pineapple juice and gelatine.

Bring to boil on low heat and, once consistency is syrupy, set aside. If you want it thicker, add more gelatine.

Wisk berries, roughly breaking them, then add mascarpone and honey, making sure not to overwork it. Place in piping bag.

In bowl, place kiwi jelly at bottom, pipe mascarpone mixture and sprinkle with some shortcrust.



The soft, fresh cheese of stracciatella may be best known as the delicious centre of burrata. Like burrata, stracciatella is a product of Puglia and its name comes from its peculiar composition: stracciatella means "shredded" or "ripped" in Italian. Mozzarella strings are obtained by shredding a mozzarella. These strings are then mixed with cream and the result is a unique soft cheese with an unimaginable flavour.

Berry Mascarpone with Olive Oil Shortcrust & Kiwi Jelly



Eggplant Parmigiana with Rocket & Fennel Salad

EGGPLANT PARMIGIANA WITH ROCKET & FENNEL SALAD

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

Serves: 4



Eggplant Parmigiana

2 large eggplants, cut lengthwise into 1cm slices
 3 bunches basil, leaves picked
 1 garlic clove
 50g grated parmesan
 5 tbsp extra-virgin olive oil
 500g That's Amore Cheese Straciatella

Rocket & Fennel Salad

Juice & zest 1 lemon
 3 tbsp extra-virgin olive oil
 Salt & pepper, to taste
 2 fennel bulbs, cored & thinly sliced
 150g wild rocket

Grill eggplant until tender, turning over once for about 6 mins. Transfer to plate to cool.

Place basil, garlic and parmesan in bowl of food processor and process until finely chopped. With motor running, gradually add oil in thin, steady stream until well combined.

Preheat oven to 200°C.

Layer eggplant in casserole dish with pesto and straciatella.

Bake for about 15–20 mins or until cheese is melted.

To make salad, whisk together lemon juice and oil, then season with salt and pepper.

Just before serving, drizzle dressing through fennel, rocket and lemon zest.

Serve parmigiana with salad and enjoy.

Note: To keep pesto bright green, you can freeze the olive oil before using. This will keep the temperature down and prevent the basil from turning dark.

CAPRESE SALAD

RECIPE / DARIO DI CLERICO, THAT'S AMORE CHEESE

Serves: 4



1 punnet medley tomatoes, thickly sliced
 1 That's Amore Cheese Buffalo Mozzarella
 Handful fresh basil leaves
 ¼ cup extra-virgin olive oil
 Salt & pepper, to taste

Place tomatoes on serving plate and top with a few basil leaves.

Top basil with mozzarella slices.

Drizzle over olive oil and season to taste.

Serve immediately.

For more visit thatsamorecheese.com.au



Caprese Salad



Zucchini Fritters with Vegan Garlic Herb Yoghurt

MAD MILLIE

ZUCCHINI FRITTERS WITH VEGAN GARLIC HERB YOGHURT

RECIPE / MAD MILLIE

Serves: 4



Garlic Yoghurt Sauce

- ½ cup Mad Millie Soy Greek Yoghurt
- 2 tsp chopped parsley
- 1 tbsp chopped mint
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 heaped tsp minced garlic
- Salt & freshly ground black pepper, to taste

Fritters

- 4 medium zucchini, shredded
- 1 cup corn kernels
- 1½ cups chickpea flour
- 2 tsp cumin
- 1 tsp oregano
- 1 tsp thyme
- ¼ tsp salt
- Pinch freshly ground pepper

Splash oil

- 1 lemon, in wedges

Whisk Mad Millie Soy Greek Yoghurt, parsley, mint, lemon juice, olive oil and minced garlic together. Then add salt and pepper to taste.

In large bowl, combine shredded zucchini, corn, chickpea flour, cumin, oregano, thyme, salt and pepper.

Allow batter to sit for at least 5 mins while flour absorbs moisture and forms batter.

Heat large non-stick pan with oil, add 3-4 tsp of mixture into frying pan and cook for 1-2 mins on each side or until golden.

Squeeze lemon over fritters and serve with the garlic yoghurt sauce.

Enjoy immediately.



Our yoghurt kits are a dairy-free alternative with no artificial flavours or preservatives. Bursting with delicious flavour and coupled with tangy beneficial live cultures, this kit allows you to create delectable yoghurt at home to enjoy any way you want. Plus, we've included vegan-friendly recipes in the kit.



Falafels with Greek Yoghurt & Dill Sauce

Season with garlic salt and mix evenly so there are no powdery spots.

Transfer to oven tray to cook for 30–40 mins or until fries are golden-brown and crispy. Turn chips occasionally.

Serve baked fries with curried coconut yoghurt dip.

FALAFELS WITH GREEK YOGHURT & DILL SAUCE

RECIPE / MAD MILLIE

Serves: 4



Yoghurt & Dill Sauce

- 1 cup Mad Millie Greek Yoghurt
- 3 tbsp fresh dill
- 1 tbsp white vinegar
- 1 tbsp lemon juice
- 1 tbsp olive oil

Falafels

- 400g tin chickpeas
- 4 garlic cloves
- 3 tbsp fresh parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp chilli powder
- 2 tbsp gluten-free flour
- Salt
- 2 tbsp olive oil

Toasted pita bread

- 1 bag mixed lettuce
- 1 tomato, sliced

Combine all sauce ingredients in food processor and blend until smooth.

Drain, rinse and pat dry chickpeas using kitchen paper.

Add chickpeas, garlic, parsley, spices, flour and a little salt to food processor.

Blend until fairly smooth, then shape into 4 patties using hands.

Warm oil on medium heat and cook each patty until light golden-brown, about 5 mins on each side.

Serve with toasted pita, lettuce, tomato and Mad Millie Yoghurt & Dill Sauce.

FROZEN COCONUT YOGHURT BARK

RECIPE / MAD MILLIE

Serves: 4



- 800g Mad Millie Coconut Yoghurt
- 3 tbsp maple syrup
- 1 punnet strawberries, diced
- 50g pistachio nuts, crushed

In bowl, combine yoghurt and maple syrup.

Line tray with baking paper and pour in yoghurt mixture. Use spatula to smoothen and evenly distribute.

Sprinkle over diced strawberries and crushed pistachios evenly.

Place tray in freezer for at least 2 hours.

Break into chunks.

Serve immediately or keep stored in freezer.

For more information visit madmillie.com



Frozen Coconut Yoghurt Bark



Sweet Potato Fries with Curried Coconut Yoghurt Dip

SWEET POTATO FRIES WITH CURRIED COCONUT DIP

RECIPE / MAD MILLIE

Serves: 4



- 1 cup Mad Millie Coconut Yoghurt
- ½ lemon
- 1 tbsp curry powder
- 1 tbsp ground coriander
- 2 tbsp olive oil
- ½ tsp chilli flakes

Sweet Potato Fries

- 3 sweet potatoes, peeled & cut into fries
- 1 tbsp corn starch
- 2 tbsp olive oil
- 2 tbsp garlic salt

Add Mad Millie Coconut Yoghurt, lemon, spices and herbs to small bowl and whisk to combine.

Preheat oven to 180°C fan-forced.

Toss uncooked fries in mixing bowl, sprinkle with corn starch and pour in olive oil.



PRO-MATRIX

MELLOW WHEY APPLE CINNAMON COOKIES

RECIPE / PRO-MATRIX

Makes: 18 cookies



- 1½ cups rolled oats
- ½ cup unsweetened applesauce
- ½ cup egg white
- 45g Pro-Matrix Certified Organic Mellow Whey Protein Powder
- 1 small apple, diced
- 1 tbsp cinnamon
- 1 tsp honey
- Walnuts

Preheat oven to 175°C and line baking sheet with baking paper.

Add all ingredients except nuts to bowl and stir well to combine.

Using a tbsp, scoop out heaped scoop of mixture and place on baking sheet. Form into cookie shape.

Bake for 10 mins or until set.

Top with additional sprinkle of cinnamon and a walnut and enjoy.

NAKED WHEY SPINACH WRAPS

RECIPE / PRO-MATRIX

Makes: 2 wraps



- 2½ cups fresh green spinach
- ¾ cup egg white
- 90g Pro-Matrix Certified Organic Naked Whey Protein Powder
- Coconut oil

Blend together all ingredients except oil.

Heat large non-stick frying pan over medium heat. Brush pan with oil.

Using ¼ cup mixture per wrap, cook 2 wraps for 3–4 mins or until bubbles appear on surface. Turn and cook for 3 mins or until cooked.

Transfer to plate. Cover loosely with foil to keep warm.

Repeat with remaining mixture, brushing pan with coconut oil between batches.

Fill with whatever healthy ingredients you want and enjoy.



From the rich pastures of Australia and New Zealand, Pro-Matrix is a 100-per-cent natural protein engineered to contain only essential ingredients free from everything artificial. Pro-Matrix has an incredible amino acid profile, supporting your body with the many health benefits associated with whey protein. Pro-Matrix is available in certified grass-fed flavours: Naked Whey®, Wicked Whey®, Rough Whey® and Wild Whey®, as well as certified organic flavours: Naked Whey®, Buzz Whey® and Mellow Whey™.

Naked Whey Spinach Wraps



BUZZ WHEY FROZEN YOGHURT

RECIPE / PRO-MATRIX

Serves: 4



- 2 cups Greek yoghurt
- 1½ large bananas, sliced
- ⅓ cup chilled strong coffee
- 30g Pro-Matrix Certified Organic Buzz Whey Protein Powder
- 1 tsp vanilla extract
- Small handful chocolate chips or coffee beans, to serve

In food processor, blend all ingredients until very smooth.

Pour into ice-cream maker and freeze for approx. 60 mins.

Add chocolate chips or coffee beans just before you remove frozen yoghurt and stir to distribute evenly.

For more information visit promatrix.com.au

Buzz Whey Frozen Yoghurt





KOREAN STYLE

Korean food is incredibly healthy and tasty, with an emphasis on vegetables and meats cooked simply with minimal oil. Korean cuisine also heavily features the super-healthy fermented food kimchi and we offer two kimchi recipes, so you can choose your favourite. In addition, you'll be delighted by Korean-style dishes such as Tofu Noodles; Chicken with Slaw; Mandu Dumplings; Mushroom Stir-Fry; Kimchi Fried Rice; and Roasted Barley Tea.



KOREAN MANDU DUMPLINGS

RECIPE / ADAM GUTHRIE

These dumplings may be small, but they have a big flavour profile. The salty, meaty taste will keep you going back for more! Store in an airtight container in the fridge and place in boiling water just before serving. The dumplings can also be enjoyed in a vegetable broth and freeze well.

Makes: 40 dumplings



- 1 onion, diced
- 2 garlic cloves, finely chopped
- 3 spring onions, finely sliced
- 3 cups roughly chopped baby spinach
- 2 tbsp vegan fish sauce
- 1 carrot, grated
- 1 cup diced water chestnuts
- 1 cup shiitake mushrooms
- 250g firm tofu, crumbled
- 2 tbsp mirin
- 1 packet 20 round gow gee wrappers

Dipping Sauce

- ¼ cup tamari
- 1 tbsp rice-wine vinegar
- 1 small red chilli, deseeded & sliced

Sauté onion, garlic and spring onions in large frying pan. Deglaze pan with ¼ cup of water. Add spinach and 1 tbsp soy sauce and continue to sauté until the spinach has wilted.

Add vegan fish sauce, grated carrot, water chestnuts and shitake mushrooms, stir well and sauté until mushrooms and carrot have wilted. Continue to cook for a few mins, then add tofu and mirin. Stir well and set aside.

Fill small bowl with water. Separate gow gee wrappers and lie 8 out on clean kitchen bench. Add no more than 1 tbsp filling to centre of each wrapper. Dip fingers in water and moisten edges of each wrapper so that, once



Lee's Korean Banana Milk

Lee's Kimchi



Photography: Kate Duncan, Lee Holmes

folded in half, edges stick together to create sealed parcel. Pinch edges together to create scalloped edge.

Bring large pot of water to boil and drop in 8 dumplings at a time. The dumplings will float to top and turn translucent after about 2–3 mins.

Remove dumplings from water with slotted spoon and place on platter. Mix dipping sauce ingredients in a jar and serve with dumplings.

KIMCHI

RECIPE / LEE HOLMES

Fermented foods are nature's newest and oldest superfoods. Their tangy, spicy flavours make them perfect accompaniments to meals once your gut is healed. Kimchi offers a diverse range of wild bacterial strains that will benefit your inner ecology. Always use a clean spoon each time you remove a little of the preserve from the jar.

Makes: 2 x 1L jars



- 1 small green cabbage, roughly chopped
- 1 daikon, peeled & grated
- 2 carrots, peeled & grated
- 1 zucchini, grated
- ¼ cup spring onions, chopped
- 2.5cm piece ginger, peeled & grated
- 2 garlic cloves
- 1 heaped tbsp chilli flakes
- 35g finely ground Celtic sea salt

Combine cabbage, daikon, carrot and zucchini in glass mixing bowl. Add spring onion, ginger, garlic, chilli and salt, then massage vegetables, using hands, for about 4 mins or until softened. Set aside for an hour or so to allow salt to draw moisture out of vegetables.

Spoon vegetables and liquid into sterilised jar, pressing down to pack firmly and leaving 2.5cm at top to allow for expansion during fermentation. Put lid on, seal tightly and write date on jar.

Store in cool, dark, dry place for 3 days or until bubbles start to form. Transfer to fridge and enjoy for up to 8 weeks.

KOREAN BANANA MILK

RECIPE / LEE HOLMES

Sometimes, less is more. This banana milk proves just that. It's a simple combination of banana, milk and honey but it does the trick every time.

Makes: 2 x 1L jars



- 3 ripe bananas, peeled & chopped
- 2 cups milk of choice
- 1 tbsp raw honey
- Pinch cinnamon

Place all ingredients in blender and blend until smooth.



Lee's Korean Ginger Tea



KOREAN GINGER TEA

RECIPE / LEE HOLMES

Sit back and relax with this zingy ginger tea. Ginger is a gorgeous and warming root that increases important neurotransmitters in the brain to promote sleep, and help relieve nausea and gastrointestinal discomfort.

Serves: 4



13cm-piece fresh ginger, peeled & thinly sliced

2 cinnamon sticks

4 cups water

2 tbsp pine nuts

1 tbsp raw honey

Place ginger, cinnamon and water in saucepan, bring to boil then simmer for 20 mins to infuse.

Sieve into teapot.

Serve with pine nuts and honey.

VEGAN KIMCHI

RECIPE / LISA GUY

Kimchi is a traditional Korean delicacy made from fermented cabbage and a variety of different spices. This Korean staple is often made with seafood, but vegans can enjoy this version. Kimchi is loaded with beneficial bacteria, which is important for gut health and good digestive and immune function.

Makes: 2L



1 savoy cabbage, outside leaves removed

Sea salt

1 large carrot, finely diced

3 spring onions, chopped

½ daikon radish, cut into small thin strips

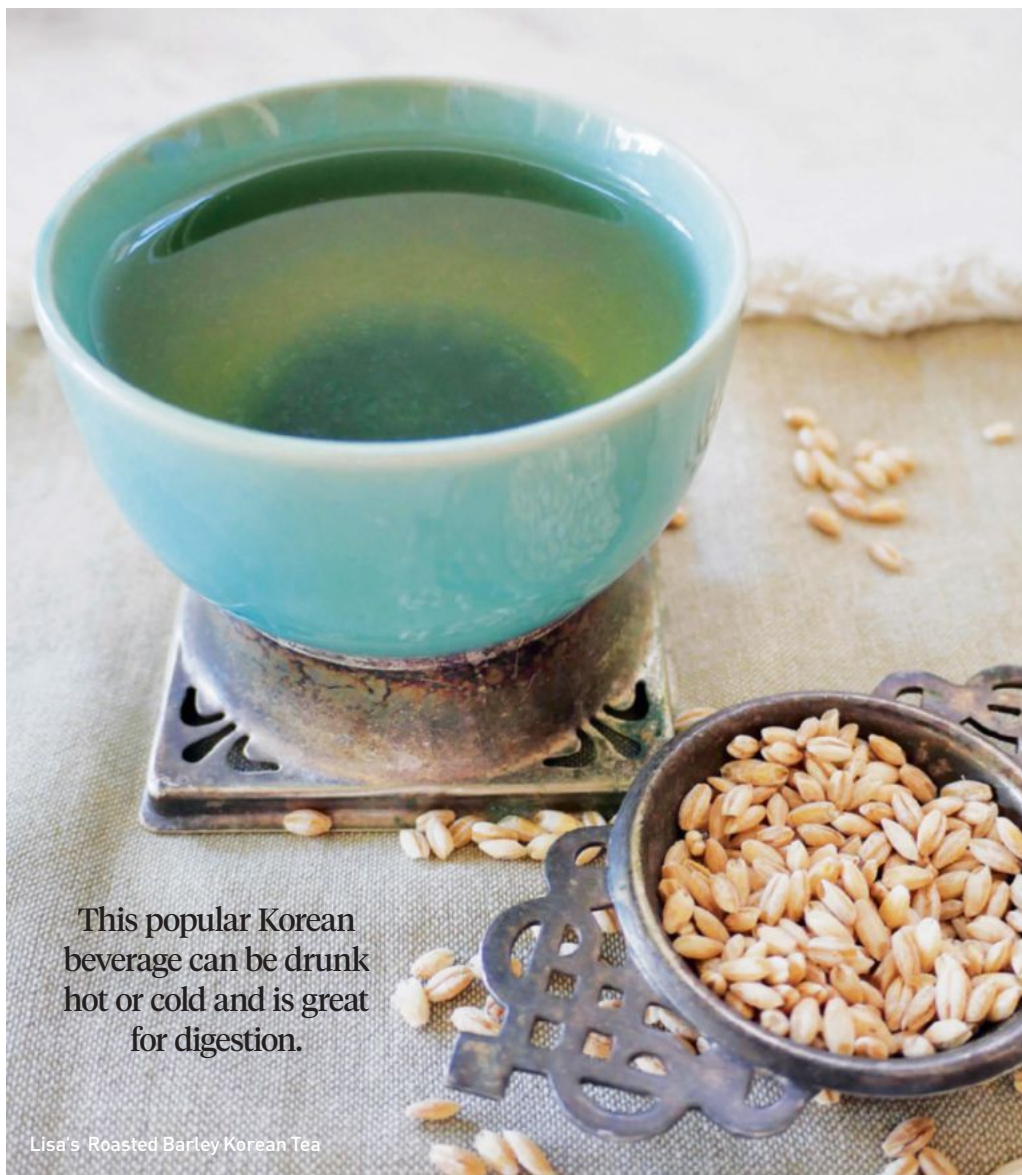
Sauce

2 tbsp tamari

2 tbsp coconut sugar

¼ cup pineapple juice

½ cup water



This popular Korean beverage can be drunk hot or cold and is great for digestion.

Lisa's Roasted Barley Korean Tea



Lisa's Vegan Kimchi

1 onion, finely sliced

4 cloves garlic

3 tbsp chilli flakes

3 tbsp grated ginger

Cut cabbage into quarters and cut out bottom core. Wash leaves well.

Place cabbage leaves in large bowl and sprinkle with sea salt. Press down and leave for 30 mins. Toss leaves, press down and leave for another 30 mins, then repeat steps again. Salt is a natural preservative that helps draw liquid out of the cabbage leaves so they become tender.

Rinse cabbage leaves and pat dry. Put cabbage, carrot, onion and radish back in bowl. Place all sauce ingredients in food processor and blend until well combined.

Cover cabbage with sauce and toss so all leaves are covered.

Put cabbage with sauce in large glass jar, pressing down.

Place in cupboard for 3-4 days, then put in fridge. Will last for 3-4 weeks in fridge.

ROASTED BARLEY KOREAN TEA

RECIPE / LISA GUY

Barley tea is the most popular beverage in Korea. Traditionally served hot or cold, it's said to aid digestion, circulation and cardiovascular health. This caffeine-free drink has a nutty, slightly sweet taste and is easy to make at home. Roasted corn is also often added to roasted barley tea to add extra sweetness.

Makes: 8 cups



2 tbsp roasted barley*

8 cups water

Bring barley to boil and reduce to simmer for 20 mins. For stronger tea, steep longer. Serve hot or cold.

*To roast barley, simply place in frypan and dry roast over medium heat for 10 mins, until barley turns a dark, rich brown colour.

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Lisa's Korean Tofu Noodles

KOREAN TOFU NOODLES

RECIPE / LISA GUY

Tofu is a great vegetarian source of protein that contains all essential amino acids for growth and repair of the body. It's also a source of calcium for strong bones and iron needed for energy levels.

Serves: 2



- 1 packet glass noodles (mung bean noodles)
- ½ cup firm tofu, cubed
- 1 onion, sliced
- 2 cloves garlic, finely chopped

- 1 carrot, julienned
- ½ red capsicum, thinly sliced

Dressing

- 2 tbsp tamari
- 1 tbsp mirin
- 1 tbsp rice-wine vinegar
- 1 tbsp honey

- ⅓ cup pineapple pieces, drained
- Handful baby spinach
- Handful coriander, roughly chopped
- Small handful toasted nuts

Place glass noodles in bowl with boiling water and leave for 10 mins. Rinse and set aside.

In frypan over medium heat, cook tofu, onion and garlic in oil. Add carrot and capsicum and lightly cook.

Add all dressing ingredients to jar and shake well.

Add cooked noodles to a bowl and toss with dressing.

Toss through pineapple pieces, baby spinach and coriander, and top with nuts. Serve immediately.

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Georgia's Kimchi Fried Rice



KIMCHI FRIED RICE

RECIPE / GEORGIA HARDING

Fried rice is such a quick and easy meal. I often make a double batch, which my kids love cold for lunch the next day. The kimchi adds a really nice acidity and is great for supporting digestive health.

Serves: 4



Splash peanut or olive oil
 3 free-range or organic eggs, beaten
 2 rashers bacon, diced
 1 red onion, peeled & finely diced
 2 cloves garlic, crushed
 2 tbsp finely grated ginger
 2 large carrots, peeled & diced
 ½ head broccoli, cut into small pieces
 3 cups cooked brown rice (approx.
 1 cup uncooked)
 12 snow peas, trimmed & sliced
 4 tbsp kimchi
 2 spring onions, thinly sliced

Sauce

2 tbsp tamari
 1 tbsp sesame oil
 1 tbsp coconut sugar

In non-stick or cast-iron pan or wok, add splash of oil. Heat over low to moderate heat and add eggs, stirring to scramble them. Set aside once firm.

Add bacon and onion to pan and stir until onion starts to soften. Add garlic, ginger, carrot and broccoli and stir-fry for another 2 mins.

Add rice, sauce ingredients, egg and snow peas. Stir-fry for another 5 mins until the vegetables start to soften.

Divide between 4 bowls and top each with a tbsp of kimchi and garnish with spring onion.



Ideally you should marinate this chicken overnight but if caught short, even 30 minutes will be enough for the flavours to seep through.

Georgia's Korean Chicken with Slaw

KOREAN CHICKEN WITH SLAW

RECIPE / GEORGIA HARDING

This quick and easy Korean-inspired chicken dish is a fabulous meal. The sweet, salty and spicy combination of flavours is a real winner.

Serves: 4



Marinade

- 3 tbsp tamari
- 2 tbsp rice-malt syrup or honey
- 1 tsp ground ginger
- ½ tsp chilli (or to taste)
- 1 tbsp cornflour

- 6–8 chicken thighs, deboned & skin off, diced into 2–3cm pieces
- 1 tbsp olive oil
- 1 tbsp sesame seeds

Salad

- ½ white or wombok cabbage, finely shredded
- 2 carrots, peeled & cut into strips
- ½ cup mint leaves
- ½ cup coriander leaves

Dressing

- 2 tbsp rice-wine vinegar

- 1 tbsp coconut sugar
- 1 tsp sea salt

Mix together all ingredients of marinade until well combined. Pour over chicken, cover and leave to marinate for 30 mins or overnight.

Heat pan or barbecue plate to moderate.

Add olive oil followed by chicken and marinade. Stir to cook until chicken is cooked through and marinade has caramelised (about 10–15 mins).

Make salad by combining cabbage with strips of carrot, mint and coriander leaves.

Make dressing by shaking all ingredients in small jar until well combined. Dress salad just before serving, tossing well.

Divide salad between four bowls and top with chicken. Sprinkle over sesame seeds and enjoy.

MUSHROOM STIR-FRY

RECIPE / GEORGIA HARDING

Asian mushrooms are such a wonderful immune-supportive food and a great source of vitamin D. This simple stir-fry not only tastes delicious but truly is food as medicine.

Serves: 4



Sauce

- ¼ cup tamari
- 1 tbsp mirin
- 1 tsp sesame oil

3 eggs, beaten

- 3 tbsp coconut oil or butter
- 350g mushrooms (shiitake, oyster, enoki)
- 2 cloves garlic, sliced
- 2 carrots, peeled & sliced
- 6–8 spring onions, white part trimmed & cut into 3cm lengths
- 10–12 snow peas, halved
- 1 tbsp black sesame seeds (optional)

Combine sauce ingredients in small bowl.

Beat eggs in small jug with 1 tbsp sauce.

Heat pan or wok over moderate heat and add egg. Cook into rough omelette and, once firm, set aside and slice into strips.

Heat coconut oil or butter in pan and add mushroom, garlic, carrot and spring onion, stirring well. After a couple of mins, just as mushrooms start to wilt, add remaining sauce, snow peas and sliced omelette.

Cook for a few more minutes, stirring often.

Serve as side dish or with rice or noodles as main meal.



Serve this stir-fry
either as a main meal
or as a side dish.



Nice Cream Cake Pudding



Morlife Oriental Ginger & Teriyaki Quinoa Risotto is the good-for-you, easy and convenient meal ready in just 20 minutes. Satisfy your tastebuds with flavours of mouth-watering teriyaki and fragrant ginger for a Japanese-inspired twist.

MORLIFE

NICE CREAM CAKE PUDDING

RECIPE / MORLIFE

Serves: 4-8

GF O V VG

Strawberry Nice Cream Layer

- 3 cups frozen strawberries
- 1 frozen banana
- ½ cup almond milk
- 1 tsp Morlife Monk Fruit Powder

Lucuma Vanilla Nice Cream Layer

- ½ cup coconut cream
- 6 frozen bananas
- ½ cup Morlife Certified Organic Lucuma Powder
- ½ tsp salt
- 1 tsp vanilla extract

Chocolate Drip

- ½ cup melted coconut oil
- ¼ cup Morlife Certified Organic Cacao Powder
- 2 tbsp Morlife Certified Organic Lucuma Powder

Toppings

- ½ cup Morlife Dried 5 Berry Mix
- Handful fresh strawberries & blueberries
- Sprig mint
- Icing sugar

Line large bowl with clingwrap.

In food processor, blend strawberry nice cream ingredients until smooth and creamy. Pour into lined bowl and freeze for 1 hour.

Blend lucuma vanilla nice cream ingredients in food processor until smooth and creamy, pour on top of strawberry layer. Freeze for 4 hours or overnight.

Make chocolate drip by combining ingredients in jug, stirring until dissolved.

Take nice cream cake pudding out of mould and place on large plate, removing clingwrap. Pour over chocolate drip while still warm and nice cream still cold.

Garnish with Morlife 5 Berry Mix, fruit and mint then sprinkle on icing sugar.

ORIENTAL TERIYAKI BOWL

RECIPE / MORLIFE

Serves: 1-2



Packet Morlife Oriental Ginger & Teriyaki Quinoa Risotto
1 carrot, chopped
¼ broccoli bunch, chopped
3 button mushrooms, sliced
1 tbsp sesame oil
50g white fish
½ avocado, sliced
1 nori sushi sheet
1 tbsp white sesame seeds
2 tbsp black sesame seeds
1 stalk spring onion, chopped
Oyster sauce (optional)

Prepare Oriental Ginger & Teriyaki Quinoa Risotto according to packet instructions on stovetop.

Cook carrot, broccoli and mushrooms in saucepan with sesame oil, allowing to simmer for 10 mins. Remove from pan and set aside.

Place fish in pan and cook both sides until lightly browned. Remove from pan, slice, then set aside.

Once Oriental Ginger & Teriyaki Quinoa Risotto has cooked and all water has evaporated, serve in medium bowl.

Add sliced avocado, cooked vegetables, sliced fish and nori sushi sheet.

Serve with white and black sesame seeds, spring onion and oyster sauce (optional).



Oriental Teriyaki Bowl



Smokey Barbeque Red Gazpacho

SMOKEY BARBEQUE RED GAZPACHO

RECIPE / MORLIFE

Serves: 4



4 ripe tomatoes
1 clove garlic
½ cucumber
1 red capsicum, chopped
½ brown onion, chopped
¼ cup olive oil
⅓ cup red-wine vinegar
1 tsp balsamic vinegar
2 tbsp Morlife Smokey Barbeque SuperDip Mix

Add tomatoes, garlic, cucumber, capsicum and onion to food processor, pulse, then slowly add in oil and vinegars. Blend until smooth.

Add SuperDip Mix and blend further until texture is creamy.

Pour into large bowl and place in fridge for at least 2 hours before serving.

CUMIN-ROASTED SWEET POTATO SALAD WITH CRANBERRIES

RECIPE / MORLIFE

Serves: 6



2 sweet potatoes, peeled & cut into cubes
2 tbsp olive oil
1 tsp cumin
Pinch salt & pepper
4 handfuls rocket
400g tin lentils, rinsed & drained
¼ cup chopped walnuts
⅓ cup Morlife Dried Sliced Cranberries

Smoked Paprika Tahini Dressing

2 tsp tahini paste
Juice 1 lemon



Sweet Potato Salad with Cranberries

5 tbsp olive oil
½ tsp Morlife Monk Fruit Powder
1 tbsp smoked paprika
5 tbsp water

Preheat oven to 180°C, fan-forced.

Place sweet potato on lined baking tray, drizzle with olive oil and season with cumin, salt and pepper. Bake for 35 mins.

Blend ingredients for dressing in food processor until smooth and creamy, then season with salt and pepper.

On platter, arrange rocket and add roasted sweet potato, lentils, walnuts and cranberries.

Pour dressing over and serve.

For more information visit morlife.com



CORN THINS®

BANH MI

RECIPE / CORN THINS®

Serves: 4



- 4 pork sausages
- 8 CORN THINS® slices
- Pâté
- 1 cucumber, julienned
- 1 carrot, julienned
- Sliced chilli
- Coriander leaves
- Mint leaves
- Kewpie mayonnaise

Squeeze meat from sausage casings. Divide each sausage into 8 portions and roll into balls. Finally, fry meatballs till cooked through.

Spread CORN THINS® slices with store-bought pâté, top with julienned cucumber and carrot, meatballs, sliced chilli, coriander leaves, mint leaves and a drizzle of Kewpie mayonnaise.

Serve immediately.

SWEET CHILLI PHILLY & BBQ CHICKEN

RECIPE / CORN THINS®

Serves: 1



- 1 tbsp Sweet Chilli Philly cream cheese spread
- 2 CORN THINS® slices
- Few handfuls shredded roast chicken
- Chilli flakes (if desired)

Spread Sweet Chilly Philly across a couple of CORN THINS® slices. Top with chicken and sprinkle with chilli flakes.

Enjoy immediately.



CORN THINS® are not rice cakes.

Made from corn, they taste delicious — like popcorn squished into a healthy crispbread. Plus, they're gluten-free, non-GMO and contain good levels of fibre.

You can enjoy them on their own or with your favourite toppings, like we've done here.



TURKEY, BRIE, BABY SPINACH & REDCURRANT JELLY

RECIPE / CORN THINS®

Serves: 2



- 2 tsp redcurrant jelly or jam
- 2 CORN THINS® slices
- 4-6 turkey slices
- Few leaves baby spinach
- ¼ brie, sliced

Spread some redcurrant jelly across the CORN THINS® slices, then layer on sliced turkey, baby spinach and brie. Enjoy immediately.

CUCUMBER, TUNA & FRESH CORN

RECIPE / CORN THINS®

Serves: 1



- ½ cucumber, thinly sliced
- 1 CORN THINS® slice
- Small tin tuna
- 1 cob corn, raw or cooked, kernels cut from cob
- Pepper, if desired

Layer cucumber on CORN THINS® slice, then add tuna and corn. Add pepper if desired. Enjoy immediately.

For more information visit cornthins.com

Sweet Chilli Philly & BBQ Chicken



Turkey, Brie, Baby Spinach & Redcurrant Jelly



Cucumber, Tuna & Fresh Corn



ORGRAN

BABY SPINACH PENNE

RECIPE / @LIKEAVEGAN

Serves: 4



- 1 package Orgran Quinoa Penne
- 180g baby spinach leaves
- 1 clove garlic, minced
- Juice ½ lemon
- ¼ cup olive oil
- ¼ cup pumpkin seeds
- ¼ cup nutritional yeast
- 1 tsp salt

Fill large saucepan with water and bring to boil before adding Orgran Quinoa Penne.

Cook until *al dente* (about 8½ mins), drain and rinse with warm water. Set aside.

In food processor, blend together baby spinach leaves, garlic, lemon juice, olive oil, pumpkin seeds, nutritional yeast and salt

until you reach desired consistency.

Add Orgran Quinoa Penne back into saucepan along with spinach pesto. Stir over medium heat until warmed through.

Serve immediately.

BUCKWHEAT BLINI

RECIPE / @LIKEAVEGAN

Serves: 16



- 1 cup Orgran Buckwheat Pancake Mix
- 2 tsp salt
- ½ cup non-dairy milk
- 2 tbsps canola oil
- ½ Lebanese cucumber, finely chopped
- 1 tsp dill, finely chopped
- ⅓ cup natural non-dairy yoghurt

Add Orgran Buckwheat Pancake Mix to large bowl along with 1 tsp salt.



Orgran Chia Wafer Crackers are a deliciously light and crunchy snack with the added goodness of multigrains. Cater for everyone on your next occasion with this gluten-free and allergy-friendly alternative.

Whisk in non-dairy milk and canola oil until well combined.

Grease saucepan and, using tbsp measure, spoon out 4 small circles of batter onto pan.

Once edges go golden, flip and cook for further 2 mins before setting aside.

Repeat with remaining mixture and allow to cool.

In small bowl, mix together cucumber, dill, non-dairy yoghurt and remaining salt.

Spoon mixture onto blini and serve immediately. Enjoy!

CHIA WAFER CRACKER ICE CREAM SANDWICHES

RECIPE / @FEELGOODFOODIE.AU

Serves: 10-12

GF DF V VG

½ cup sunflower seeds

¼–½ cup dried cranberries

2 cups store-bought vegan vanilla ice cream

1 package Orgran Chia Wafer Crackers

Prepare flat freezer container with lid.

Prepare sunflower seeds by either using food processor or mortar and pestle to crush. Place on large flat plate.

Prepare cranberries by chopping in half or thirds and add to plate with sunflower seeds. Combine.

Using round cookie cutter (same size as chia wafers) place on flat surface then scoop ice cream into it and gently push down to fill it up. Lift cookie cutter to reveal perfect cylinder-shaped ice cream piece. Place between two chia wafers. If needed, use back of butter knife to smooth edges.

Roll each ice cream sandwich in sunflower seed and cranberry mixture.

Place immediately in container in freezer.

Repeat with next one. Continue until all sandwiches are made.

Cover with lid and let sit for at least 90 mins. Serve immediately.

TANGY BEETROOT CRACKERS

RECIPE / @LIKEAVEGAN

Makes: 12

GF DF V VG

12 Orgran Quinoa Wafer Crackers

450g tin whole baby beetroot, drained

1 tbsp olive oil

1 heaped tbsp non-dairy yoghurt

1 tsp salt

Lay 12 Orgran Quinoa Wafer Crackers out on plate or platter.

Add baby beetroot, olive oil, non-dairy yoghurt and salt to food processor.

Pulse until ingredients have combined and beetroot is in fine chunks.

Spoon onto Orgran Quinoa Wafer Crackers and serve.

For more information visit organ.com

Buckwheat Blini



Chia Wafer Cracker
Ice Cream Sandwiches



Tangy Beetroot Crackers





COOKING WITH JACKFRUIT

Jackfruit is a tropical fruit with a subtle taste of its own, but mostly it picks up the flavour of whatever you cook it with. It has a texture that makes it a great vegetarian substitute for dishes that use meats like pulled chicken or pork. Jackfruit is also a good source of calcium, iron and B vitamins, making it an ideal component of delicious dishes such as Pulled Jackfruit San Choy Bau; Green Jackfruit Curry; Jackfruit Lettuce Cup Tacos; Jackfruit Sliders with Coleslaw & Chipotle Mayonnaise; Jackfruit & Pumpkin Curry with Spinach; and Jackfruit-stuffed Avocado.

HOW TO DISSECT A JACKFRUIT

TIP / LEE HOLMES

I learnt this traditional way of dissecting a jackfruit when I was in India, studying Ayurvedic nutrition and cooking. I was staying at my friend Erica's house and her grandmother-in-law showed me how to open a jackfruit. Here's what you do.

Serves: 4



1. Lay down a newspaper before you begin to prevent the counter and floor getting messy with the sap.
2. Cut the jackfruit in half, making a wedge of about 2cm thick and 30cm long.
3. Make a thin cut along the fruit from the cracked point on both sides of the wedge.
4. Open the wedge and pull the fruit apart. If you find it difficult to pull, you may want to make more cuts along the crack.
5. You then need to further split it into quarters by cutting one half along the central axis and pulling both ends with the hands. Do this on the other side, too.
6. Cut and remove the top inedible part that's covering the bulbs.
7. Loosen the bulbs from the fibrous layers and separate each bulb, removing them from the fruit.
8. Make a light cut along the bulbs and remove the seeds.
9. Store the bulbs separately.

JACKFRUIT-STUFFED AVOCADO

RECIPE / LEE HOLMES

Jackfruit-stuffed avocados combine the chewy texture of jackfruit with the creaminess of avocado to create the ultimate vitamin-rich vegan sensation.

Serves: 4



- 1 tbsp extra-virgin olive oil
- 2 spring onions, sliced
- 2 cloves garlic, minced
- 2 stalks celery, finely chopped
- 1 packet Upton's Naturals Original Jackfruit
- 1 tbsp lemon juice
- 1 tsp ground cumin
- Pinch chilli flakes
- Sea salt & pepper
- 1 avocado, sliced in half

In frying pan over medium heat, warm oil and add spring onion and garlic, cooking for 1 min, until browned.

Add celery and jackfruit and stir to soften, about 5–7 mins.

Add lemon juice and spices and stir, breaking up jackfruit into pieces, then season to taste. Once cooked through, spoon mixture evenly into avocado halves and serve with green salad.



Lee's Turmeric Jackfruit Chips

TURMERIC JACKFRUIT CHIPS

RECIPE / LEE HOLMES

Jackfruit chips are deliciously chewy, crispy and sweet and make a great treat.

Serves: 4

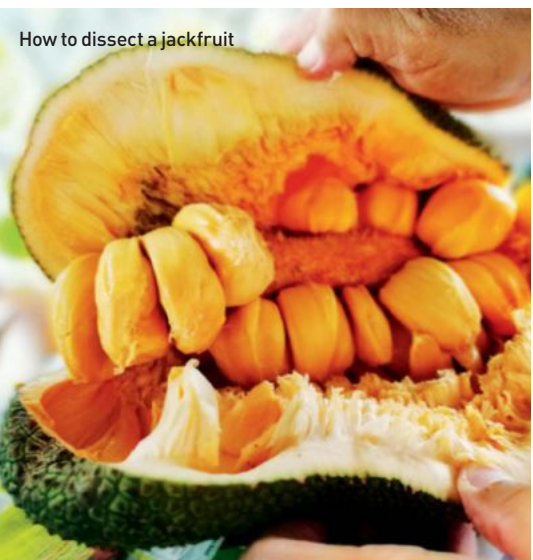


- 1 tsp ground turmeric
- Celtic sea salt
- 1 whole jackfruit, seeds removed, chopped into long, thin wedges
- Ricebran oil, for deep-frying

In bowl, place turmeric and sea salt and dust chips with spices.

Heat frying pan on medium-high, add enough oil for frying and heat through, slowly and carefully adding fruit with long-handled tongs.

Fry until golden-brown and transfer to paper towel to drain.





PULLED JACKFRUIT SAN CHOY BAU

RECIPE / CHRISTIE CONNELLY

Jackfruit is most famous for being vegan pulled "pork" in BBQ sauce, but I thought I'd use the pulled idea and take the sauce flavours in another direction. The texture is absolutely perfect with the oriental mushrooms, as the jackfruit has a similar mouth feel and soaks up the sauce, too, like mushrooms do. Make this more substantial by serving with rice noodles in the lettuce cups if you like.

Serves: 4



- 1 tbsp peanut oil
- 1 onion, diced
- 3 cloves garlic, diced
- 5cm piece ginger, peeled & grated
- 565g tin young green jackfruit in water or brine (not syrup), drained & coarsely chopped
- 100g enoki mushrooms, pulled apart & cut in half
- 4 fresh shiitake mushrooms, diced
- 3 tbsp kecap manis
- 3 tbsp oyster sauce
- 1 tsp sesame oil
- ¼ tsp white ground pepper
- 2 spring onions, sliced
- 1 chilli, diced
- 1 cup bean sprouts
- 1 carrot, peeled & grated
- Lettuce leaves & lime wedges, to serve

Add oil and onion to saucepan with lid and cook over medium heat until translucent. Add garlic and ginger and cook for 1 min more. Add chopped jackfruit, enoki and shiitake mushrooms and ¼ cup water and cover with lid for 3 mins to steam and soften fruit.

Remove the lid and use 2 forks to pull pieces of jackfruit apart into strips. Increase heat to high and cook until all liquid has evaporated. Take off heat.

Stir in kecap manis, oyster sauce, sesame oil and white pepper until well combined.

Serve in lettuce cups topped with spring onion and chilli, with bean sprouts, carrot and lime wedges on the side so guests can help themselves.

Christie's Pulled Jackfruit
San Choy Bau



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JACKFRUIT SAGO PUDDING

RECIPE / CHRISTIE CONNELLY

Inspiration for this dish came from my Singaporean friend Ju'eta, but I swapped out white sugar for coconut sugar with fantastic results. The coconut sugar creates a beautiful caramel sauce that's tempered by the lemon-marinated jackfruit, resulting in a lovely balanced dessert.

Serves: 8-10



- 1 cup small tapioca pearls
- 150g tin young jackfruit, drained of brine
- Juice ¼ lemon
- ½ tsp pink salt
- 1 cup coconut sugar + 2 tbsp extra
- 1 lemongrass stick
- 600mL coconut milk

Add tapioca pearls to large bowl and cover with cold water. Allow to soak for 20 mins, then drain.

Slice jackfruit into small pieces and place in small bowl with lemon juice, ¼ tsp salt and 2 tbsp coconut sugar. Mix and leave to marinate.

Slice lemongrass stick into 3 pieces and press down on each with blade of large knife to bruise it and release the flavour. Place in saucepan with coconut milk over medium heat. Cook for a few minutes until hot then stir in cup of coconut sugar and bring to boil. Boil briefly for 2 mins then remove lemongrass and discard.

Turn heat down to low and add drained tapioca pearls. Stir for 2 mins, then take off heat. Allow to sit for 5 mins until all pearls are translucent.

Stir through marinated jackfruit and spoon into 8-10 serving glasses.

Chill for at least 3 hours, then serve.



Christie's Jackfruit Sago Pudding

JACKFRUIT SALAD

RECIPE / LISA GUY

Jackfruit contains beta-carotene, lutein and zeaxanthin, which are important eye nutrients that help improve vision and protect the eyes from free radicals. These antioxidants also help protect the eyes from macular degeneration and reduce the risk of cataracts.

Serves: 2



- Tin jackfruit, shredded, or ½ fresh jackfruit, cooked & shredded
- Large handful bean sprouts
- Handful mint, roughly chopped
- Handful coriander, roughly chopped
- ½ red onion, thinly sliced
- 1 chilli, sliced

- ¼ cup roughly chopped roasted cashews
- 1 lime, cut into wedges

Dressing

- 2 tbsp tamari
- 2 tsp honey
- 4 tbsp lime juice
- 1 clove garlic, minced
- 1 tsp ginger, grated

Combine dressing ingredients in jar and shake well.

Place jackfruit in bowl and cover with half of salad dressing and toss.

Add remaining ingredients and dressing and toss gently.

Serve topped with roasted cashews and wedge of lime.



This yummy salad is packed with antioxidants.

Lisa's Jackfruit Salad

Photography: Christie Connelly, Lisa Guy

GREEN JACKFRUIT CURRY

RECIPE / LISA GUY

Jackfruit makes a good vegetarian meat substitute in curries and other dishes as it has a meat-like texture when cooked. Jackfruit is rich in dietary fibre and contains vitamin A, needed for healthy eyesight, and B vitamins for nervous system health and energy production.

Serves: 4



Olive oil

1 onion, finely chopped

1 large carrot, sliced

1 bunch broccolini

½ red capsicum, sliced
3–4 tbsp green curry paste (depending on taste & desired heat)

400mL tin coconut milk

Tin jackfruit, shredded, or ½ fresh jackfruit, cooked & shredded*

1 zucchini, sliced

Bunch bok choy, roughly chopped

Handful coriander, roughly chopped

Handful toasted cashew nuts, roughly chopped

In large frying pan with olive oil, cook onion for 4 mins. Add carrot, broccolini and capsicum, and cook for a further 5 mins.

Stir through curry paste and add coconut milk.

Add jackfruit and zucchini and cook, covered, for another 5 mins.

Add bok choy and cook for 3–4 mins, until it begins to go tender.

Serve topped with fresh coriander and toasted cashew nuts.

*To prepare fresh jackfruit, cut into thick slices. Jackfruit contains a sticky latex sap that sticks to your hands and knife. Wear gloves to stop it sticking to your hands and oil your knife so it's easier to clean. Cut into quarters, then place in a pot of boiling water. Boil for 20 mins, covered. Then remove skin and seeds and shred into pieces with a fork.





**JACKFRUIT LETTUCE CUP TACOS
WITH PICKLED CABBAGE**

RECIPE / LISA GUY

Jackfruit contains antioxidants that help protect the body from free-radical damage and reduce chronic conditions like heart disease. It can also help prevent premature ageing. Jackfruit is a low-glycaemic index fruit that's high in fibre, so it won't cause spikes in blood sugar levels and is beneficial for digestive and colon health.

Serves: 4



Tin jackfruit, shredded, or ½ fresh jackfruit, cooked & shredded

Marinade

- 1 heaped tsp paprika
- 1 tbsp tamari
- ½ tsp chilli flakes
- ¼ cup water
- 2 tsp tomato paste
- 2 tsp honey
- 1 tbsp olive oil

Pickled Red Cabbage

- ¼ small red cabbage, thinly sliced
- ¼ cup red-wine vinegar
- ¼ cup apple-cider vinegar
- Pinch salt & pepper
- 1 tsp coconut sugar
- ¼ cup water

- 1 red onion, finely sliced
- 2 cloves garlic, chopped
- Olive oil
- 1 cos lettuce, leaves only

Mix together all marinade ingredients and add jackfruit. Toss until jackfruit is well coated. Leave covered in fridge for 2 hours or overnight.

Place all pickled ingredients in large bowl and mix. Cover and leave out of fridge for 3-4 hours. Place in fridge until ready to serve.

Place onion and garlic in frying pan with olive oil over medium heat and cook for 4 mins. Add jackfruit and cook for further 3-4 mins.

Fill each lettuce leaf with spoonful of jackfruit then top with pickled cabbage.



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Serve the ingredients up in separate bowls so your guests can assemble their own sliders.

Adam's Pulled Jackfruit Sliders with Coleslaw & Chipotle Mayonnaise

PULLED JACKFRUIT SLIDERS WITH COLESRAW & CHIPOTLE MAYONNAISE

RECIPE / ADAM GUTHRIE

Jackfruit is amazing! We love the texture it has in this dish; it really does have a chewy, meaty, consistency yet offers so many more healthy benefits to you and the planet.

Serves: 4



- 2 tins green jackfruit, drained, rinsed & seeds removed
- 1 red onion, cut into eighths lengthways
- 4 cloves garlic, minced
- 3 tbsp smoked paprika
- 3 tbsp maple syrup
- 2 tbsp vegetable stock
- 1 tsp fresh thyme leaves
- Salt & pepper
- 4 wholemeal bread rolls
- 4 handfuls mixed salad leaves

Chipotle Mayonnaise

- 1 cup vegan oil-free mayonnaise
- 2 tbsp maple syrup
- 1 tsp smoked chipotle powder
- 1 tbsp grain mustard
- Salt & pepper, to taste

Coleslaw

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 1 cup shredded carrot
- 1 apple, shredded
- ¼ red onion, sliced thinly
- Handful parsley, chopped
- Salt & pepper, to taste
- 1 tbsp apple-cider vinegar
- 4 tbsp vegan oil-free mayonnaise

Preheat oven to 150°C.

Place prepared jackfruit and onion in bowl. In separate bowl place garlic, smoked

paprika, maple syrup, vegetable stock, fresh thyme leaves and salt and pepper, and mix well to form a rub.

Pour rub over onion and jackfruit then place on baking tray lined with baking paper and bake for 1½ hours.

While jackfruit is cooking, make chipotle mayonnaise by mixing together all ingredients.

Make coleslaw by mixing ingredients together.

Once jackfruit is cooked, remove from oven and start pulling apart with 2 forks. Place in serving bowl with onion.

To serve, place wholemeal bread rolls on platter, and in 4 separate serving bowls place coleslaw, mayo, jackfruit and mixed leafy greens and put in centre of table so people can help themselves to assemble sliders.

Enjoy immediately.

VIETNAMESE-INSPIRED JACKFRUIT SALAD

RECIPE / CHRISTIE CONNELLY

Jackfruit has a similar texture to bamboo shoots. It soaks up flavours really well, so is perfect marinated to boost the flavour and texture, which softens slightly. It's a lovely light alternative to prawns or tofu, which might be traditionally used in a salad like this.

Serves: 4 as an entree



- 200g tin young jackfruit, drained of brine
- 1 tsp coconut sugar
- ½ red chilli, finely sliced
- 5cm piece ginger root, peeled & finely grated
- Juice ¼ lime
- 1 tsp fish sauce
- Pinch pink salt
- 2 cups bean sprouts
- 1 carrot, grated
- 1 cup loosely packed Vietnamese mint leaves
- 2 cups shredded iceberg lettuce
- 2 tbsp fried shallots

Dressing

- 2 tsp coconut sugar
- Juice 1 lime
- 1 tsp sriracha sauce
- 1 tsp fish sauce

Pat drained jackfruit dry with paper towel and finely slice into small pieces. Place in bowl and add coconut sugar, chilli, ginger, lime juice, fish sauce and pinch pink salt. Mix thoroughly and set aside to marinate.

Place bean sprouts, grated carrot and mint leaves in bowl and set aside.

Mix together all dressing ingredients in small bowl and pour over bean sprouts. Mix well to coat.

Arrange iceberg lettuce on platter or serving plates. Top with bean sprout mix and marinated jackfruit. Sprinkle with fried shallots and serve.



Christie's Vietnamese-Inspired Jackfruit Salad

JACKFRUIT SAN CHOY BAU

RECIPE / ADAM GUTHRIE

This dish is an amazing vegan version of san choy bau and is such a fun way to eat crispy lettuce leaves and enjoy tasty shiitake mushroom flavours.

Makes: 10 lettuce cups

GF DF V VG

1 tbsp grated fresh ginger
2 garlic cloves, finely chopped
½ red onion, thinly sliced into crescents
¼ cup vegetable stock or water
2 tins young jackfruit, rinsed well, seeds removed & chopped into mince
1 cup finely diced celery
2 cups julienned carrot
4 dried shiitake mushrooms, soaked & thinly sliced
2 tbsp deseeded & finely chopped medjool dates
3 tbsp tamari
1 tbsp coconut sugar
Salt & pepper, to taste
2 tsp sesame oil (optional)
1 cup bean sprouts
1 iceberg lettuce, leaves separated under running water, then placed in fridge
2 red chillies, sliced, for garnish
Handful coriander leaves, to garnish

Heat wok over high heat and add ginger, garlic and onion. Sauté for 1 min. Add water and stir-fry until water evaporates.

Add minced jackfruit and mix well.

Add celery, carrot, shiitake mushrooms and chopped dates. Mix well.

Add tamari and coconut sugar and stir well. Season with salt and pepper to taste (add sesame oil now if using).

Add bean sprouts and mix well.

Serve small amount of mixture in each lettuce cup, topped with freshly sliced chilli and coriander leaves.

WHAT'S IN SEASON?

These are the fruit and vegetables that are actually in season and will be the freshest.

AUTUMN

VEGETABLES

Asian greens (Bok choy, choy sum, gai laan, wonga bok)	Field mushrooms
Avocado	Okra
Beans (Butter, green and snake)	Olives
Beetroot	Onions (Brown, red and spring)
Broccoli	Parsnip
Brussels sprouts	Peas
Cabbage	Potato
Capsicum	Pumpkin
Carrot	Shallot
Celery	Silverbeet
Chilli	Spinach
Cucumber	Squash
Daikon	Swede
Eggplant	Sweetcorn
Leek	Sweet potato
Lettuce	Taro
	Tomato
	Turnip
	Zucchini

FRUIT

Apples (Fuji, Gala, Golden Delicious, Granny Smith and Red Delicious)	(Honeydew and rockmelon)
Banana	Nashi
Breadfruit	Orange (Valencia)
Cumquat	Papaya
Custard apple	Passionfruit
Fig	Pears (Beurre Bosc, Howell, Josephine, Packham, Red Sensation and Williams)
Grapes (Muscat, Purple Cornichon, Sultana and Waltham Cross)	Persimmon
Guava	Plum
Kiwifruit	Pomegranate
Lemon	Quince
Lime	Rambutan
Mandarins (Imperial)	Raspberry
Melons	Rhubarb
	Rockmelon
	Tamarillo

SEASONAL TIP: Parsnips taste best during the cooler months. When choosing your parsnips, look for those that have smooth, creamy skin. Avoid parsnips that have browning or have started to sprout.



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GRAINS OF INTEREST

A triple treat — nutritious, delicious and numerous — grains are powerhouses of nourishment and each of the many varieties offers unique flavour and texture.

WORDS / JANAI VELEZ



Add some crunch to yoghurt with barley; make salads more filling with freekeh; and enjoy the nutty flavour of buckwheat in pancakes. The diversity of grains means there's a good chance you'll find one that's perfect for every meal, snack and dessert.

To take full advantage of all the grains on offer, have a closer look in the health-food aisle where you'll find an array of interesting grains, from ancient to modern, exotic to staple, gluten-free to high-fibre.

Felicity Curtain, nutrition manager of the Grains & Legumes Nutrition Council and an accredited practising dietitian, suggests setting yourself a challenge to try a different grain each month, and to stay inspired with new recipes and food ideas.

People with a gluten intolerance or coeliac disease don't need to miss out on the wonders of grains, either, as there are many gluten-free varieties on the market, such as rice, quinoa, buckwheat, corn and amaranth.

"Grains, but particularly wholegrains, are really packed with nutrients that are good for our health," says Curtain. She explains that they've got more than 26 nutrients naturally inside them, including carbohydrates, fibre, protein, vitamins, minerals and phytonutrients.

"I guess the best part is that grains are a really easily accessible food. They can be found in every supermarket, we can keep them on our shelves, and we probably all have some form of grain every day. They're really simple to incorporate [in our diets] and there's a big benefit to be had from eating our grains."

Just remember that the wholegrain varieties will give you the best health benefits. "The more refined and processed grains are, the lower their nutritional value," says Curtain.

Choose multigrain bread and brown rice for meals and wholegrain crackers and popcorn for snacks.

Curtain says grains have both short- and long-term health benefits. "We know that people who have grains are less likely to be

overweight, but grains are also protective against some of our nation's biggest killers — things like cardiovascular disease, type 2 diabetes and even some cancers."

A 2017 study by the World Cancer Research Fund International/American Institute for Cancer Research, found that consuming wholegrains decreases the risk of bowel cancer. According to the report, the dietary fibre content in wholegrains may protect against the cancer in several ways. Plus, minerals and vitamins largely found in the bran and germ of grains are thought to have anti-carcinogenic properties.

The Australian Dietary Guidelines recommend that adults aim for four to six serves of grains a day. Examples of a serve are a slice of bread; half a cup of cooked rice; pasta; noodles; quinoa; porridge; or a quarter of a cup of muesli.

There are many grains out there but here are a few you might like to add to your weekly food plan.

BARLEYMAX

BARLEYmax is a new health grain, developed and bred naturally by the CSIRO. Compared to regular barley, it has enhanced nutritional benefits. It's a high-fibre wholegrain with four times the level of resistant starch of most grains and is low GI. It's available in cereals and bakery products and also as flakes, flour and kibble to use in cooking.

BUCKWHEAT (GLUTEN-FREE)

Buckwheat is not technically a grain, it's a pseudocereal. It's used as we use grains. It's available as seeds, groats and flour. "It's really versatile and can be used in lots of different ways," says Curtain. Buckwheat pancakes are a popular choice at cafes, while the flour is also used in Japanese cuisine for soba noodles and the groats can be used to make porridge.



Freekeh

FREEKEH

Freekeh, a variety of wheat, is an ancient grain, which means it is unchanged over the past century or so. It looks and cooks similar to rice. "It comes out quite chewy and nutty and is really delicious and good for substantial salads," says Curtain. "It's harvested when it's really young, which means it's a little higher in protein, vitamins and minerals [compared to matured wheat]," she says.

QUINOA (GLUTEN-FREE)

Quinoa is another pseudocereal. It's a seed, but it gets cooked and eaten like a grain. It's suitable for people with a gluten intolerance and is valuable for vegetarians as it's a rare plant food that contains all the essential amino acids, making it a complete protein. "Quinoa gives you all those amino acids that are really important for our muscles, our cells and our whole body," says Curtain. Quinoa can be used for salads and soups and ground into flour.

RICE (GLUTEN-FREE)

From jasmine rice, used with Asian stir-fries, to arborio for Italian risottos and wild rice, which is native to North America, this grain has been a popular food around the world for centuries. It can be processed into food products such as rice flour (used for shortbread), rice-bran oil (good for stir-frying and deep-frying), puffed rice (found in cereals) and sake (a Japanese rice wine). "It's best to have the wholegrain option, so choosing brown rice over white rice is going to give you the broad spectrum of nutrition," says Curtain.

CASE STUDY: A YEAR IN THE LIFE OF AN OAT GRAIN

To really appreciate what grains are all about, it will help to follow one from paddock to plate. From a tiny seed in the soil to creamy porridge in a bowl, an oat grain has an interesting life. It travels through lush paddocks to harvesting machines, before being stored in silos and ending up in your tummy.

About 200km north-west of Melbourne lies Natte Yallock, where five generations of the Cain family have farmed oats on Fairview Farm. James Cain first began growing oats on the property in the late 1800s. Now, the land is farmed by his great-grandson, Maurice Cain, and Maurice's son, Matt. The oats are sold under the brand name Dad's Oats, founded by Matt's siblings, Alicia and Pete. Their mum, Ruth, is in charge of coming up with delicious recipes using oats.

“

The Australian Dietary Guidelines recommend that adults aim for four to six serves of grains a day.

”

Sowing (April/May)

The Cain family sows golden-coloured Echidna Oat seeds in April/May, when the soil is moist and warm. "We select weed-free paddocks with good fertility to maximise the crop yield and nutritional value of the output," says Matt.

Growing (May–December)

The seeds grow from May to December. During this time, a good winter and spring rainfall with lots of sunshine is ideal. As the seeds grow, the crop needs to be monitored and checked for nutrition. If you're on a country drive, you may not be able to distinguish an oat paddock from other grains. "Oat plants look very similar to other crops in the early stages — much like green grass," says Maurice. "However, as they develop, you see little 'bells' on top."

Harvesting (December)

Come December, it's time to harvest. The oats should be fully dry by now, with no green visible. "The header (harvesting machine) is driven slowly through the paddock and blades along the front of the machine cut the stem, removing the top third of the plant that contains all the seed. This top section then travels through the machine via a series of augers and conveyers and is mechanically threshed out and blown with a fan to separate the oat grain from the plant stems and chaff," says Matt. The whole process takes four weeks on average. "Longer if the weather or machinery fails us," he admits.

Storing & processing (from January)

The oats are aerated to keep them cool and clean and are stored in sealed silos on the farm, before



Buckwheat

being processed in small batches. "The husk (outer shell attached to the oat) is not digestible by humans so must be removed from the oats before they can be used as food. A highly specialised dehulling machine lines the grains horizontally and strips the outer husk away without damaging the groat (the wholegrain oat)," says Alicia.

The groats can then be processed further. "Steel-cut oats are the groats, which have then been chopped into small pieces with a steel blade. Traditional rolled oats are the groats that have been rolled flat. Quick oats are rolled even thinner and finer so they cook quicker when making porridge," she explains.

Eating (any time!)

The final chapter for an oat grain is ... the eating! They provide us with nutrients and deliciousness when we toast them for muesli, bake them for ANZAC biscuits and boil them for porridge.

"There are many creative ways you can use oats," says Alicia. She suggests having porridge with butter or peanut butter, or Bircher muesli or fresh muesli with nuts, seeds, dried fruit and milk. The options don't end in the breakfast realm, either; the groats can be cooked in a similar way to brown rice and used for salads and risottos.

Not only nutrient-rich, versatile, affordable and delicious, oats also have a long shelf life. Alicia says they can generally keep for 6–12 months. "Store in an airtight container (or keep in our resealable bags) in a cool, dry area. If you intend to keep the oats for a long time or live in a humid place, they can be kept in the fridge to extend shelf life."

Whatever wholegrain you choose, you can rest assured it will be doing good things for you.

Janaí Velez is a writer and researcher at Australian craft magazine, Homespun. She loves stories that celebrate creativity and inspire a healthy lifestyle.



BARLEYmax



Breakfast Chilaquiles Verde

COBS

BREAKFAST CHILAQUILES VERDE

RECIPE / COBS

Our chilaquiles breakfast idea is a play on the traditional Mexican dish of fried tortillas bathed in green or red salsa. Save time and get the crunch by using Cobs By the Sea Salt Naked Corn Chips.

Serves: 2



- ½ cup store-bought green tomato pickle*
- ½ cup chipotle & black bean salsa*
- ½ packet Cobs Sea Salt Corn Chips
- 400g can chickpeas, drained & rinsed
- 100g feta, crumbled
- 2 eggs
- 1 avocado, to serve
- Juice 1 lime
- Packet Cobs By the Sea Salt Naked Corn Chips

Tomato Salsa

- 1 red onion, finely chopped
- 2 tomatoes, finely diced
- ¼ cup finely chopped parsley

Preheat oven to 200°C.

In medium bowl, combine tomato pickle and chipotle and bean salsa.

In ovenproof 30cm frypan, stir in combined sauces over medium to medium-high heat. Once bubbling, take off heat, add chips, then scatter chickpeas and feta.

Bake for 10 mins or until hot and cheese has slightly softened.

Meanwhile, in non-stick frypan, fry eggs until cooked but still runny.

In small bowl, combine tomato salsa ingredients. Mix well.

Remove pan from oven and top with fried eggs, avocado, lime juice, fresh salsa and Cobs By the Sea Salt Naked Corn Chips.

* Green tomato pickle and chipotle and black bean salsa available at most supermarkets.



Cobs has been producing naturally delicious, premium products since 2004. From the very first batch, the rules have remained the same: absolutely nothing artificial, with the very best organic and natural ingredients.

CRUNCHY NOURISH BOWL

RECIPE / COBS

Serves: 4



Dressing

- ¼ cup extra-virgin olive oil
- 1 tbsp lemon juice
- 2 tsp poppy seeds
- ¼ cup mayonnaise

Nourish Bowl

- 500g grilled chicken, cooled & sliced
- 1 medium carrot, shredded
- 2 shallots, sliced on a diagonal
- 3 radishes, thinly sliced
- 4 Brussels sprouts, shredded
- 2 cups shredded red & green kale
- 100g snow peas, thinly sliced
- Packet Cobs Smokey Chipotle & Beetroot Hip Chips

In a jug, whisk dressing ingredients to combine.

Arrange all other ingredients in sections in shallow salad bowls.

Drizzle with dressing and serve with Cobs Smokey Chipotle & Beetroot Hip Chips.

BANANA & POPCORN POPS

RECIPE / COBS

Makes: 10 pops



- 5 small bananas, peeled & cut in half crossways
- 10 paddle-pop sticks
- Packet Cobs Lightly Salted, Slightly Sweet Popcorn, slightly crushed
- Strawberry yoghurt, for dipping

Push paddle pop stick carefully through bottom of cut side of each banana. Freeze for 3 hours or overnight.

Remove from freezer and roll in strawberry yoghurt. Then roll immediately in Cobs Lightly Salted, Slightly Sweet Popcorn. Coat well.

Place back in freezer on lined tray for 2 hours, or until set.

POPCORN COCONUT SLICE

RECIPE / COBS

Makes: 10-12 slices



- Packet Cobs Lightly Salted, Slightly Sweet Popcorn
- ½ cup pecans, chopped
- ⅓ cup mixed fruit & nuts, plus extra for topping
- ⅓ cup honey
- 30g butter
- 5 Medjool dates, pitted & chopped
- ¼ cup coconut flakes

Grease and line lamington pan.

Combine popcorn, pecans and mixed fruit and nuts in medium bowl.

Heat honey, butter and dates in saucepan over medium heat, stirring until smooth.

Pour into popcorn mix and stir to combine.



Spicy Strawberry & Jalapeño Salsa



Popcorn Coconut Slice



Banana & Popcorn Pops



Crunchy Nourish Bowl

Press into prepared lamington pan, sprinkle with extra fruit, nuts and coconut.

Chill for 30 mins. Slice into portions.

SPICY STRAWBERRY & JALAPEÑO SALSA

RECIPE / COBS

Serves: 4 as a snack



- 2-3 × 250g punnets strawberries (about 20 strawberries), hulled & diced
- ½ red onion, finely diced

- 1 jalapeño, chopped
- ¼ cup chopped coriander
- Juice 1 lime (about 1 tbsp)
- Freshly cracked black pepper
- Packet Cobs By the Sea Salt Naked Corn Chips

Combine ingredients except chips in medium bowl, toss well.

Serve immediately with By the Sea Salt Naked Corn Chips.

For more information visit cobs.com.au



Stir-Fried Prawns with Soy Sauce



Use Pearl River Bridge Superior Light Soy Sauce as a dipping sauce with your favourite Asian snacks, or add it to stir-fries and marinades for an extra flavour infusion. It's so versatile!

PEARL RIVER BRIDGE

STIR-FRIED PRAWNS WITH SOY SAUCE

RECIPE / PEARL RIVER BRIDGE

Serves: 3



500g shelled prawns, trimmed & vein removed

Oil

1 tsp sliced ginger

1 tsp sliced spring onion

1 tsp cooking wine

1 tsp chopped parsley

Sauce

2 tsp Pearl River Bridge Superior Light Soy Sauce

2 tsp water

1 tsp sesame oil

1 tsp sugar

Fry prawns in oil until done, set aside.

Heat a little oil and sauté ginger and spring onion. Add prawns and mix well.

Add cooking wine and sauce ingredients and cook until sauce is absorbed.

Garnish with parsley and serve.

PAN-FRIED LAMB CHOPS

RECIPE / PEARL RIVER BRIDGE

Serves: 2



5 lamb chops (about 500g)

1 tbsp Pearl River Bridge Superior Light Soy Sauce

1 tsp sea salt

1 tbsp olive oil

2 tbsp Pearl River Bridge Premium Oyster Flavoured Sauce

Marinate lamb chops with Pearl River Bridge Superior Light Soy Sauce and sea salt for ½ hour.

Heat olive oil in pan on low heat and fry both sides of lamb chops for 2 mins.

Serve with Pearl River Bridge Premium Oyster Flavoured Sauce as dipping sauce.



Pan-Fried Lamb Chops

SAUTÉED CUTTLEFISH WITH CHILLI GARLIC SAUCE

RECIPE / PEARL RIVER BRIDGE

Serves: 2



250g cuttlefish
Oil
50g red capsicum, chopped
50g yellow capsicum, chopped

Sauce

1 tbsp chilli garlic sauce
1 tbsp Pearl River Bridge Superior Light Soy Sauce
1 tsp sugar
1 tbsp water

Rinse cuttlefish and score crosswise on surface.

Scald cuttlefish until barely done, then drain.

Heat a little oil, add all sauce ingredients one by one and mix well.

Add cuttlefish and capsicum and sauté quickly for 2 mins. Mix well and serve.



Sautéed Cuttlefish with Chilli Garlic Sauce



Warm Prawn Salad

WARM PRAWN SALAD

RECIPE / PEARL RIVER BRIDGE

Serves: 2



2 tbsp butter
500g prawns, peeled & deveined
Juice 2 lemons
½ tbsp Pearl River Bridge Superior Light Soy Sauce

Salad

½ iceberg lettuce, shredded
5 cherry tomatoes, halved
1 avocado, diced
1 cucumber, cut in stripes
⅓ cup vinaigrette salad dressing

Melt butter in pan over medium heat. Add prawns, lemon juice and Pearl River Bridge Superior Light Soy Sauce and cook until done. Remove from heat and drain.

In large bowl, add lettuce, tomato, avocado, cucumber and cooked prawns. Toss to mix well.

Serve with vinaigrette salad dressing

For more information visit pearlriverbridge.com



Leda's gluten-free biscuits are perfect for making your favourite slice, tart or cheesecake base. Leda's Arrowroot, Gingernut and Golden Crunch Biscuits are the essential accompaniment for your gluten- and dairy-free baking.

LEDA NUTRITION

LEMON BERRY VEGAN CHEESECAKE

RECIPE / LEDA NUTRITION

Serves: 10

GF G V VG

Base

205g packet Leda Arrowroot Biscuits
½ cup melted coconut oil

Filling

450g raw cashews, soaked & drained
80mL coconut cream
125mL agave syrup
1½ tbsp lemon zest
80mL lemon juice
½ tsp pure vanilla extract
140g coconut oil, melted
225g frozen blueberries
125g fresh blueberries
Rind 1 lemon, to garnish

Lightly grease 30cm spring-form tin with coconut oil.

Place Arrowroot Biscuits in bowl of food processor and process until finely chopped. Add ½ cup coconut oil and pulse again until combined. Firmly press biscuit crumb into tin to cover base.

Blend drained cashews, coconut cream, syrup, zest, juice and vanilla until smooth.

Add oil and process until combined and smooth. Pour two-thirds of lemon filling over base and smooth over top.

Sprinkle with ½ cup frozen blueberries, pressing berries gently into filling. Freeze for 1 hour to firm slightly.

Thaw remaining frozen blueberries. Add blueberries and any juice to remaining lemon filling and blend until smooth. Spread blueberry filling over lemon filling. Freeze cake for 4 hours or until firm.

Remove cake from pan and place on plate. Top with fresh blueberries and rind.

Lemon Pie with
Coconut Ice Cream



LEMON PIE WITH COCONUT ICE CREAM

RECIPE / LEDA NUTRITION

Serves: 10



Base

205g packet Leda Arrowroot Biscuits
½ cup melted coconut oil

Filling

300g raw cashews, soaked in cold water
for 4 hours or overnight
125mL coconut cream
90g rice-malt syrup
2 tbsp lemon zest
125mL lemon juice
¼ tsp ground turmeric
70g coconut oil, melted

Drain and rinse cashews.

Grease 25cm, 3cm-deep loose-based
tart tin.

Place Arrowroot Biscuits in bowl of food
processor and process until finely chopped.
Add coconut oil and pulse again until combined.

Firmly press biscuit crumb into tin to
cover base.

Blend drained cashews, coconut cream,
syrup, zest, juice and turmeric until smooth
and consistent.

Add extra coconut oil and blend until as
smooth as possible.

Spread lemon filling over tart base.

Freeze for 4 hours or until firm.

Slice pie into 10 portions.

Serve topped with coconut ice cream.

Enjoy immediately.

LEDA COCONUT BARS

RECIPE / LEDA NUTRITION

Makes: 16 bars



Base

205g packet Leda Arrowroot Biscuits
½ cup melted coconut oil

Filling

200g shredded coconut
2 tbsp melted coconut oil
½ cup (125mL) coconut cream
¼ tsp fine sea salt
¼ cup (90g) rice-malt syrup
Dark chocolate, dairy-free 70%
1 tbsp coconut oil

Brush a 12cm × 21cm slice tray with coconut oil
to lightly grease.

Place Arrowroot Biscuits in bowl of food
processor and process until finely chopped.

Add coconut oil and pulse again until well
combined.

Firmly press biscuit crumb into tin to
cover base.

Process shredded coconut, coconut oil,
coconut cream, salt and rice-malt syrup
until just combined. Firmly and evenly press
mixture into loaf pan; freeze for 30 mins or
until firm.

Melt chocolate in bowl over simmering
water, add 1 tbsp coconut oil and stir until
combined. Remove from heat.

Remove coconut base and filling from
freezer and remove from pan. Slice into
even-sized bars.

Using small tongs or 2 forks, dip bars
into chocolate and place on lined tray.
Refrigerate until set.

For more information visit ledanutrition.com



Leda Coconut Bars





Peas

Peas are actually edible seeds that grow inside an elongated pod. When buying fresh peas, take the time to select the greenest, small-to-medium in size, and with plump peas nestled in the pod. Peas can be stored in the fridge for two or three days. It's sometimes said that frozen peas are "better" than "fresh" peas. This is not entirely true nutritionally, but it is true in the sense that peas lose their sweetness soon after harvest as their sugar content turns to starch. Freezing soon after harvest while sugar content is intact does stop the conversion to starch. If you can, though, peas fresh picked from the plant are still your best option and the ideal way to eat them. However, they also make a great mash or can add taste and colour to a soup, risotto, pasta, stir-fry or omelette.

HONEY, HONEY

Honey is one of the oldest foods, and one of the oldest medicines, in the world.



Honey resides in most pantries across the globe and maintains cult status as a home remedy for sore throats, colds, flu and topical skin complaints. There are few culinary items that can boast such an impressive range of uses across food, medicine, nutrition, cosmetic, religion and traditional purposes. It's loved by all cultures, all religions and all generations, and has maintained its status as a nutrient-dense sweetener and healing agent since ancient times.

Honey was the only largely available sweetener up until the 1800s, when it was joined by commercial sugar. However, honey still maintained a reputation as a traditional sweetener and trusted healing agent.

There have been around 300 varieties of honey identified, determined by the particular location and flower used to make them.



HOW IS HONEY MADE?

We owe a great debt to the beautiful, busy bees that make honey. Bees collect flower nectar as they go about their day, which then combines with the enzymes in the bee's saliva, transforming it into honey. The honey is then further matured by moisture evaporation via fanning of the bees' wings. The golden liquid is then flown back to the hive, where the bee deposits it onto the cells in the hive wall.

NUTRITIOUS HONEY

So what makes up this gorgeous, amber liquid? Primarily carbohydrates (fructose, glucose and other sugars) and water. However, with the sweetness comes a dose of precious nutrients: organic acids, all nine essential amino acids, most non-essential amino acids, phenols, flavonoids, enzymes, minerals including iron, zinc and selenium, and vitamins such as B vitamins and vitamin C.

HEALING HONEY

Honey has traditionally been used in treating wounds, insect bites, burns, ulcers, sores, boils and other skin disorders. Certain types of honey show an antibacterial activity that is effective against antibiotic-resistant pathogens. Clinical evidence supports the use of this magical liquid in wound care, and it has been shown to stimulate healing, even in infected wounds, reduce malodour, reduce inflammation and speed up healing time, tissue regeneration and the clearance of infection. It has even been shown to benefit atopic dermatitis and psoriasis when applied topically.

In terms of supporting the gut, honey functions as a prebiotic due to the oligosaccharide content, assisting the growth and development of healthy gut bacteria, especially bifidobacteria and lactobacillus strains. Raw honey shows bacteriocidal effects against some pathogenic bacteria in the gut and has been shown in studies to shorten the duration of bacterial diarrhoea in children.

Perhaps one of the best known and loved uses for honey is its role in soothing a sore throat. Manuka honey shows a strong game here in coating and soothing the throat, while at the same time casually destroying harmful microbes with its anti-inflammatory, antiviral and antifungal properties. It has similarly wonderful effects on treating persistent coughs caused by upper respiratory tract infections.

The level of antibacterial quality in each honey can vary depending on the floral species the bees choose. One interesting study commented that the health and age of the bees themselves can affect the secretion of enzymes that are responsible for the antibacterial activity in honey. So the healthier the bee, the better the honey. Manuka honey is renowned for its medicinal use and antibacterial activity, and more recent research into Australian honeys shows some varieties to be of similar antibacterial quality.

Honey also has some impressive neuro-protective and neuro-enhancing effects — we are talking so much more than a toast topping here. Research suggests the polyphenols and antioxidants in honey protect against oxidative damage in the brain, reduce inflammation and promote memory, learning and cognition. Raw honey has been shown to have anxiolytic, anticonvulsant and mood-lifting qualities. More evidence is needed but it's exciting to see.

DELICIOUS HONEY

In the meantime, we can all enjoy the incredible benefits of honey regardless. It can be a great replacement for sugar and is sweeter to taste, so you don't need to use as much. Of course, you are consuming a whole and natural product, laden with nutrients and constituents that benefit the body in many ways.

When selecting your honey, quality does matter. Raw honey means you have more of the antibacterials, antioxidants and resins available to enjoy. It also contains a small amount of the same resins that you find in propolis, a thick substance bees use to seal the hive and keep it safe from bacteria, which is also highly antibacterial. Some brands not only heat but also add sugar to their honey, so it's best to avoid these.

“
Raw honey means you have more of the antibacterial, antioxidant and resins available to enjoy. It also contains a small amount of the same resins that you find in propolis ...
”

STORING HONEY

In terms of storage and use, the antibacterial effects can be destroyed by heat and light, and deteriorate as the honey gets older. Consuming it fresh is best. Keep in an airtight jar and out of direct sunlight. One more thing to remember is to avoid giving honey to any of your littlies under one year of age, as there is potential for *Clostridium botulinum* spores to cause botulism. Other than that, enjoy your favourite honey in moderation, perhaps with a renewed respect for this ancient food and medicine.

Meg Thompson is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast based in Melbourne.



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**TRADITIONAL
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SAUCE**



THE GOLDEN YOLK

We chat to two passionate egg farmers who are ensuring Australian standards of free-range and organic are met, because healthy, happy chooks means delicious, nutritious eggs.

WORDS / KATE DUNCAN

Have you ever cracked an egg and found a gooey double-yolk staring back at you? Rubbing your eyes in disbelief, did you question if you were dreaming? The chances of getting a double-yolk egg are about one in 1000, but what are your chances of cracking 11 double-yolk eggs from the one carton? If your eggs come from happy hens like Tom and Fiona Fryar's, the odds are surprisingly high.

"We had a lady ring up once to say, 'We got 11 double-yolkers out of a dozen eggs — what happened to the other one?'" Tom laughs. The husband-and-wife team own Fryar's Kangaroo Island Free Range Eggs, a poultry farm located on Kangaroo Island, South Australia. With the help of their sons Jason and Tom and wives Bonnie and Kirby, the Fryars sell about 180,000 eggs a week. That's over 25,000 eggs per day which, you won't believe, have been hand-collected from 64,000 hens!

Tom didn't want to see himself still shearing at age 60, so in 1993 he and Fiona moved into egg production. "Back then, we had a lot to learn and no one to learn from. We started off with 400 chooks and, as we progressed, we thought, we can see a real future in this. So we bought 1000 hens and our first mobile shed," Fryar says.

Now, they keep 64,000 hens across 5000 acres and are passionate about producing healthy free-range eggs. The Fryars' farm has been certified by PROOF (Pasture Raised on Open Fields), an Australian free-range certification program. To meet PROOF's standards, farmers must keep animals at stocking densities that will ensure access to forage and grazing. In the case of layer hens, like those at Fryar's, they must not exceed 1500 hens per hectare. The Fryars have gone one better and run their hens at 700–750 per hectare, meaning they have loads of room to roam free.

HAPPY HENS

Keeping hens in such small numbers stops them from being aggressive towards each other. "That's why our hens are full-beaked birds," Fryar shares. "A lot of other farms beak-trim their birds by cutting off their top beak. There's no need for us to do that — nor would we. With all that space, our hens are very happy."

"We built 60 mobile sheds that have solar panels on them and have spread these sheds across our 5000 acres. If the area gets too bare or muddy in winter, we move the sheds along," Fryar says. "We put the sheds along the scrub-lines to give the hens shade and shelter. After a hot day, the best place to sit and have a beer is under one of those trees and the chooks think the same thing."

On top of hand-collecting 25,000 eggs per day, they also grow and harvest their own grain, which they feed to the hens, care for a few cattle and sheep, look after a staff of 25 and do all the building and maintenance on their farm.



So how do the Fryars do it? With grit, passion and a strong family bond. "The whole family gets along really well. People often ask me, how do I work with my wife, my sons and their wives all in the one place, and I say I love going to work every day. It's great," Fryar says. He also reveals the other trick they have up their sleeves: 30 Maremma guardian dogs.

"We wouldn't be farming without our 30 Maremma dogs," Fryar says. "They keep all eagles, wild cats, possums, wallabies and kangaroos away from our feeders." The Maremma is an Italian breed of dog with a strong natural instinct to protect whatever animal it has bonded with as a puppy. "From an early age, we put the pups in with our hens and now our dogs will protect them forever," Fryar adds with pride.

GOODNESS OF GRAIN

The Fryars' farm produces about 1000 hectares of wheat, lupins and barley each year, with most of that grain being fed back to the hens. "It's great being able to grow our own grain because we know exactly what the hens are getting fed. We strive to make sure we use minimal chemicals and know what's going into our chook feed. We certainly don't put any nasties or antibiotics in there," Fryar explains.

Feeding hens locally sourced, homegrown wholegrain is something the Fryars have in common with Simon Cripps-Clark. Cripps-Clark, who owns Organigrow Certified Organic Free Range Eggs just outside of Lismore, New South Wales, is a small-scale organic egg producer. With just over 70 acres and 12,000 chooks, his farm yields about 600-700 dozen eggs a day, which is roughly 8000 eggs.



Happy hens eating homegrown whole grain.

When it comes to feeding his chooks, organic wholegrains such as wheat, corn and sorghum are Cripps-Clark's number one choice. "If you're eating an egg, you eat the whole egg; if you're eating grain, you eat the whole grain," he says. "Similar with chooks. I don't believe in feeding them broken-down grain, so I feed them the whole grain. That keeps them very healthy as they're getting the entire nutrient from the grain. As soon as you break down the grain, it starts to oxidise and die. My chooks get the benefit of the vitality that's inherent in the grain," he says, adding that his grain is grown organically and there are no chemicals added at any stage.

Cripps-Clark started off growing avocados and tree crops, but when a neighbour retired from egg producing he decided to take over the neighbour's contact list. And so, in 2008, he began producing eggs commercially, along with pecans, citrus and mangoes.

His farm, which sits right on the edge of the plateau, has one of the most fertile soils in Australia: krasnozem organic basalt soil. "The input from my chooks roaming freely around the trees adds nutrients to the soil and also helps remove some of the grass, making it ideal as far as soil health goes."

Like Fryar, Cripps-Clark hand-collects all his eggs with the help of a few local employees. "The chooks lay in the nest boxes I've built and the eggs roll down onto a belt in the middle. I collect the eggs from the belt and they go into the cool room. Then they go through a wash and grade and are hand-packed into cartons."

Cripps-Clark says his chooks lay one egg per day for 12-13 days in a row, then have a couple of days off. "Later on, at the end of their cycle, they start to have a bit more time off. They lay for about 12-14 months and then moult (lose feathers) for two to three months. I usually sell them to backyarders or semi-commercial egg farmers before they moult as the best eggs and the most production is during the hen's first cycle," he explains.

REWARDING MOMENTS

When asked about why his hens look so happy, Cripps-Clark says proudly, "Eating the whole grain along with keeping chooks in a free environment where they have access to pastures they can scratch around in and eat bugs is what keeps my hens happy."

Fryar echoes a similar sentiment. "If you taste our eggs you'll buy them for the rest of your life. Our chooks are eating grain that's grown on our own farm, they're eating bugs and insects and they're free to range whenever they want."

Kate Duncan is deputy editor of EatWell magazine.



Eggs are washed and graded before being hand-packed into cartons.

“We had a lady ring up once and say, ‘We got 11 double-yolkers out of a dozen eggs — what happened to the other one?’”

GROWING ORGANIC

Cripps-Clark grows organic to personally avoid the chemicals. "It's the farmer who really suffers when it comes to growing non-organic; they're much more exposed to the chemicals used in agriculture. From an ethical point of view and for my own health, I decided to grow organic," he shares, explaining that farmers are much more directly exposed to chemicals. Organigrow's certification is through the Biological Farmers of Australia (BFA) and Australia Certified Organic (ACO), which verifies the whole farm and its produce organic, Cripps-Clark says proudly.

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YOUR
BUTTER
NATURE

We talk to two artisan butter producers to discover the lowdown on the best Australian-made butter.

WORDS / RAQUEL NEOFIT

We bake with it, slather it on scones, melt it over steak and drizzle it over pancakes. Butter is a solid staple in our culinary adventures. So what makes one butter better than another? Well, first of all, it's not just about what goes into the churn; what's left out is just as important.

PURE BUTTER PRACTICES

Butter is extremely good for you if it's pure and without additives. It's when we start adding ingredients like preservatives that really don't need to be included that it becomes unhealthy.

Ulli Spranz, owner of biodynamic organic dairy farm B.-d Farm Paris Creek, believes butter should be made from only fresh cream with nothing else added or removed, and no additional processing should occur.

To understand the reason behind this we need to travel back in time to before we had the modern convenience of refrigeration. "If butter is not refrigerated it may become rancid, but if it's in the refrigerator then it keeps much, much longer," Spranz says.

This is where added salt played a part long ago — as a preservative. One of the main reasons we still find salt in butter today is because our palates have become accustomed to the taste, not because it's a necessity.

A SIMPLE PROCESS — ALL IN THE CHURNING

"The butter-making process is really quite simple," Spranz says. "Once the farmer has milked the cow, the milk is pasteurised and the cream is separated from the fresh milk, then churned to separate the liquid content, or buttermilk. What's left is a natural, pure butter, beneficial in a balanced diet," Spranz says.

ORGANIC MATTERS

Research by the Danish Institute of Agriculture, published in Australia by New South Wales Agriculture, shows organic milk has a much higher concentration of vitamins. Milk was tested from cows farmed under conventional methods and organically pasture-raised cows, and the

research showed that cows who enjoyed a natural, grass-fed life on open pastures had 50 per cent more vitamin E in their milk, 75 per cent higher beta-carotene (which is converted into vitamin A in the body), and milk that was two to three times higher in the antioxidants lutein and zeaxanthine, which protect your body from free-radicals. The milk also had higher levels of omega-3 essential fatty acids.

These nutrients are absorbed more easily into your body when they come from an organic butter source. "You know the saying — you are what you eat? Well, the same is true for cows," Spranz says.

Organically grown plants are much better for your health and the same is true for animals. This is why biodynamic, organic and natural farming practices are so important. The healthier the cow producing the milk, the healthier the milk and cream and, in turn, the butter produced from it. These nutrients are readily available in natural or organic butter.

Spranz says it never occurred to her to add salt to her organic butter and believes it's unnecessary. "Many consumers today have a much more refined palate and to cover up the pleasant taste of pure butter with salt seems to defeat the purpose of supplying a product that is regarded as one of the best-tasting on the market."

If you're considering a mass-produced butter product, one reason you might find salt in the butter is for commercial gain — salt is cheaper than cream and the salt is weighed in the butter after churning.

However, there are some wonderful artisan products on the market that use sustainably farmed quality salt to create a product that's in a class of its own, like Naomi Ingleton's salted cultured butter, which is salted with Mt Zero pink lake salt harvested from Lake Dimboola in Western Victoria.

MILK MATTERS

All this comes back to an important consideration: how the cattle are raised and cared for. They need plenty of green pastures and it's important that the cows' milk supply is not exhausted. "We are extremely lucky. We don't just use milk from our own farm. One of our missions when we came to Australia from Germany was to support farmers in their effort to become environmentally friendly, too," Spranz says.

"Along with our own farms we have seven additional milk suppliers. In a biodynamic way of farming we are not pushing for the highest quantity of milk. Rather, we expect the highest quality. Aiming for an average quantity of milk means we don't have to put huge amounts of protein into the cows," Spranz adds.

It's also important to mix a little grain and hay into the herd's diet for a healthy balance of vitamins and minerals. If these vitamins aren't in the milk to begin with, they aren't in your butter in the end. "Otherwise, it would be as if you and I only ate spinach every day. Adding a little hay is similar to how bovine animals in ancient times would graze. It helps with digestion, too," Spranz says.

"When you consider biodynamics, especially the mineral content in cream, there's just no question that organically raised, predominantly grass-fed, free-range cattle will create products with naturally occurring high mineral and vitamin content," she adds.

CULTURED BUTTER

A chef by trade, Naomi Ingleton from King Valley Dairy discovered a gap in the Australian butter market when she found that the highest-quality cultured butters came from France.

After securing a Jack Green Fellowship through the Winston Churchill Trust, Ingleton flew to Europe to study cultured butter production in France and Sweden, where she worked with some of the best artisanal butter makers in the world. "That's where we learnt the art and craft of culturing beautiful products," Ingleton says proudly.



The healthier the cow producing the milk, the healthier the butter.

Not only does Ingleton believe that cultured butter, also known as European butter, tastes better, she believes it's better for you. The beneficial bacteria found in cultured butters aid digestion, strengthen the immune system and help to keep bad bacteria at bay.

"The lactose is already converted into lactic acid through the fermentation process, making all those nutrients and minerals more bio-available," Ingleton says.

Food miles and environmental impact are also important when it comes to cream. Ingleton's cream comes from Riverina Milk in Wagga Wagga, a two-hour drive from their premises, and from farmers who only rear grass-fed cattle in a natural, organic environment.

“

The beneficial bacteria found in cultured butters aid digestion, strengthen the immune system and help to keep bad bacteria at bay.

Being Australian-owned and sourcing their cream from one geographic region tick important boxes. "We receive our cream within 48 hours of milking and we know it hasn't been pumped around the country a million times. It's a beautiful-quality cream and, because we're making a natural product, we can work within the seasons," she adds.

Just as Spranz can monitor her own cattle on her farm, Ingleton believes that by purchasing only fresh, local cream she can track the environmental influences the cattle are under. She's had first-hand experience in the influence feed changes and weather conditions can have on their cultured butter and its flavour profiles.

IT'S ALL IN THE CULTURING

It's interesting to hear Ingleton talk about the different flavours that come from different cultures. "It's important to use the right cultures not just for health benefits, but for the flavour profiles that come through in the butter. We use four different cultures, each chosen for a specific flavour profile: *Lactococcus lactis* subsp *cremoris* gives butter its grassy notes, while diacetyl gives it buttery notes. These are the kinds of flavours we're looking for to come through the cultures into the cream and translate into the butter," Ingleton says.

Before the cultures are added to the cream it needs to be warmed up and the temperature it's heated to is vitally important. Bacteria love a nice, warm environment. However, if the cream is overheated it will kill the bacteria and diminish some of the nutrients in the butter.

"It's important not to disturb the cream too much," Ingleton explains. "We warm the cream up, add the cultures and let it ferment overnight. Then at different times and different temperatures we see different flavour profiles coming through."

Once the cream is cultured it's churned and packaged. It's that simple. Make sure you check the packaging on the cultured butter you are considering buying — if it includes lactic flavouring, put it back in the fridge and find one that's naturally cultured.

Like anything, too much butter would be a bad thing. Butter does contain saturated fat and you couldn't expect to eat too much butter without some consequences. Good-quality butter, though, in moderation, is a smart choice.

One thing's for sure: you can tell a lot about butter by its colour. An organic butter with a rich yellow colour is high in butter fat and will most certainly be a beneficial addition to your diet — and your dinner plate.

Raquel Neofit is a recipe developer and freelance writer specialising in food, horticulture, travel and all things lifestyle-related. Follow Raquel's quest for a "life lived in balance" on Instagram @raquelneofit

WHAT'S ON

What's coming up for you



Photography: Getty Images

MARCH 16–25, MELBOURNE, VIC MELBOURNE FOOD AND WINE FESTIVAL

The Melbourne Food and Wine Festival is a state-wide celebration with more than 300 events across Victoria. Each year, food and wine lovers flock to Melbourne in their thousands for the week-long event, gathering in laneways, on rooftops and in restaurants, farms and wineries. This year, explore the Mornington Peninsula, cruise the Great Ocean Road and uncover what the Yarra Valley and Dandenong Ranges have to share. And if you're looking for more, Phillip Island, Geelong and the Grampians all have fabulous food, delicious wines and stunning views. Ready to uncover Victoria's hidden beauty? Book your flights today.

melbournefoodandwine.com.au

APRIL 6–15, ORANGE, NSW ORANGE F.O.O.D WEEK

For *EatWell*, every week is food week, but when we're looking for some fresh inspiration, we pencil Orange F.O.O.D Week into our diaries. Australia's longest-running regional food festival attracts crowds by the thousands each year. Held in the cool-climate wine region of Orange in New South Wales, the 10-day event showcases the creativity of the region's finest producers, chefs, cafes, caterers, restaurants and wine-growers. Looking for a weekend away with or without the kids? This gourmet food and wine festival is well worth your time.

orangefoodweek.com.au

MARCH 17–20, MELBOURNE, VIC WINE & CHEESE FEST

Do you enjoy the occasional glass of wine and gourmet cheese platter? If so, visit the wonderful Wine & Cheese Fest in Melbourne this autumn. The weekend festival showcases Victoria's freshest produce and finest entertainment, along with fun activities for both adults and children. Join one of the many masterclasses offered throughout the day and learn about cheese making, wine tasting and more. Wash down all the fun with a local wine under the sun, listening to live jazz music and local DJs. Plus there's plenty of entertainment for the kids. Be sure to sign up to the grape-stomping competition — it's wine barrels of fun!

wineandcheesefest.com.au

MAY 17–20, NOOSA, QLD NOOSA FOOD & WINE FESTIVAL

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noosafoodandwine.com.au

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W: promatrix.com.au





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W: andico.com.au



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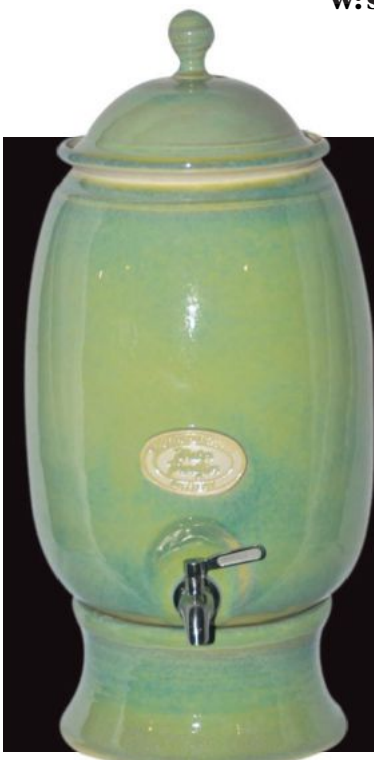
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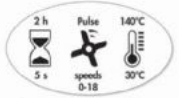
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