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THE WAY NATURE INTENDED IT

## COFFEE

Coffee drinking is an ancient practice and different countries have their own methods surrounding it. It's thought that coffee was introduced to Europe by the Turks, but the cultures of the Middle East and Africa who enjoyed coffee did not add milk to it — it was the French who came up with that idea. Today, in Italy, if you ask for a coffee during the day you will get an espresso; a cappuccino is only drunk at breakfast. A true café au lait is made with half French pressed coffee and half milk and served in a thick bowl, while what we call a “café latte” is milk mixed with espresso served in a glass.



## NUTS

Nuts, especially if not pre-roasted, are a great snackfood or addition to meals.

They provide essential fatty acids, healthy mono-unsaturated fats, protein, fibre and trace amounts of minerals. Eat them raw or make your own tasty nut mix by tossing raw nuts in spices like cumin, cinnamon, turmeric and chilli and placing them in a 180°C oven for 15-20 minutes.





## PIES

Pies date back to Egyptian times, although then the “crust” was not intended to be eaten but was just a carrier for the filling and could even be made of reeds. By Medieval times, though, things had changed and the crust of the pie was called the coffin and there was usually more crust than filling. These Medieval pies often had fowl of some kind as the filling and the birds’ legs were frequently left hanging over the side of the crust to be used as handles. Today, pies can have delightful crusts packed with a variety of fillings, from curried lentils to salmon to blueberry, apple and ginger.







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## FROM THE EDITOR

**D**o you know what the IFBA is? Yes, it is an acronym and, no, it's not the Imbeciles, Fools & Beachcombers Association (a group with surprisingly few admitted members). In reality the IFBA stands for the International Food & Beverage Alliance, a collection of 11 global food and non-alcoholic beverage companies. You will recognise most of the member companies as they have combined revenues in excess of US\$435 billion and claim to employ 3.2 million people worldwide.

The 11 member companies of the IFBA are Coca-Cola, Ferrero, General Mills, Grupo Bimbo, Kellogg's, Mars, McDonald's, Mondelez International, Nestlé, PepsiCo and Unilever. The companies have grouped together to form the IFBA as a non-commercial, non-profit-making organisation aimed at having special consultative status with the United Nations Economic and Social Committee (ECOSOC). Recently the IFBA has pledged to phase out industrially produced trans fats in its members' products by the end of 2018. In hard terms this will mean reducing trans-fat levels in their products to less than one gram of trans fat per 100 grams of product. We all know the problems associated with trans fats and this is a

commendable aim. It is heartening to see global food players taking action in the name of health, but it also reminds us of an important point.

These companies say they have formed the IFBA as they "share a common goal of helping people around the world achieve balanced diets and healthy, active lifestyles". That may well be true, but in honesty it's difficult to see how some of their food products contribute to achieving a balanced diet... except in necessitating a mountain of fruit and vegetable consumption to balance them out.

You as the consumer of your food need to remind yourself that the responsibility for the quality of the food you eat lies with you. Global food companies aren't there to look after you. To sit back and unconsciously and uncritically consume everything marketed at you is asking for trouble. However, those companies do respond to what the market demands.

Conscious consumption is nowhere more vital than in the area of food because making healthy, sustainable, ethical (delicious) food choices is not only good for you and your family — it contributes to making our global food industry better as well.

Terry



## On the cover:

Image provided by Well & Good

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Photographer: Paul Nelson

## The *EatWell* Awards

This year *EatWell* is running the first *EatWell* Awards, which are people's choice awards designed to celebrate food products that make healthy, sustainable, flavoursome eating possible. Just go to [wellbeing.com.au/EatWellPeoplesChoiceAwards](http://wellbeing.com.au/EatWellPeoplesChoiceAwards) and find the category with your favoured product. Winning products and services will be featured in an issue of *EatWell* later in the year. Let's make this a celebration of passionate people doing good things.



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You never know when friends and family may drop in unannounced and you find yourself having to provide dinner. Our quick and tasty meal ideas include Roasted Broccoli Quiche, Asian Spiced Lettuce Cups, Thai Minced Beef, Quinoa & Kale Risotto, Easy Dhal, and Maple Syrup, Mustard & Chickpea Salad Cups.



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## OUR GUIDE

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

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**O** Omnivore Friendly

**V** Vegetarian Friendly

**VG** Vegan Friendly



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# OUR CHEFS



LISA GUY

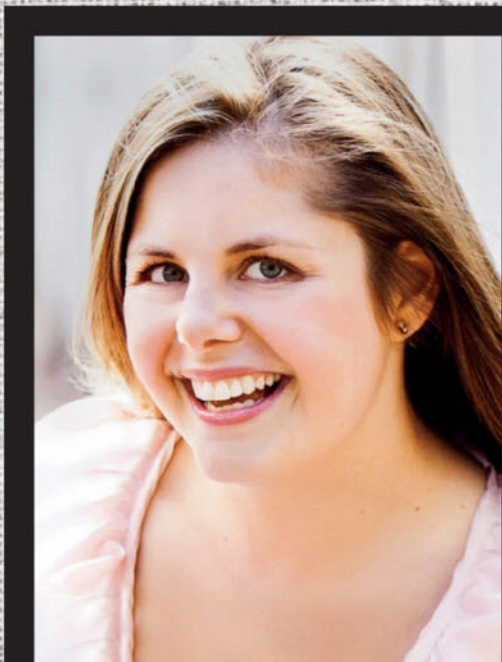
## LISA GUY

Lisa is a Sydney-based naturopath, author and passionate foodie who runs a naturopathic clinic called Art of Healing. Lisa is a great believer that good wholesome food is one of the greatest pleasures in life and the foundation of good health. Lisa encourages her clients to get back to eating what nature intended: good, clean, wholesome food that's nutrient-rich and free from high levels of sugars, harmful fats, artificial additives and pesticides. Her aim is to change the way people eat, cook and think about food.

Lisa sees a wide spectrum of clients in her clinic, ranging from people with severe anxiety, mums with postnatal depression and people with adrenal exhaustion, to couples having difficulty conceiving and parents who need help with their little fussy eaters. Being a mum of two small 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, being the resident nutritionist for *The Telegraph's* *body+soul* and a regular contributor to *WellBeing*. Lisa is frequently quoted in many leading Australian magazine 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](http://artofhealing.com.au)



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](http://figandcherry.com)



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# OUR CHEFS



MEG THOMPSON



GEORGIA HARDING

## MEG THOMPSON

Meg is a practising naturopath, mother, writer and passionate wholefood enthusiast based in Melbourne.

Meg's interest in health, food and the role of food as medicine has shaped her career and lifestyle. Following an early career in psychology and education, she completed studies in naturopathy, nutrition and herbal medicine and now runs a successful clinical practice.

As her practice grew, Meg found that most of her work centred around educating patients on the benefits of a diet diverse in fresh and whole foods. So she sought to share her views and passion with a larger audience through her wonderful blog *My Wholefood Romance*.

Here, her love affair with cooking and creating delicious recipes using seasonal produce flourished. She shares recipes and knowledge about food, the best preparation methods and how to use them to best benefit health. Meg seeks to encourage others to learn, try new things and rediscover the joy of cooking and eating. Her recipes are approachable, thoughtful and bursting with nutrition.

This love of education has now stretched to include lecturing at one of the natural medicine colleges in Melbourne and presenting occasional workshops. Her first book on gut health and the benefits of fermentation was published recently.

Aside from writing and contributing recipes to *EatWell*, Meg develops recipes and menus for clients and businesses. She works from a philosophy that food is much more than something to fill our bellies, but a source of nourishment, deliciousness, education, ritual and celebration, best shared with those we love.

Connect with Meg at [mywholefoodromance.com](http://mywholefoodromance.com)

## GEORGIA HARDING

Georgia 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. 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.

Connect with Georgia at [wellnourished.com.au](http://wellnourished.com.au)

“Because when it comes to my family, I want the most effective natural approach possible.”



We all want what's best for our little ones, because a healthy child is a happy child. To give them the greatest start in life, it's critical to cover all nutritional bases. A natural healthcare Practitioner can provide your child with an individualised program to help improve their memory, learning and behaviour, and assist them in reaching their full life potential.

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# OUR CHEFS



DANIELLE MINNEBO

## DANIELLE MINNEBO

Danielle is a university-qualified nutritionist, a passionate home cook and founder of Food to Nourish. Danielle's love affair with cooking started at a very young age in the kitchen where she was taught to cook by her mother. She went on to complete an Advanced Diploma in Nutritional Medicine and a Bachelor of Health Science in Complementary Medicine. She is completing her Master of Human Nutrition through Deakin University.

Danielle is passionate about helping people form a better understanding of nutrition and a healthier relationship with the food they eat. In fact, she's on a mission to help spread the real food message to as many people as possible. This involves breaking common diet myths and re-educating people on what real food is actually about.

This means ditching the low-fat products and processed and refined foods. It means embracing what real food has always been: vegetables, fruits, butter, animal fats, ethically sourced meats, free-range eggs, organic full-fat dairy products, grains, nuts and seeds.

In 2013, Danielle founded Food to Nourish and started producing a range of organic healthfood snacks that are now sold in healthfood stores around Australia. Every one of these products is lovingly handmade by Danielle and her wonderful team of helpers in the Food to Nourish kitchen.

Throughout her work as a nutritionist, Danielle's basic principles have always come back to how we cook and prepare our food. She believes it really is as simple as combining wholefood ingredients in the right way to create tasty dishes that are healthy, nutrient-dense and full of flavour.

Connect with Danielle at [foodtonourish.com.au](http://foodtonourish.com.au)



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. He was 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's 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, healthy food for health, energy and vitality. He conducts online healthy heating and wellness programs at [ifeelgood.com.au](http://ifeelgood.com.au) and gives keynote talks, live cooking demonstrations and cooking classes on the subject of healthy eating and living well.

# Not all snacks are created equal.

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# PIES

Pies are a convenient but great-tasting food that kids will love as well. You can play around with your pie crust as we have, using everything from almond meal to hazelnut meal to wholemeal flour, buckwheat or oat flour. The real variety with pies, though, comes in the fillings, as in our Pork & Mushroom, Lebanese Spinach, Curried Lentil, Blueberry, Apple & Ginger, Seafood with Sweet Potato, and Caramelised Leek.





## SPELT APPLE PIES

RECIPE / DANIELLE MINNEBO

Spelt flour is a great alternative to wheat flour. It has a lovely earthy flavor and is often a more easily tolerated grain than wheat. I've made these pies in 4 small ceramic ramekins, but it would work equally well in one large ceramic pie dish.

**Serves: 4**



3 apples, diced  
 ½ tsp cinnamon  
 ½ cup dried figs, chopped  
 ½ cup raisins  
 2 tbsp honey  
 ¼ cup water  
 1 cup wholemeal spelt flour  
 125g butter  
 2 tbsp coconut palm sugar  
 1 egg  
 Cold water

Preheat oven to 200°C.

To saucepan, add diced apple, cinnamon, dried figs, raisins, honey and water. Cook over low heat with lid on for 15 mins until apples have softened. Remove from heat and divide mixture between 4 ramekin dishes, then set aside to cool.

Add spelt flour, butter and coconut palm sugar to food processor and blend to resemble fine breadcrumbs. Add egg and blend until mixture comes together and forms dough. If mixture is slightly dry, you may need to add a tablespoon of cold water and blend again until dough comes together.

Wrap pastry dough in plastic wrap and store in the fridge for 30 mins.

Remove dough from fridge and roll out on floured surface. Cut 4 round shapes out of pastry, making sure they are slightly larger than ramekin dishes.

Place rounds of pastry over apple mixture in ramekins and press down around the edges. Bake for 30 mins until pastry is golden-brown.

## MUSHROOM & ONION PIE

RECIPE / DANIELLE MINNEBO

I've used mushrooms in this pie, but any other vegetables would work just as well, such as leftover roast vegetables or zucchini and capsicum.

**Serves: 8**



**Crust**  
 75g hazelnut meal  
 75g almond meal  
 100g coconut flour  
 Salt & pepper  
 50g butter (room temperature and cut into cubes)  
 5mL olive oil  
 1 egg  
 10 tbsp water

**Filling**  
 200g brown mushrooms, sliced  
 2 white onions, finely diced  
 1 tsp fresh thyme leaves  
 Splash olive oil

This tasty tart is perfect for boosting immunity in winter.



Danielle's Caramelised Leek Tart

Salt & pepper  
 6 eggs, beaten  
 Grated cheese

Preheat the oven to 200°C.

In large bowl, add hazelnut meal, almond meal, coconut flour and a pinch of salt. Mix together until well combined. Rub butter and olive oil into dry mixture to resemble breadcrumbs. Add 1 egg and water, and mix until it forms a crumbly dough.

Tip dough into greased pie tin and press firmly into bottom. Work your way around side of pie tin with fingers, pressing mixture so it comes up sides and forms crust. Blind bake for 10 mins.

In frypan, add mushroom, onion, thyme, splash of olive oil and pinch of salt and pepper. Cook for 10 mins until mixture has softened. Add mixture to pie base, spreading to cover entire base.

Pour beaten eggs over mushroom mixture and top with grated cheese.

Bake 180°C for 20 mins. You'll know it's ready when egg mixture has set and pastry has gone a nice golden colour.

## CARAMELISED LEEK TART

RECIPE / DANIELLE MINNEBO

I love the sweet and distinct flavour that leeks bring to this dish. Plus, their strong prebiotic and anti-bacterial properties make this tart perfect for boosting immunity this winter.

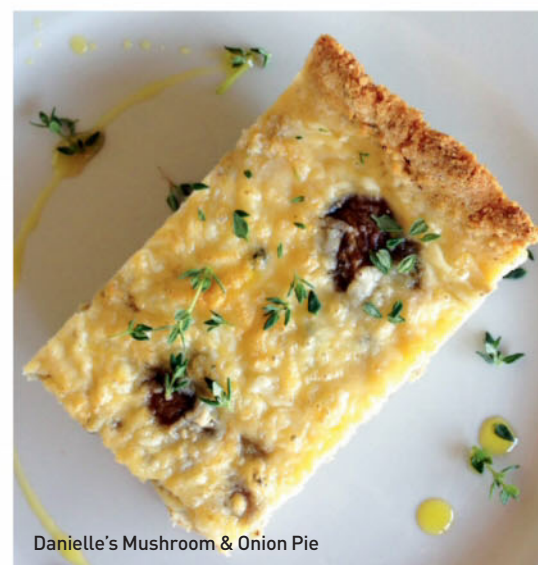


**Crust**  
 200g almond meal  
 150g coconut flour

30g parmesan cheese, finely grated  
 Pepper  
 2 tbsp olive oil  
 100g butter at room temperature, cut into small cubes  
 2 eggs

### Filling

1 tbsp butter  
 1 tsp olive oil  
 2 leeks, washed well & finely sliced  
 2 onions, finely sliced  
 1 clove garlic, crushed  
 1 tsp fresh thyme leaves  
 Salt & pepper  
 4 eggs  
 75g parmesan cheese, finely grated



Danielle's Mushroom & Onion Pie



Adam's Indian Samosa Pie

6–10 tbsp water  
2 tbsp soy milk

**Filling**

5 medium potatoes, cut into 5cm chunks  
1 tbsp vegetable oil  
1 tbsp cumin seeds  
1 onion, finely sliced  
2 cloves garlic, crushed  
1 tsp curry powder  
1 tsp ground ginger  
1 tsp ground cumin  
1 tsp ground turmeric  
1 tsp ground coriander  
1 cup green beans, chopped  
Salt, to taste  
1 cup water

Preheat oven to 200°C.

To make crust, place flour, oil and salt in bowl and mix well. Add water (add 1 tbsp at a time while stirring, until dough holds together). Shape into flat disc, then place in fridge to rest while you make filling.

To make filling, place chopped potatoes in saucepan of water on high heat and cover. Bring to boil and cook potatoes until just tender (about 10 mins). When potatoes are cooked, drain and set aside.

Heat wok over high heat and add oil. Add cumin seeds and when they begin to pop add onion and garlic. Sauté for 1 min, then add curry powder and other spices. Add beans and cooked potatoes. Roughly mash potatoes, leaving small chunks.

Add salt to taste, water and stir well.

Spread potato mixture in 22cm pie pan and set aside.

Dust bench with flour. Roll out dough to 22cm circle. Cover filling with dough, pressing down to make sure no air pockets remain. Trim away excess dough and crimp edges with fingers.

Cut cross in centre of pie to vent steam.

Brush with soy milk. Place pie in oven and bake for 20–30 mins, or until crust is golden. Let stand 5 mins then serve.

**SWEET POTATO, TOFU & ROSEMARY PIE**

RECIPE / ADAM GUTHRIE

This is a vegan take on frittata. If you don't have sweet potato you can use white potato. Also, change the herbs for a different flavour profile. This pie is excellent cold, too, making it ideal for picnics or buffet lunches and barbecues with friends.

**Serves: 4**



1 red onion, sliced  
2 garlic cloves, chopped  
1 rosemary sprig, leaves finely chopped  
500g firm tofu  
¼ cup cornstarch/flour  
¼ cup nutritional yeast  
½ tsp turmeric  
¼ cup water  
1 sweet potato, finely sliced into thin rounds

Preheat oven to 190°C.

Heat pan on high heat and add onion, garlic and rosemary.

Add a little water and sauté onion until soft.

Preheat oven to 180°C.

In large mixing bowl, combine almond meal, coconut flour and parmesan cheese and season with pinch of pepper. Rub in olive oil and butter until mixture resembles breadcrumbs and no lumps of butter remain.

Make well in centre, add 2 eggs and mix until it forms dough. If mixture is too dry you may need to add a splash of water until it comes together better.

Grease round pie base with butter. Crumble the pastry mixture evenly across bottom. Press mixture into base and up sides.

Blind bake pastry in oven for 15 mins, then set aside.

To make filling, into large frypan add butter, olive oil, leek, onion, garlic and thyme, and season with salt and pepper. Cook on low heat for 20–25 minutes until leek and onion begin to caramelise.

Remove from heat and place caramelised leek mixture into bowl, add eggs and mix together well. Pour mixture into pie base immediately and top with grated parmesan.

Bake for 25–30 mins until golden-brown on top.

**INDIAN SAMOSA PIE**

RECIPE / ADAM GUTHRIE

Our kids love samosas. One day after making them a batch, I had some leftover mixture and not a lot of pastry. I thought, this could make a great pie, so here is the result.

**Serves: 4**



**Crust**  
1 cup wholemeal flour  
2 tbsp vegetable oil  
¼ tsp salt



**This pie is excellent cold, making it ideal for picnics.**

Adam's Sweet Potato, Tofu & Rosemary Pie



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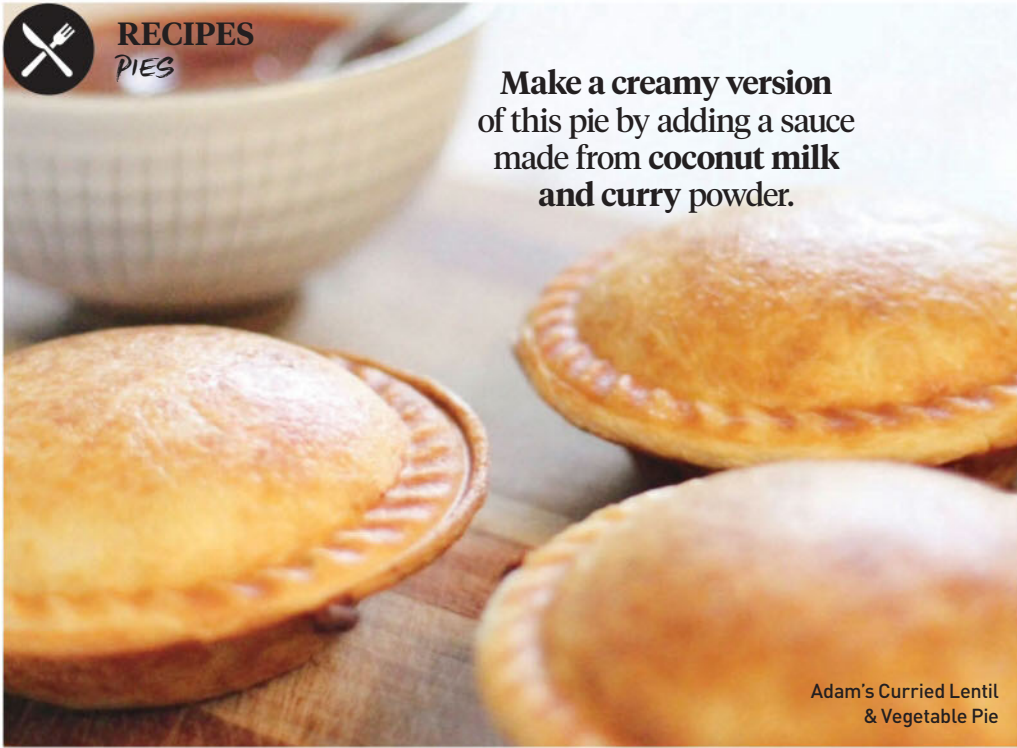


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**Make a creamy version of this pie by adding a sauce made from coconut milk and curry powder.**



Adam's Curried Lentil & Vegetable Pie

Pinch nutmeg  
½ cup grated cheddar cheese

**Filling**  
25g butter  
2 tbsp cornflour  
500mL milk  
Pinch nutmeg  
Salt & pepper  
500g skinless salmon fillet, chopped into 5cm chunks  
300g green prawns, peeled  
2 spring onions, finely sliced  
10 basil leaves, finely sliced

Place sweet potato and potato in large soup pot. Cover with cold tap water and bring to boil over high heat. Cook for 10 mins or until very soft. Drain and return to pot over medium heat. Stir for 2 mins to dry out potatoes so mash is not sloppy. Take off heat and mash with butter, sour cream and a pinch of nutmeg until smooth. Season with salt and pepper and set aside. You don't have to keep it warm.

Next, make sauce for filling. Melt butter in medium saucepan and add cornflour. Stir for 2 mins until paste forms. Slowly pour in milk, stirring with a whisk constantly, to prevent lumps. Stir for 5 mins until sauce thickens. Season with nutmeg, salt and pepper and set aside.

Place salmon chunks and prawns in 2L baking dish and scatter over spring onions and basil leaves. Pour over sauce. Scoop mashed potato on top in an even layer. Texture top with fork and sprinkle over grated cheese. Bake for 40 mins until top is golden and seafood is cooked through.

**LEBANESE SPINACH PIE**

RECIPE / CHRISTIE CONNELLY

These pies feature on almost every Lebanese family table and each family makes them slightly differently. The traditional way to eat these pies is to let them cool completely on a rack, then store in an airtight container until the pastry softens, about 1 hour.

**Makes: 20**



Place tofu in food processor with cornflour, nutritional yeast, turmeric and water, then puree to paste.

Add onion to bowl, then add tofu mixture and salt to taste. Mix well.

Add sweet potato and tofu mixture to spring-form cake tin lined with baking paper.

Bake for 45 mins.

**CURRIED LENTIL & VEGETABLE PIE**

RECIPE / ADAM GUTHRIE

This is a great lentil pie. If you don't have an electric pie maker you can cook the pies in large muffin tins. Just place the pastry in the tins, fill with the mixture, pop on the lids and bake until golden-brown. You can also make a creamy curried vegetable version by making a curry sauce with coconut milk and curry powder and an assortment of fresh vegetables like carrots, cauliflower, peas and broccoli chopped into bite-sized pieces.

**Serves: 4**



1 onion  
2 cups vegetable stock  
1 zucchini, grated  
1 carrot, grated  
2 tbsp tamari  
3 tbsp gluten-free Worcestershire sauce (for vegetarians or vegans, ensure sauce is free from anchovies — can be purchased from major supermarkets)  
4 tbsp wholemeal flour  
1–2 tbsp curry powder  
3 cups cooked lentils or 2 x 400g tins, drained  
2 sheets vegan puff pastry (the brand Pampas is vegan)

Preheat oven to 200°C.

Heat large saucepan over high heat, add onion and dry sauté until brown. Add a little stock to deglaze pan. Add all other ingredients except pastry and stir well. Bring to boil, stirring regularly. When boiling, reduce heat and simmer for a few mins, stirring regularly.

While pie mixture is coming to the boil, cut two puff pastry sheets — one into 4 large rounds for the pie base and the other into 4 slightly smaller rounds for the pie lids.

Place pastry base rounds in 4-hole electric pie maker. Divide filling into pie bases. Place pastry lids on top. Seal lids and cook for about 7 mins until the tops are golden-brown.

**SEAFOOD PIE WITH SWEET POTATO TOP**

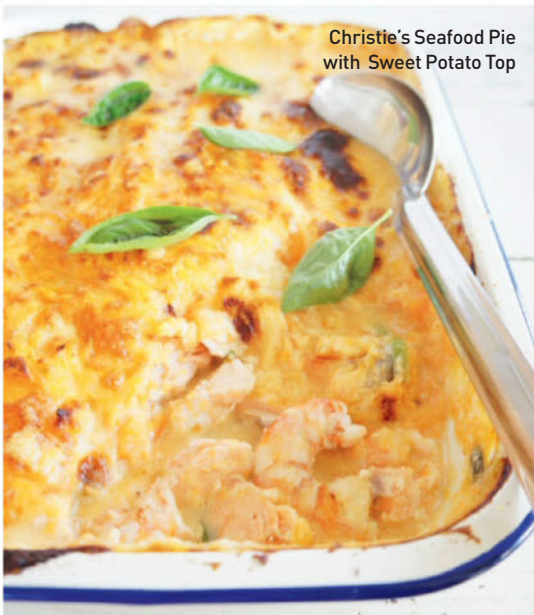
RECIPE / CHRISTIE CONNELLY

This is a great way to get brain-nourishing omega-3s into the whole family. Make it a one-pot meal by adding some frozen peas or diced zucchini when you add the seafood to the baking dish.

**Serves: 4**



**Topping**  
500g sweet potatoes, peeled & cut into 3cm cubes  
300g potato, peeled & cut into 3cm cubes  
25g butter  
1 tbsp sour cream



Christie's Seafood Pie with Sweet Potato Top



Christie's Lebanese Spinach Pie

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Serve this with  
a low-carb side  
dish such as  
cauliflower mash.

Christie's Pork & Mushroom Family Pie

- 2 garlic cloves, finely sliced
- 2 thyme sprigs, leaves picked
- 700g pork neck, diced into 3cm cubes
- 1 tbsp sweet paprika
- 1 tbsp plain flour
- 300g Swiss brown mushrooms, thickly sliced
- 100mL chicken stock
- 100mL pure cream
- Salt & pepper
- 1 sheet ready-rolled puff pastry, thawed if frozen
- 2 tbsp milk

Heat oven to 180°C.

Place 1 tbsp olive oil and onion in large frying pan and cook over medium heat for 5 mins until softened and slightly golden. Add garlic and thyme and cook for 1 min more. Transfer to 1.5L baking dish.

Heat another tbsp olive oil in frying pan, add pork and cook for 3 mins on each side until browned. Sprinkle with paprika and flour and stir to coat, then transfer to baking dish along with any pan juices.

Heat final tbsp oil in frying pan and add mushrooms. Cook for 5 mins until softened and transfer to baking dish.

Whisk together stock and cream in small jug. Season with salt and pepper and pour into baking dish, then stir gently to combine.

Lay pastry sheet over top of baking dish, pressing along rim gently to secure, then trim excess. Use trimmings to decorate top if you like.

Brush with milk and bake for 40 mins until puffed and golden.

### BROCCOLI PIE WITH SWEET POTATO CRUST

RECIPE / MEG THOMPSON

This sweet potato crust is incredibly easy to prepare and makes a good alternative for those who can't eat regular pastry. The filling can really be anything you like.

**Serves: 3**



- 1 small sweet potato, sliced very fine
- 1 brown onion, diced
- 4 cloves garlic, chopped
- 500g broccoli, finely chopped
- 4-5 eggs
- 1 tbsp seeded mustard
- ¼ tsp sea salt
- ¼ cup grated parmesan cheese

Lay sweet potato slices around greased pie dish so slices are generously overlapping each other until entire surface of dish is covered.

Brush sweet potatoes with a little oil and bake at 180°C for 10-15 mins, until starting to soften and almost cooked through. Remove from oven.

Saute onion in frypan for a couple of minutes, until soft. Add garlic and cook for another minute. Add broccoli and cook for a few minutes, until just tender. Set aside.

Whisk eggs in medium-sized bowl and add mustard, salt and cooked onion and garlic and stir through.

Add broccoli mix to sweet potato crust and

- 3 cups plain flour
- 1¼ tsp dry active yeast
- 1½ tsp salt
- ¼ cup olive oil, plus extra for brushing
- 1 cup lukewarm water

#### Filling

- 5 tbsp olive oil
- 1 medium onion, finely diced
- 1 tbsp sumac
- Juice 1 lemon
- 350g baby spinach leaves
- ½ tsp salt
- ½ tsp white pepper

Place flour, yeast and salt in large bowl. Make well in centre and add olive oil. Add warm water and mix with fingertips to form dough. Transfer to flour-dusted bench and knead for 10 mins until smooth. Divide into four balls and place on tray. Cover with damp teatowel and leave to rise for 1 hour.

Meanwhile, place olive oil, onion, sumac and lemon juice in large bowl and mix. Add spinach leaves and salt and pepper. Mix with hands to thoroughly coat spinach in dressing. Cover and leave until dough is ready.

Heat the oven to 200°C. Divide each dough ball into 5 balls so you have 20 balls. Roll one out thinly into large circle. Top with heaped tbsp of spinach mixture. Fold two sides together to form point, like end of cone. Then fold other two sides into centre to form triangle shape. Pinch all seams firmly individually to seal. Place on tray and cover with damp teatowel.

Repeat with remaining dough and spinach mixture. You may need to do 2 trays of 10 depending on your tray and oven size.

Brush all over with olive oil and bake on bottom shelf for 10 mins until golden-brown. Allow to cool on rack then store in airtight container at room temperature for up to 4 days.

### PORK & MUSHROOM FAMILY PIE

RECIPE / CHRISTIE CONNELLY

With only a pastry top, this is a healthier way to eat a pie, but you still get a sneaky crunchy, flaky piece of pastry per person. Serve with low-carb sides such as cauliflower mash and steamed greens for maximum nutrition.

**Serves: 4**



- 3 tbsp olive oil
- 1 onion, diced

spread out to cover base.

Pour over egg mixture and sprinkle parmesan on top.

Return to oven at 180°C and bake for 15 mins, or until the egg is cooked.

## CHOCOLATE PIE WITH BUCKWHEAT CRUST

RECIPE / MEG THOMPSON

Chocolate and buckwheat make a great combination, and in the form of this pie a nourishing but show-stopping dessert. The crust is inspired by one from Sarah Britton of *My New Roots*, but I have put a chocolate and hazelnut twist on it.

**Serves: 6–8**



### Crust

1 cup buckwheat flour  
½ cup hazelnut or almond meal  
¼ cup cacao powder  
Pinch sea salt  
¼ cup coconut oil, chilled  
2 tbsp maple syrup  
1 tbsp milk of choice, chilled

### Filling

1 cup coconut cream  
½ cup dark chocolate  
Decent pinch sea salt  
2 eggs, whisked  
½ cup hazelnut or almond meal  
2 tbsp maple syrup

### Topping

Punnet blueberries  
¼ cup chopped hazelnuts or almonds

To make crust, add buckwheat flour, nut meal, cacao and salt to food processor and blitz to combine.

Add coconut oil, maple syrup and milk and pulse until mix comes together in a soft ball.

Grease 20cm round pie dish (or similar) with coconut oil and press pastry into tin, shaping it up the sides and pushing down firmly with fingers.

Prick bottom all over with fork and pop into oven at 180°C for about 15 mins, or until pastry has just started to cook and is slightly browned. Remove from oven.

Meanwhile, make filling. Add coconut cream to small saucepan and heat gently. Once hot but not boiling, turn down heat and add chocolate and salt, stirring until it melts into the cream.

Remove from heat and allow to cool a little.

Add eggs, nut meal and maple syrup and stir to combine.

Pour into pastry case and return to oven at 180°C for 20–25 mins, or until filling is just cooked.

Remove from oven and allow to cool.

Top with blueberries and nuts, as desired.

## BLUEBERRY, APPLE & GINGER PIE WITH OAT & BUCKWHEAT CRUST

RECIPE / MEG THOMPSON

A delicious, fruity pie with a big hit of ginger.

**Serves: 6–8**



Meg's Broccoli Pie  
with Sweet Potato Crust



Meg's Chocolate Pie  
with Buckwheat Crust

⅓ cup buckwheat flour  
⅓ cup oat flour or fine oatmeal  
⅔ cup almond or hazelnut meal  
60g butter, chilled & cut into small chunks  
1 tbsp maple syrup  
1 egg

2 large Granny Smith apples, cored  
& sliced thinly  
2 tbsp coconut sugar  
2 cups blueberries (fresh or frozen)  
½ tsp grated ginger  
1 tsp lime zest (approx 1 lime)

Combine buckwheat flour, oat flour, nut meal and butter in food processor and process to fine crumb.

Add maple syrup and egg, and pulse to combine. If mixture is too wet, add a tbsp or so more buckwheat flour to form a soft but not too sticky ball.

Shape dough into a disc, cover in plastic wrap and refrigerate for half an hour (or place in freezer for 10 mins if in a rush).

Roll out dough between two pieces of baking paper so it doesn't stick.

Transfer carefully to pie tin and press in



## RECIPES PIES



Meg's Blueberry, Apple & Ginger  
Pie with Oat & Buckwheat Crust

Preheat oven to 170°C and grease 4 individual pie tins.

Place apple in large saucepan with ½ cup water, coconut sugar, lemon juice and zest, and cinnamon.

Cook for about 10–15 mins, until soft. Remove excess liquid and allow to cool.

Place crust ingredients in food processor and blend until combined.

Place dough on board between two pieces of baking paper. Roll out flat then press out 4 bases in pie tins.

Place in base of pie dish and press up sides. Fill pies with apple and blueberries then lay two strips of crust over top of each pie.

Bake for 35–40 mins until golden-brown.

Delicious served with fresh cream or yoghurt.

gently to fit. Patch any rips or tears with an extra piece of pastry. Wrap and refrigerate leftover pastry, as you will come back to it later.

Prick pastry with fork all over bottom and bake for 10 mins at 180°C.

Remove from oven and set aside.

Meanwhile, place apples in saucepan with coconut sugar and cook on low–medium heat until apples are soft but still holding their form.

Add blueberries, ginger and lime zest and cook for another minute, stirring to combine.

Transfer fruit mix to pastry case, arranging in neat pile.

Take leftover pastry from fridge, roll out and cut 4–5 strips.

Lay strips over fruit and press to attach to side of pastry case.

Return tin to oven and bake for 45 mins or until the fruit is soft.

### GLUTEN-FREE APPLE & BLUEBERRY PIES

RECIPE / LISA GUY

Eating apples regularly is a great way to keep a healthy heart, as they are rich in pectin, a type of fibre beneficial for lowering cholesterol levels. Apples and blueberries are full of immune-boosting vitamin C and potent antioxidants that help fight the free radicals that increase premature ageing and the risk of many chronic diseases.

**Serves: 4**



6 apples, cored & diced (skin on)

2 tbsp coconut sugar

Juice & zest 1 lemon

½ tsp ground cinnamon

#### Crust

4 cups almond meal

2 tbsp coconut sugar

80g butter

2 eggs

1 punnet blueberries

Cream or yoghurt, to serve

Lisa's Gluten-free  
Apple & Blueberry Pies



These pies are delicious  
served with fresh yoghurt  
or cream.



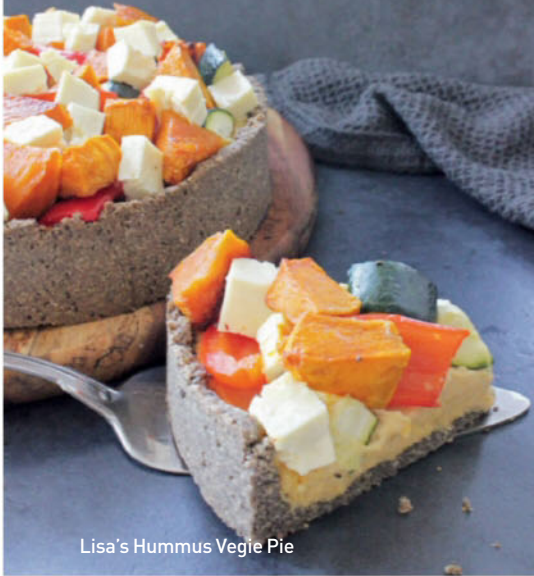
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Lisa's Hummus Vegie Pie

### HUMMUS VEGIE PIE

RECIPE / LISA GUY

This gorgeous hummus vegie pie provides plenty of protein, which is important for supplying amino acids to build and repair the body. It contains immune-boosting zinc, iron, beta-carotene and healthy dietary fibre.

**Serves: 3**



#### Filling

300g Jap pumpkin, diced  
1 red capsicum, diced  
1 large zucchini, diced  
100g feta, crumbled

#### Crust

2 cups almond meal  
1 egg  
1 heaped tbsp chia seeds  
2 tbsp cold-pressed olive oil  
Pinch sea salt

#### Hummus

3 cloves garlic, whole  
2 x 400g tins chickpeas, drained  
2 tbsp tahini  
2 tbsp cold-pressed olive oil  
Pinch sea salt  
Juice 1 small lemon

Preheat oven to 200°C. Grease quiche tin and line bottom with baking paper.

Place pumpkin, capsicum, zucchini and garlic cloves (unpeeled) on baking tray and drizzle with a little olive oil.

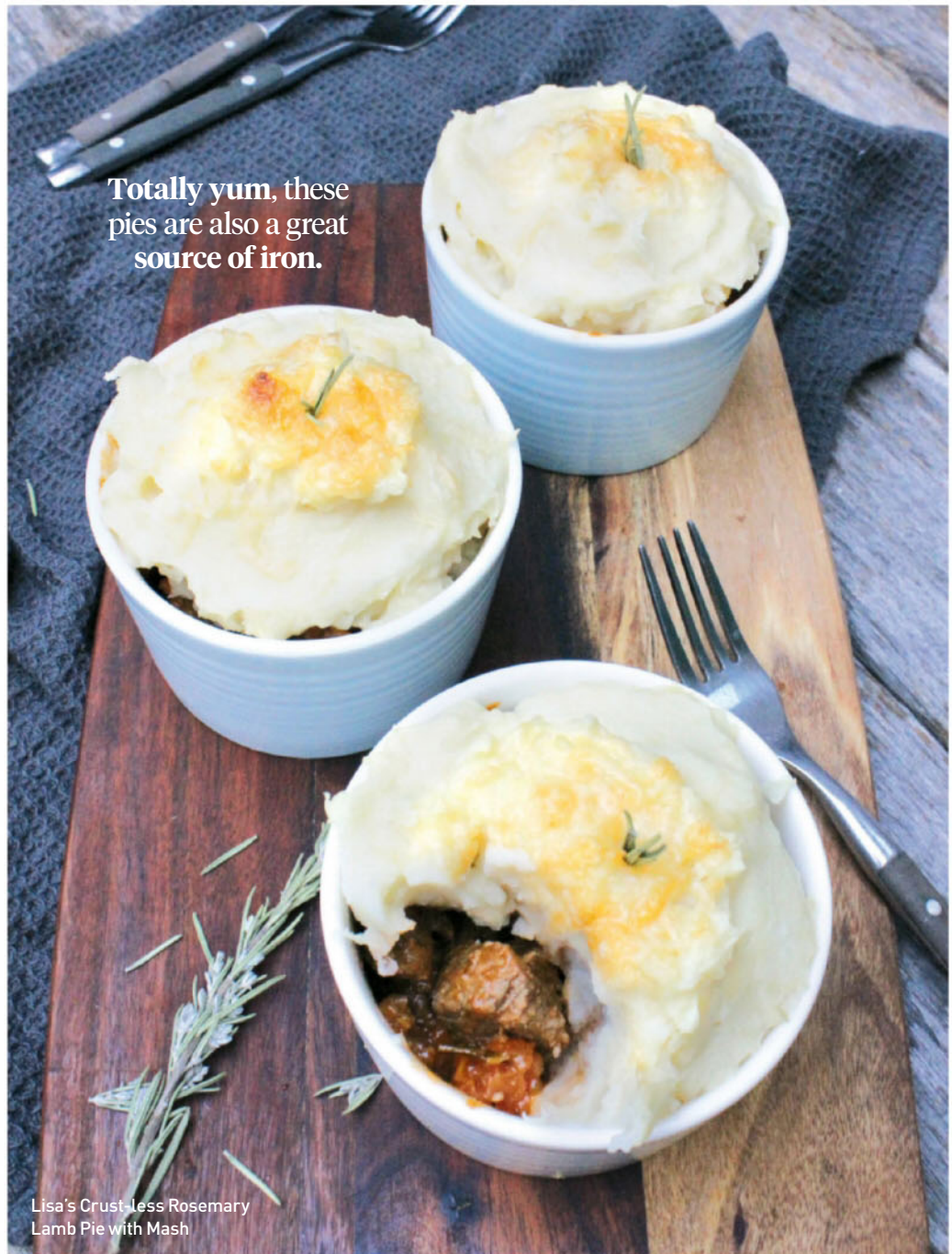
Place in oven for 40 mins. Remove garlic after 20 mins and set aside for hummus.

While vegies are baking, make crust. Place almond meal, egg, chia seeds, olive oil and salt in food processor and blend until well combined.

Press base into tin and up sides. Use knife to even off around top.

Pierce base 10 times with knife. Place base in oven with vegies for 20 mins.

To make hummus, place roasted garlic, chickpeas, tahini, olive oil, salt and lemon juice in processor and blend until well combined.



Totally yum, these pies are also a great source of iron.

Lisa's Crust-less Rosemary Lamb Pie with Mash

When base is ready remove from oven and fill with hummus.

When vegies are done, arrange them on pie and top with crumbled feta.

Return to oven for 15 mins.

Allow pie to cool a little before serving.

2 cups beef stock or bone broth  
2 tbsp fresh rosemary  
4 large potatoes, peeled & diced  
Splash milk  
Pinch sea salt  
2 tbsp cornflower  
Cheese, to top

### CRUST-LESS ROSEMARY LAMB PIE WITH MASH

RECIPE / LISA GUY

These hearty little pies are a great source of haemiron, which is vital for making energy as well as red bloodcell production to help transport oxygen around the body. Iron is also necessary to make serotonin, our feel-good hormone, and is needed for healthy skin, hair and nails.

**Serves: 4**



Splash olive oil  
600g diced grass-fed lamb  
1 small red onion, finely chopped  
3 cloves garlic, crushed  
1 large carrot, diced  
1 tbsp tomato paste

Heat olive oil in large saucepan on medium-high heat. Add lamb and cook for 5 mins until brown. Put on plate and set aside.

Cook onion, garlic, and carrot for about 5 mins, then add tomato paste, beef stock and rosemary. Add lamb back to pot.

Turn up heat until boiling, then reduce to simmer, cover and cook for 2 hours. Stirring occasionally. Add more water if looking dry.

Boil potatoes until tender, then add salt and a little milk and mash well.

Mix cornflour with 3 tbsp hot water. Add to lamb mixture and stir until starting to thicken.

Place lamb mixture in 4 small ramekins then top with mashed potato and sprinkle with cheese.

Place under grill until cheese is melted and starting to turn golden-brown.



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# PROTEIN FOR KIDS



As young bodies grow they need plenty of protein, but you don't always have to turn to fat-laden animal sources. You can serve up delicious vegetable or lean meat options that the kids will love. Try offering them Cannellini Bean Burgers, Banana Breakfast Sushi, Quinoa Hash Browns, Minty Pea & Bone Broth Soup, Turkey, Lemon & Feta Meatballs or a Chocolate Protein Smoothie.

## CHICKEN CHEESE BALLS

RECIPE / LISA GUY

Chicken is a great source of the amino acid tryptophan. This important neurotransmitter is needed by the body to make serotonin, which makes us feel happy. Chicken is also rich in amino acids vital for building muscle and supporting maintenance and repair of the body. Chicken provides a good dose of zinc and iron, required for a strongly functioning immune system, and vitamin B<sub>12</sub> which is needed to make red blood cells and to promote healthy nerve function.

**Makes: 12 balls**



### Chicken Balls

500g chicken mince

1 egg, beaten

1 small onion, minced

1 garlic clove, minced

Pinch salt & pepper

2 tsp Italian herbs

100g feta cheese, diced

Olive oil, for frying

Mix together all chicken ball ingredients in large bowl.

Place spoonful of mixture into your palm, then place some feta in middle and mould chicken around it to make ball.

Cook balls in frying pan with a little olive oil over medium heat.

## CHOCOLATE PROTEIN SMOOTHIE

RECIPE / LISA GUY

This super chocolate smoothie is jam-packed with protein and other important nutrients needed for children's growth and development. Including yoghurt in the diet is an important way to help support your child's digestive and immune health. Yoghurt contains probiotics, which help boost beneficial bacteria in the digestive tract. Yoghurt is also a good source of calcium and vitamin D, required for strong healthy bones.

**Makes: 2 smoothies**



½ cup natural full-fat yoghurt

½ cup almond milk

1 large ripe banana

1 tbsp raw cacao powder

1 tsp chia seeds

2 tsp hemp seeds

Blend together all ingredients and decorate with some hemp seeds.

## MINTY PEA & BONE BROTH SOUP

RECIPE / LISA GUY

Bone broths make a highly nutritious addition to children's diets to help improve their digestion and gut health. They provide nutrients that are building blocks of cells in the gut wall, helping to reduce gut inflammation and soothe and repair the gut lining. They are particularly beneficial for children who have had long-term antibiotic therapy or who suffer from leaky gut. Peas give this delicious soup



Lisa's Chocolate Protein Smoothie

a boost in protein, dietary fibre, iron, zinc and B vitamins. These are all important nutrients needed for children's growth and development, and to support healthy immune function.

**Serves: 4-6**



1 brown onion, diced

2 cloves garlic, crushed

2 carrots, diced

Splash olive oil

1kg fresh or frozen green peas

4 cups beef or chicken bone broth

(recipe below)

Handful mint, to serve

In large bowl over medium heat cook onion, garlic and carrots in olive oil for about 10 mins. Stir through peas, then add bone broth (recipe below). Cook for 1 hour. Add more water if needed. Serve with mint.

To make bone broth, use organic chicken, beef or pork bones. Chicken has the mildest flavour so would be a good one to start with. You can use a leftover barbecue or roast chicken carcass.



Lisa's Minty Pea & Bone Broth Soup



Vegetables and legumes  
are a great way  
to get your protein.



Adam's Hummus & Tabouli with  
Wholemeal Lebanese Bread

## HUMMUS & TABOULI WITH WHOLEMEAL LEBANESE BREAD

RECIPE / ADAM GUTHRIE

Most people still think protein is only found in animals, but this is simply not true. Protein is found in everything that grows out of the ground, and vegetables and legumes are a great way to get your protein.

**Serves: 4**



### Hummus

- 3 cups chickpeas
- ¼ cup tahini
- ½ cup lemon juice
- 3 tsp salt
- 1 garlic clove
- 1½ cups water

### Tabouli

- 2 bunches parsley, finely chopped
- 1 bunch mint, finely chopped
- 1 large tomato, finely diced
- 2 green shallots, finely diced
- 1 cup cooked quinoa or 1 cup cooked bulgur wheat
- Juice 1 lemon
- Salt, to taste

Wholemeal Lebanese bread, to serve

Place chickpeas in blender with tahini, lemon juice, salt, garlic and water and puree ingredients to a paste. Add another half cup of water if required and continue to puree.

To make tabouli, add all ingredients to bowl and mix well. Serve on a platter with hummus and Lebanese bread.

## CANNELLINI BEAN BURGERS

RECIPE / ADAM GUTHRIE

What kid doesn't like burgers? These burgers are made with cannellini beans, which are another great source of vegetable protein. We have burgers at least once a week in our house as they're so easy to make. If you don't have rice flour you can use chickpea flour, wheat flour or even fresh breadcrumbs to bind the vegetables.

**Serves: 4**



To make a good meat stock, you need joints, bones and some meat, or use a whole chicken. The bones and joints, not so much the meat, contain the healing compounds, so are important to include.

Put bones, joints and meat in large pan and fill with water and a dash of vinegar to help leach out nutrients. Bring to boil, cover and simmer on low heat for around 12 hours. You can make fish stock the same way using a whole fish or fish fins, bones and heads.

After cooking, take out bones and meat and sieve stock to remove small bones.

If desired, strip off all soft tissues from bones and extract bone marrow out of large tubular bones as the gelatinous soft-tissue around the bones provides some of the best healing properties. Add this back into broth.

Bone broth will keep well in the fridge for at least 7 days or it can be frozen in small portions ready to add to meals.



Adam's Cannellini  
Bean Burgers

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Adam's Red Kidney Bean Bolognese

- 1 packet spaghetti
- 1 onion, peeled & quartered
- 2 cloves garlic
- 3 cups mushrooms
- 5 tomatoes
- 1 cup tomato paste
- 1 cup vegetable stock
- 3 cups cooked kidney beans
- 1 bunch Italian parsley, chopped
- 1 small bunch basil, leaves only
- 1 carrot, grated
- 1 zucchini, grated

Boil water in large pot and cook spaghetti according to packet instructions.

Place onion in food processor with garlic and mushrooms and process to crumbly texture.

Puree tomatoes in blender to smooth sauce.

Heat frypan, add mushroom mix and cook over high heat for a few mins.

Add pureed tomatoes, tomato paste and stock and stir through. Add kidney beans, half the parsley and basil and simmer for 5 mins. Add carrot and zucchini then mash with potato masher to resemble mince.

Simmer for 5 mins and serve over cooked spaghetti, topped with remaining parsley.

### AVOCADO HUMMUS

RECIPE / CHRISTIE CONNELLY

This hummus packs a punch with two types of plant-based protein: chickpeas and almond milk. Coupled with good fats from the avocado and tahini, it's quite a nutritional powerhouse. Serve with lots of different-coloured vegies for a fun snack or light meal.

**Makes: 1 cup**



- 400g tin chickpeas, drained & rinsed
- 1 medium avocado, peeled & stoned
- 1 garlic clove
- 1 tbsp tahini
- 2-3 sprigs coriander, leaves picked

### Burger Patties

- 1 carrot, grated
- ¼ small pumpkin, grated
- 1 zucchini, grated
- Handful spinach, shredded
- 1½ cups cooked cannellini beans
- 1 tsp dried Italian mixed herbs
- Salt, to taste
- 1½ cups rice flour

- ½ red onion, sliced
- 1 cucumber, sliced
- 2 tomatoes, sliced
- 1 beetroot, sliced
- 1 lettuce
- 1 handful alfalfa sprouts
- 4 wholemeal burger buns, cut in half

Preheat oven to 200°C.

Place burger patty ingredients in bowl and mix well with hands, ensuring beans are mashed. Form mixture into 4 large or 8 small patties.

Heat frying pan and add patties, cooking on one side until golden-brown. Turn over and cook on other side until golden-brown. Remove patties from pan and place on baking tray. Place in oven and cook for 20 mins.

Place sliced onion in hot frying pan and sauté for 1 min. Move onion to one side of pan and add burger buns. Cook on one side until brown. Turn over and cook other side until brown.

Arrange salad ingredients and burgers on toasted buns and serve.

### RED KIDNEY BEAN BOLOGNESE

RECIPE / ADAM GUTHRIE

Growing up, spaghetti bolognese was my favourite meal. I would have eaten it every night of the week if Mum had allowed it. Now, as a vegan, I make one with red kidney beans instead of minced meat. It tastes great, the texture is perfect and, best of all, it's packed full of plant protein.

**Serves: 4**



Christie's Avocado Hummus

Serve with lots of brightly coloured vegies to make it healthy.

WARM UP THIS WINTER WITH

Carman's

ALMOND,  
COCONUT + CHIA  
gourmet porridge



SERVING SUGGESTION



RISE *and* SHINE with a  
WARMING BLEND of AUSTRALIAN  
OATS, SLICED ALMONDS, SHREDS  
of COCONUT *and* CHIA SEEDS.  
BURSTING with DELICIOUS GOODNESS,  
*it's* the PERFECT WAY to  
WARM UP YOUR MORNING RITUAL.

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Christie's Soft Quinoa Hash Browns



Juice 1 lime  
60mL almond milk  
1 tsp sea salt

Place chickpeas, avocado, garlic, tahini and coriander leaves in bowl of food processor and blitz for 1 min until it forms a rough paste.

Add lime juice, almond milk and salt and process until smooth, adding a little almond milk if needed to get desired consistency.

Transfer to bowl and serve immediately with pita chips and crunchy raw vegies. Best eaten on the day it's made as it discolours when kept in the fridge.

### SOFT QUINOA HASH BROWNS

RECIPE / CHRISTIE CONNELLY

These are so soft they can be eaten with a spoon! Perfect for kids who dislike crunchy textures or simply love mashed potato. Quinoa is a fantastic plant-based form of protein and you can add even more by topping these with a poached egg. Or keep it completely vegan and serve with cherry tomatoes and avocado. Also good cold or warm on a burger bun.

**Makes: 8 patties**

GF O V VG

750g (about 4 medium) potatoes  
1½ cups cooked quinoa  
2 spring onions, finely sliced  
125mL soy milk  
2 tbsp flat-leaf parsley, stems & leaves chopped  
Salt & cracked pepper  
2 tbsp coconut oil

Peel and dice potatoes into 2cm cubes. Place in saucepan and cover with cold tap water. Bring to boil over high heat and simmer for 5–10 mins until fork tender. Drain well and place in large bowl.

Add cooked quinoa, spring onion, soy milk and parsley and season with salt and cracked pepper. Mix with spoon until combined, mashing potato a little as you go. Shape into 8 hash brown patties and set aside on plate.

Heat 1 tbsp of oil in large non-stick frying pan. Place 4 hash browns in pan and cook for 2–3 mins over medium heat until golden-brown on underside. Carefully flip and cook other side for 2–3 mins more. Keep warm while you repeat with remaining 4 patties. Serve hot or warm.

### BANANA BREAKFAST SUSHI

RECIPE / CHRISTIE CONNELLY

A quick, fun and nutritious breakfast that's packed with protein from the ricotta, peanut butter and almond milk. It will keep the kids full until morning tea. Make it gluten-free by substituting the oats with quinoa flakes.

**Serves: 2**

O V

3 tbsp fresh ricotta cheese  
1 tbsp peanut butter  
1 tbsp honey  
4 tbsp almond milk  
2 tbsp rolled oats  
2 tbsp shredded coconut  
1 tbsp chia seeds  
2 bananas  
2 tbsp sultanas

Place ricotta, peanut butter, honey and almond milk in bowl and mash with fork until smooth and combined. Set aside.

Place rolled oats, coconut and chia seeds on plate and mix with fingers to combine. Set aside.

Peel bananas and spread all over with ricotta mixture using knife. Keep a few tablespoons aside to use later. Lay bananas on plate and roll in oat mixture, pressing gently to coat.

Slice into 1cm thick rounds and place on serving plates. Dollop a bit of ricotta mixture on centre of each piece and garnish with a sultana to look like sushi filling.

Serve immediately.

### STICKY DRUMMERS

RECIPE / GEORGIA HARDING

This dish is budget friendly, super-quick to make and a great source of protein for kids. I always make more than I need and my kids take them to school in their lunchboxes (with a little foil around the handle for clean eating).

**Makes: 12 drumsticks**

GF O

12 chicken drumsticks  
1 large clove garlic, crushed  
¼ cup tamari  
¼ cup honey or rice-malt syrup  
Zest & juice 1 lemon

### Yoghurt Tahini Dipping Sauce

1 cup natural or unsweetened Greek yoghurt  
2 tbsp tahini  
Good pinch sea salt  
½ tsp ground cumin  
½ tsp ground cinnamon

Preheat oven to 180°C.

In small bowl or jug, mix together all marinade ingredients.

Place the chicken drumsticks in roasting dish in single layer.

Pour marinade over top to coat chicken evenly and place in oven for about 40 mins or until chicken is cooked through.

To make dipping sauce, place all ingredients in small bowl and mix well to combine.

**Tip:** If you wanted to barbecue the chicken drumsticks, score the meat of each of the drumsticks three times, to allow the marinade to penetrate and to help them to cook through without burning.

Georgia's Sticky Drummers



Make this a **gluten-free breakfast option** by swapping the oats for **quinoa flakes**.





Georgia's Turkey, Lemon & Feta Meatballs

You can freeze these tasty turkey balls to use when you need a quick, nourishing meal.



Georgia's Quinoa Patties

generous heaped tablespoon of quinoa mixture into oil.

Press down a little with back of spatula. Cook until edges start to brown, then flip.

Enjoy immediately or allow to cool and store in fridge.

Serve with avocado salsa (pictured), pesto or guacamole.

**TURKEY, LEMON & FETA MEATBALLS**  
RECIPE / GEORGIA HARDING

This is a high-protein meal or snack and a tasty way to "hide" extra veggie nourishment. It's one very versatile recipe that you can make into meatballs, sausage rolls or hamburgers. They can be pre-prepared and frozen, and are great for parties and school lunchboxes.

**Serves: 4-6**



- 500g turkey or chicken mince
- 1 clove garlic, finely chopped
- 1 small red onion, finely diced
- 2 tbsp finely diced fresh mint or parsley leaves
- 1 small carrot, finely grated
- 1 small zucchini, finely grated
- 1 egg, lightly beaten
- Zest 1 lemon
- ¼ cup fresh breadcrumbs (wholegrain or gluten-free)
- 100g feta cheese, crumbled or cubed
- Salt & pepper, to taste

Preheat oven to 180°C.

In large mixing bowl or food processor, mix together all ingredients until well combined.

Roll small or large balls and place on baking tray lined with baking paper.

Bake for 20-30 mins or until cooked through and browning on top. Serve warm or cold.

**QUINOA PATTIES**

RECIPE / GEORGIA HARDING

This recipe is versatile and can be used to build a tasty, protein-rich meal. The patties are perfect for the lunchbox and delicious both hot and cold.

**Makes: 15-20 patties**



- 3 cups cooked quinoa
- ½ cup parmesan cheese, grated
- 2 cloves garlic, crushed
- 1 bunch spring onions, white part finely diced
- 1 cup leafy greens, like kale, spinach, basil

- or another herb, finely chopped
- 1 cup fresh breadcrumbs (wholegrain or gluten-free)
- 4 eggs, beaten
- Sea salt, a good pinch
- Ground pepper, to taste
- Avocado salsa, pesto or guacamole, to serve
- Coconut oil, ghee or butter, for frying

Mix all ingredients except oil and salsa together until well combined.

In large frypan, add a good couple of tbsp of coconut oil, ghee or butter.

Heat over a moderate heat and drop a

make at home  
Superfood Snacks

## FUNCH PALEO BALL MIXTURE

*turmeric, ginger + lemon* GLUTEN FREE

Funch's new Paleo make-at-home mixture includes some of the best known anti-inflammatory superfoods combined with premium, wholesome and organic ingredients to create the ultimate, immune boosting Paleo snack



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Turmeric, Ginger & Lemon Paleo Balls

# FUNCH



Funch's Paleo Turmeric, Ginger & Lemon Ball Make at Home Mixture includes the best anti-inflammatory superfoods, creating the ultimate Paleo snack.

## GINGER & TURMERIC SMOOTHIE

RECIPE / LIZZY MARSH

Serves: 1-2

GF O V VG

- 1 large frozen banana
- 1 cup almond milk (preferably unsweetened & homemade)
- 2 tbsp Funch Paleo Power Ball Mixture
- ½ tsp ground turmeric (optional)
- 1 tbsp almond butter
- Pinch ground Himalayan salt

Ginger & Turmeric Smoothie



Combine all ingredients in powerful blender and pulse until smooth and creamy!

## TURMERIC, GINGER & LEMON PALEO BALLS

RECIPE / FUNCH

Makes: 15-20 balls

GF O V VG

- 2 tbsp melted coconut oil, melted
- 3 tbsp maple syrup
- 1 packet Funch Paleo Turmeric, Ginger & Lemon Ball Mixture
- Juice & zest 1 lemon

Mix coconut oil and syrup together in a bowl.

Add Funch mixture, lemon juice, lemon zest and coconut oil/syrup mixture to the bowl and mix thoroughly.

Using hands, roll mixture portions (approx 1 tbsp) into tight balls. Use disposable gloves to prevent the transfer of colour that can occur when handling turmeric.

Refrigerate for 30 mins before consuming.

Once rolled, store in airtight container in fridge for up to 10 days. Also suitable to freeze for up to 3 months.

**Note:** For a low-fructose alternative, swap maple syrup with rice-malt syrup.

## SALTED CARAMEL PROTEIN BALLS

RECIPE / FUNCH

**Makes: 15-20 balls**

GF O V VG

- 1 cup fresh dates, pitted
- 1 packet Funch Salted Caramel Protein Ball mixture
- 2 tbsp melted coconut oil

Soak dates in boiled water for 10 mins then drain and mash with fork or food processor.

Add Funch mixture, coconut oil and dates to bowl and mix thoroughly.

Using hands, roll mixture portions (approx 1 tbsp) into tight balls.

Once rolled, store in airtight container in fridge for up to 10 days. Also suitable to freeze for up to 3 months

## PEANUT BUTTER, COCONUT & TURMERIC BARK

RECIPE / LIZZY MARSH

**Serves: 8-10**

GF O V VG

- 1/3 cup melted coconut oil
- 1/4 cup warm peanut butter
- 2 tbsp coconut flakes
- 1 tsp maple syrup or honey
- 1 tbsp Funch Paleo Power Ball Mixture (plus a little extra for dusting)
- Pinch Himalayan rock salt

Line square container or baking tray with baking paper.

In a bowl, combine coconut oil, peanut butter, coconut flakes, sweetener and Paleo Mixture and combine until smooth.

Pour mixture into prepared tray and bang on bench to level. Garnish with sprinkle of salt and Funch Paleo Power Ball Mixture.

Place in freezer for at least 2 hours to set.

When hardened, break or slice into pieces to serve.

**Note:** Store in an air-tight container in the fridge or freezer.



Salted Caramel Protein Balls

## ZINGY LEMON CREAM SLICE

RECIPE / LIZZY MARSH

**Makes: 8 slices**

GF O V VG

### Base

- 1 tbsp coconut oil, plus extra
- 1 1/2 cups raw almonds
- 10 medjool dates, pitted
- 2 tbsp Funch Paleo Power Ball Mixture

### Topping

- 1 cup raw cashews, pre-soaked overnight
- Juice 1 lemon
- 1/4 cup honey or rice-malt syrup
- 1/4 cup melted coconut oil
- 1 tbsp Funch Paleo Power Ball Mixture
- Pinch ground Himalayan rock salt

Line cake tin or square baking dish with a little coconut oil and set aside.

In food processor, combine almonds,



Zingy Lemon Cream Slice

dates, coconut oil and Funch Paleo Mixture. Pulse until finely ground and well mixed. When you squeeze mixture between your fingers, it should form a sticky dough.

Using fingers, press dough into base of dish until it forms even layer on bottom. Place base in fridge to set.

In food processor, place cashews (drained), lemon juice, honey, coconut oil, Funch Paleo Power Ball Mixture and salt.

Mix on high until mixture is smooth and creamy.

Pour into baking dish (on top of base) to create even top layer.

Place in freezer to set.

**Note:** Garnish with lemon rind or fresh mint.

For more information visit [funch.com.au](http://funch.com.au)



Peanut Butter, Coconut & Turmeric Bark



# WELL & GOOD



Taking control of our health and nutrition means baking from scratch and substituting traditional ingredients with healthier options. RAW, by Well & Good, is about going back to basics. Create sumptuous food that packs amazing taste as well as a nutritional punch. Our RAW range is free from gluten and other potential allergens such as dairy, soy, egg and nuts. Kids and adults with allergies don't need to miss out.

## MILLET & MIXED SEED CRACKERS

RECIPE / WELL & GOOD

**Makes: 30 crackers**



- 1 cup Well & Good RAW Rice Flour
- 1 cup Well & Good RAW Millet Flour
- 1 tsp Well & Good RAW Psyllium Husk
- 1 tsp salt
- 2 tbsp olive oil
- ¾ cup cold water
- 2 tsp honey
- ⅓ cup seeds, such as sesame, poppy, linseed, sunflower
- Salt flakes & cracked black pepper

Preheat oven to 200°C.

Combine flours, psyllium husk and salt in bowl of food processor fitted with steel blade. Pulse to combine.

Whisk together oil, water and honey, and with food processor running, slowly add liquid until dough forms soft ball.

Divide dough into 2 equal portions. Roll each into thin sheets between pieces of baking paper, large enough to fit baking trays, about 2mm thick. Trim edges, sprinkle with a little water, then with seeds, salt flakes and cracked black pepper.

Cut each in 15 squares or rectangles and transfer on baking paper to trays. Bake 10–12 mins or until lightly browned. Turn off oven and leave crackers for 1 hour, with oven door closed, or until nice and crisp.

Crackers will keep for up to 1 week in airtight container.

## CORN & QUINOA WAFFLES

RECIPE / WELL & GOOD

**Makes: 6**



- 3 corn on the cob, husks removed
- ½ cup Well & Good RAW Rice Flour
- ½ cup Well & Good RAW Quinoa Flour
- ¼ cup Well & Good RAW Corn Flour
- ¼ cup Well & Good RAW Tapioca Starch
- 1½ tsp gluten-free baking powder
- ½ tsp salt flakes
- 2 medium eggs, separated
- 1¼ cup buttermilk
- ¼ cup mild-flavoured oil (such as sunflower, canola)

### Chipotle Butter

- 100g lightly salted butter, softened
- 1 tsp chipotle chilli powder

### Quinoa Salsa

150g cooked quinoa  
½ cup coriander leaves  
Juice & zest 1 lime

Guacamole or fresh avocado slices,  
to serve (optional)

Place corn cobs on hot griddle pan, or over open flame of gas stovetop, turning for 5 mins or until charred. Cut kernels from cobs and set aside.

Sift dry ingredients in large bowl. Whisk together egg yolks, buttermilk and oil. Add to dry ingredients and beat until well combined.

Whisk egg whites to firm peaks using electric beaters, and fold through batter along with about ⅔ cup of corn kernels.

Preheat waffle iron or non-stick griddle pan over medium heat. Grease pan, then add ¼ cup of batter. Cook for 2–3 mins on each side in a griddle pan or as per waffle iron instructions.

For chipotle butter, combine butter and chipotle in bowl. Beat with wooden spoon until fluffy.

To make quinoa salsa, toss remaining corn kernels in small bowl with quinoa, a good squeeze of lime juice and a little zest. Set aside.

Serve waffles topped with chipotle butter, corn and quinoa salsa, scattered with a few coriander leaves and guacamole or avocado slices, if desired.

### GLUTEN-FREE HIGH-PROTEIN BANANA BREAD

RECIPE / WELL & GOOD

Serves: 8–10



125g unsalted butter, softened  
¾ cup brown sugar  
1 tsp vanilla extract  
3 extra-large eggs  
2 medium bananas, mashed  
⅓ cup Well & Good RAW Potato Starch  
½ cup Well & Good RAW Teff Flour  
½ cup Well & Good RAW Quinoa Flour  
⅓ cup Well & Good RAW Corn Flour  
2 tbsp Well & Good RAW banana flakes  
½ tsp Well & Good RAW Xanthan Gum  
1 tsp gluten-free baking powder  
1 tsp bicarbonate of soda  
1 tsp ground cinnamon  
⅓ cup golden syrup  
½ cup milk  
26cm x 11cm loaf tin

Preheat oven to 160°C.

Beat butter, sugar and vanilla until light and fluffy, about 5 mins. Add eggs, one by one, beating well after each addition. Mix in mashed banana.

Sift dry ingredients and add to bowl along with golden syrup and milk. Beat well to combine, about 2 mins.

Spoon mixture into greased and lined loaf tin. Bake for 65–70 mins, or until a skewer inserted into cake comes out cleanly. Cover with foil if it browns too quickly.

Cool in tin for 10–15 mins before inverting onto wire cake rack to cool completely.

For more information visit  
[wellandgood.com.au](http://wellandgood.com.au)



Corn & Quinoa Waffles



Gluten-Free High-Protein Banana Bread



Mushroom, Almond  
& Rice Salad

to coat. Scatter over half the thyme and season. Roast 20 mins until light golden and tender.

Meanwhile, place rice and water in medium saucepan. Bring to the boil. Reduce heat to low, cover and simmer for 25 mins. Remove from heat and stand, covered, for 5 mins.

Heat remaining oil in frying pan over medium heat. Add onion and garlic, sauté for 3–4 mins until soft. Add spices and cook for 1 min until aromatic. Stir into rice with roasted pumpkin.

Place mushrooms in greased roasting pan. Divide rice mixture equally among mushrooms. Top with cheese and scatter over remaining thyme. Bake for 10–15 mins or until mushrooms are tender. Serve.

### **MUSHROOM, ALMOND & RICE SALAD**

RECIPE / SUNRICE

**Serves: 4–6 as entrée**



- 1 cup SunRice Brown Rice or Mountain Blend
- 30g butter
- 130g short-cut bacon, diced to 1cm
- 1 small brown onion, diced to 5mm
- 1 clove garlic, crushed
- 450g button or brown mushrooms
- ½ cup slivered almonds or pine nuts, toasted
- ½ tsp ground black pepper
- ½ cup flat-leaf parsley, roughly chopped
- Salt, to taste

Cook rice using packet instructions, then cool before using.

Combine butter, bacon, onion and garlic in non-stick frypan and cook over medium heat until onion is soft and translucent. Add mushroom and cook until wilted and golden.

Add almonds, rice, pepper and parsley. Fold gently with rubber spatula to combine. Season to taste.



Retaining all the goodness of Mother Nature, the nutritious bran layer of brown rice is not removed at milling, giving brown rice its unique nutty flavour and firmer texture. Health-conscious cooks enjoy SunRice's Brown Rice as it's gluten-free and delicious in hearty casseroles and mixed bean salads.

# SUNRICE

### **BAKED FLAT MUSHROOMS**

RECIPE / SUNRICE

**Makes: 8 mushrooms**



- 500g butternut pumpkin, peeled & diced
- 30mL olive oil
- 1 tbsp honey
- 8 sprigs fresh thyme
- ½ cup SunRice Brown Rice, rinsed
- 1 cup water
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- 8 flat mushrooms, stems removed
- 125g mozzarella, grated

Preheat oven to 200°C fan-forced.

Place pumpkin in greased and lined roasting pan. Combine 1 tablespoon of olive oil and honey together, spoon over pumpkin and turn

Baked Flat Mushrooms





### MEXICAN RICE SALAD

RECIPE / SUNRICE

**Serves: 8-10 as shared dish**



- 1 cup SunRice Low GI Brown Rice or SunRice Mountain Blend
- 1 tsp olive oil
- 240g dried chorizo, halved lengthways & sliced
- 1 red capsicum, diced
- 400g tin red kidney beans, drained & rinsed
- 400g tin corn kernels, drained
- 1 large ripe tomato, diced to 1cm
- 1 small red onion, diced to 5mm
- ½ cup roughly chopped coriander leaves & stems
- 3-4 tbsp lime or lemon juice
- Few shakes of Tabasco sauce, or to taste
- ½ tsp sugar
- ½ tsp ground black pepper
- Salt, to taste

Cook rice according to packet instructions, then cool before using.

Combine olive oil and chorizo in frying pan over medium heat and cook until chorizo has golden crispy edges. Set aside to cool.

Combine remaining ingredients in large mixing bowl, except salt. Add chorizo and fold gently with rubber spatula to combine. Season to taste.

### HEALTHY THAI FRIED RICE

RECIPE / SUNRICE

**Serves: 4**



- 2 cups SunRice Low GI Brown Rice
- 2 tsp peanut oil
- 2 tsp sesame oil
- 1 brown onion, finely chopped
- ½ red capsicum, chopped
- 125g baby corn, split, then halved
- 2 cups Chinese cabbage, finely shredded
- 2 garlic cloves, crushed



Mexican Rice Salad

- 1 tbsp ginger, finely grated
- 1½ tbsp finely chopped lemongrass stalk
- 2 tbsp red curry paste (check vegan if preferred)
- ½ cup frozen peas
- 3 spring onions, thinly sliced, plus extra, to serve
- 200g Thai spicy tofu, sliced (or use shredded cooked chicken)
- 1½ tbsp ketjap manis
- 2 tbsp soy sauce or tamari
- 1 cup bean sprouts
- Lime wedges, to serve

Cook rice according to directions on pack. Drain, then place in mesh sieve and rinse under

cold running water. Drain well, then spread out on tray to cool. Refrigerate for at least 1 hour.

Heat large wok over medium heat. Add oils and swirl to coat. Stir-fry onion, capsicum and corn for 4 mins, or until almost tender. Add cabbage and garlic and stir-fry 1 min longer or until vegetables are tender.

Add ginger, lemongrass and curry paste and stir-fry for 1 min longer. Add rice, peas, green onions, tofu, ketjap manis and soy sauce. Continue cooking, tossing until heated through. Add bean sprouts and toss to combine.

Divide between serving bowls and top with extra sliced spring onion and lime wedges.

For more information visit [sunrice.com.au](http://sunrice.com.au)

# QUICK DINNER SAVIOURS

You never know when friends or family may drop in unannounced and you find yourself having to provide dinner. It helps to have some ideas up your sleeve for quick and tasty meals you can make using what's in the pantry and fridge, such as Roasted Broccoli Quiche, Asian Spiced Lettuce Cups, Thai Minced Beef, Quinoa & Kale Risotto, Easy Dhal or Maple Syrup, Mustard & Chickpea Salad Cups.





### THAI MINCED BEEF

RECIPE / DANIELLE MINNEBO

This is a fresh and light dish that will take you less than 30 minutes to prepare. Make sure you use Thai basil instead of normal basil as this really makes the dish and gives it a beautiful aniseed flavour.

**Serves: 4**



- 1 tbsp olive oil
- 1 onion, finely diced
- Knob fresh ginger, finely diced
- 1 red chilli, finely diced
- 1 zucchini, finely diced
- ½ red capsicum, finely diced
- 500g beef mince
- 2 tbsp tamar sauce
- 2 tbsp fish sauce
- Handful snow peas, sliced
- Bunch Thai basil
- Cos lettuce

Heat olive oil in large frypan over medium heat.

Add onion, ginger, chilli, zucchini and red capsicum, cook for 10 mins until softened.

Add beef mince, tamar sauce and fish sauce, and cook for further 15 mins.

Remove from heat and stir through snow peas and Thai basil leaves.

Serve alongside cos lettuce leaves and top with extra fresh ginger, chilli and Thai basil leaves.

### GRILLED SALMON WITH APPLE SALAD

RECIPE / DANIELLE MINNEBO

This is my favourite recipe when I don't have a lot of time and want dinner on the table within 15 minutes. Salmon is the perfect protein for this, as it doesn't take much time to cook, just long enough to give you time to prepare your apple salad.

**Serves: 2**



- 2 salmon fillets
- 4 tbsp olive oil
- Sea salt & pepper
- 2 Gala apples, thinly sliced
- ½ red onion, thinly sliced
- ½ cup flat-leaf parsley, finely chopped
- Juice 1 lemon

Coat salmon fillets in 2 tbsp olive oil and season with sea salt and pepper.

Heat frypan over medium heat and add both salmon fillets skin side down. Cook for 5 mins until skin is crisp. Turn salmon fillets and cook for a further 3 mins on other side.

While salmon is cooking, prepare apple salad. Make sure apples are thinly sliced into matchstick pieces. Add these to bowl along with red onion, flat-leaf parsley, lemon juice and 2 tbsp of olive oil. Season with sea salt and pepper and mix together until well combined.

Serve salad on plate and top with grilled salmon. Enjoy!

### QUINOA & KALE RISOTTO

RECIPE / DANIELLE MINNEBO

Quinoa is a nice alternative to rice in making risotto and it provides a much richer source



In the time it takes your salmon to cook you can prepare your apple salad.

Danielle's Grilled Salmon with Apple Salad

of nutrients. Plus, it's higher in protein, fibre, magnesium, iron, folate and zinc.

**Serves: 4**



- 2 tbsp olive oil
- 1 onion, finely diced
- 1 garlic clove, crushed
- 1 tsp fresh thyme leaves
- 1 cup quinoa
- 750mL vegetable stock
- 2 cups kale, chopped
- Handful roasted almonds, chopped

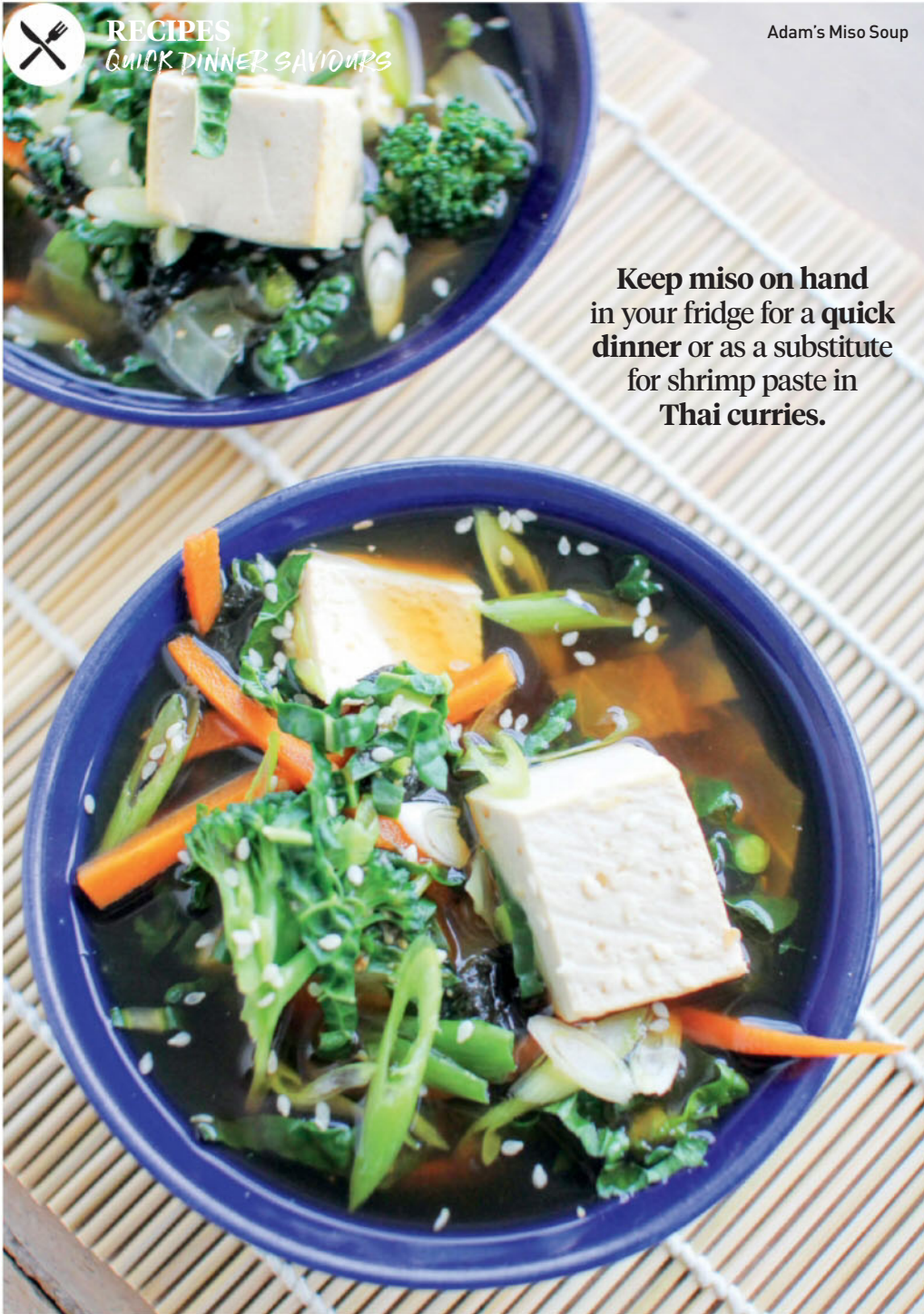
Heat olive oil in large saucepan over medium heat, add onion, garlic and thyme. Cook for 10 mins until softened, add quinoa and cook for a further 5 mins. Reduce heat to low, add vegetable stock, cover with lid and cook for 25 mins.

You'll know it's ready when quinoa has absorbed most stock. Add kale and cook until softened.

Remove from heat and serve topped with roasted almonds.



Danielle's Quinoa & Kale Risotto



Keep miso on hand in your fridge for a quick dinner or as a substitute for shrimp paste in Thai curries.

some grated vegetables, though, as your body needs fresh vegies!.

**Serves: 4**



- 1 packet wholemeal spaghetti
- 1 onion, finely diced
- 2 garlic cloves, finely chopped
- 4 tomatoes, roughly chopped
- ¼ cup vegetable stock
- 1 bunch basil, leaves roughly chopped
- Salt & pepper, to taste
- ¼ cup nutritional yeast

Bring pot of water to boil and add pasta. Cook according to instructions on packet.

While pasta is cooking, heat large frying pan, add onion and garlic and sauté until soft and caramelised.

Add tomato, stir and cook for a few mins until soft, then add vegetable stock, stir and reduce until liquid is almost evaporated.

Add basil and cooked and drained spaghetti. Stir, add salt and pepper to taste.

Serve in bowls and sprinkle some nutritional yeast over pasta.

**MAPLE SYRUP, GRAIN MUSTARD & CHICKPEA SALAD CUPS**

RECIPE / ADAM GUTHRIE

A quick dinner for me is chop, chop, chop, then to a bowl and stir. You can eat this dish in a lettuce cup or you can just add the lettuce to the other ingredients and have it as a big bowl of salad. Don't limit yourself in ingredients. Use whatever fresh vegetables or nuts you have available — they all work.

**Serves: 4**



- Juice ½ lemon
- 1 apple, chopped into bite-sized pieces
- 1½ cups cooked chickpeas
- 1 cucumber, cut into bite-sized pieces
- 1 large tomato, finely diced
- ¼ red onion, thinly sliced into crescents
- 1 clove garlic, finely sliced

**MISO SOUP**

RECIPE / ADAM GUTHRIE

We always have miso paste in our fridge. Not only does it make an excellent quick dinner, you can use the miso paste as a substitute for shrimp paste to make Thai curry paste.

**Serves: 4**



- 250g firm tofu, cut into bite-sized cubes
- 4 tbsp dark miso paste
- 1 small broccoli, head & stem sliced
- ½ small white cabbage, sliced
- ½ small red cabbage, sliced
- 1 carrot, cut into matchsticks
- 1 stick celery, thinly sliced
- 1 sheet nori paper
- 4 stems kale, shredded
- 1 spring onion, thinly sliced
- 1 tbsp sesame seeds

Preheat oven to 200°C.

Place tofu cubes on tray lined with baking

paper in oven for about 10–15 mins.

Add miso paste to ½ cup of water and mix well to dissolve.

In pot, add 1L of boiling water and turn on heat.

Add broccoli stems, cabbage, carrot and celery and bring to boil. Once boiling, tear one sheet of nori paper and add to soup. Add broccoli florets and turn off heat.

Add baked tofu and stir.

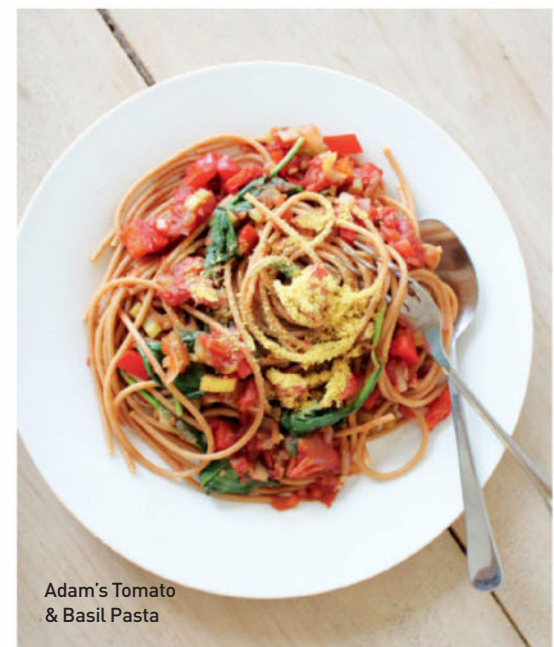
Add dissolved miso and kale. Don't boil, just stir.

Top with sliced spring onion and sesame seeds and serve.

**TOMATO & BASIL PASTA**

RECIPE / ADAM GUTHRIE

A favourite fast-dinner option in our house is always pasta. What can be quicker and easier than adding pasta to a pot of water, sautéing some onion and garlic with tomato, then tossing it through the cooked pasta. If you are really short on time you can pour over a jar of shop-purchased tomato sauce (please add



Adam's Tomato & Basil Pasta

# Heritage DIPS

Made Real. Made Here.



SINCE **Chris'** 1982

## Why decant a dip when you can plate up?

Gourmet Dips in Real European Terracotta Pots.

The gourmet range includes four enticing flavour combinations such as Blue Cheese, Fig & Pistachio, Vintage Cheddar & Caramelised Onion, Smoked Gouda & Roasted Almond and Vintage Cheddar & Marinated Onion.

Chris' range of gourmet Heritage Dips makes entertaining easy!

Selected range available at Coles, Woolworths and some independent grocers.





Adam's Maple Syrup, Grain Mustard & Chickpea Salad Cups

- ½ large avocado, chopped into bite-sized pieces
- ½ handful fresh coriander leaves, roughly chopped
- ¼ cup walnuts
- 1 tbsp grain mustard
- ½ tbsp maple syrup
- Salt & pepper, to taste
- 1 iceberg or butter lettuce, (cup-shaped for serving)

Squeeze lemon juice over apple to prevent browning.

Combine all ingredients in large bowl and toss together.

Serve in lettuce leaf cups.

**NO-FUSS ROASTED BROCCOLI QUICHE**  
RECIPE / CHRISTIE CONNELLY

This clever recipe is inspired by something a friend of a friend makes. It uses puff pastry as the base, which makes it super-quick. I know it's not traditional, but sometimes dinner beckons from the depths of the freezer and the pantry.

**Serves: 4**



- 1 head broccoli florets
- 2 tbsp cold-pressed olive oil
- 1 sheet puff pastry
- 4 eggs
- ½ cup sour cream
- 1 cup Greek-style yoghurt
- 2 tbsp grainy mustard
- Salt & pepper, to taste
- 120g feta cheese

Heat oven to 190°C.

Place broccoli florets on roasting tray with olive oil. Mix to coat. Bake for 10 mins until tender and starting to char at edges.

Grease 20cm round cake tin or pie dish and press in sheet of pastry. Pinch around edge if it hangs over sides. Put roasted broccoli into pastry shell.

Combine eggs, sour cream, yoghurt and mustard in large bowl and whisk well. Season with salt and pepper and crumble in half the feta cheese. Stir gently. Pour mixture over broccoli.

Sprinkle remaining feta on top and bake on middle shelf for 35–40 mins until puffed and golden and set in centre. Turn out, cool slightly, then slice and serve.

**TOFU SCRAMBLED "EGGS"**

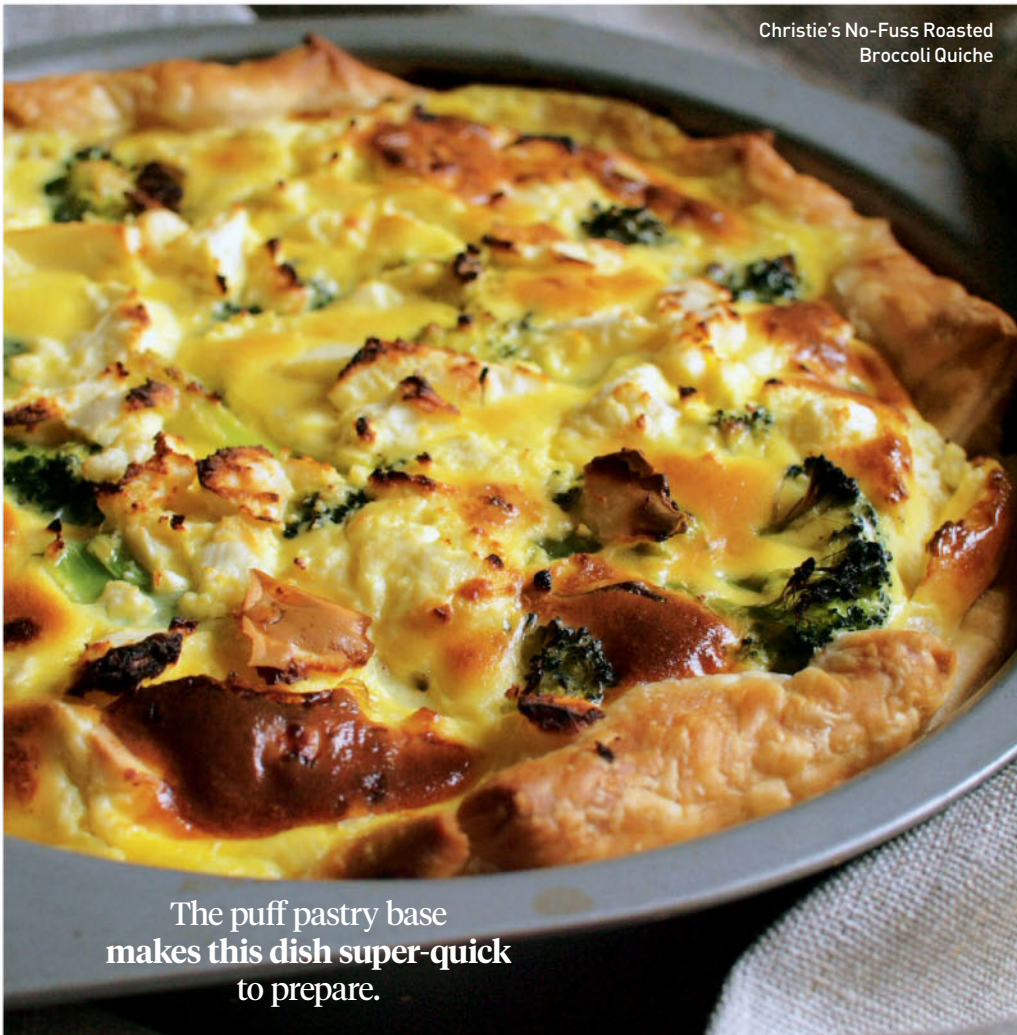
RECIPE / CHRISTIE CONNELLY

Breakfast for dinner — is there anything better? You are likely have a packet of tofu in the fridge, and some bread and spices in the pantry. If so, dinner is done. You will be pleasantly surprised how much the texture feels like scrambled eggs. If you want a more dinner-like dish, skip the bread and serve with rice and Asian greens.

**Serves: 4**




- 350g firm tofu, sliced into thick wedges
- 2 tbsp almond milk

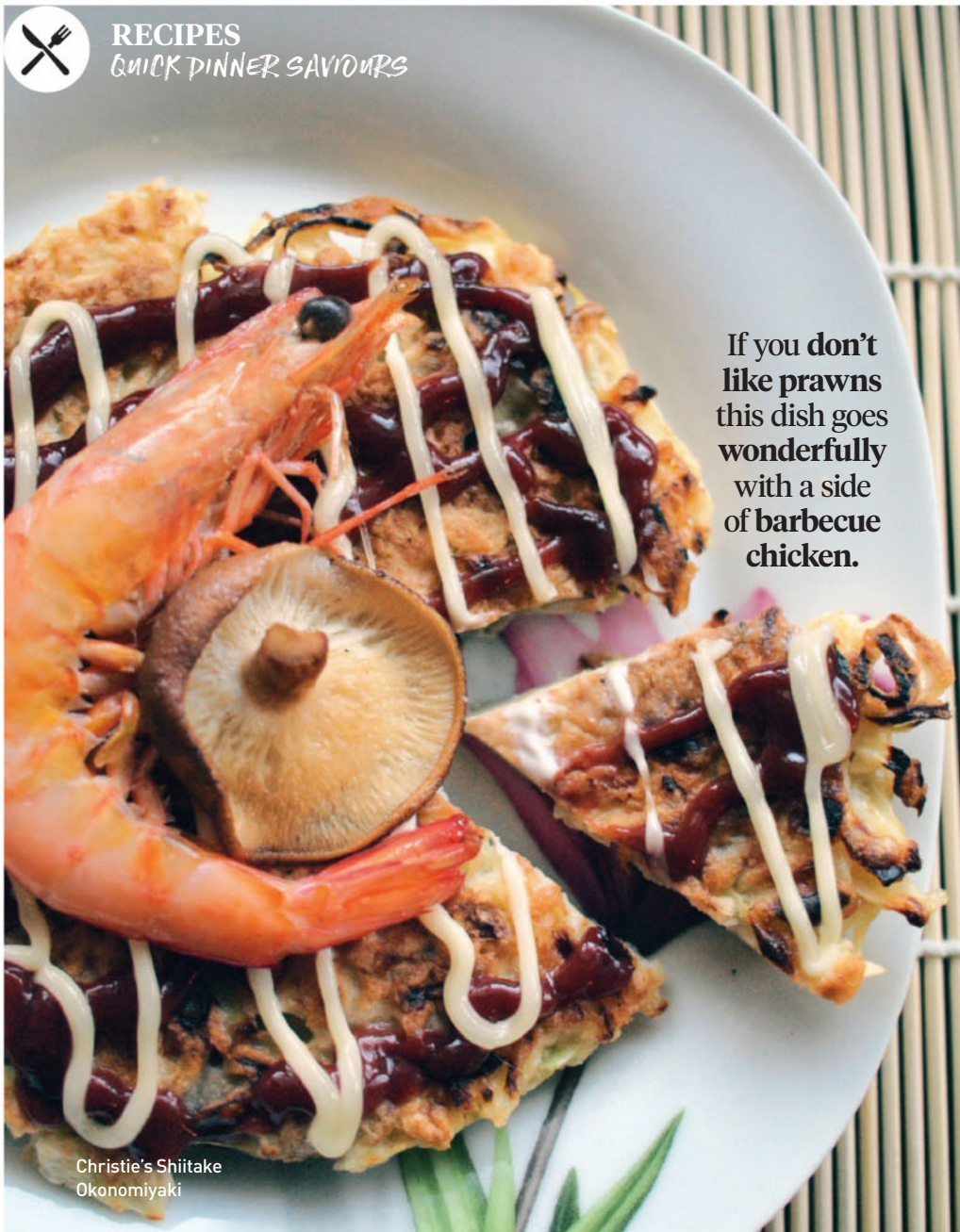


Christie's No-Fuss Roasted Broccoli Quiche

The puff pastry base makes this dish super-quick to prepare.

A top-down view of a plate of food. The plate is dark grey with a black rim and sits on a light green woven placemat. The main dish consists of two slices of toasted bread topped with a generous amount of bright yellow, fluffy scrambled tofu. The tofu is garnished with a single slice of red tomato and several small green microgreens. To the left of the bread are three more slices of red tomato. To the right of the bread is a portion of fresh green broccoli. In the background, a light green napkin is folded, and a glass of water with a lemon slice is partially visible.

To make this even **more** “dinner-like” you can ditch the bread and serve with rice and Asian greens.



Christie's Shiitake  
Okonomiyaki

If you don't like prawns this dish goes wonderfully with a side of barbecue chicken.

- 1 small brown onion, finely chopped
- 2 tbsp cold-pressed olive oil
- 2cm piece fresh turmeric root, peeled & grated
- ¼ tsp ground turmeric
- Toast or rice & greens, to serve

Place tofu on clean teatowel, cover and pat to dry thoroughly. You want to remove excess moisture so tofu doesn't leak water in the pan. Place tofu on large plate and spoon over almond milk. Mash with fork until very crumbly. Set aside.

Place onion in medium frying pan with olive oil. Cook over medium heat for 2–3 mins until translucent and starting to brown. Add grated turmeric, ground turmeric and crumbled tofu.

Turn heat to high and cook, stirring constantly for 2 mins until tofu is coloured yellow and piping hot.

Serve immediately with toast or rice.

### SHIITAKE OKONOMIYAKI

RECIPE / CHRISTIE CONNELLY

With just a few ordinary pantry ingredients you can be quickly transported to Japan any night of the week! Use fresh shiitake mushrooms if you can get your hands on them, but for

a quick dinner saviour, the dried ones can't be beaten. Pick up some cooked prawns from your local fishmonger to add a gourmet protein element, with zero cooking.

**Makes: 2 x 15cm pancakes**



- 6 dried shiitake mushrooms
- 2 cups white cabbage, finely shredded
- 2 eggs
- ½ cup plain flour
- ⅓ cup cold water
- Pinch salt & white pepper
- 2 tbsp coconut oil

### Okonomiyaki Sauce

- 3 tbsp tomato sauce
- 1 tbsp Worcestershire sauce
- 1 tsp soy sauce

### Toppings

- Mayonnaise
- Okonomiyaki sauce (recipe below)
- Cooked prawns (optional)

Place shiitake mushrooms in bowl and pour over boiling water from kettle. Soak for 10 mins then drain and finely slice. Place cabbage

and mushrooms in large bowl. Crack eggs over vegetables and add flour, water, salt and pepper. Mix with chopsticks or two forks until well combined and all ingredients are lightly coated in batter.

Heat 1 tbsp oil in heavy-based frying pan over medium heat. Add half of mixture, then shape in circle and flatten to about 2cm thick. Cook for 5 mins until golden and crispy, then carefully flip and cook for another 5 mins. Remove and keep warm. Repeat with remaining oil and pancake mixture.

To make the okonomiyaki sauce, mix tomato sauce, Worcestershire sauce and soy sauce together in small bowl.

To serve, drizzle pancakes with mayonnaise and okonomiyaki sauce in criss-cross pattern. Garnish with cooked prawns and serve.

### STUFFED BAKED POTATOES

RECIPE / GEORGIA HARDING

This dish is perfect for a last-minute dinner. It's super-versatile and a great "throw in the oven and forget" type of meal.

**Serves: 4**



White or sweet potato, well washed & pricked a few times

Butter or olive oil

Your choice of fillings: grated cheese, sour cream or natural yoghurt, leftover curry, casserole, bolognese, nacho sauce, meat, baked beans, garlic mushrooms, your favourite dip, sauerkraut or kimchi

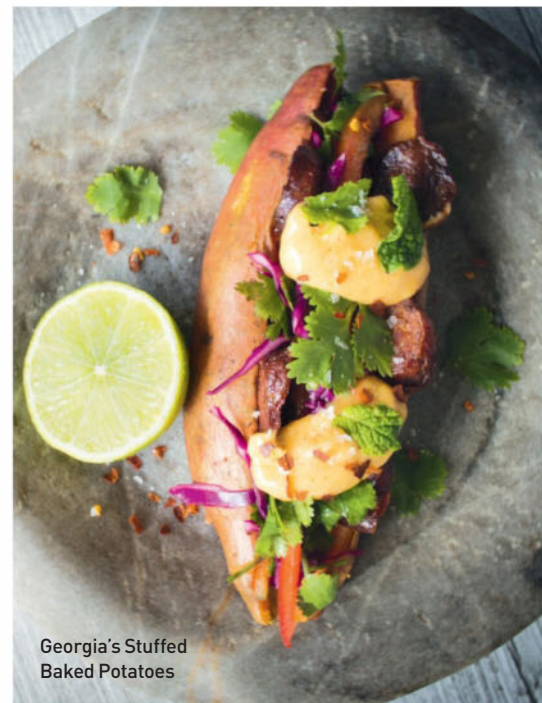
Handful salad greens

Toasted seeds, to serve

Preheat oven to 180°C.

Place potatoes in oven for 40–60 mins (depending on size). They are cooked when soft in middle when pierced with knife. If there's a vast size difference, add biggest ones first and smaller ones 15 mins or so later.

Cut cross on top, push apart, add dollop of butter or drizzle of olive oil and fill with fillings.



Georgia's Stuffed  
Baked Potatoes



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**YOUR TEA**



## ASIAN SPICED LETTUCE CUPS

RECIPE / GEORGIA HARDING

This is such an easy-to-make, fast, nutritious meal with lots of fresh Asian flavours. Kids love putting it together, so serve it buffet style and let them choose a lettuce cup, then they can fill and roll it themselves.

**Serves: 4-6**



- 1 tbsp coconut oil
- 500g turkey or chicken mince
- 1 red onion, halved & thinly sliced
- 1 clove garlic, crushed
- 1-2cm ginger, finely grated
- 1 cup mushrooms, shiitake or Swiss brown, sliced
- 2-3 carrots, diced or julienned
- 1 red capsicum, julienned
- 1 red chilli, seeded & diced (optional)
- 1 tbsp fish sauce
- 1 tbsp sweet chilli sauce
- 1 tbsp tamari sauce
- ¼ cup cashew nuts, toasted
- Juice 1 lime
- Handful Thai basil, leaves picked
- Handful Vietnamese or regular mint, leaves picked
- Handful coriander, leaves picked
- 1 iceberg or butter lettuce, leaves separated

In wok or large pan, heat coconut oil. Add mince, onion, garlic and ginger, increase heat and cook,

stirring constantly until mince is cooked (about 5 mins).

Add mushroom, carrot, capsicum and chilli. Continue to stir for a few more mins, then add fish sauce, sweet chilli sauce and tamari sauce.

Stir through to coat mince well, then turn off heat.

Stir in cashews, lime juice and fresh herbs.

Place wok or pan on table to self-serve.

Break lettuce into leaves and arrange on plate.

To serve, place mince in lettuce cup, fold and enjoy.

## QUICK & EASY DHAL

RECIPE / GEORGIA HARDING

This quick and easy dhal recipe is great for a last-minute meal as I always have the ingredients in the pantry. It's my backup when I forget to take meat from the freezer or if the day escapes me. Serve it with rice or quinoa and a big leafy salad, or some steamed vegetables, and you have a nutritionally balanced meal.

**Serves: 4-6**



- Coconut oil or ghee
- 1 large onion, finely diced
- 2 large cloves garlic, crushed
- 2-3cm piece ginger, finely diced
- 1 tsp cumin seeds
- 1 tsp ground cumin
- 1 tsp ground coriander

- 2 tsp mustard seeds
- 2 tsp garam masala
- 1 tsp ground turmeric
- 1 large carrot, grated
- 1 small zucchini, grated
- 350g tin tomatoes, roughly chopped, or 1 tin diced tomatoes
- 1 cup red lentils
- 400g tin coconut milk
- 1½ cups water, or chicken or vegetable stock
- 3 tbsp almond meal
- 1 tsp sea salt (or more to taste)
- Black pepper, to taste
- Bunch coriander, roughly chopped
- Juice & zest 1 lime, to finish
- 5-6 curry leaves (optional)
- Cooked brown rice or quinoa, to serve
- Dried chilli, to serve

In medium-sized pot over low-moderate heat, add a little coconut oil or ghee. Sauté onion, garlic, ginger and spices for 2-3 mins.

Add grated carrot, zucchini, tomato, lentils, coconut milk, water (or stock) and almond meal. Season well, stir and leave to simmer for 15-20 mins until lentils are cooked and most moisture is absorbed.

Finish with coriander leaves and lime.

Season again if necessary (sea salt lifts the flavours in this so make sure you add it).

I always serve this with brown rice or quinoa and either fresh or dried chilli.



This easy and  
delicious dhal  
is great for a  
last-minute meal.





Brie, Fig & Vintage Cheddar Grazing Platter

# CHRIS' DIPS

## DIY HERB PLANTERS USING CHRIS' TERRACOTTA POTS

Our favourite things about our Heritage Dips & Desserts is the fact that our signature European terracotta pots can be reused in so many different ways! We love to use the pots by planting succulents, herbs or flowers and plants in them. These can be placed on tabletops, around the house or in the garden.

**Your favourite herbs, flowers or succulents**  
3-4 empty Chris' terracotta pots (with a hole drilled into the bottom for water to release)

**Good-quality potting soil**

Remove plant, flower or succulent from plastic pot.

Take one of Chris' pots and place plant inside, filling with extra potting soil.

Water a little and place on windowsill or around your home or garden.

**Tip:** You can paint the pot any colour for a different look and feel or simply keep as is in the traditional terracotta colour.

## BRIE, FIG & VINTAGE CHEDDAR GRAZING PLATTER

RECIPE / CHRIS' DIPS

**Serves: 4-6**



**Chris' Heritage Vintage Cheddar & Caramelised Onion Dip**

1 packet crackers

Handful figs

1 packet Brie cheese

Handful grapes

Place Chris' Heritage Vintage Cheddar & Caramelised Onion Dip in centre of serving board or platter.

Arrange other ingredients around dip and serve.



Our range of Heritage Gourmet Dips come in real terracotta pots ready to be served for any occasion! Foodies will be spoilt for choice with the tempting range of premium cheese dips with quality local ingredients that perfectly complement great wines, craft beers and seasonal produce.





Warm Pear Salad with Blue Cheese Dressing

**WARM PEAR SALAD WITH BLUE CHEESE DRESSING**

RECIPE / HEALTHY NATTY FOR CHRIS' DIPS

**Serves: 2**

GF O V

- Olive oil spray
- 2 pears, sliced thick
- ½ cup walnuts
- 3 cups rocket
- ½ pot Chris' Heritage Blue Cheese, Fig & Pistachio Dip
- 1 tbsp water

Spray griddle pan with olive oil and grill pears until tender (if you don't have a grill, would also work on BBQ).

While pears grill, toast walnuts in dry pan on low heat, being careful not to burn. It should take 5-8 mins.

On serving board or plate, arrange rocket to cover evenly.

Top with pears.

Mix Chris' Blue Cheese, Fig & Pistachio dip with tablespoon of water. Stir well and pop in microwave for 30 secs to warm through.

Drizzle dip mix over salad and sprinkle with toasted walnuts.

**PROSCIUTTO, PISTACHIO & APRICOT GRAZING PLATTER**

RECIPE / CHRIS' DIPS

**Serves: 4**

O

- Chris' Heritage Blue Cheese, Fig & Pistachio Dip
- Few slices prosciutto
- Handful dried apricots
- Handful pistachios
- 1 packet crackers

Place Chris' Heritage Blue Cheese, Fig & Pistachio Dip in the centre of serving board or platter.

Arrange other ingredients around dip and serve immediately.

**For more information visit [eatloveshare.com.au](http://eatloveshare.com.au)**



Prosciutto, Pistachio & Apricot Grazing Platter



Slow Food Mildura's  
Citrus & Murray River  
Salt-Cured Murray Cod

To serve, remove Murray cod from cure and wipe clean. Slice Murray cod thinly and arrange flat and evenly on plate. Dress with capers, pomegranate seeds, lemon or lime segments and drizzle of extra virgin olive oil. Finish with cracked pepper and Murray River Gourmet Salt Flakes.

**BBQ CAPE GRIM SIRLOIN WITH CHIMICHURRI & ROCKET SALAD**

RECIPE / THE BBQ COOKING SCHOOL

**Serves: 4**



**Chimichurri**

- ½ bunch coriander, leaves & stems, chopped
- ½ bunch flat leaf parsley, leaves, chopped
- 2 garlic cloves, finely grated
- Juice & zest 1 lemon
- 1 long red chilli, chopped
- 1 tsp ground cumin
- 2 tsp red-wine vinegar
- Salt & pepper, to taste

**Rocket Salad**

- 500g rocket leaves
- 1 punnet cherry tomatoes, quartered
- Murray River Gourmet Salt Flakes, plus extra
- Freshly cracked black pepper, plus extra
- 2 tbsp Pukara Estate Caramelised Balsamic Vinegar

- 4 x 250g Cape Grim sirloin steaks
- Oil
- Lemon wedges, to serve

Pre-heat BBQ until hot.

For chimichurri, add coriander, parsley, garlic, lemon juice and zest, chilli, cumin and red wine vinegar to small blender jug and blend together until combined but still a little chunky. Season, then set aside.

To make the salad, add rocket and cherry tomatoes in a bowl, season with salt and pepper and set aside.

To cook steak, coat steaks in oil, Murray River Gourmet Salt Flakes and cracked black pepper, then allow excess oil to drain off steak. Place steak on BBQ grill; for medium-rare, cook for 2 mins, then turn steak a quarter turn with raw side still facing up to achieve crisscross lines. Continue to cook steak, wait for the tiny drops of moisture to form on surface, then turn over, cook for half as long as first side, then remove and place on BBQ resting rack for 5 mins.

To finish salad, add balsamic and toss gently.

To serve, place steak on serving plate, arrange portion of salad next to steak, sprinkle with salt and add lemon wedges to the dish.

**BBQ MURRAY RIVER PINK SALT & FENNEL SQUID**

RECIPE / THE BBQ COOKING SCHOOL

**Serves: 4**



- 4 medium-sized whole squid tubes, cleaned with wings left on
- 1 tbsp fennel seeds, toasted
- 2 tbsp Murray River Gourmet Salt Flakes, plus extra

# MURRAY RIVER SALT



Murray River Gourmet Salt Flakes are produced from the pristine mineralised brines found in the ancient saline aquifers in the Murray-Darling Basin. The stunning pale pink salt flakes are packed with minerals, in particular magnesium and calcium.

**SLOW FOOD MILDURA'S CITRUS & MURRAY RIVER SALT-CURED MURRAY COD**

RECIPE / SLOW FOOD MILDURA

**Serves: 15**



**The Cure**

- 1kg Murray cod fillets
- 200g fine white cooking salt
- 15g ground fennel seeds
- 10g ground star anise
- Zest & juice 3 oranges
- Fresh thyme
- Basil leaves
- 1 pomegranate
- 20g baby capers
- 1 lemon or lime, quartered
- Extra-virgin olive oil
- Freshly ground black pepper
- Murray River Gourmet Salt Flakes

To cure, place Murray cod in trays skin side down. Sprinkle with half of the salt and all fennel and star anise. Arrange orange zest, thyme and basil on top. Cover with orange juice and sprinkle the remaining salt. Cover and press with a weighted tray and leave in the refrigerator for 3 days.



BBQ Cape Grim Sirloin with  
Chimichurri & Rocket Salad

Juice & zest 1 lime  
Extra-virgin olive oil  
3 red chillies, deseeded & sliced  
½ bunch mint, roughly chopped  
Salt & freshly cracked black pepper  
1 lime, cut into wedges, to serve

Pre-heat BBQ to high with hood down.

To prepare squid, cut in half lengthways and scrape inside of tubes with knife to clean. Score inside of tubes in a crisscross fashion, then cut into pieces.

In mortar and pestle, grind fennel seeds into chunky powder, add 2 tbsp Murray River Gourmet Salt Flakes and gently mix together.

Sprinkle fennel and salt mix over squid, making sure it gets into all cuts, and set aside for 15 mins.

Combine juice of 1 lime in bowl with 3 times as much extra-virgin olive oil and whisk together. Stir in lime zest, chilli, mint and a pinch of salt and pepper.

Open BBQ hood and turn BBQ to medium heat. Place squid on BBQ grill and cook for 4–5 mins turning every minute to ensure an even char. Once cooked, remove from BBQ and place in bowl with dressing, toss gently to combine, then serve with lime wedges.

**For more information visit**  
[murrayriversalt.com.au](http://murrayriversalt.com.au)



BBQ Murray River  
Pink Salt & Fennel Squid

# FRENCH STYLE

French cuisine is renowned for its finesse and flavour, but it's also about meals that can be shared and enjoyed in company. So incorporate a little Gallic style into your dining with dishes like Leek & Potato Soup with Asparagus Croutons, Mushroom & Goat's Cheese Baguette Boat, Vegan Nut Cheese, and Crepes with Spiced Plum Syrup.



Lisa's Orange & Cinnamon  
Poached Pear with Vanilla  
Bean Baked Custard

## ORANGE & CINNAMON POACHED PEAR WITH VANILLA BEAN BAKED CUSTARD

RECIPE / LISA GUY

This beautiful dessert is a healthy version of an old-time favourite. Cinnamon is a beautiful, warming herb that helps stimulate digestion and has been found to help keep blood sugar levels balanced. Orange peel is abundant in flavonoids, which act as powerful antioxidants, have anti-inflammatory action and aid vitamin C function in the body. Flavonoids found in orange peel have been found to help reduce the risk of skin and lung cancer. Orange peel is also rich in vitamins C and A, two important immune-strengthening nutrients.

**Makes: 4 custard dishes**



### Pears

3 tbsp maple syrup or raw honey

1 tsp vanilla bean paste

Rind of small orange

1 cinnamon stick

4 small pears, peeled

2 cups cream

2 eggs

1 egg yolk

3 tbsp maple syrup or raw honey

1 tsp vanilla bean

Cinnamon, to sprinkle

Preheat oven 150°C.

To make pears, heat 4 cups of cold water, maple syrup or honey, vanilla bean, orange rind and cinnamon in saucepan over medium heat. Add pears and simmer for 20 mins until pears start to become tender. Remove from saucepan and set aside.

Place cream in medium saucepan on medium heat, until it starts to boil.

In medium bowl, whisk eggs, maple syrup or honey, and vanilla until well combined.

Slowly pour heated cream into egg mixture, whisking well.

Pour mixture into 4 individual ovenproof dishes.

Place dishes on baking tray and bake in oven for around 45 mins, until custard is set.

Sprinkle custards with cinnamon, then pears down middle and place on top.

### OLIVE & FIG TAPENADE

RECIPE / LISA GUY

Olives are a wonderful source of heart-healthy mono-unsaturated fats that can help lower cholesterol levels, and contain the antioxidant vitamin E. This tapenade makes a delicious appetiser served with crackers, crusty bread and cheese. It also makes a tasty pizza spread.

**Makes: 1 cup**



1½ cup pitted Kalamata olives

2 tbsp capers

2 cloves garlic

5 dried figs

1 tsp dried thyme

Juice ½ small lemon

¼ cup olive oil

Pinch sea salt & pepper

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



Lisa's Olive & Fig Tapenade

This tapenade will keep well in a glass jar in the fridge for up to 2 weeks.

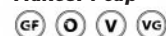
### VEGAN NUT CHEESE

RECIPE / LISA GUY

This vegan cheese is a delicious alternative for anyone following a vegan diet or who can't eat dairy. Nutritional yeast, which is usually grown on whey or blackstrap molasses, gives this vegan cheese a cheese-like flavour. It also gives a super boost in a variety of nutrients including protein, iron, selenium, zinc and B vitamins. A lot of nutritional yeasts are also fortified with

vitamin B<sub>12</sub>. Cashews provide plenty of protein, zinc, magnesium and healthy fats, making this a wonderful and healthy vegan cheese!

**Makes: 1 cup**



1 cup raw cashews, soaked for 2 hours or overnight, drained

2 heaped tbsp nutritional yeast

2 tsp lemon juice

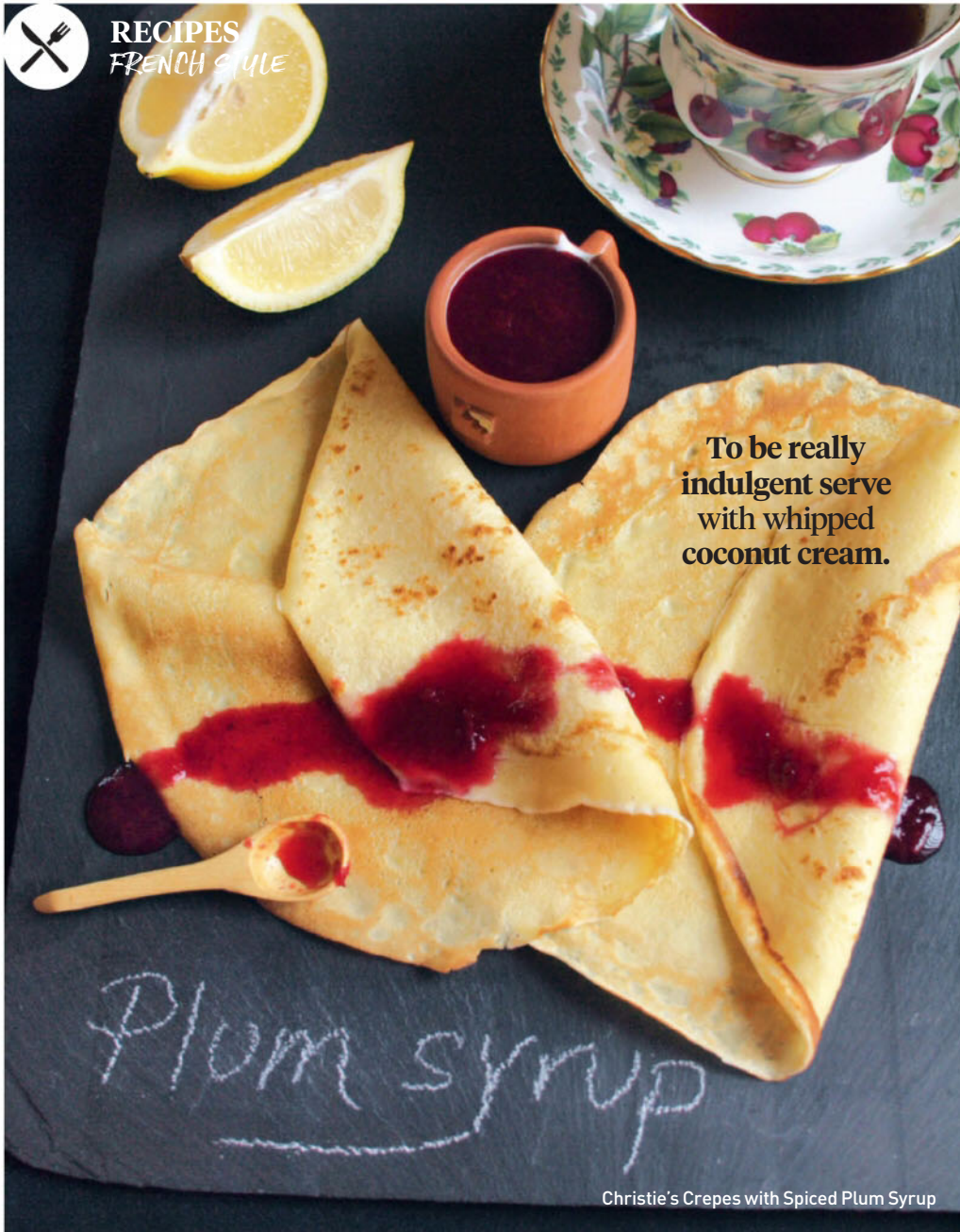
½ tsp salt

¼ cup water

1 tbsp fresh chives, finely chopped (optional)



Lisa's Vegan Nut Cheese



To be really indulgent serve with whipped coconut cream.

Christie's Crepes with Spiced Plum Syrup

Place all ingredient in food processor and blend until thick, creamy and well combined.  
For a thicker cheese, use slightly less water.  
Store cheese in airtight container in fridge for 7 days.

**CREPES WITH SPICED PLUM SYRUP**

RECIPE / CHRISTIE CONNELLY

My favourite way to eat crepes is with a simple squeeze of lemon and a little raw sugar. But sometimes it's nice to have a delicious syrup to go with them. Serve with whipped coconut cream for the ultimate indulgence.

**Makes: 20 crepes**



**Crepes**

- 2 cups plain flour
- 2 1/2 cups milk of choice
- 4 eggs
- 2 tsp caster sugar
- Pinch of salt
- Butter, for greasing pan

**Syrup**

- 800g plums or 2 x 825g tinned plums, drained, pitted & roughly chopped
- 2 tsp vanilla bean paste or pure extract
- 1/4 cup agave syrup or honey
- 1 tbsp orange zest
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tsp tapioca flour, to thicken (optional)

Place all crepe ingredients in large bowl and whisk like mad until smooth. Set aside for 30 mins at room temperature to rest.

Make syrup while batter is resting. Combine all ingredients in heavy-based pot and add 1 1/2 cups cold tap water. Bring to the boil over high heat and boil rapidly for 5 mins, stirring occasionally. Turn down heat to medium and simmer, stirring constantly, for 10-15 mins, until colour darkens and mixture thickens. If you want a thicker syrup, mix tapioca with 1 tbsp water to form a paste, then stir in and cook for 1 min more. Keep warm.

Brush crepe pan with melted butter and place over medium heat. Ladle in enough batter to almost coat bottom, then tilt and swirl pan to make batter cover pan in thin layer.

Cook for 10-20 secs (this will depend on pan and heat source) until underside is golden-brown. Flip and cook other side for 10 secs, then slide onto plate. Keep warm.

Repeat with the remaining batter to form 20 crepes.

Serve with plum syrup.

**CINNAMON & OAT MILK FRENCH TOAST**

RECIPE / CHRISTIE CONNELLY

This is quite a stretch from the original recipe, but it's fun to make over a dish with healthy ingredients; this allows you to enjoy it more often. I've used kiwifruit in the photo, but most fruit works well, such as strawberries, plums, banana or blueberries.

**Serves: 4**



Christie's Cinnamon & Oat Milk French Toast

Love your salt!

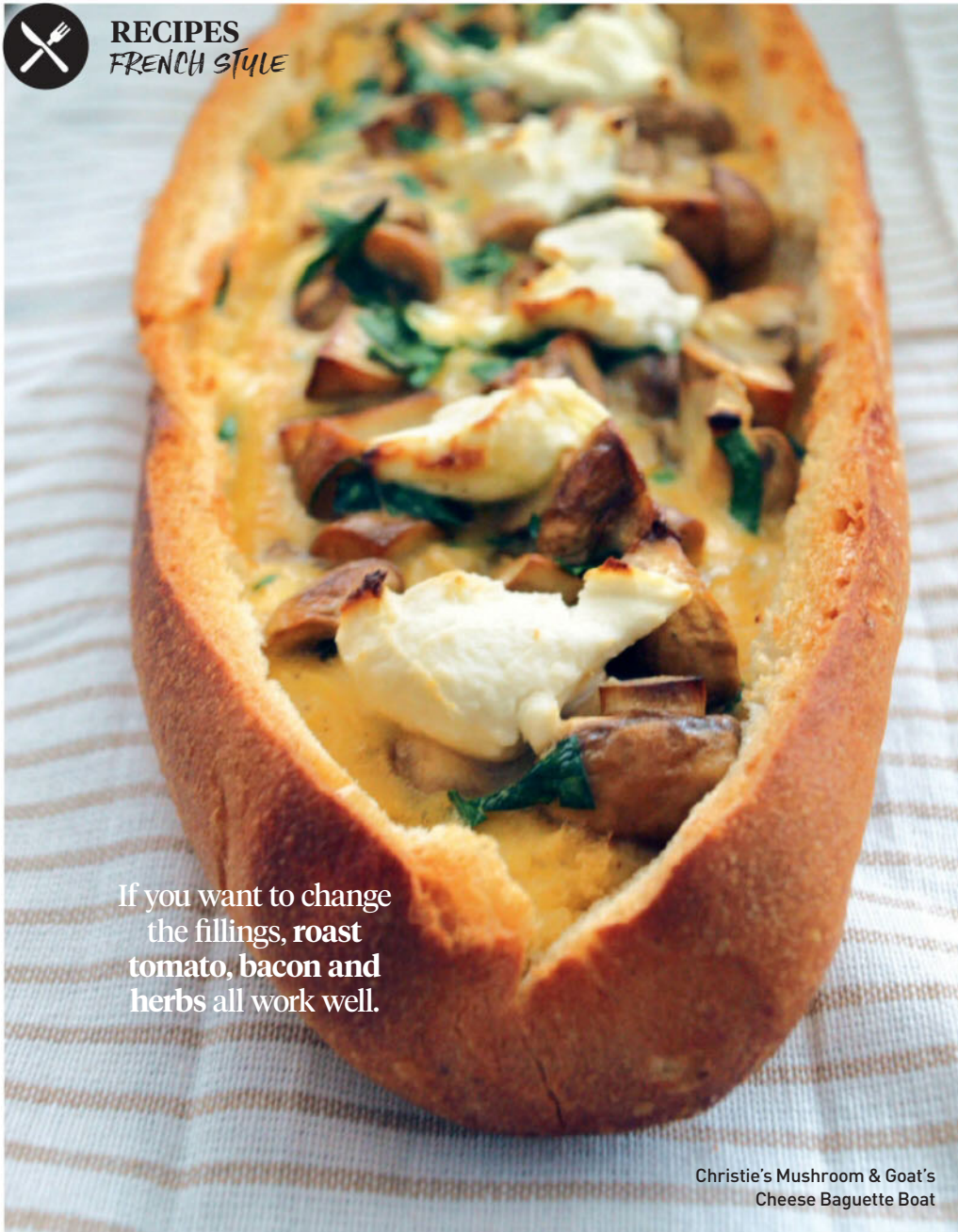


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If you want to change the fillings, roast tomato, bacon and herbs all work well.

Christie's Mushroom & Goat's Cheese Baguette Boat

- 1 cup oat milk
- 2 eggs
- ½ tsp cinnamon
- 1 tbsp brown sugar or coconut sugar
- 8 tbsp coconut oil
- 4 slices thick bread
- Fresh fruit & maple syrup, to serve

Whisk together oat milk, eggs, cinnamon and brown sugar in large bowl. Set aside.

Heat 2 tbsp of oil in a large frying pan. Dip one slice of bread into egg/oat milk mixture until fully soaked. Drain off excess, then place in hot frying pan — this is easiest if you use a flat metal spatula with vertical slits, as the bread will be quite soggy.

Fry for 2 mins on each side until crisp and golden-brown. Drain on paper towel and keep warm. Repeat with remaining slices of bread.

Serve warm with fresh fruit and a little maple syrup.

### **MUSHROOM & GOAT'S CHEESE BAGUETTE BOAT**

RECIPE / CHRISTIE CONNELLY

This is the perfect weekend breakfast for a crowd. No fiddly toast to deal with — simply fill the baguettes and bake, then slice and serve. Change the fillings to suit your taste: roast tomato, bacon or herbs all work well.

**Serves: 2**



- 1 baguette (French stick)
- 2 tbsp butter
- 10 button mushrooms, quartered
- 8 large eggs
- 3 tbsp pure cream
- 1 tbsp flat-leaf parsley, finely chopped
- Salt & pepper, to taste
- 100g goat's cheese

Heat oven to 180°C.

Prepare baguette by cutting a deep V along centre lengthways, without cutting all the way through. Use your fingers to pull out fluffy bread and make a cavity. Place on baking tray lined with non-stick paper.

Melt butter in frying pan over medium heat and cook mushrooms for 5 mins until browned and tender. Set aside.

Whisk eggs and cream together. Add mushrooms and parsley. Season with salt and pepper and whisk until well combined.

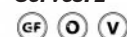
Pour into baguette and crumble goat's cheese over the top. Bake for 20–25 mins until puffed and golden. Allow to cool for 5 mins, then slice and serve.

### **LEEK & POTATO SOUP WITH BAKED ASPARAGUS "CROUTONS" & DILL OIL**

RECIPE / MEG THOMPSON

When I lived in France I discovered the importance of butter! This recipe includes only a modest amount by French standards, but still it brings a richness and depth to the soup. Organic butter provides a good source of vitamins A and D in a form that is well absorbed by the body.

**Serves: 2**



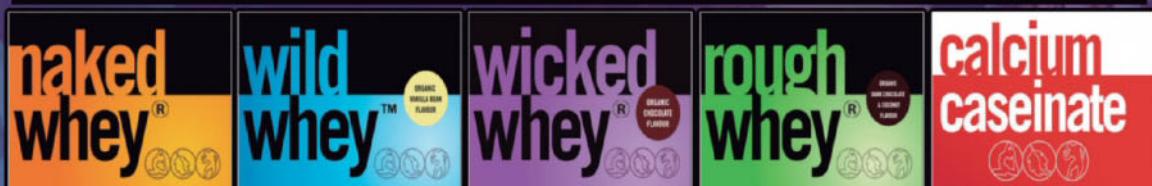
Meg's Leek & Potato Soup with Baked Asparagus "Croutons" & Dill Oil

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Meg's Chocolate & Almond Mousse

Serve topped with asparagus and drizzle of dill oil.

### CHOCOLATE & ALMOND MOUSSE

RECIPE / MEG THOMPSON

This dish is so easy to make, so nourishing and so delicious! It's definitely a dessert to add to the rotation. Feel free to mix up the toppings as you wish: berries would be a great alternative.

**Serves: 3-4**



**90g good-quality dark chocolate**

**1 avocado**

**1 cup coconut cream**

**3 tbsp almond butter**

**1 tsp vanilla**

**Decent pinch sea salt**

Melt chocolate in saucepan over low heat.

Add all ingredients to blender (adding chocolate last) and blend until smooth.

Divide into serving plates and refrigerate for 2 hours or longer (you can serve immediately but you'll achieve a firmer result if you refrigerate).

Top with your choice of toppings and serve.



Meg's Vanilla Coconut Oat Crepe Cake

### VANILLA COCONUT OAT CREPE CAKE

RECIPE / MEG THOMPSON

The oat flour gives these crepes a really lovely texture and would work well in a sweet or savoury setting. If raspberries aren't your favourite, feel free to use a different berry, or alternate the layers with jam and a maple-sweetened yoghurt for something different.

**Serves: 4**



**1 cup oat flour**

**Pinch sea salt**

**3 eggs**

**1 cup oat milk or any non-dairy milk**

**½ cup coconut milk**

**1½ tsp vanilla essence**

**½ tsp maple syrup**

#### Jam

**1 cup raspberries**

**2 tbsp chia seeds**

**Maple syrup, to taste, depending on sweetness of fruit**

**½ cup dark chocolate, for topping (optional)**  
**Chopped nuts & seeds, to serve (optional)**

Place oat flour and salt in bowl and mix to combine.

In separate bowl, whisk eggs and add oat milk, coconut milk, vanilla and maple syrup, stirring to combine.

Add wet mix to dry and mix well, removing any lumps.

Place ⅛–¼ cup scoop in frypan over medium heat and cook until small bubbles appear on surface. Flip and cook until golden on other side. Continue with rest of mix.

Pile up finished crepes on plate and cover with clean tea towel.

To make jam, place raspberries and chia in small saucepan and simmer over low heat

- 2 tbsp butter
- 2 leeks, white section only, sliced
- 4 cloves garlic, finely chopped
- 1 large potato, washed, unpeeled & cut into small cubes
- 3 cups stock or broth
- 1 small bunch asparagus
- ¼–½ cup finely grated parmesan cheese
- 1 egg
- 2 tbsp finely chopped fresh dill
- 2 tbsp olive oil

Melt butter in large saucepan over medium heat, being careful not to burn.

Add leek and cook for 1–2 mins, until soft.

Add garlic and cook for 1 min, stirring often.

Add potato and cook for a few mins until potato begins to colour. Stir every so often

to stop them sticking to bottom of pan.

Add stock and cook on low simmer until potato is soft.

While the soup is cooking, whisk the egg in a shallow bowl and set aside.

Place parmesan on a small plate.

Take one asparagus spear, dip into egg to cover, then place on parmesan and gently press to stick. Transfer asparagus to lined baking tray and repeat with remaining spears.

Pop into oven at 180°C for 10–15 mins, or until golden.

To make dill oil, combine dill in small bowl with olive oil, stirring to combine. Set aside.

Once potato is soft, taste soup and add sea salt and black pepper as desired.

Tip remaining parmesan cheese and egg into soup and stir through.





To keep your crepes thin, spread your batter across the pan before it starts to cook.

Danielle's Spelt Strawberry Crepes

and almond milk, whisk together until well combined. You should have a smooth, runny batter.

Heat 1 tsp olive oil in large frypan over medium heat and add 3 tbsp of crepe batter. Quickly swirl batter in circular pattern across base of pan. Cook for 2 mins on this side before turning and cooking for a further 1 minute. Remove from pan and repeat process with remaining batter.

Serve crepes topped with strawberry sauce and Greek yoghurt or coconut yoghurt.

### STRAWBERRY & PISTACHIO CRUMBLE

RECIPE / DANIELLE MINNEBO

The combination of stewed strawberries with a fresh pistachio crumble is a beautiful, hearty and warming dish.

**Serves: 8**



- 500g frozen or fresh strawberries
- 2 tbsp honey
- 1 cup almond meal
- 1 cup pistachio nuts
- ½ cup dried apricots
- ¼ cup coconut palm sugar
- ¼ cup extra-virgin olive oil
- Zest 1 orange

Preheat oven to 200°C.

Spread strawberries in bottom of ceramic pie dish, drizzle evenly with honey and place in oven for 10 mins.

Add almond meal, pistachio nuts, apricots, coconut palm sugar and olive oil to blender and blitz to a nice crumbled texture. Don't over blend because it will turn into a sticky paste and won't work as a crumble.

Remove cooked strawberries from oven and sprinkle crumble mixture over top. Return to oven for 15 mins, until top turns golden-brown.



Danielle's Strawberry & Pistachio Crumble

until berries have broken down. Taste and add maple syrup if needed.

Layer crepes with jam in between each.

Melt chocolate and pour over top, sprinkling with chopped nuts and seeds as desired.

### SPELT STRAWBERRY CREPES

RECIPE / DANIELLE MINNEBO

There's an art to getting your crepes nice and thin. It's important to make sure your batter is runny and that you work fast when adding the batter to the pan. You want to spread the batter across the base of the pan before the crepe starts to cook.

**Serves: 3**



### Strawberry Sauce

- 250g fresh strawberries
- 1 tbsp honey
- ½ tsp vanilla bean powder
- 4 tbsp water

- 1 cup wholemeal spelt flour
- 3 eggs
- 1½ cups almond milk
- Splash olive oil
- Greek or coconut yoghurt, to serve

Remove green tops from strawberries and add strawberries to saucepan along with honey, vanilla bean powder and water. Cook over low heat for 15 mins, remove from heat and set aside.

Sift spelt flour into mixing bowl. Add eggs



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A secret of the amazing French cuisine direct from France. Duck and Goose fat are a healthy and tasty alternative to butter and oil. They are commonly used to enrich the flavour of roast potatoes, French fries, vegetables and chicken. Both are a delicious addition to confits, stews or savoury pastry.

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The vanilla flavour  
of the glaze is a perfect  
finish to this dish.

## PEAR & FRANGIPANE TART

RECIPE / DANIELLE MINNEBO

Any sliced seasonal fruit can be used in this recipe: I have made it with sliced apples, apricots or peaches. The vanilla glaze adds a lovely flavour and is the perfect way to finish off the dish. Simply delightful!

**Serves: 8**



1 cup spelt flour  
125g butter  
2 tbsp coconut palm sugar  
3 eggs  
Cold water  
¾ cup almond butter  
4 tbsp coconut palm sugar  
2–3 ripe pears, sliced thinly  
¼ cup honey  
¼ cup water  
½ tsp vanilla bean powder

Preheat oven to 180°C.

Add spelt flour, butter and coconut palm sugar to food processor and blend until resembles fine breadcrumbs. Add 1 egg and blend until mixture comes together and forms dough. If mixture is slightly dry, you may need to add a tablespoon of cold water and blend again until dough comes together. Wrap pastry dough in clingwrap and store in fridge for 30 mins.

Mix together almond butter, coconut palm sugar and 2 eggs, and set aside.

Remove pastry from fridge and roll out onto floured surface until approx. 3mm thick. Line tart tin with pastry, trim excess from top and prick base with fork. Blind bake in for 12 mins.

Remove from oven and spoon almond mixture into pastry case and smooth surface. Arrange sliced pears on top in circular pattern, pressing into almond mixture. Bake for 45 mins, until golden-brown.

Melt honey, water and vanilla bean powder in small saucepan, simmer for 5 mins until thickened into syrupy glaze.

Allow tart to cool, then brush vanilla glaze over top of pears.

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Maca Hummus

# MORLIFE



Morlife Quinoa Risottos are made for busy people who take nutrition seriously. It's not easy to prepare nutritious gluten-free meals when time poor. However, it's now easier than ever! They are high in fibre and contain essential minerals, vitamins, fatty acids and omega-3s. Available in Spiced Pumpkin, Mediterranean Tomato & Herb, and Oriental Ginger & Teriyaki flavours.

## MACA HUMMUS

RECIPE / MORLIFE

Serves: 6-8



- 2 x 400g tins chickpeas, liquid reserved
- 4 tsp tahini
- 2 garlic cloves
- 1 tsp sea salt or to taste
- 4 tbsp freshly squeezed lemon juice
- 2 tbsp Morlife Maca Powder
- 6 tbsp extra-virgin olive oil
- Pinch paprika, optional
- Fresh flat-leaf parsley, optional, for garnish

Add chickpeas, tahini, garlic cloves, salt, lemon juice, maca powder and 8 tbsp of reserved liquid from chickpeas to food processor.

With food processor running, slowly add olive oil.

Blend until mixture is smooth.

Garnish with paprika and parsley if desired.

## MACA, COFFEE & CHOC NO-BAKE CHEESECAKE

RECIPE / MORLIFE

Makes: 6-8 slices



### Crust

- 35g natural or roasted cashews
- 35g natural or roasted macadamias

- 2 tbsp melted coconut oil
- 50g almond meal
- 15g Morlife Cacao Nibs
- 1 heaped tsp coconut sugar
- 1 tsp cinnamon
- Pinch salt

### Filling

- 1 tbsp instant coffee
- 3 heaped tbsp Morlife Certified Organic Cacao Powder
- 3 heaped tbsp Morlife Maca Powder
- 300mL cream cheese
- 200mL coconut yogurt
- 4 tbsp Morlife Chia Seeds
- 5 heaped tbsp coconut sugar
- 2 tsp vanilla bean powder
- Pinch salt

Mix instant coffee in 60mL of hot water.

For crust, place cashews and macadamias in food processor until roughly chopped.

Melt coconut oil in pan, then take off heat.

Add ground cashews, macadamias, almond meal, cacao nibs, coconut sugar, cinnamon and salt to coconut oil. Mix well and pour into pie mould. Crust will be about 0.3-0.5 cm thick. Chill in fridge for 10-15 mins.

Mix all ingredients for filling with spoon or hand mixer until well combined.

Pour in pie tin on top of the set crust and place in freezer or fridge until set, about 1-3 hours.



## TERIYAKI QUINOA SUSHI

RECIPE / MORLIFE

**Makes: 24 rolls**



- 1 packet Morlife Oriental Ginger & Teriyaki Quinoa Risotto
- 2 continental cucumbers, thinly sliced with vegetable peeler
- 1 tbsp Japanese mayonnaise
- 1 cooked chicken breast, sliced into 5cm pieces
- ½ carrot, sliced into 5cm pieces
- ½ red capsicum, sliced into 5cm pieces
- 1 ripe avocado, sliced into 5cm pieces

Cook Morlife Oriental Ginger & Teriyaki Quinoa Risotto according to packet instructions, using 400mL of water instead of 500mL and cook until all liquid is absorbed. Allow to cool.

Lay cucumber on paper towel to soak up excess moisture while you prepare filling.

Combine mayonnaise and quinoa mix until sticky consistency.

Place 1-2 tsp of quinoa mixture at one end of cucumber strip, with a slice or two of fillings in centre and roll up.

Sushi can be secured with a toothpick if needed. Repeat with remaining strips.

If not serving immediately, chill until ready to serve.

## BLISS BALLS

RECIPE / MORLIFE

**Makes: 15-20 bliss balls**



- ½ cup medjool dates, pitted
- ¼ cup Morlife Goji Berries
- ¼ cup almond butter

- ¼ cup LSA mix
- 2 tbsp Morlife Chia Seeds
- ½ cup desiccated coconut

### Coating

- 3 tbsp Morlife Cacao Powder
- ¼ cup toasted sesame seeds
- ¼ cup desiccated coconut

Add all ingredients except coating ingredients to processor and blend until smooth paste forms.

Roll into balls in palm of hand.

Spread out toasted sesame seeds, cacao and desiccated coconut on individual plates.

Divide balls into 3 batches and roll each batch in sesame seeds, cacao powder or desiccated coconut.

Place in fridge for about 20 mins to firm up.

**For more information visit [morlife.com](http://morlife.com)**

Maca, Coffee & Choc No-Bake Cheesecake



Bliss Balls





Pimped Up Pudding Sauce

- 2 tbsp fresh ginger, diced
- 2 tbsp rice wine
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- 1 tbsp lime juice
- 2 tbsp Pic's Peanut Butter

Place all ingredients in blender and process until smooth. Thin with water if required.  
Serve hot or cold.

**FIERY PEANUT BUTTER SALSA**

Great to give a kick to any dish. Serve alongside your favourite protein or add to your dip platter.  
RECIPE / PIC'S PEANUT BUTTER

**Serves: 4**



- ½ cup peanut oil
- 1 small onion, chopped
- 4 fresh red chillies, de-seeded & chopped
- 8 garlic cloves, chopped
- 2 tbsp sesame seeds
- 1 tbsp apple-cider vinegar
- 1 cup Pic's Peanut Butter
- Salt, to taste

Add oil to pan, followed by onion, chilli, garlic and sesame seeds. Cook over medium heat until onion is softened and seeds take on a little colour. Remove from heat and leave to cool.

Once cool, add mixture, along with remaining ingredients, to blender. Blitz until smooth.

# PIC'S PEANUT BUTTER



Pic's Peanut Butter is a pantry staple and we are never short of ideas on how to use it in your everyday eating to get a hit of our full-flavoured, freshly roasted goodness. These five sauces show just how versatile peanut butter can be. Who knew?!

**PIMPED UP PUDDING SAUCE**

Add a little extra pizzazz to a slice of cake or brownie, or even use it to dip your churros in.  
RECIPE / PIC'S PEANUT BUTTER

**Serves: 4**



- 5 medjool dates
- 1 cup Pic's Peanut Butter
- 200mL single cream
- Milk, as needed

Blend dates and peanut butter until smooth, add cream slowly to mix. Thin with milk to sauce consistency.

Pour liberally over afternoon treat or dessert.

**PEANUT BUTTER LIME DRESSING OR DIP**

We love the fresh flavour of this dressing. Perfect for over meat, vegetable salads or even to dip your dumplings in.  
RECIPE / PIC'S PEANUT BUTTER

**Serves: 4**



- 1 medium chilli
- 2 garlic cloves



Peanut Butter Lime Dressing or Dip



Fiery Peanut Butter Salsa

### FIERY PEANUT CORIANDER PESTO

Simply stir through your noodles or pasta for a full-flavoured, quick and simple weeknight dish. Alternatively, drizzle on roasted vegetables or add to grilled prawns. RECIPE / HOPGOOD'S RESTAURANT

**Serves: 4**

GF O V VE

- 200g coriander, roots left on
- 50g mint
- 2 tbsp Pic's Peanut Butter
- 1 tbsp lime juice
- 4 garlic cloves, crushed
- 250mL Pic's Peanut Oil
- Salt & pepper, to taste

Place herbs, peanut butter, lime juice and garlic in food processor.

Slowly drizzle in peanut oil until smooth paste is formed.

Season to taste with salt and pepper.

Transfer to airtight container and refrigerate until ready to serve.

### PIC'S RAVISHING RELISH

A tasty and versatile relish that would be great to accompany any grilled meat, fish or veg.

RECIPE / HOPGOOD'S RESTAURANT

**Serves: 4**

GF O

- 2 tbsp red curry paste
- 5 garlic cloves, crushed
- 2 tbsp Pic's Peanut Butter
- 1 tbsp shrimp paste
- 1 tbsp palm sugar
- 1 tbsp tamarind paste
- 2 tbsp Thai fish sauce
- 2 tbsp Pic's Peanut Oil

In mortar and pestle, make a paste by gradually pounding red curry paste, garlic, peanut butter and shrimp paste until smooth.

Add palm sugar, tamarind paste and fish sauce. It should taste salty, hot, sour and sweet.

Heat the Pic's Peanut Oil in a pan, add paste and fry gently over low heat for about 10 mins, or until lightly golden and fragrant.

For more information visit [picspeanutbutter.com](http://picspeanutbutter.com)



Fiery Peanut Coriander Pesto



Pic's Ravishing Relish



# LEFTOVERS FOR LUNCH

Reducing food wastage is a great thing for both the planet and your budget, so here we offer two approaches: meals that are suited to being eaten as leftovers the next day (Red Grapefruit & Chicken Noodle Parcels, Quinoa Tabouli or Lamb Massaman Curry); and creative ideas for what you can do with leftovers you have on hand (Leftover Nachos, Leftover Pasta or a Nourishing Bowl).



Adam's Leftover Nachos

# USING LEFTOVERS



Adam's Leftover Roast Vegetables

## LEFTOVER NACHOS

RECIPE / ADAM GUTHRIE

So many of us waste leftovers. They're usually given to the pets or, worse, end up in the bin. Even when we put them in the fridge and have every intention of eating them the next day, they end up sitting there for a week to be then thrown out. It's such a shame, especially because of the high cost of food, the number of starving people in the world and our planet's environmental issues. Let's all commit to eating our leftovers or cooking less.

**Serves: 4**



- 2 cups leftover Mexican nachos bean mix
- 4 medium-sized jacket potatoes
- 1 avocado, mashed
- ¼ cup chopped coriander

Prick potatoes with fork a few times on all sides and place in oven at 200°C for about 45 mins or until cooked.

While potatoes are cooking heat up leftover bean mixture in saucepan.

When potatoes are cooked, remove from oven and cut cross in top of each to open them up. Top with bean mixture, mashed avocado and coriander. Serve.

## LEFTOVER ROAST VEGETABLES

RECIPE / ADAM GUTHRIE

There are so many options for making salads from leftover roast vegetables. You can mix them with some vegan mayonnaise, chopped fresh dill and chopped green shallots, creating a delicious, healthy potato salad, or try this simple dish.

**Serves: 1**



- ½ bowl leftover roast vegetables
- ¼ cup sweet chilli sauce
- ½ bowl mixed baby salad leaves

Place roast vegetables in bowl, add sweet chilli sauce and mix well.

Place salad leaves in bowl, top with roast vegetables and sweet chilli sauce.

Lightly toss and serve from bowl or place in container for lunch at work.

## LEFTOVER PASTA

RECIPE / ADAM GUTHRIE

Options are endless with leftover pasta or noodles. You can add the cold pasta to salad leaves with a delicious dressing; you can finely chop vegetables and add them to the pasta with a curry dressing; or, if you have leftover

noodles, you can make an Asian-style dressing and mix it with leafy greens and Asian herbs.

**Serves: 1**



- 1 bowl leftover pasta in pasta sauce
- 2 tbsp freshly chopped parsley or spoonful pesto

Mix together all ingredients, place in container and take to work for lunch.

Eat cold or heated up.



Adam's Leftover Pasta



## RECIPES LEFTOVERS FOR LUNCH

### NOURISHING BOWL

RECIPE / LISA GUY

Nourishing bowls are a great way to use up any leftovers.

**Serves: 1**

GF O V VG

Leftover salad ingredients such as quinoa, brown rice, roast vegies, roast chicken, salmon or falafels  
Splash of salad dressing, lemon juice or olive oil

Spoonful hummus or guacamole  
Nuts, seeds & fresh herbs, to sprinkle

Fill bowl with leftover salad ingredients and drizzle with favourite salad dressing, lemon juice or olive oil.  
Top with spoonful of hummus or guacamole.

Sprinkle with nuts or seeds and fresh herbs.



Lisa's Nourishing Bowl

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## RECIPES LEFTOVERS FOR LUNCH

Lisa's Warm Roast Vegetable Salad



### WARM ROAST VEGETABLE SALAD

RECIPE / LISA GUY

This salad is a fantastic way to enjoy leftover roast veggies served with a beautiful tahini dressing made with turmeric and ginger. These super spices contain powerful anti-inflammatory compounds that have been found in studies to help relieve arthritis symptoms and other inflammatory conditions. Turmeric is also beneficial for boosting liver function and ginger is a lovely warming spice that helps improve circulation.

**Serves: 4**

GF O V VG

#### Turmeric & Orange Salad Dressing

3 tbsp tahini  
3 tbsp orange juice  
3 tbsp water  
1 tbsp raw honey or maple syrup  
½ tsp ground turmeric  
½ tsp ground ginger

Leftover roast vegetables such as pumpkin, sweet potato, potato, carrot, beetroot, cauliflower, zucchini, onion or capsicum  
Handful green leaves

To make dressing place all ingredients in small jar and shake until well combined.

Gently toss roast veggies with green leaves then drizzle with salad dressing to serve.

Perfect served warm or cold.

### GREEN EGGS

RECIPE / LISA GUY

This a perfect way to use leftover pesto from last night's pasta. Eggs provide plenty of vitamin B<sub>12</sub> needed for nerve function, and choline required to make acetylcholine, a brain chemical vital for enhancing memory. Eggs are a source of vitamin D. This important nutrient helps the body use calcium to promote strong, healthy bones and is also needed to support immune function. A deficiency in vitamin D increases the risk of chronic diseases such as cardiovascular disease, cancer and type-2 diabetes. Pesto contains beta-carotene, which is converted to vitamin A in the body to help support eye health and vision. Pesto also contains vitamin K to help promote healthy blood clotting, and the immune-boosting compound allicin, found in garlic.

**Serves: 1-2**

O V

4 eggs  
3 tbsp milk  
Splash olive oil  
2 tbsp pesto  
2-4 slices toast  
Sliced avocado

This is a great way to use your pesto from last night's pasta.

Lisa's Green Eggs



Whisk eggs and milk together in medium bowl. In frying pan over medium heat, cook mixture in a little olive oil.

Serve topped with spoonful of pesto, grainy toast and avocado slices.

# COOKING TO CREATE LEFTOVERS

## PUMPKIN, HALOUMI & COUSCOUS SALAD

RECIPE / CHRISTIE CONNELLY

Pack leftovers for lunch the next day in a container and pop the spinach leaves on top so they don't get soggy. Include a little bottle of olive oil and a lemon to dress at the last minute.

**Serves: 2**



- 2 cups diced pumpkin
- ½ cup uncooked couscous
- 6 thick slices haloumi, dried well with paper towel
- Juice ½ lemon
- 2 tbsp olive oil
- Salt & pepper
- 1 tbsp dukkah spice mix
- 1 tbsp sliced preserved lemon
- 2 tbsp black olives
- 2 cups baby spinach leaves
- 1 tomato, sliced into 8 wedges

Heat oven to 180°C. Place pumpkin on roasting tray and drizzle with olive oil. Bake for 20 mins until tender.

Meanwhile, place couscous in bowl and pour over ½ cup of boiling water. Cover and leave to soak while pumpkin cooks.

Cook slices of haloumi in frying pan on both sides for 30 secs until golden-brown. Keep warm under tea towel.

Fluff couscous with fork and squeeze over lemon and olive oil. Season with salt, pepper and dukkah. Stir in preserved lemon, olives and pumpkin.

Divide salad leaves between serving bowls, top with couscous then fresh tomato and haloumi and serve.

## RED GRAPEFRUIT CHICKEN NOODLE PARCELS

RECIPE / CHRISTIE CONNELLY

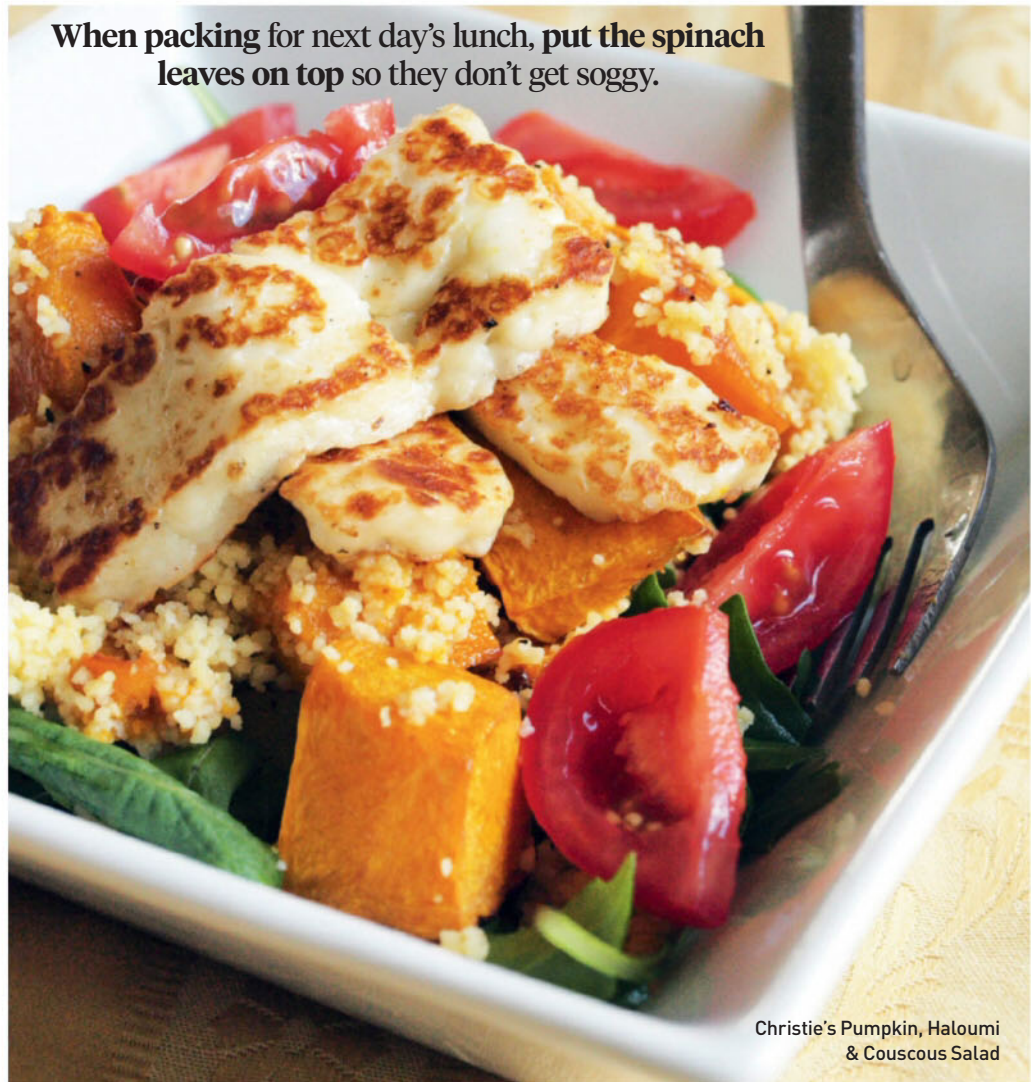
Serve these for lunch the next day wrapped in ricepaper to make fresh spring rolls. Absolutely delicious and very portable for work or school.

**Serves: 4**



- 2 tbsp coconut oil
- 500g chicken thigh fillets, cut into bite-sized chunks
- 2cm piece root ginger, grated
- 2 garlic cloves, finely chopped
- 125mL chicken stock
- 375mL red grapefruit juice (or cranberry juice)
- 2 tbsp cranberry sauce
- 1 tbsp tamari sauce
- Zest ½ lemon
- 2 kaffir lime leaves, very finely sliced
- Salt & white pepper
- 1 tsp cornflour
- 125g dried rice vermicelli
- 1 baby cos lettuce or red oak lettuce

When packing for next day's lunch, put the spinach leaves on top so they don't get soggy.



Christie's Pumpkin, Haloumi & Couscous Salad



Christie's Red Grapefruit Chicken Noodle Parcels



**Curry always tastes better the next day when the flavours have had time to mingle.**

Christie's Lamb Massaman Curry

Heat coconut oil in large soup pot with lid over medium heat.

Add curry paste and cook for 1 min until fragrant. Pour in one tin of coconut milk and cook, stirring, until a little oil appears on the surface and it starts to thicken.

Add lamb, onion and other tin of coconut milk. Cover and simmer for 1 hour, stirring occasionally, until lamb is tender. Add diced sweet potato, coconut sugar and peanuts and simmer for 15 mins until sweet potato is fork tender, but not mushy.

Serve with steamed rice.

### QUINOA TABOULI

RECIPE / DANIELLE MINNEBO

This dish creates the perfect leftovers for lunch and can be served with either some grilled chicken or lamb. It can be stored in the fridge for up to 6 days and will improve in flavour as the days go by.

**Serves: 4**



- 1 cup quinoa
- 2 bunches flat-leaf parsley, leaves & stems, finely chopped
- ½ red onion, finely diced
- Juice 1 lemon
- 3 tbsp olive oil
- 1 garlic clove, crushed
- ½ tsp sea salt

Add quinoa to small saucepan along with 2 cups of water. Cook over medium heat for 15 mins, until most water has been absorbed. Remove from heat, cover with lid, and set aside for a further 15 mins.

Fluff quinoa with fork and add to large bowl along with flat-leaf parsley, red onion, lemon juice, olive oil, garlic and sea salt.

Mix together until well combined and serve.



Danielle's Quinoa Tabouli

Heat coconut oil in heavy-based, deep frying pan over medium-high heat. Add chicken pieces and brown really well on all sides for 10 mins, until the outsides are nicely caramelised.

Add ginger and garlic and stir for 1 min. Add stock, juice, cranberry sauce, tamari sauce, lemon zest and half the sliced kaffir lime leaves. Stir and scrape any chicken bits stuck to bottom of pan and bring to boil. Season with salt and white pepper.

Boil rapidly for 15 mins, uncovered, until sauce is reduced by half. Put cornflour into small cup, add 2 tbsp of sauce and stir immediately to avoid any lumps. When smooth, pour into pan and stir for 5 mins to thicken sauce. Take off heat, cover and keep warm.

Place rice vermicelli in large heat-proof bowl and pour over enough boiling water to cover (from kettle is fine). Leave to stand for 10 mins until softened, then drain thoroughly.

To serve, arrange lettuce leaves on serving plates and top with little pile of rice noodles. Finish with some chicken mixture and garnish with remaining kaffir lime leaf slices. Pick up lettuce leaf like a taco and enjoy.

### LAMB MASSAMAN CURRY

RECIPE / CHRISTIE CONNELLY

Curry always tastes better the next day when the flavours have had time to mingle. Therefore, it's the perfect meal to make if you want leftovers. My favourite way to cook this is in the slow cooker; just quickly prep in the morning and come home to the most amazing aroma. My version is slightly healthier using sweet potatoes instead of white potatoes to allow for a generous serve of fluffy jasmine rice.

**Serves: 4**



- 2 tbsp coconut oil
- 114g can massaman curry paste
- 2 x 300mL tins coconut milk
- 500g diced lamb
- 1 medium onion, sliced into large wedges
- 700g sweet potato, peeled & sliced in 4cm dice
- 1 tbsp coconut or brown sugar
- 2 tbsp unsalted roasted peanuts
- Steamed rice, to serve

# FUSS-FREE GOURMET QUINOA RISOTTO

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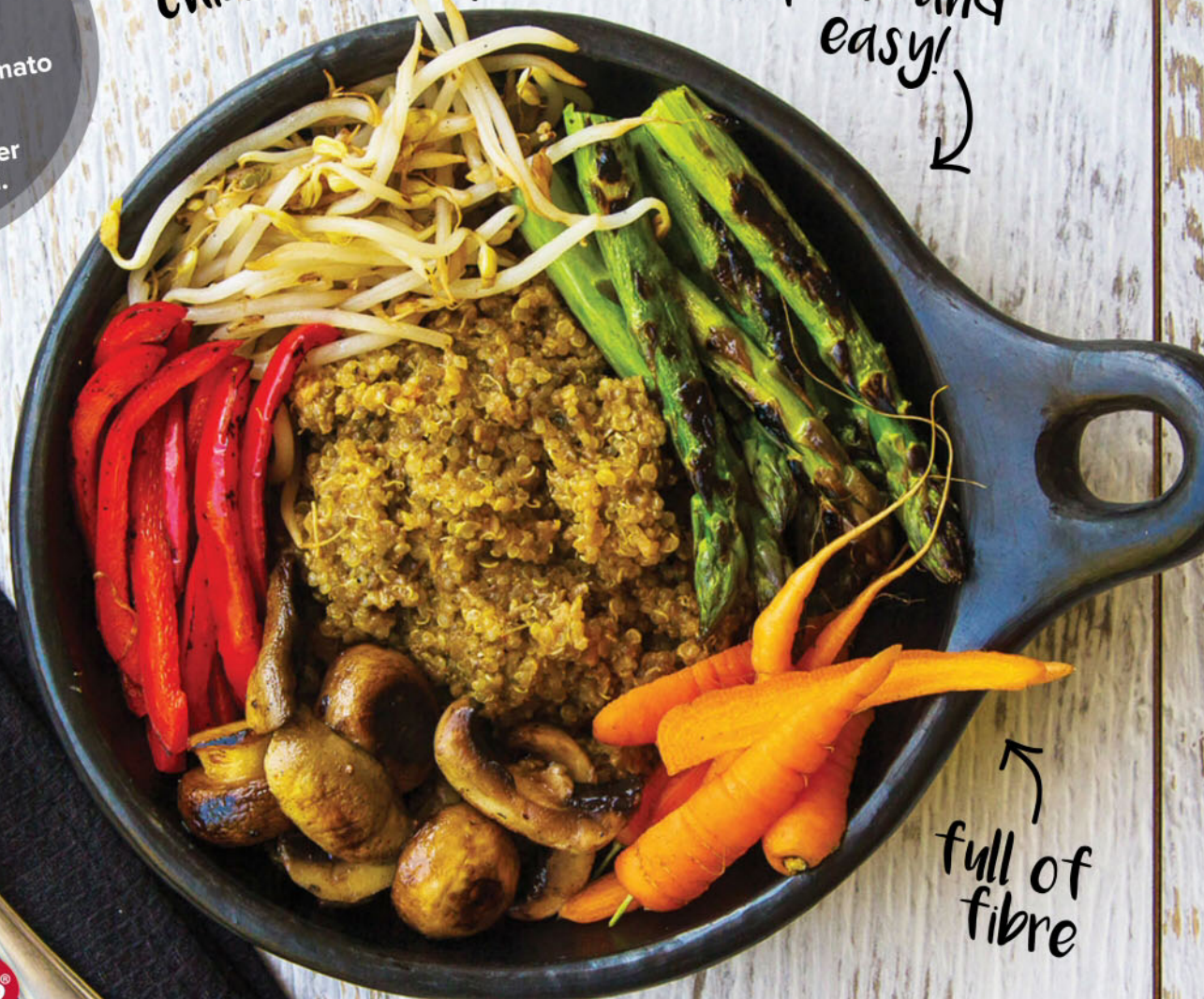
Morlife Quinoa Risotto's are deliciously tasty, easy to make and contains high nutritional benefits. Restaurant quality Quinoa Risotto, made easy! Your guests will never know...just make sure you hide the packet!

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quick and easy!



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Available in IGA's and health food stores.  
[www.morlife.com](http://www.morlife.com)





Make way more than you need of this one because everyone will want some leftovers tomorrow.

Danielle's Moroccan Shepherd's Pie

## ROASTED CAULIFLOWER SALAD

RECIPE / DANIELLE MINNEBO

This salad is super-quick to put together and goes great with a number of different proteins, such as grilled chicken, fish or lamb. When I make the dressing for this salad I make double and keep a supply in the fridge for next time.

**Serves: 4**



½ head cauliflower, sliced into rough chunks  
1 red onion, roughly sliced  
½ tsp sea salt  
1 tsp cumin seeds  
3 tbsp olive oil  
3 cups fresh rocket  
½ cup toasted flaked almonds  
Handful coriander, leaves & stems, chopped  
100g feta cheese, crumbled (optional)

### Dressing

Juice 1 lemon  
¼ cup olive oil  
1 tbsp honey  
1 tbsp tahini  
½ tsp ground cumin

Preheat oven to 200°C.

Place cauliflower and red onion in roasting tray. Sprinkle with salt and cumin seeds, and drizzle with olive oil. Roast for 15–20 mins. Make sure you don't overcrowd the roasting tray because cauliflower will steam instead of roast and will go soggy. Use 2 roasting trays for a very large cauliflower.

On a large platter, scatter rocket leaves, top with roasted cauliflower. Sprinkle over the chopped coriander, flaked almonds and feta, if using.

To make dressing, combine ingredients in jar or container and shake well, then pour over salad just before serving.

Danielle's Roasted Cauliflower Salad



## MOROCCAN SHEPHERD'S PIE

RECIPE / DANIELLE MINNEBO

This is a great hearty dish with a bit of a twist on the traditional shepherd's pie. I love this dish because it provides loads of leftovers. I'll often make a large tray of this and keep it in the fridge for a last-minute lunch or dinner option.

**Serves: 8**



2 large sweet potatoes, skin on, chopped into large cubes  
1 onion, finely diced  
1 carrot, finely diced  
1 stalk celery, finely diced  
3 tbsp olive oil  
½ tsp sea salt  
3 tsp Baharat spice mix\*  
½ tsp pepper  
500g organic lamb mince  
750mL bottle tomato passata  
½ cup dried apricots, finely chopped  
¼ cup sultanas  
½ cup pistachio nuts, chopped

Preheat oven to 200°C.

Cook sweet potato in large pot of water until tender.

Add finely chopped onion, carrot, celery, olive oil and sea salt to another large saucepan. Cook gently over medium heat for 15 mins.

Add Baharat spice mix, pepper and lamb mince, continue to cook for a further 5 mins, allowing meat to brown.

Add tomato passata, dried apricots and sultanas, and stir to combine. Simmer over low heat for 10 mins.

Pour mince mixture into large ceramic casserole dish. Drain sweet potato and mash it with a pinch of salt and pepper. Carefully top mince mixture with sweet potato mash — use fork to spread.

To finish, sprinkle with chopped pistachio nuts. Place in oven for 30 mins.

\* Baharat Spice Mix is a blend of paprika, cumin, pepper, coriander, cinnamon, nutmeg, cardamom and cloves. If you can't get hold of it, use the following instead: 1 tsp cumin, 1 tsp coriander & 1 tsp cinnamon.



Two delightful ways  
to warm your winter



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Vegan Kiwi Cheesecake

# LEDA NUTRITION



Leda's gluten-free biscuits are perfect for making your favourite slice, dessert or cheesecake base. Leda's Arrowroot Biscuits and Gingernut Cookies are the essential accompaniment for your gluten- and dairy-free baking this winter.

## VEGAN KIWICHEESECAKE

This recipe takes time for preparation, so be sure to read directions to allow for timing.  
RECIPE / LEDA NUTRITION

**Makes: 8 slices**

GF O V VC

### Filling

- 1 cup cashews, soaked in water overnight
- 3 x 270mL tins coconut milk
- 3 tbsps rice-malt syrup
- Juice 2 lemons
- 2 tsp vanilla extract
- ½ cup melted coconut oil
- Kiwifruit, sliced, to top

### Crust

- 205g packet Leda Arrowroot Biscuits
- ½ cup melted coconut oil

Refrigerate tins of coconut milk overnight to allow milk to separate into watery layer and creamy layer. Creamy layer will be on top.

Cover cashews with water in small bowl and place in refrigerator overnight.

Lightly grease 20cm springform pan.

Process the biscuits in food processor until fine then, while processor is going, pour in melted coconut oil, checking for consistency as you go — you may not need to use all oil.

Press mixture into even layer in pan.

Drain cashews and place in food processor. The tins of coconut milk will have separated. Scoop out just cream and add to food processor.

Add rice-malt syrup, lemon juice and vanilla extract, then process until cashews are broken down and mixture is completely smooth.

It will take a while, so be patient. Stop to scrape sides if necessary.

With processor running, slowly add melted coconut oil until thoroughly combined.

Pour mixture over crust and refrigerate overnight to set.

Serve topped with freshly sliced kiwifruit.

## GINGERNUT DATE LOGS

RECIPE / LEDA NUTRITION

**Makes: 12 rolls**



155g packet Leda Gingernut Cookies

400g pitted dates

1 cup hot water

2 tbsp cacao

1 tbsp rice-malt syrup

½ cup shredded coconut

To make gingernut crumbs, place packet of Leda Gingernut Cookies in food processor and pulse until the biscuits are crumbed but not too fine. Alternatively, use bag and rolling pin to break up the biscuits if you want more control over size.

To make logs, soak dates in hot water for about 10–15 mins, leaving a small amount of soaking liquid if dates are still slightly dry.

Empty into food processor and process until dates are chopped.

Add cacao, rice-malt syrup and shredded coconut and continue to process until well combined, stopping to scrape sides as needed.

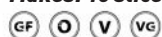
Form chopped dates into log and roll in gingernut crumbs.

Place in fridge for about 15 mins, then serve.

## ARROWROOT ROLLED SLICE

RECIPE / LEDA NUTRITION

**Makes: 15 slices**



1 cup cashews, lightly toasted

205g packet Leda Arrowroot Biscuits

½ cup melted coconut oil

2 tbsp cacao powder

3 tbsp rice-malt syrup

¼ cup LSA (ground linseed,  
sunflower seeds & almonds)

3 tbsp water

Process cashews nuts into smaller crumbs in food processor, then add rest of ingredients and process until well incorporated.

Wrap in clingwrap and form into shape of log, about 3cm diameter, and refrigerate for 15–20 mins to set.

Unwrap log and slice gently into equal-size cylinders, about 1cm thick.

**Tip:** Garnish with cacao and finely grated dairy-free chocolate if desired.

**For more information visit**  
[ledanutrition.com](http://ledanutrition.com)



Gingernut Date Logs



Arrowroot Rolled Slice



**WINTER DETOX ELIXIR**  
RECIPE / WHOLE LIVE NUTRIENTS

**Serves: 1**



- 250mL coconut water
- ½ lemon, peeled
- 1 small apple, cored & chopped
- Handful spinach
- Handful kale
- Fresh mint
- 1 serve Whole Live Nutrients Digestive Greens

Combine all ingredients in blender and enjoy!



# WHOLE LIVE NUTRIENTS

Whole Live Nutrients Digestive Greens is a delicious greens-specific formula containing a unique natural sea mineral complex with more than 67 trace minerals as well as prebiotics to nourish your digestive system and improve absorption of the greens. Bursting with chlorophyll, Whole Digestive Greens may assist in keeping you energised all year round. Our promise to you is that our greens blend contains no nasty additives, synthetic nutrients or fillers. Instead, it's made from Mother Nature's best organic ingredients, so you get the whole goodness out of what you put in.



Alkaline Helper

**CLEAN GREEN SHAKE**

RECIPE / WHOLE LIVE NUTRIENTS

**Serves: 1**

GF O V VG

- 250mL coconut water
- 1 cup kale
- 1 cup baby spinach
- ¼ avocado
- 1 frozen banana
- Handful blueberries
- 1 serve Whole Digestive Greens

Combine all ingredients in blender and enjoy!



**ALKALINE HELPER**

RECIPE / WHOLE LIVE NUTRIENTS

**Serves: 1**

GF O V VG

- ½ cup frozen berries
- 1 mango cheek
- 300mL orange juice
- 1 serve Whole Women's All in One Multi
- 1 serve Whole Digestive Greens
- 1 tbsp goji berries

Combine all ingredients in blender and enjoy!

**GREEN GURU SMOOTHIE BOWL**

RECIPE / WHOLE LIVE NUTRIENTS

**Serves: 1**

GF O V VG

- 200mL coconut water
- 1 frozen banana
- ¼ avocado
- 2 handfuls baby spinach
- 1 serve Whole Live Nutrients Slimmers Protein
- 1 tsp Whole Live Nutrients Digestive Greens

Combine all ingredients in blender and enjoy!

For more information visit [wholelivenutrients.com](http://wholelivenutrients.com)



Green Guru Smoothie Bowl



**SPONSOR RECIPES**  
BUDERIM GINGER



Breakfast Muffins

**BREAKFAST MUFFINS**

Raisins can be used as an alternative to dates.

RECIPE / BUDERIM GINGER

**Makes: 12 muffins**



- 2½ cups self-raising flour
- ½ cup whole oats
- 1 cup coconut sugar
- 100g butter, melted
- 1½ cups buttermilk
- 125g Buderim Naked Ginger, chopped
- 1 cup pitted dates, chopped
- 1 medium apple, diced
- 12 walnut or pecan halves
- 1 banana, cut into 12 slices

Preheat oven to 180°C fan-forced and grease and line a muffin pan with muffin papers.

Place flour, oats and sugar in medium bowl. Pour in melted butter and stir until mixture resembles breadcrumbs.

Stir in buttermilk along with Buderim Naked Ginger, dates and apple until combined.

Spoon into prepared muffin pan and top with a walnut half and banana slice, then bake in preheated oven for 25 mins.

Eat muffins warm. Store leftovers in an airtight container for 2 days.

**CHICKPEA & SPICE FALAFELS**

Falafels can also be baked in the oven. Preheat oven to 180°C fan-forced. Place on greased baking paper-lined tray, spray with oil and bake for 30 mins, turning falafels at 15 mins.

RECIPE / BUDERIM GINGER

**Makes: 16 falafels**



- 1 clove garlic, peeled
- 2 spring onions, sliced
- 2 x 400g tins chickpeas, well drained
- 1 egg

# BUDERIM GINGER



Gone are the days of hard-to-open packages and spilt snacks! Buderim Ginger has just introduced new packaging for its popular snacking and cooking product: Naked Ginger. These smooth and velvety ginger pieces are now available in an easy-to-open and resealable stand-up 200g pouch.

Chickpea & Spice Falafels



**¼ cup Buderim Crystallised Ginger, chopped**  
**2 tsp ground cumin**  
**1 cup fresh coriander leaves**  
**Salt & pepper, to taste**  
**⅓ cup plain flour**  
**Vegetable oil, for cooking**  
**Tzatziki dip, for serving**

Place garlic, spring onions, chickpeas, egg, Buderim Crystallised Ginger, cumin and coriander in food processor. Season with salt and pepper and process until almost smooth.

Using floured hands, take heaped tablespoons of mixture and shape into 16 falafel patties. Arrange on plate, cover and refrigerate for 30 mins or until ready to cook.

Heat 1cm depth of oil in large frying pan and cook falafels for 2-3 mins each side or until golden. Drain on paper towel and serve with tzatziki dip.

### MUESLI MORSELS

Store in an airtight container for 5 days.

RECIPE / BUDERIM GINGER

**Makes: 16 slices**



**½ cup quinoa**  
**½ cup grated apple, skin on**  
**1 cup sultanas**  
**½ cup finely chopped dried apricots**  
**¾ cup Buderim Ginger Refresher Cordial**  
**½ cup sunflower seeds**  
**½ cup pepitas**  
**½ cup shredded coconut**  
**¼ cup sesame seeds**  
**¼ cup chia seeds**  
**1 egg white**  
**1 tsp vanilla extract**

Preheat oven to 160°C fan-forced. Grease and line a 25cm x 25cm slice pan.

Cook quinoa following packet directions and cool completely.

Place cooked quinoa and all remaining ingredients into a large bowl and mix until well combined.

Spoon mixture into prepared pan and push down with back of spoon.

Bake in preheated oven for 1 hour. Cool in pan and cut into 16 pieces.

### VIETNAMESE-STYLE RICEPAPER ROLLS

Try your luck at finding Vietnamese mint for this recipe.

RECIPE / BUDERIM GINGER

**Makes: 12 rolls**



**3 eggs**  
**¼ cup Buderim Ginger Marmalade**  
**1 spring onion, finely sliced**  
**Spray oil**  
**1 large carrot, finely grated**  
**1 cup finely shredded iceberg lettuce**  
**½ Lebanese cucumber, cut into 12 batons**  
**12 fresh mint leaves**  
**12 sprigs coriander leaves**  
**12 x 22cm ricepaper rounds**

#### Dipping Sauce

**½ cup hoisin sauce**  
**¼ cup finely chopped roasted peanuts**



Muesli Morsels

To make an omelette, whisk eggs until frothy, stir in Buderim Ginger Marmalade and spring onion until well combined.

Place frying pan over medium heat, spray with oil, pour in egg mixture and cook, moving around slightly, letting uncooked egg set, and flip to cook on other side. Turn out onto plate and set aside to cool. Slice into 12 pieces.

Place 1 ricepaper round in medium bowl of lukewarm water for 15 seconds or until just soft.

Place on clean teatowel or dry benchtop.

Arrange a little carrot, lettuce, one piece of egg, cucumber and herbs along centre of ricepaper round. Fold ends in and roll up firmly to enclose filling. Repeat with remaining ricepaper rounds and filling.

Serve with hoisin sauce sprinkled with peanuts and extra herbs if desired.

**For more information visit [buderimginger.com](http://buderimginger.com)**



Vietnamese-Style Ricepaper Rolls



Choc Raspberry  
Ripple Dessert

**ROCKET, FETA  
& PROSCIUTTO  
GOURMET PIZZA**

RECIPE / DANIELA NEHME

**Serves: 6-12**



- 6 MEB Organic Superfood Wraps in Chickpea, Quinoa & Beetroot
- 250g tomato paste
- 24 slices prosciutto, torn
- 300g rocket leaves
- 300g Bulgarian feta, cubed
- Freshly ground black pepper
- Extra-virgin olive oil, to drizzle

Preheat oven to 180°C and lightly grease 22cm pizza tray.

Place MEB Organic Superfood Wrap on tray, add spoonful of tomato paste to wrap and spread evenly.

Add 4 slices of torn prosciutto across wrap.

Place in the oven for 8 mins or until brown.

Remove from oven and top pizza wrap with rocket and 50g of feta.

Sprinkle with freshly ground black pepper and drizzle with olive oil.

Repeat for remaining wraps.

**SPINACH, CHICKEN  
& MUSHROOM LASAGNE**

RECIPE / RITA HAILA

**Serves: 6-8**



- Cooking spray
- 2 tsp olive oil
- 1 cup chopped onion
- 1 tbsp minced garlic
- 1 tbsp sea salt
- 700g chicken breast, diced
- 1 tbsp mixed spices
- 400g mushrooms, sliced
- 1 tbsp cornflour
- 600mL cooking cream
- 1 tbsp nutmeg
- 1½ cup grated parmesan



# MEB FOODS

**CHOC RASPBERRY  
RIPPLE DESSERT**

RECIPE / MARK HAILA

**Serves: 8-12**



- 450mL thickened cream
- 3 tbsp caster sugar
- 2 tbsp vanilla essence
- 500g fresh raspberries
- 300g chocolate spread
- 6 MEB Organic Superfood Wraps in Oats, Amaranth & Cacao
- 200g dark chocolate, shaved

Pour cream into electric mixer, add caster sugar and vanilla essence, and mix until thickened.

Cut 350g of raspberries into halves.

Use flat square plate to assemble dessert. Start by spreading thin layer of chocolate spread onto MEB Organic Superfood Wrap.

Add a layer of cream, then 60g of halved raspberries.

Repeat steps until all layers are complete.

Spread remaining cream mix on top and around dessert.

Add remaining 150g of whole raspberries on top and sprinkle with shaved chocolate.

Refrigerate for 1 hour, then serve.

We've added superfood ingredients to our organic certified wraps to make them the ultimate in nutritional flat bread. With three varieties to choose from, there is a Superfood Wrap option for everyone. Plus, our wraps contain zero yeast, have low sodium and are extremely delicious.



Spinach, Chicken  
& Mushroom Lasagne

**1 cup baby spinach**  
**6 MEB Organic Superfood Wraps**  
**in Chia, Spinach, Kale & Broccoli**  
**2 cups grated mozzarella cheese**

Preheat oven to 180°C and spray 22cm round baking dish with cooking spray.

Heat large skillet over medium-high heat.

Add oil, onion, garlic, ½ tsp of salt, and chicken. Next, add mixed spices and sauté till golden-brown.

Add mushroom to pan and sauté.

Add cornflour to cup with ¼ cup of warm water, stir till fully dissolved and set aside.

Add cooking cream and nutmeg to chicken mixture and stir. Bring to boil.

Gradually add cornflour mixture and continue stirring.

Stir in remainder of salt and cook until thickened.

Remove pan from heat, stir in ¼ cup of grated parmesan cheese.

Add baby spinach and stir into mixture.

Add ¼ cup of chicken and cream mixture to bottom of baking dish, then add ¼ cup of parmesan and lay 1 MEB Organic Superfood Chia, Spinach, Kale and Broccoli wrap.

Repeat steps, this time adding 1 cup of chicken mixture between each layer until all sheets are used.

Add 2 cups of mozzarella to top layer.

Cover dish tightly with foil and bake for 15 mins.

Uncover and bake for 2 mins more or until brown.

Let stand for 10 mins before serving.

### SMOKED SALMON & CREAM CHEESE SUPERFOOD WRAP

RECIPE / MARK HAILA

**Serves: 6**



**6 MEB Organic Superfood Wraps**  
**in Beetroot, Chickpea & Quinoa**  
**100g Philadelphia cheese spread**  
**20g dill, diced**  
**600g smoked salmon, sliced**  
**2 large avocados, sliced**  
**450g lettuce, shredded**  
**Salt & pepper**

Place wrap on tray and heat for 20 secs.

Spread light layer of cheese spread over wrap and add 1 tsp of fresh diced dill, 3-4 slices of salmon, 3 slices of avocado, 75g of shredded lettuce then season with salt and pepper and wrap carefully.

Repeat steps for remaining wraps and serve immediately.

**For more information visit**  
**[mebfoods.com.au](http://mebfoods.com.au)**

Smoked Salmon  
& Cream Cheese  
Superfood Wrap





# CHICKPEAS

Chickpeas are packed with protein and fibre and taste delicious as well as being amazingly versatile in your kitchen. No wonder they are a staple in most pantries. Try some of our chickpea delights such as Spinach, Mushroom, Chickpea & Oat Loaf, Spiced Baked Chickpeas, Chickpea & Pumpkin Fritters, Caramelised Cumin Chickpeas or Fennel, Orange & Chickpea Salad.

## PUMPKIN, CHICKPEA & KALE CURRY

RECIPE / MEG THOMPSON

I love this curry as it's relatively quick and easy to make. It's beautiful, fragrant and has lots of saucy bits to be soaked up with a side serving of rice, quinoa and some naan or roti bread.

**Serves: 2-3**



600g peeled pumpkin, cut into chunks

Coconut oil

1 tbsp ghee

1 small brown onion, diced

2 tbsp grated ginger

4 garlic cloves, finely chopped

1 tsp cinnamon

1 tsp garam masala

1 tsp cumin

½ tsp turmeric

½ tsp sea salt

½ tsp cayenne pepper

2 tsp coconut sugar

1 x 400mL tin coconut milk

½ cup stock or broth

1 x 400g tin chickpeas

½ bunch kale, hard stems removed

& leaves roughly chopped

Coriander & lime, to serve

Place pumpkin on lined baking sheet with drizzle of oil and sprinkle of sea salt, and place in oven at 180°C for 20 mins, or until just cooked through.

While pumpkin is cooking, add ghee to large saucepan over medium heat.

Add onion and ginger and cook for a 2-3 mins, until onion is soft.

Add garlic and cook for 1 min, then add spices and cook until mix becomes fragrant, stirring often.

Add coconut sugar, coconut milk, stock and chickpeas and cook for 10 mins until flavours start to intensify.

Add kale and pumpkin to mix and cook until kale softens a little and pumpkin warms through.

Serve topped with fresh coriander and a good squeeze of lime juice.

## GINGERY ROASTED PUMPKIN, TOMATO & CHICKPEA SOUP WITH HARISSA & LIME

RECIPE / MEG THOMPSON

Adding chickpeas or any other legumes to your soup ensures a lovely serve of protein that makes your soup more sustaining and balancing on your blood sugar. I have used harissa in this recipe, a chilli paste native to Tunisia. It combines spices such as coriander, red pepper, cumin, garlic, caraway, mint and several kinds of chilli and is delicious!

I recommend hunting some down from your local deli or spice shop, but if you can't find it, you could substitute with regular chilli.

**Serves: 3**



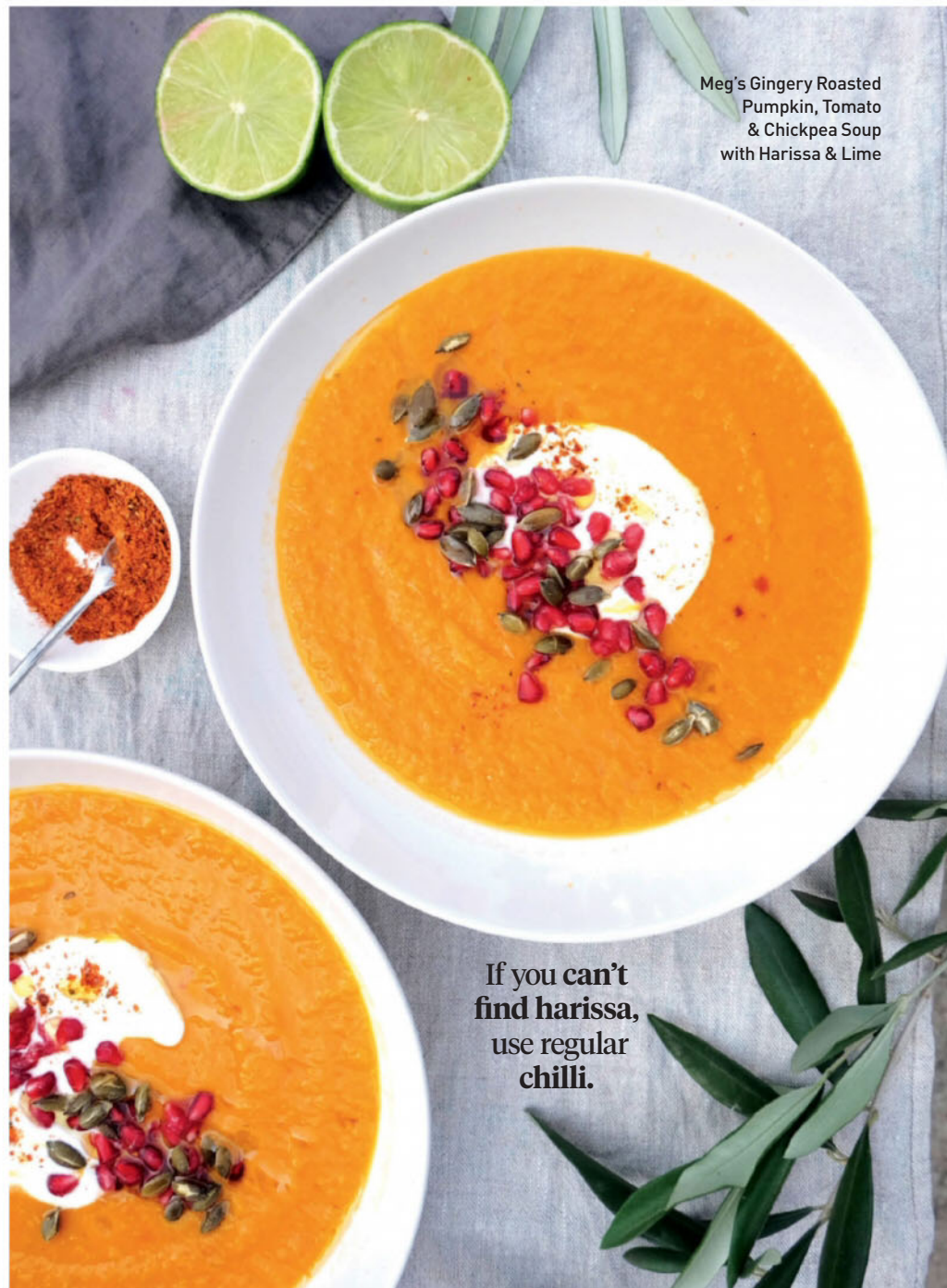
600g pumpkin, peeled, deseeded & cut into 5cm chunks

250g cherry tomatoes

1 large brown onion, diced

1 tbsp ghee, butter or coconut oil if vegan

¾ finely grated tbsp ginger



Meg's Gingers Roasted Pumpkin, Tomato & Chickpea Soup with Harissa & Lime

If you can't find harissa, use regular chilli.

1 large clove garlic, crushed

¼-½ tsp harissa, plus extra to serve

1 cup cooked chickpeas

3 cups stock or broth

3 tbsp yoghurt or coconut yoghurt

½ fresh lime

½ pomegranate

3 tbsp pumpkin seeds, lightly toasted

Place pumpkin on lined baking tray and drizzle with a little oil.

Add tomatoes to separate tray, drizzle with a little oil. Place tomatoes and pumpkin in oven at 180°C for around 20 mins, or until pumpkin is cooked. You may need to remove tomatoes earlier as they will cook more quickly, so keep an eye on them.

Add onion and ghee/oil to medium-large saucepan over medium heat and cook until soft.

Add ginger and cook for 2-3 mins, stirring often.

Add garlic and cook for 1 min, then add harissa, chickpeas, roasted pumpkin, tomatoes and stock, and cook at a low, slow bubble for

around 10 mins, until all flavours have combined.

Remove from heat and blitz soup with stick blender.

Taste and add salt and extra harissa if needed.

Serve in bowls and top with dollop of yoghurt, squeeze of lime and pomegranate and pumpkin seeds as desired.

## SPICED BAKED CHICKPEAS

RECIPE / MEG THOMPSON

This is a quick and easy snack I often prepare in the morning to add to my daughter's lunchbox. Chickpeas provide a wonderful source of fibre, but also magnesium, iron and B vitamins.

**Serves: 4 as a snack**



1 tin chickpeas, well rinsed, or

1 cup cooked chickpeas

1 tsp smoked paprika

½ tsp turmeric

½ tsp sea salt

½ tbsp oil



These make a tasty snack,  
or you can add them  
to a salad or use them  
as a side dish.

Meg's Spiced Baked Chickpeas

Place all ingredients in bowl and mix well to combine.

Spread out on lined baking tray and pop in oven at 180°C for 20–30 mins, or until the chickpeas are starting to crisp at edges. The longer you leave them, the crispier they will be; just don't leave them too long or they will be hard.

Allow to cool and eat as is, use as a side or add to your favourite salad.

### CHICKPEA MASALA

RECIPE / ADAM GUTHRIE

Masala is a Hindu word use to name the many spice mixes used in India. If you visit an Indian grocery store you'll find spices such as garam masala, chaat masala, tikka masala, rajma masala, chana masala and korma masala, just to name a few. Each masala gives a very different flavour and most Indian dishes are named after the masala you use as the base.

**Serves: 4**



- 1 tsp mustard seeds
- 1 onion, finely diced
- 1 garlic clove, finely diced
- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1 tsp curry powder
- 5 fresh tomatoes, grated
- ¼ pumpkin, cubed
- 1 tin coconut milk
- 1 tsp raw sugar
- 1 tin chickpeas, drained
- 2 cups cooked brown rice
- 1 lime, cut into wedges

Heat a wok over high heat and add mustard seeds. After 30 secs, add onion and garlic and sauté for a few mins. Add spices and sauté for 2 mins, then add tomatoes.

Stir through and add pumpkin, coconut milk, raw sugar and chickpeas. Simmer for 15 mins and serve with brown rice and squeeze of lime.

### FENNEL, ORANGE & CHICKPEA SALAD

RECIPE / ADAM GUTHRIE

This salad is super-refreshing and so easy to make, plus it looks great on the plate! The aniseed flavour from the fennel combined with the sweetness of the orange works well. If you don't have chickpeas, add another legume; they all taste delicious!

**Serves: 4**



- 2 tbsp grain mustard
- 1 tbsp maple syrup
- Juice ½ lemon
- Salt & pepper, to taste
- ½ fennel bulb, finely sliced
- 1 small red cabbage, finely shredded
- 2 oranges, cut into wedges
- 1 avocado, sliced into strips
- Handful spinach
- ½ cup cooked chickpeas

Adam's Chickpea Masala





## SUPERFOODS ORGANIC WRAPS



Add Superfood ingredients to our Organic Certified Wraps and you have the ultimate in nutritional flat bread. With three varieties, there is a Superfoods Wrap option for everyone. No Yeast, Low Sodium & Vegan Friendly are just a few of the key benefits.

*Try it, you will love it!*

[www.mebfoods.com.au](http://www.mebfoods.com.au)

Available at

**coles**



Adam's Fennel, Orange & Chickpea Salad

- 2 sprigs fresh thyme, leaves finely chopped
- 6 button mushrooms, sliced
- 1 carrot, grated
- ½ red capsicum, diced
- 2 handfuls baby spinach, shredded
- 1 tbsp vegetable stock powder
- 1½ cups cooked chickpeas
- 1 cup gluten-free rolled oats
- 4 cups mixed salad leaves

To make tomato sauce, heat frying pan over high heat.

Add onion, garlic and a little water to deglaze the pan. Add tomatoes and mash them into a puree, then add oregano, marjoram, balsamic vinegar and simmer for 2–3 mins until thick.

Add parsley, remove from heat and set aside.

Heat frying pan over high heat and add leek and garlic. Add a little water and sauté for 2–3 mins.

Add rosemary and thyme and stir. Add mushroom, carrot and capsicum, and sauté until soft. When soft, add spinach and stir until spinach wilts.

Add vegetable stock powder and, when vegetables are soft, turn off heat and set aside.

Place 1½ cups of cooked chickpeas into bowl with rolled oats and mash with hands. Add 2 tbsp of homemade tomato sauce and all cooked vegetables. Mix with hands into a paste.

Spread half the tomato sauce onto base of casserole dish. Add mixture and push down firmly. Spread remaining sauce over the top.

Cover with foil and place in oven at 220°C for 30 mins.

Serve with fresh garden salad.

## CARAMELISED CUMIN CHICKPEAS

RECIPE / DANIELLE MINNEBO

This is my favourite chickpea dish. It has a hearty sweet and sour flavour that goes perfectly with fresh Greek yoghurt and cooked basmati rice or quinoa.

**Serves: 4**



- 4 tbsp olive oil
- 2 onions, finely sliced
- 2 cloves garlic, crushed
- 1 tsp sea salt
- 1 tbsp honey
- 2 tsp ground cumin
- 2 tsp sumac
- 800g cooked chickpeas
- ½ bunch flat-leaf parsley, finely chopped
- Juice ½ lemon
- 1 lemon, cut in wedges, to serve

Heat 2 tbsp of olive oil in large frypan over medium heat. Add sliced onion, garlic and sea salt. Cook for 15 mins until onion begins to caramelize.

Add honey, cumin and sumac, and cook for a further 5 mins. Turn heat down to low and add chickpeas. Mix chickpeas together well with onion and spice mixture. Continue to cook over low heat for further 20 mins.

Just before serving, toss through flat-leaf parsley, remaining olive oil and lemon juice.

I like to serve this on a large platter with some Greek yoghurt and lemon wedges.



Adam's Spinach, Mushroom, Chickpea & Oat Loaf

Place mustard and maple syrup in container. Squeeze in lemon juice and a pinch of salt and pepper. Cover with lid and shake well.

Assemble salad on large platter and pour over dressing.

Lightly toss salad and serve.

## SPINACH, MUSHROOM, CHICKPEA & OAT LOAF

RECIPE / ADAM GUTHRIE

This dish is a great gluten-free alternative to lasagne. It tastes delicious and is super-easy to make. I love things you can bake in the oven; it means I have more time to do other things while I'm waiting for the dish to cook.

**Serves: 4**



### Tomato Sauce

- 1 onion, finely diced
- 3 garlic cloves, finely chopped
- 1 × 400g tin tomatoes
- 1 tsp dried oregano
- 1 tsp dried marjoram
- 2 tbsp balsamic vinegar
- Handful parsley, leaves & stems, chopped

- 1 leek, sliced
- 1 garlic clove, finely chopped
- 1 sprig fresh rosemary, leaves finely chopped



Danielle's Caramelised  
Cumin Chickpeas

This goes perfectly  
with Greek yoghurt and  
lemon wedges.





This earthy, sweet hummus will keep in the fridge for up to seven days.



Danielle's Beetroot Hummus

### BEETROOT HUMMUS

RECIPE / DANIELLE MINNEBO

Beetroot hummus is a nice alternative to standard hummus. The beetroot adds a lovely earthy, sweet flavour to this hummus. It will keep in the fridge for up to 7 days — if it lasts that long!

**Serves: 8**



- 3 bulbs beetroot, peeled & cut in quarters
- 2 tbsp olive oil
- Pinch sea salt
- 800g cooked chickpeas
- 2 garlic cloves, peeled & minced
- 4 tbsp tahini
- Juice 2 small lemons
- 2 tsp sea salt
- ¼ cup water
- 2 tbsp olive oil
- Fresh herbs, to serve

Preheat oven to 180°C. Wrap quartered beetroots in foil along with olive oil and sea salt. Place on roasting tray and cook for 45 mins, until soft and tender.

Add cooked beetroot, chickpeas, garlic, tahini, lemon juice, sea salt, water and olive oil to food processor. Process to a smooth consistency. Taste and add more sea salt or lemon juice if required. If mixture is a little dry, add a little more water.

Serve topped with a drizzle of olive oil and some fresh herbs.

### CHICKPEA & PUMPKIN FRITTERS

RECIPE / DANIELLE MINNEBO

The key to this recipe is to use the best pumpkin you can find. I think it works best with a Kent pumpkin that's bright orange in colour. Make sure you leave the skin on when roasting as this adds great flavour to the dish.

**Makes: 12 fritters**



Danielle's Chickpea & Pumpkin Fritters

- 1kg pumpkin, cut into large pieces
- 6 tbsp olive oil
- Pinch sea salt
- 1 cup cooked chickpeas
- ½ red capsicum, finely diced
- ½ red onion, finely diced
- 2 large eggs
- 1 tsp sea salt
- 1½ cups buckwheat flour
- ¼ cup coconut flour

Preheat oven to 200°C. Place pumpkin pieces on roasting tray, drizzle with 2 tbsp olive oil and season with sea salt. Roast in oven for 45–60 mins. You'll know it's ready when it's soft and caramelised.

In large bowl, add roasted pumpkin (including skin), chickpeas, capsicum, red onion, eggs, sea salt, buckwheat flour and coconut flour. Mix and mash mixture together until well combined.

Heat 4 tbsp olive oil in large frypan over medium heat. Add a tbsp of mixture and cook for 5 mins on each side. Depending on size of pan, cook up to 6 at a time. Repeat process until all mixture is used.

### SUPER CHICKPEA, KALE & QUINOA SALAD

RECIPE / LISA GUY

Brassica vegetables are such an important part of the diet and kale is an excellent choice. They're not only jam-packed with essential nutrients like folic acid, vitamins K and C, beta-carotene and iron, but they contain powerful sulfur compounds that assist with liver detoxification and help reduce the risk of cancer. This salad contains a lovely balance of protein and fibre to help support blood sugar levels, as well as healthy fats and iron for energy.

**Serves: 4–6**



# Eat Well: Live Well Weekend Retreat

7<sup>th</sup> – 9<sup>th</sup> October, 2016



**Discover** how to return your body to its natural state of balance and lay the foundations for lifelong good health at our popular weekend retreat.

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Our Eat Well: Live Well cookbook is an essential how-to-guide for anyone wanting to adopt a plant-based whole foods diet.

Learn how to prepare delicious, nutritionally balanced meals for increased health and vitality. (136 pages \$32.95)

## Sweet Potato, Chickpea and Quinoa Curry

by *Maia Bedson* (serves 4. gf, v, vg)

### Ingredients

1 large sweet potato – gold variety (Beauregard) scrubbed and chopped into 2cm square pieces  
1 cup dried chickpeas (or 2 cans of organic chickpeas)  
1 cup quinoa, uncooked  
1 piece of fresh turmeric (little finger-size) grated or 3 tsp. powdered  
3 cm square piece of fresh ginger grated or 2 tsp. powdered  
3 cloves of garlic, peeled & crushed

1 tsp. ground coriander  
1 tsp. dried chilli flakes  
140 gm tomato paste – no added salt or oil  
1 punnet cherry tomatoes (or 1 can organic chopped tomatoes)  
1/2 - 1 bunch spinach or de-stemmed kale, torn into pieces  
1-1/2 cups almond milk or 1 can organic coconut milk  
1 pinch salt (pref Murray River pink)  
Pepper to taste

### Method

- Soak the chickpeas overnight in plenty of clean water, then drain and rinse – removing and discarding any discoloured or broken pieces.
- Place the chickpeas in a saucepan and cover with plenty of fresh water. Bring to the boil then simmer until tender. [NB. Although freshly cooked chickpeas are more nutritious, a faster alternative would be to drain and rinse two cans of organic chickpeas]
- Place the quinoa into a colander and rinse thoroughly under running water, rubbing the seeds with your hands to remove any bitter residue.
- Place quinoa into a saucepan with 2 cups of water and bring to the boil, then simmer for 15 mins. Turn off heat and stand covered for 10 minutes.
- Into a large pan, heat ½ cup of water, then add the garlic, ginger, turmeric, coriander, chilli flakes and stir to combine well.
- Add tomato paste, salt & pepper and more water. Mix everything together.
- Simmer then add 1 cup hot water plus the cherry tomatoes (these can be blanched first to remove the skins if preferred) or tinned tomatoes. Mix well.
- Keep the temperature to a simmer and add the sweet potato.
- Once the sweet potato is soft but not mushy, add the quinoa, chickpeas, spinach (or kale); and plant milk. Stir well.
- Turn off heat, keep covered to wilt greens and warm quinoa & chickpeas.



Yarra Valley Living Centre  
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**Call 1300 651 211  
to enquire/book  
[www.gawler.org](http://www.gawler.org)**



This salad is  
delicious served  
with grilled salmon  
or lamb cutlets.

Lisa's Super Chickpea,  
Kale & Quinoa Salad



- ½ cup quinoa
- ½ bunch kale
- Juice ½ lemon
- Splash cold-pressed olive oil
- Pinch sea salt
- 1 x 400g tin chickpeas,  
rinsed & drained
- Handful fresh mint
- Handful macadamia nuts, roughly chopped
- 1 avocado, cut into large cubes

Wash quinoa well to remove bitter coating, then in a medium saucepan add quinoa and 1

cup of water. Bring to boil, then reduce heat to simmer for 15 mins, until quinoa is light and fluffy.

While quinoa is cooking, wash kale and remove stems, then cut leaves into thin strips. Place kale in bowl and cover in lemon juice, olive oil and a pinch of sea salt. Massage kale for a few mins until soft.

In salad bowl, add kale, chickpeas and quinoa, mint, macadamia nuts, avocado and gently toss.

Delicious served with grilled salmon, BBQ chicken or lamb cutlets.

### OVEN-BAKED FALAFELS

RECIPE / LISA GUY

These delicious oven-baked falafels are a healthy alternative to deep-fried versions, which can contain damaging trans fats. Falafels are full of protein and fibre to help satisfy your appetite and keep blood sugar levels nice and balanced. You will also get a good dose of energy-boosting iron and B vitamins from this tasty meal. Delicious on their own, in a wrap or salad bowl.

**Makes: 18 falafels**



- 2 x 400g tin chickpeas,  
rinsed & drained
- Zest & juice 1 lemon
- 1 small red onion, finely chopped
- Big handful parsley, roughly chopped
- 1 garlic clove, crushed
- 1½ tsp coriander
- 1½ heaped tsp cumin
- 3 tbsp buckwheat or almond meal flour,  
extra for dusting
- ½ tsp baking soda

Preheat oven to 200°C and line baking tray with baking paper.

Blend all ingredients together in food processor.

Make balls, dust with a little flour and place on baking tray.

Bake in oven for 40 mins, turning after 20 mins.

Lisa's Oven-Baked Falafels





Good food requires the finest ingredients. That's the ethos of Toorak's very own kitchen and grocery, Yardmill.

*Pictured: Yardmill Raw High Tea Series*

With a glorious array of raw, sugar free, dairy free, fructose free and gluten free products, it's the spot for everyone to shop for their daily fill of goodness.

Founder and Director, Tracey Sisson, knew there was a gap in the market for grocery stores that catered to those with intolerances. Hanging up her suit and leaving behind a career as a corporate lawyer, Tracey was inspired by chef Yotam Ottolenghi and the food landscape in New York and downtown LA. She set out to bring premium food products to those who can't cook, choose not to or are simply time-poor.

The name Yardmill was inspired by the produce to platter philosophy. The 'yard' reflects the way they source their raw produce direct from farmers, including

fruit and veggies coming from local producers and all suppliers hand-picked because of their careful animal husbandry and

*Nourishing and delicious meals, treats and beverages created for wellbeing and enjoyment.*

sustainable farming practices. The 'mill' represents the kitchen, where everything is lovingly made from scratch.

It's this dedication to quality that allows Yardmill to create such delicious, nourishing food that keeps people coming back. The breakfast menu sees creations such as carrot cake bircher muesli or a paleo passionfruit parfait, while lunch and dinner consists of an exquisite collection of dishes such as a pumpkin and sage fritter with sour cream

and chives, seasonal salads, a gluten and dairy free broccoli, pumpkin and tofu tart, and lemon, garlic and rosemary free range chicken, which teams beautifully with parmesan polenta chips and roasted mixed potatoes, all carefully prepared on site.

With a focus on wellbeing and optimum health, Yardmill also creates a range of Pressed Juices, vegan and refined sugar free treats and snacks, and dedicated wellness and catering packages, available in store or via online for delivery.



*Yardmill Kitchen and Grocery is located at 434 Toorak Road, Toorak VIC 3142*  
[www.yardmill.com.au](http://www.yardmill.com.au)

# WHAT'S IN SEASON?

These are the fruits and vegetables that are in season and so will be the freshest.

## WINTER

### FRUIT

Apples	Mandarins
Fuji	Melons
Gala	Nashi
Golden Delicious	Oranges
Granny Smith	Pears
Jonagold	Beurre Bosc
Jonathan	Josephine
Lady Williams	Packham
Pink Lady	Persimmons
Red Delicious	Pineapple
Sundowner	Pomelo
Cumquat	Quince
Custard apple	Rhubarb
Grapefruit	Tangelo
Kiwifruit	
Lemons	
Limes	

### VEGETABLES


Asian Greens	Kohlrabi
Bok Choy	Leeks
Choy Sum	Okra
Gai Laan	Olives
Wonga bok	Onions
Avocados	Parsnips
Beetroot	Peas
Broccoli	Potatoes
Brussels sprouts	Pumpkin
Cabbage	Shallots
Carrots	Silverbeet
Cauliflower	Spinach
Celeriac	Swedes
Celery	Sweet potatoes
Jerusalem artichokes	Turnips
Kale	Witlof



# ORGANIC SUPERFOOD BLENDS

At Real Good Food, ingredients are sourced from around the globe and are minimally processed in order to preserve their original flavour, nutrition and valuable oils.

The new Real Good Food Superfood Blend range is designed to allow you to add nutrients and vitamins to your daily diet in a healthy way. The range includes 5 variants, each packed in resealable canisters. There are organic and gluten free choices available to add to your smoothie, juice or water.

-  Certified organic
-  GF Gluten free choices
-  Non GMO
-  Dairy free
-  Vegan
-  Nut free choices





## SPONSOR RECIPES LOTUS



Matcha Mousse



Matcha Bliss Balls

# LOTUS

## MATCHA MOUSSE

RECIPE / LOTUS

**Serves: 2**

GF O V VG

- 400g tin coconut cream
- 2 tsp Lotus Organic Matcha Powder
- 3 tbsp Lotus Organic Brown Rice Syrup
- ¼ tsp Lotus Fine Himalayan Salt
- 1 tbsp coconut oil
- 1 tsp vanilla powder

Place coconut cream in fridge the night before.

Using a spoon, scoop cream of coconut and leave water behind. Using a mixer, blend cream for 2 mins or until smooth. Add matcha, rice syrup, salt, coconut oil and vanilla powder to mixture.

Once mixture is smooth, pour into 2 glasses and leave to chill for 2 hours before serving.

## MATCHA & MANGO SMOOTHIE

RECIPE / LOTUS

**Serves: 2**

GF O V VG

- 1 tsp Lotus Organic Matcha Powder
- 1 tsp Lotus Organic Brown Rice Syrup
- 1 cup frozen mango pieces
- 2 tbsp coconut yoghurt
- 2 frozen bananas, peeled & sliced
- 1 cup coconut water
- 1 cup ice



Matcha & Mango Smoothie



Lotus Organic Matcha Powder is a premium green-tea powder made from the entire tea leaf. Certified organic and gluten-free, it's full of antioxidants. Simply add to your smoothies, bliss balls, pancakes or baking recipes to enjoy a long and sustained energy boost.



Combine ingredients in blender and blend until smooth. Serve immediately.

### MATCHA BLISS BALLS

RECIPE / LOTUS

**Makes: 12 balls**

GF O V VG

½ cup Lotus Organic Raw Almonds  
 ½ cup walnuts  
 12 medjool dates, pitted  
 2 tbsp Lotus Organic Matcha Powder,  
 plus extra for dusting  
 1 tbsp coconut oil  
 2 tbsp Lotus Organic Fine Coconut  
 1 tsp vanilla

In food processor, process nuts until large crumbly pieces and pour into bowl. Place dates in food processor and process until sliced into small pieces with sticky consistency.

Add nuts back in with dates, add matcha, coconut oil, shredded coconut and vanilla. Pulse until combined.

Form mixture into small bite-sized balls and roll balls with matcha powder or Lotus Organic Fine Coconut so it sticks to outside.

Refrigerate and serve.

### KIWI MATCHA PUDDING

RECIPE / LOTUS

**Serves: 6**

GF O V VG

400g tin coconut cream  
 3–4 tbsp Lotus Organic  
 Coconut Sugar  
 1 tsp Lotus Organic Matcha Powder  
 ¼ cup Lotus Organic Black  
 Chia Seeds  
 4 kiwifruits  
 Organic strawberry sauce

Warm coconut cream in small pan over low heat and add coconut sugar, matcha and chia seeds. Whisk well, then refrigerate until cool and set. Whisking eliminates any possible lumps in coconut cream and speeds up setting of pudding.

Puree kiwifruits and divide between 6 glasses, then freeze for 20–30 mins to set.

Divide pudding between glasses and squeeze over strawberry sauce and fresh fruit if desired.

**For more information visit**  
[lotuspantry.com.au](http://lotuspantry.com.au)



Kiwi Matcha Pudding



Rockling with Bulgur, Pistachios & Mint

# DURU BULGUR

## ROCKLING WITH BULGUR, PISTACHIOS & MINT

RECIPE / GOOD CHEF BAD CHEF

**Serves: 4**



- 2 cups chicken stock
- 1 cup Duru Coarse Bulgur
- Salt & pepper, to taste
- 2 tbsp olive oil, plus extra
- ¼ cup chopped mint leaves, plus extra for garnish
- 60g pistachios, chopped
- 2 shallots, finely diced
- 2 bay leaves
- 400g skinless white fish
- Zest & juice 1 lemon
- Zest & juice 1 blood orange (can use orange)
- 1 cup fish stock

In medium saucepan, add chicken stock and bulgur, boil for 3–5 mins, turn down heat with lid on and cook for 10–15 mins. Once cooked, leave to cool, season with salt and pepper, add olive oil, stir through fresh mint and pistachios.

Pour oil into saucepan over medium heat. Add shallots and bay leaves, stirring, until soft, 2–3 mins. Add fish and the lemon and orange zest and juice. Finish with stock, cover with lid, bring to boil, then turn down to simmer until cooked.

Serve fish on warm plate and spoon sauce on top and around. Garnish with mint leaves.

## BULGUR CORN CAKES WRAPPED IN HUSKS

RECIPE / GOOD CHEF BAD CHEF

**Serves: 8**



- 8 corn on the cob, husks on
- 1 cup cooked Duru Coarse Bulgur
- 50g olive oil
- ¼ cup chopped coriander
- 2 eggs
- 100g curado cheese, coarsely grated

Cut bases off corn cobs. Remove husks, taking care not to rip them. Reserve large inner husks for wrapping corn cakes. Discard silk.

Grill corn and slice kernels off cobs. Combine corn with cooked bulgur, olive oil, coriander and eggs in a bowl. Stir in the cheese and set aside.

Soak corn husks in boiling water for 1–2 mins, or until softened and pliable. Drain and refresh husks under cold running water, then pat dry using paper towel or clean tea towel. Cut edges of husks to form rectangles.

Arrange two husks, slightly overlapping, to form large rectangle, to make casing for



Duru Bulgur is made from 100 per cent hard durum wheat that's steamed, dried and ground into grains in a special stone mill. Duru Bulgur can be used as a healthy alternative to pasta, rice or couscous in your favourite recipes for soup or salads, or as a side dish.

corn mixture. Repeat. Divide filling among casings, spooning a tablespoon of mixture into middle. Fold in sides and ends to enclose filling and secure in both directions with kitchen string or skewers.

Bring large saucepan of water to boil, or use steamer. Add parcels and cook for 5–10 mins, or until set and heated through. Drain, then serve hot or at room temperature.

## SEAFOOD PAELLA WITH BULGUR

RECIPE / GOOD CHEF BAD CHEF

**Serves: 4–6**



3 tbsp extra-virgin olive oil  
 5 cloves garlic, crushed  
 1 red chilli, chopped  
 ½ red onion, sliced  
 1 chorizo sausage, sliced  
 2 bay leaves  
 1 tsp saffron  
 1 tsp chilli flakes  
 2 tbsp smoked paprika  
 ½ cup red pepper paste  
 2 red peppers, roasted, deseeded, peeled & diced  
 1 bunch coriander  
 1 cup Duru Coarse Bulgur  
 2 cups stock or water  
 1 cup wine  
 600g fish, diced large  
 150g calamari  
 10–12 mussels  
 ½ cup peas  
 Salt & pepper

In large saucepan, add olive oil and sweat off garlic, chilli, onion, chorizo and bay leaves.

Add saffron, chilli flakes and smoked paprika then sauté for a couple of minutes.

Add red pepper paste, roasted peppers and coriander, and sauté. Add bulgur to pan, then stock and wine, and stir. Add seafood, cover pan with lid and allow to simmer on low heat for 20 mins.

Stir peas into pan and cover for a minute or so, until peas are cooked. Garnish with salt and pepper.

Serve immediately.

## TURKEY & BULGUR FALAFELS

RECIPE / GOOD CHEF BAD CHEF

**Makes: 30–40 falafels**



### Falafel

500g turkey mince  
 1 tsp ground cumin  
 1 tsp ground coriander  
 ½ tsp chilli flakes  
 Pinch salt  
 1 tbsp chopped coriander  
 1 tbsp chopped parsley  
 1 tbsp chopped dill  
 1 onion, finely chopped  
 ½ cup cooked Duru Coarse Bulgur  
 ¼ cup Duru Fine Bulgur  
 Olive oil, for cooking

### Yoghurt Salsa

1 cucumber, diced



Bulgur Corn Cakes wrapped in Husks



Seafood Paella with Bulgur

2 tomatoes, diced  
 1 bunch coriander, leaves roughly chopped  
 90g spring onion, finely chopped  
 500g yoghurt  
 Pinch salt & pepper

Combine all falafel ingredients. Portion mixture into little balls or patties. Shallow fry in pan on low heat until cooked through.

Combine all salsa ingredients.

Open pita, add lettuce, salsa and falafels, wrap and devour.

Pita bread, to serve  
 1 lettuce, chopped

**For more information visit**  
[durubulgur.com.au](http://durubulgur.com.au)



Turkey & Bulgur Falafels



Tofu Buddha Bowl

# NUTRISOY



Nutrisoy is an Australian owned company behind the well-known Nutrisoy, Soyco and TLY brands. The range offers quality products made from Australian non-genetically modified organic soybeans including plain, pre-cooked and marinated tofu and tempeh products. Nutrisoy products are available from selected Coles, Woolworths, independent supermarkets, oriental grocery stores and health food stores. For more information visit [nutrisoy.com.au](http://nutrisoy.com.au).

## TOFU BUDDHA BOWL

RECIPE / NUTRISOY

**Serves: 2-3**



### Dry Spice Mix

- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp ground coriander
- 1 tsp chilli flakes
- ½ tsp vegetable stock
- 1 tsp coarse black pepper

⅓ cup pepita seeds

4 cups cooked mixed rice  
or vermicelli noodles

Selection steamed and/or fresh vegetables

350g packet Nutrisoy Organic Tofu  
or Soyco Hi-Protein Firm Tofu

Cooking oil, for frying

### Mayonnaise Dressing

- ½ cup whole-egg mayonnaise
- 2 tbsp lemon juice
- 1 tbsp honey
- 1 tsp mustard

Place all dry spice ingredients in clean freezer bag or snap-lock bag and shake to combine.

Cook rice and prepare all vegetables.

Roast pepita seeds in dry frying pan over low heat, constantly tossing until golden. Set aside.

Spoon cooked rice into 4 bowls.

Arrange vegetables in segments on top of rice, leaving space on one side or in middle for tofu, and set bowls aside.

Pat tofu dry and cut into 2cm x 2cm cubes.

Place cubes in bag of dry spices and shake gently to coat tofu.

Heat lightly oiled frying pan over medium heat.

Once oil is hot, shake any extra spice mix off tofu and place in pan, leaving space in between each cube.

Turn or gently toss tofu cubes until all sides are crunchy and golden.

Spoon tofu cubes into prepared bowls. Combine mayonnaise ingredients then spoon over tofu.

Sprinkle with roasted pepita seeds and serve.

## TOFU LETTUCE TACOS

RECIPE / NUTRISOY

**Serves: 2-3**



150g Nutrisoy Organic Tofu or Soyco

Hi-Protein Firm Tofu, chopped

150g Nutrisoy Organic Plain Tempeh,  
roughly chopped

1 Spanish onion, finely diced

1 large clove garlic, minced

Cooking oil, for frying

1 tbsp smoked paprika, plus extra

1 tsp cayenne pepper

1 tsp cumin

Salt & pepper, to taste

½ tin diced tomatoes

1 avocado, diced

Juice 1 lemon

Chilli flakes, to taste

1 bunch coriander, finely chopped

6 lettuce leaves

1 cup grated tasty or parmesan cheese

Sour cream & jalapeños (optional)

Remove excess water from tofu and tempeh by draining and patting dry.

Fry half of onion with garlic in a little oil.

Add spices and stir.

Add tofu or tempeh and stir, occasionally scraping bottom of pan to prevent sticking.

Season with salt.

Add tinned tomatoes and simmer until liquid reduces.

Take off heat when it reaches desired consistency.

Tofu Lettuce Tacos





Tempeh Chips  
with Sweet Chilli Aioli



Scrambled Breakfast Tofu

In small bowl, place diced avocado, lemon juice, chilli flakes (if desired) remaining onion and coriander, sprinkle with paprika, salt and pepper. Toss gently to combine.

Put generous spoon of tofu/tempeh mix in lettuce leaf.

Top with cheese and then avocado mix.

Add sour cream and jalapeños if desired.

Meat-eaters may wish to add chorizo.

## TEMPEH CHIPS WITH SWEET CHILLI AIOLI

RECIPE / NUTRISOY

**Serves: 2**



300g packet Nutrisoy Tasty Tempeh

2 tbsp salt

1 tbsp vinegar

Oil, for frying

### Aioli

3 tbsp whole-egg mayonnaise

1 tsp honey

1 tsp Worcestershire sauce

½ tsp chilli flakes (level of heat by personal preference)

½ tsp sweet paprika

Slice tempeh about 3mm thick along short end. Blot dry with paper towel.

Dissolve salt and vinegar in 1 cup of water and marinate tempeh in mixture for approximately 1 hour.

Drain liquid from tempeh and lay out

on paper towel to dry.

In large wok or pot, heat 10–15cm of oil on medium–high heat until a wooden spoon bubbles when dipped in. Carefully place tempeh strips into hot oil, adding only small portions at a time.

Immediately move tempeh around gently, ensuring batons don't touch each other as they will stick together.

Cook until golden-brown, about 8 mins.

Remove from oil and drain on paper towel.

To make aioli, combine all ingredients and mix thoroughly, then serve tempeh with aioli.

## SCRAMBLED BREAKFAST TOFU

RECIPE / NUTRISOY

**Serves: 2**



300g Nutrisoy Organic Tofu  
or Soyco Hi-Protein Firm Tofu

### Seasoning

½ tsp sea salt

½ tsp garlic powder

½ tsp ground cumin

¼ tsp chilli powder

¼ tsp turmeric (optional)

1–2 tbsp olive oil

¼ red onion, thinly sliced

½ red pepper, thinly sliced

Salt & pepper, to taste

2 cups kale, loosely chopped

Pat tofu dry and roll in clean, absorbent towel with something heavy on top, such as cast-iron skillet, for 15 mins.

While tofu is draining, prepare sauce by adding dry seasoning spices to small bowl and adding enough water to make pourable sauce. Set aside.

Warm large skillet over medium heat and, once hot, add olive oil, onion and red pepper. Season with pinch of salt and pepper and stir. Cook until softened, about 1 min.

Add kale, season with a bit more salt and pepper, and sauté for 1 min.

In the meantime, unwrap tofu and use fork to crumble into bite-sized pieces.

Use spatula to move veggies to one side of pan and add tofu. Sauté for 2 mins, then add

sauce, pouring mostly over tofu and a little over veggies. Stir immediately, evenly distributing sauce.

Cook for another 5–7 mins until tofu is slightly browned.

Serve immediately with toast or fruit.

If desired, add more flavour with salsa, hot sauce and/or fresh coriander.

## VEGETARIAN RICEPAPER ROLLS

RECIPE / NUTRISOY

**Serves: 3–4**



Cooking oil, to fry

3 cloves garlic, crushed

200g Nutrisoy Soyco Malaysian

Peanut Satay Tofu or 200g Soyco

Chinese Honey Soy Tofu or 300g

Nutrisoy Tasty Tempeh

Small handful sesame seeds

12 sheets ricepaper

1 carrot, sliced or grated

½ red capsicum, sliced

1 lettuce, cut into narrow strips

1 cup Vietnamese mint leaves

1 cup coriander leaves

Sweet chilli, peanut or hoisin sauce,  
to serve

Heat oil in small frying pan over medium heat. Add garlic and sauté to soften.

Add strips of tofu/tempeh to pan, sprinkle with sesame seeds and cook until brown and tofu/tempeh has gained a slight crisp skin.

Set aside to cool.

In shallow dish (that will fit ricepaper sheet) add cold water about 3cm high.

Dip and coat ricepaper sheet in water completely and place on plate. Repeat process with 4 more sheets.

Imagine a square with its corners touching edges of circle. Place all ingredients towards bottom of square (closest to you) making sure all ingredients remain within sides of "square". Fold two sides of ricepaper sheet over filling ingredients, then starting from bottom edge (edge closest to you), roll up sheet. Make sure to keep sides tucked in as you go.

Place roll on plate with seam facing down.

Dip another sheet in water and repeat process for each roll.

Serve with sweet chilli, peanut or hoisin sauce.

## Vegetarian Ricepaper Rolls



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## SPONSOR RECIPES CARMAN'S

Bircher Muesli



# CARMAN'S



Carman's has added some new scrumptious products to the menu. The Natural Apple, Date & Cinnamon Muesli is 100 per cent natural and vegan-friendly with no added sugar but oodles of chunky dates, apples, fruits, nuts, seeds and untoasted Aussie oats. Also, you won't be the first to admit your obsession with Carman's crunchy clusters! Blueberry, Coconut & Almond Clusters are the perfect blend of Aussie baked oats, crunchy coconut and whole blueberries. There are so many clever recipes you can create with Carman's. Here are a few to enjoy.

### BIRCHER MUESLI

RECIPE / CARMAN'S

**Serves: 11**



500g Carman's Natural  
Bircher Muesli

1kg natural yoghurt

1 Granny Smith apple, grated

Honey, to taste

Combine all ingredients in bowl.

Store in sealed container in refrigerator and it will last as long as best-before date on yoghurt. Enjoy on its own or sprinkle with shredded apple, almonds, berries and sliced figs.

Serve and enjoy!

### INDIVIDUAL NO-BAKE

### CHEESECAKE

RECIPE / CARMAN'S

**Serves: 4**



Labneh (makes 2 cups)

500g natural full-fat yoghurt

Generous pinch salt

Lemon zest, to taste

Honey, to taste

2 cups Carman's Blueberry,  
Coconut & Almond Clusters,  
lightly crushed

1 cup muddled berries

To make labneh, place a sieve over a large bowl. Line sieve with 2-3 layers of cheesecloth (if using a thicker cloth you may need to drain the labneh for longer), add salt to the yoghurt and stir. Pour yoghurt into the prepared sieve. Gather the edges of the cloth together, tie with string and let it rest in the sieve.

Leave the labneh in the fridge for 24 hours to allow the whey to drip out of the yoghurt. The longer you leave it to drain, the thicker the labneh will be.

Stir through the fresh lemon zest and honey.

Layer the base of each glass with crushed Carman's Blueberry, Coconut & Almond Clusters, labneh and top with muddled berries.

Serve and enjoy!



Individual No-Bake Cheesecake



Vegan Acai Bowl

### VEGAN AÇAI BOWL

RECIPE / CARMAN'S

**Serves: 1**



- 2 tbsp açai powder
- 1 cup COYO or any other dairy-free yoghurt
- 1 cup blueberries & blackberries
- ½ cup Carman's Original Fruit Free Muesli
- 1 tbsp chia seeds
- Banana, hazelnuts & goji berries, for topping

Place açai powder, COYO and ½ cup of blueberries and blackberries into blender or food processor and blend until smooth.



Smoothie Bowl

Pour into bowl and add Carman's Original Fruit Free Muesli, reserved berries, other toppings and a sprinkle of chia seeds.

### SMOOTHIE BOWL

RECIPE / CARMAN'S

**Serves: 1**



- ½ cup almond milk
- 1 frozen banana
- 1 cup frozen berries
- 1 tsp açai powder
- Handful almonds
- Handful Carman's Natural Apple, Date & Cinnamon Muesli
- Handful fresh berries

Place almond milk, banana, berries, açai powder and almonds into blender or food processor and blend until smooth.

Pour into shallow bowl and add Carman's Natural Apple, Date & Cinnamon Muesli and fresh berries.

*For more information visit [carmanskitchen.com.au](http://carmanskitchen.com.au)*



**3 apples, peeled, sliced & lightly stewed until just tender**  
**Additional lemon zest & ground cinnamon, for garnish**

Preheat oven to 150°C.

Steam pumpkin for 15 mins in steamer until tender. Mash using potato masher.

Cut any large pieces of dried fruit and dates into smaller pieces.

In medium saucepan, combine all dried fruit, dates, lemon rind, jam and water. Bring to the boil then reduce to simmer for 10 mins.

Remove from heat and take out cinnamon stick (if used). Stir in pumpkin then allow mixture to cool.

In large mixing bowl, sift dry ingredients together. Stir in cooled fruit mix and cooked millet.

Grease baking tin with olive oil and line tin with two layers of baking paper.

Spread mixture evenly over base of tin. Place stewed apple slices in circular pattern on top of cake. Bake for approx. 1 hour.

Cake is cooked through when inserted skewer comes out clean.

Remove cake from oven and cool in tin for 10 mins before transferring to serving plate. Dust with cinnamon and lemon zest to garnish.

Serve hot or cold with soy yoghurt if desired (see following recipe).

Store leftover cake in airtight container for up to 3 days.

Apple, Pumpkin  
& Millet Fruit Cake

# GAWLER

## APPLE, PUMPKIN & MILLET FRUIT CAKE

RECIPE / GAWLER

**Makes: 1 cake**

GF O V VC

- 330g pumpkin, peeled, seeded & roughly cut into small pieces
- 2/3 cup mixed dried fruit (any combination of sultanas, currants, apricots, raisins or figs)
- 1/3 cup dates
- 1/3 tbsp grated lemon rind
- 100g sugarless jam or fruit spread
- Cinnamon stick (optional)
- 1 cup boiling water
- 2/3 cup spelt flour or 2/3 cup rice flour for gluten-free
- 2/3 tbsp mixed spice
- 1/3 tsp ground cinnamon
- 1/3 tsp ground cardamom
- 1 cup cooked millet
- 1/3 tbsp olive oil



Soy Yoghurt



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Carrot & Ginger Soup

## SOY YOGHURT

RECIPE / GAWLER

**Makes: 1L**



The following non-basic kitchen equipment is required for this recipe:

**Smidge** — a measurement that is available in spoon form, it's about 1/32 of a teaspoon and can be purchased online.

**Thermometer**

**Yoghurt maker** — which can be purchased in many major supermarket chains

1L soy milk  
1 tsp honey  
1 heaped smidge soy  
yoghurt culture

Place soy milk and honey in saucepan and bring to 40°C, checking temperature regularly

throughout heating process.

Remove from heat and whisk through yoghurt culture.

Fill yoghurt maker to red baffle with boiling water.

Pour soy milk mixture into 1L jar and place in maker. Put lid on and set aside for 8–12 hours.

Serve when ready and store remaining yoghurt in fridge for up to 3 days.

## CARROT & GINGER SOUP

RECIPE / GAWLER

**Serves: 4**



1 brown onion, roughly chopped  
½ tsp crushed garlic  
¼ tsp cumin  
5–6 large carrots, peeled  
& roughly chopped

1 celery stick, roughly chopped

500mL water (approx.)

1 tsp crushed ginger

2 tsp honey

Fresh chives or coriander, to garnish

Sauté onion with a little water until browned.

Add garlic and cumin and sauté for another 1–2 mins.

Add carrot, celery and enough water to just cover ingredients. Simmer for 60 mins, adding more water as needed to keep ingredients covered.

Add ginger and honey, then puree.

Garnish with chopped chives or fresh coriander.

**For more information visit [gawler.org](http://gawler.org)**



# IT'S TIME TO MAKE STOCK

**Stock cubes and ready-made soups are a busy cook's friend — but making your own stocks and broths is worth it.**

WORDS / DANIELLE KIRK

**“T**he most important piece of equipment in any kitchen is the stockpot,” declared Dr Francis Pottenger Jr in 1938. The American physician was lauding the healing power of gelatin-laden broth in the *American Journal of Digestive Disease*, but French master chef August Escoffier would surely have nodded sagely over his stove.

In 1903, Escoffier devoted the first chapter of his *Guide Culinaire* to lecturing cooks on the importance of extracting flavour from bones: “Indeed, stock is everything in cooking ... Without it, nothing can be done. If one's stock is good, what remains of the work is easy; if, on the other hand, it is bad or merely mediocre, it is quite hopeless to expect

anything approaching a satisfactory meal.” Escoffier used stock as a base for everything, using his stockpot to simmer the “freshest and finest” bones, meat and vegetables into splendour.

How times change. Granted, fresh stock is still used in good restaurants, and grass-fed bone broth was on the lips — literally — of trendy cooks and wholefoodies from London to New York to Melbourne for all of last year, thanks in part to the popularity of the paleo diet. Step outside the rarefied airs of those kitchens, though, and how many stockpots do you see in regular use? Not that many.

And that's a shame, because the stocks and broths they yield are economical, loaded with nutrients and mighty tasty.

## STOCK OR BROTH?

From cassoulets to curries to risottos to pho, stocks and broths have provided the foundations of some of the world's best-loved dishes for centuries. But what exactly are they?

Descriptions for “stock” and “broth” vary. As Sally Fallon Morell writes in *Nourishing Broth*, however, stock has come to mean the thin liquid produced by simmering vegetables, meat scraps, bones and aromatics for some hours to extract their flavour, after which the solid ingredients are removed. This is then used as a base for sauces, soups and stews, so shouldn't be salted or highly seasoned — it's a foundation to be built on.

Broth, on the other hand, is a simple, seasoned stock in which some meat and veg remain. It can then be bulked out with things like rice, barley and pulses and can be eaten on its own as a simple soup. To confuse things, a soup is made with stock or another liquid as the base and can be either clear (eg consommé) or thick (eg velouté). Hence, a soup can be a broth or seasoned stock.

What is a bone broth, that current foodie darling? It's simply a sexy stock; one that involves simmering plenty of animal bones for a very long time to extract as much gelatin, nutrients and flavour as possible. It can then be seasoned and drunk as-is or used as a base for other dishes.

## ORIGINS & DECLINE

Cultures worldwide have long valued stocks and broths. These simple yet nourishing foods date back to prehistoric times, before people had pots and instead used hot rocks to heat mixtures of meat, fat, bones, plants and water stored in makeshift containers such as the abdominal pouches of animals and sealed bamboo tubes. Liquid nourishment really took off with the invention of durable pots that could withstand heat, first fired earthenware pots and then metal ones. Such “stockpots” were in common use until relatively modern times, yielding sustenance from whatever ingredients were at hand. Then canning technology, Ajinomoto and instant stock arrived.

It all started with the need for easily transportable food. Travellers and soldiers have used “portable broth”, made from things like boiled and dried meats or dehydrated concentrated gelatinous stock, since the 9th and 10th centuries, writes Fallon Morell. Portable beef extracts, commercialised in the 1800s, helped feed explorers and soldiers the same way and were later marketed to housewives as Oxo and Bovril. Campbell's developed canned soup first for the military, but then to bring everyday people homemade soup quickly and conveniently.

All these were based on “real food” initially, beef, bones and the like, but over time they've come to rely on artificial flavourings and monosodium glutamate, or MSG.

Free glutamic acid was first isolated in 1908 by a Japanese scientist seeking to pin down what exactly gave kombu, a seaweed used for making stock in Japan, its distinctively moreish savour. He called this taste *umami* and found that it developed when free glutamic acid combined with sodium. This substance, monosodium glutamate, occurs naturally



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the house without worrying about burning it down. You'll also need a long-handled spoon, a fine-mesh strainer, a ladle and storage containers.

As for the ingredients, recipes for stocks and broths abound. Generally, though, for an animal-based broth, you'll need enough bones and collagen- and cartilage-rich animal parts (feet, knuckles etc), with or without meat or skin, to fill two-thirds of your pot, enough water to cover them, a splash of vinegar and optional vegies or vegie scraps and herbs, such as bouquet garni and peppercorns. Note that stocks made from browned or roasted bones tend to taste nicer.

To prepare, put the bones, meat and skin in your pot, add just enough cold water to cover and a splash of vinegar — this helps extract minerals from the bones and vegetables. Let that sit for 30–60 minutes. Bring to a gentle simmer over a medium heat then scoop off and discard the scum that forms on top. Add vegetables and herbs, return to a simmer, then lower the heat.

All you need to do now is let your stock simmer, occasionally skimming off the scum and topping up with water so the bones are always covered, for between 4 and 48 hours — the longer, the better. Ideally, the bones should be soft or even brittle at the end. This means you've extracted plenty of nutrients. For a vegie stock, simmer vegetables and any herbs for an hour, then drain and use the water.

If you're using a slow cooker or pressure cooker, follow the manufacturer's guidelines.

When you're happy with the flavour, let your stock cool, remove the bones and veg and, if you've only cooked it for a few hours, reserve any meat for other meals. Strain into a heatproof container (pop a muslin cloth in your strainer for clear stock) and use. To store, let the liquid cool to room temperature then pour into containers for refrigerating or freezing.

*Et voilà* — a stock to make Escoffier proud.

in savoury foods like tomatoes, cheese and properly made stocks and broths.

A new company called Ajinomoto soon began making MSG for the food industry. This powdered MSG — and its other modern forms, such as hydrolysed protein, yeast extract and soy protein isolate — gave food manufacturers a cheap way to imitate the tongue-pleasing flavours of stock that previously took hours of simmering to develop.

The stock cubes, powdered stocks and flavour extracts produced post-WWII were wildly popular: they were convenient and liberated people from their kitchens. They also heralded the decline of the flavourful, nutrient-rich goodness of homemade stocks and broths.

### RESEARCH & HEALTH BENEFITS

So what is this "goodness" we speak of? Traditional wisdom esteems stocks and broths for their curative powers. In Jewish culture, chicken soup is even known as "Jewish penicillin" for its use to enhance health and healing. And studies into the component nutrients of stocks and broths suggest our ancestors had it right.

Well-made animal-based stocks, broths and bone broths are full of amino acids — building blocks of muscle that are essential for overall health — and are an excellent source of easily absorbed minerals such as calcium and

magnesium, both vital for bone repair.

Many of the minerals and amino acids they contain, such as chondroitin sulphates, glucosamine, zinc, calcium and magnesium, have anti-inflammatory properties and can help to prevent and treat many illnesses.

Long-simmered brews containing bones, skin and cartilage are also rich in collagen, or gelatin. This glue-like substance can work wonders for repairing connective tissues such as the lining of the gut as well as strengthening hair, skin and nails. Among other nutrients, stocks made with marrow-rich bones also contain essential fatty acids, which benefit skin health and can help to regulate hormones, nerve function and neuronal connectivity in the brain.

Vegetable stock lacks the amino acids and collagen of animal-based stock, but is still a good source of minerals such as magnesium and potassium. Adding kombu to vegie stock can help boost its mineral profile and give it that *umami* punch.

### HOW TO GET STARTED

If you're inspired to get stock-making, you'll need some basic tools. First, of course, is a good-quality stockpot large enough to make a decent batch of stock. Can't stay at home all day? Use a pressure cooker to reduce the cooking time, or a slow cooker, so you can leave

## HELPFUL TIPS

- Buy meat and bones from organic, free-range animals to avoid any harmful residues, which accumulate in animal fat.
- Butchers, fishmongers and even some supermarkets will sell you animal bones and offcuts. Just ask.
- Buy organic vegetables in season to save money.
- Keep a container in the freezer for vegie trimmings, meat scraps and bones from previous meals. On stock-making day, simply defrost and add any extras — it's a good time to clean out the veg drawer!

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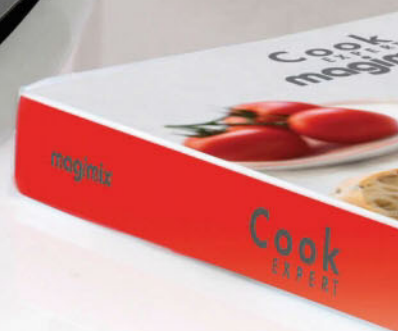
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# BULB *of beauty*

Garlic in food makes life just that little bit better — but did you ever think about how it's grown? Some farmers tell us more about this beautiful bulb.

WORDS / DANIELLE KIRK

**S**lender green garlic shoots will be reaching for southern Australian skies as you read this, ready for a summer harvest. Now is the season for nurturing and growing — and, if you're an organic farmer, weeding. Weeding alone is a full-time job, but then there are the other crops to grow, off-farm jobs to do, markets to attend, online sales to manage, droughts to weather ...

Then there's the issue of cheap imports. The local industry was gutted when tariffs on overseas garlic were slashed in the mid-1990s, and now around 80 per cent of the 15,000 tonnes of garlic we eat annually is imported, mostly from China.

It may be grown with chemicals that are prohibited here, treated with growth inhibitors to stop it from sprouting and bleached with chlorine to make it white. It's also required by law to be fumigated with methyl bromide to kill any bugs.

Yet the local garlic industry is resurgent and demand for organic garlic, in particular, is strong. And, yes, despite the challenges, there are growers out there who love what they do.



## THE RIGHT FIT

A decade ago, Robert Wallis and Liz Crowley would never have guessed they'd end up growing garlic in South Australian lamb country. An electrical engineer and a project manager/senior government administrator by trade, the Queenslanders packed up their mobile home post-GFC, heading west for Margaret River. They only made it halfway.

"We started working the grain harvest trail in mid-South Australia," relates Rob, "and we ended up in the south-east, where Liz has family. We stumbled across a little block of land, it was ridiculously cheap, we made an even more ridiculous offer on it, which was accepted, one thing led to another and we're still here!"

Today, Rob and Liz "live and breathe the organic lifestyle" and produce 1.2 tonnes of garlic annually on their highly arable one-hectare block near Naracoorte. Despite two years of drought, they aim to grow two tonnes of garlic next year; they've partnered with a couple who own land in the Adelaide Hills, where rainfall is higher and city customers closer.

Why garlic, when other would-be garlic growers in the area had reportedly failed? "I've always had a strong interest in organics and we were well aware of the health benefits of garlic," explains Rob. "We also had a really high resentment for chemical-laden imported garlic. We couldn't find Australian-grown garlic, let alone organic garlic, and we wanted a high-value crop since we're on such a small block of land, so garlic seemed to be the right fit for us."

They researched extensively online, talked to the Australian Garlic Industry Association and learnt by trial and error what worked for their microclimate. Now they grow 10 different cultivars from three of the 11 garlic family groups. "The different family groups have different planting times, harvest times, storage capabilities and things like that, so by growing a wide range of cultivars we manage the risk of the weather," Rob says.

"We grow on the taste profile and a lot of our varieties grow relatively small garlic. So it's a big challenge organically, but we try to differentiate ourselves by quality and taste." Their pickled garlic won a gold medal at the Royal Melbourne Fine Food Awards 2015 and two bronze medals at the 2014 awards, and they were finalists two years running in the food and wine category of the SA Regional Awards.

## HOW IT'S DONE

At Ananda Organic, Liz and Rob sow garlic by hand in April/May, choosing good-sized cloves reserved from the previous crop. First though, they prep the soil, putting in rows and adding in "good stuff". During the nine-month garlic-growing season, they also regularly feed the soil with organic fertilisers and remove weeds — again, by hand. "We weed through to November, which is when the early varieties mature; later varieties go into the new year." In August, they pick spring garlic, which can be eaten top to tail.

Come harvest time the couple are "pretty strapped", so they plait some of the fresh

garlic into braids and sell it, along with their bottled goods, at markets. The rest of the crop is hung up and left to dry for 6–8 weeks. "The complexity of flavours in the garlic is developed in the curing phase," explains Rob. "You can eat it straight out of the ground ... but the flavours get more intense and complex once it has been aged and matured."

It's then cleaned up, ready for sale. Liz and Rob sell mostly online, to customers in Sydney and Melbourne, and also supply to a loyal group of local top chefs and restaurants. They aim to have something to sell year-round, so make garlic pickles, minced garlic and garlic braids.

They also grow other veg in the pursuit of self-sufficiency, as well as caper bushes. "A good caper bush can deliver 15kg of capers, which average \$40 a kilo," Rob explains. "So that's a long-term strategy. We're in the twilight of our working years — it's just so physically demanding — so we need to look at other crops that don't have to be planted every year."

## A NEW DIRECTION

Down in Tassie, Jacquay Christie and her husband Bruce have taken garlic to a whole other level. They started growing organic garlic when they purchased a 42-acre farm near Hobart six years ago. Then they decided to ferment it.

"We planted a few hundred bulbs the first year, and it grew amazingly well, so we thought we'd start growing it properly," says Jacquay, a qualified permaculturist who was raised on an organic dairy farm in South Africa. "But then we also thought, let's see what else we can do with it. And my brother-in-law, who was at a food show in London, came across black garlic and he phoned us and said, 'Hey, I've found what you can do with your garlic!'"

What is black garlic? "The garlic ferments in its own skins and it turns black and becomes really sweet," Jacquay explains. "It has a caramelised, balsamic vinegar kind of flavour ... and it's quite

“

First developed in Korea, fermented garlic has become a sought-after ingredient in upmarket restaurants and is being researched for its potential health benefits.

”



soft, so you can squeeze it out and eat it as it is." First developed in Korea, fermented garlic has become a sought-after ingredient in upmarket restaurants and is being researched for its potential health benefits.

Jacquay and Bruce had never tasted the stuff, but that didn't stop them. "We spent four years mucking around trying to make it in a rice cooker. We had a lot of disasters and had to throw stuff into the compost, and eventually we got it right!"

Tasmanian Black Garlic is now so popular that the couple buy organic and certified organic garlic from local growers to supplement their own 600kg-odd harvest. They sell online to customers in Australia and Hong Kong, and supply delis and top-end restaurants in Hobart, Sydney and Melbourne. Their product was a finalist in the 2013 *delicious*. Produce Awards and won a medal in 2014, and has won two gold medals at the Royal Hobart Fine Food Awards.

## HARD AT WORK

Tassie-made black garlic is taking off but it's not yet a full-time venture. Jacquay spends two to three hours daily packing garlic, talking with customers and doing admin, while Bruce works a full day in Hobart and tends their one-acre garlic crop, 2000 blueberry bushes and 350 olive trees.

The Christies use permaculture practices, such as rotating paddocks and planting in raised beds, and lavish care on the soil. "It's a lovely crop but growing garlic organically is a lot of labour," says Jacquay. "You've got to do all the weeding and keep on top of it, otherwise you get really small bulbs as the weeds compete for nutrients. So what you put into your tending and caring of the soil really makes a difference to what comes out of it."

Rain is an issue at the moment, Jacquay says, as it is for Rob and Liz; last year's harvest was down drastically due to a dry season. Money is also sparse for both couples. The Christies struggle with the expense of buying in garlic and posting their goods across the strait, and all four growers are still building up their infrastructure and buying equipment.

"We didn't have any money when we got here and it's been very slow getting all of our infrastructure and buildings and things in place," says Rob. To fund this and cover shortfalls, he and Liz both work part-time off the farm. "The banks don't want to know us ... so we've had to do it the hard way, with small, incremental improvements every year."

But the rewards are many. "A customer in Melbourne wrote to me and said, 'My children are so fussy they don't eat anything, but they absolutely love your black garlic,'" says Jacquay. "So I just sent them a box of black garlic, not asking for payment, and they made me a video back showing them eating this black garlic, and sent me this little video thank you. I love that sort of thing."

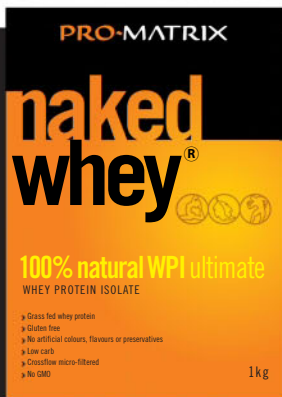
## RESOURCES

**Ananda Organic**, [anandaorganicaustralia.com](http://anandaorganicaustralia.com)  
**Tasmanian Black Garlic**, [tasmanianblackgarlic.com.au](http://tasmanianblackgarlic.com.au)



Naked Whey Pizza

# PRO-MATRIX



From the rich pastures of Australia and NZ, Pro-Matrix is a 100 per cent natural, grass-fed protein engineered to contain only essential ingredients free from everything artificial. Pro-Matrix has an incredible amino acid profile, supporting your body through the many health benefits associated with whey protein. Pro-Matrix is a great addition to sweet and savoury recipes and is available in four flavours: naked whey®, wicked whey®, rough whey®, and wild whey™.

## NAKED WHEY PIZZA

RECIPE / PRO-MATRIX

Serves: 6



- ½ cup coconut flour
- ¼ cup Pro-Matrix Naked Whey® Protein Powder
- 4 tbsp psyllium husk powder
- ½ tsp salt
- 1 tbsp Italian spices
- 2 tsp gluten-free baking powder
- 4 eggs
- 1 cup boiling water
- Coconut oil spray, for greasing
- Coconut oil, for brushing
- Toppings of choice
- 2 tbsp grated parmesan

Preheat oven to 190°C.

Combine all dry ingredients and mix with beaters until blended.

Add eggs and mix until well combined.

Add boiling water and mix until dough thickens and starts to stick to beaters.

Place ball on greased baking sheet. Spray a piece of cooking paper with oil and place on top of dough to help spread without sticking. Use rolling pin to spread dough into 40cm round. Dough will raise 2–3 times its size, so make thickness one-third of what you want the final pizza to be.

Place in oven and bake for 25 mins.

Remove crust from oven and brush with coconut oil and return to oven.

Cook for further 3–8 mins, or until crust is crisp.

Add toppings and cheese on top and cook for another 5–10 mins until cheese is melted and starts to brown.

Cut and serve!

## ROUGH WHEY COCONUT PROTEIN BALLS

RECIPE / PRO-MATRIX

Makes: 14 balls



- ½ cup almond meal
- ½ cup Pro-Matrix Rough Whey® Protein Powder
- 3 tbsp rice-malt syrup
- ¼ cup chopped almonds
- 1 cup melted coconut oil
- Desiccated or flaked coconut

Combine almond meal, Pro-Matrix Rough Whey, rice-malt syrup and chopped almonds together in a bowl.

Add melted coconut oil so mixture is sticky, and roll into balls.

Roll balls in coconut and freeze until firm.

Eat and enjoy!



Rough Whey Coconut Protein Balls

### WILD WHEY PASSIONFRUIT MOUSSE

RECIPE / PRO-MATRIX

**Serves: 6**



- 1 tin coconut milk, chilled overnight
- 1 cup passionfruit pulp
- 1 tsp vanilla extract
- 2 frozen bananas
- 1 tbsp extra-virgin coconut oil
- ¼ cup Pro-Matrix Wild Whey™ Protein Powder

Chill tin of coconut milk in fridge overnight. Don't shake can. Carefully turn tin over and open from bottom. Drain out liquid and scoop white cream into food processor. Discard liquid.

Add all ingredients to food processor and blend on high until creamy. Enjoy chilled.



Wild Whey Passionfruit Mousse

### WICKED WHEY CHOCOLATE BROWNIES

RECIPE / PRO-MATRIX

**Makes: 24 brownies**



#### Base

- 1 cup ground nuts (macadamias preferable)
- ½ cup Pro-Matrix Wicked Whey® Protein Powder
- 4 tbsp desiccated coconut
- 2 tbsp coconut syrup
- ½ cup coconut oil
- Pinch Himalayan salt

#### Frosting

- ½ cup organic coconut oil
- 2 tbsp raw cacao powder
- 2 tbsp organic cashews
- Pinch cinnamon powder
- ½ vanilla pod (seeds scraped out)

Wicked Whey Chocolate Brownies



Mix together all base ingredients and spread batter into 9cm × 13cm non-stick dish. Place base in the freezer whilst making frosting.

To make frosting, blend together all ingredients and pour over frozen base.

Freeze until required, then cut into 24 squares.

- ½ tsp salt
- 2 tsp vanilla extract
- 4 large egg whites
- 425g cooked pumpkin
- 2 cups oat flour
- ¼ cup Pro-Matrix Wild Whey™ Protein Powder
- ½ cup chopped walnuts

### WILD WHEY PUMPKIN PROTEIN BARS

RECIPE / PRO-MATRIX

**Makes: 30 squares**



- 1–2 tsp stevia powder
- 120mL unsweetened apple sauce
- 2 tsp ground cinnamon
- 1½ tsp ground ginger
- ½ tsp ground cloves
- 1 tsp gluten-free baking powder
- 1 tsp baking soda

Preheat oven to 180°C and spray 9cm × 13cm non-stick dish with non-stick spray.

Combine stevia, apple sauce, cinnamon, ginger, clove, baking powder, baking soda, salt, vanilla extract, egg whites and pumpkin in bowl. Mix well.

Add remaining ingredients and mix together.

Spread batter into non-stick dish and bake for 30 mins.

Allow to cool, then cut into 30 squares.

**For more information visit [promatrix.com.au](http://promatrix.com.au)**



Wild Whey Pumpkin Protein Bars



Matcha Protein Balls

# YOUR TEA



Your Tea Matcha Powder is the latest coveted addition to our Your Tea family. The details? We're talking antioxidants for immunity, energy and detoxification. It's organic, delicious and packs a powerful green health punch.

## MATCHA PROTEIN BALLS

RECIPE / YOUR TEA MATCHA POWDER

**Makes: 10 balls**



- 1 cup almond meal
- 2 tbsp chia seeds
- 1 scoop vanilla whey protein
- 2 tbsp shredded coconut
- 1 cup dried figs
- 1 tbsp almond milk
- 2½ tsp coconut oil
- 2½ tsp Your Tea Matcha Powder
- 3 dates, finely chopped
- 2½ tsp Your Tea Matcha Powder
- Desiccated coconut

In food processor, mix together almond meal, chia seeds, whey protein, shredded coconut and figs.

Once mixed, add in almond milk, coconut oil, matcha powder and dates.

Once ingredients are blended, roll mixture into balls. Roll in more matcha powder if desired, then roll in desiccated coconut.

For quick consumption, pop in freezer to cool and harden. Alternatively, place in fridge until hard enough to consume.

**Tip:** Use baking paper under coconut and matcha when rolling mixture to avoid staining kitchen bench.

## MATCHA BOWL

RECIPE / YOUR TEA MATCHA POWDER

**Serves: 1**



- Handful spinach
- ⅓ frozen banana
- ¾ cup coconut water
- 1 tbsp coconut flakes
- 1 tsp Your Tea Matcha Powder
- Handful kale

Blend all ingredients together and top with your favourite toppings, such as berries, nuts or chia seeds.

**Tip:** During summer months, add a sprinkle of mint to the mix, which helps to cool the body internally. During winter months, add a sprinkle of warming cinnamon.



Matcha Bowl



Matcha Minty Iced Tea

### MATCHA MINTY ICED TEA

RECIPE / YOUR TEA MATCHA POWDER

**Serves: 2**



- 2 cups water
- 2 tsp Your Tea Matcha Powder
- 2 cups crushed ice
- 1 lime, sliced
- Handful mint

Add all ingredients to cocktail shaker and shake.

**Tip:** if you want to sweeten this simple drink a little, add a dollop of honey. of course, for taste, you can add extra mint or matcha if desired.

### BANANA MATCHA PANCAKES

RECIPE / YOUR TEA MATCHA POWDER

**Serves: 6**



- 2 large free-range eggs
- 1 ripe banana
- 1 tsp baking powder
- 1 tsp Your Tea Matcha Powder
- 2 heaped tbsp buckwheat flour
- 1/8 cup coconut milk
- Handful walnuts (optional)
- Sprinkle cinnamon
- Ground flax seeds (optional)
- Coconut oil, for frying

Leaving out coconut oil, place all ingredients in blender and combine. If you don't have a blender, finely chop ingredients then mix.

Add coconut oil to non-stick pan and pour out desired pancake size. Cook on medium heat until ready to flip and cook other side.

Serving these delicious treats is the best part! You can use fruit, yoghurt, a sprinkle of

nuts and seeds and, of course, some maple syrup or honey for a sweet kick.

**For more information visit [yourtea.com](http://yourtea.com)**



Banana Matcha Pancakes



Meyer Lemon Cake

# NORBU



You don't have to sacrifice the foods you love in the pursuit of health. With Norbu, skipping sugar couldn't be easier! Made from monk fruit and other fruit nectars, Norbu tastes amazing and has virtually no calories. Norbu is your sweet secret to wellness.

## MEYER LEMON CAKE

RECIPE / NORBU

**Makes: 8-12 slices**



- 1 cup softened butter
- 1 cup Norbu
- 3 eggs
- ½ cup Greek yogurt
- Juice & zest 2 Meyer lemons or 1½ normal lemons
- 2½ cups all-purpose flour
- ¾ cup almond meal
- 1 tsp salt
- 3¾ tsp baking powder

Preheat oven to 170°C and grease cake pan.

Beat butter until light and fluffy, then add Norbu and mix until combined.

Add eggs one at a time, scraping down bowl and mixing until combined.

Add yogurt, lemon zest and juice, and mix until combined.

Add flour, almond meal, salt and baking powder and mix well until combined.

Bake for 35-40 mins or until golden brown and flip out of pan while still warm.

## COCONUT MANGO RICE PUDDING

RECIPE / NORBU

**Serves: 4**



- 1 tsp cinnamon
- 1½ tbsp Norbu
- 1½ cups water
- 1 cup coconut cream
- ½ cup jasmine rice
- 2-3 mangoes, diced
- Mint leaves, to garnish

Whisk together cinnamon, Norbu, water and coconut cream.

Place in pot with jasmine rice and bring to boil.

Keep rice at medium boil for 10-15 mins or until the rice is cooked. Add more coconut cream if the pudding is too thick.

Allow to cool and garnish with diced mango and mint leaves.

Serve immediately.



Coconut Mango Rice Pudding

## CHAI PANNA COTTA

RECIPE / NORBU

**Makes: 4 jars**

GF O V

4½ cups almond milk

3 chai teabags

⅓ cup Norbu

½ tsp cinnamon

1 tsp vanilla extract

4 tsp gelatine powder

Bring almond milk, chai teabags, Norbu, cinnamon and vanilla extract to boil.

Remove from heat, remove teabags and stir in gelatine powder.

Whisk until fully combined and pour into 4 heatproof mason jars.

Allow to set overnight and serve cold.

**For more information visit**  
[norbusweetener.com.au](http://norbusweetener.com.au)

Chai Panna Cotta



# From the HEART

We meet two chocolate makers who love their craft and pour their hearts into every step, from sourcing ethical ingredients to wrapping the final bars.

WORDS / DANIELLE KIRK

Love and chocolate, chocolate and love: they belong together. Mayans and Aztecs revered the cacao bean, celebrating their most sacred rituals of birth, marriage and death with it. Would-be lovers in 17th century Europe reportedly drank hot chocolate as an aphrodisiac. Today, we give chocolate to express love, we give it in the hope of getting love — and we really, really love to eat it.

So it's heart-warming to find people like Pana Barbounis and Julian Young, chocolate crafters who approach every step of the process with respect and care. Barbounis started Pana Chocolate in Melbourne to marry his passion for food, artisan trades and wellness. Young and his wife Katie Robb share a fascination with every aspect of the cacao plant and coax its seeds into rich, complex-flavoured bars at the Cicada Artisan Chocolate factory in Sydney.

Making chocolate isn't difficult, Young says, but making it well takes great care. "It's the sum of its total steps and each one of those steps can unfortunately send it out of whack. But if you get it right, then you get it right, and you'll know straight away."

## FRUIT OF THE GODS

Cacao beans, the seeds of the fruit of the cacao tree, are the heroes in our chocolate romance. *Theobroma cacao*, Latin for "the fruit of the gods", is a tree native to Central and northern South America that is now also grown in tropical countries in Africa and Asia. Just as with the grapes that become wine or the coffee beans that yield coffee, making good chocolate starts with selecting the right beans.

"[The quality of cacao] comes down to the particular farm and how the beans are processed," explains Young, who grew up around cacao plantations in the Solomon Islands. "The first step is finding the right orchards that hold the right genetics. After that is making sure the farmers know exactly what they've got and are able to ferment and keep the beans in a certain state." Cacao beans are sold unfermented or fermented. Fermentation makes the beans digestible and develops their flavour, and they are then dried and stored.

Cacao trees are a product of their environment, so seasonal fluctuations affect their fruit's flavour. "Cacao's more susceptible to the seasons than people might think, especially in terms of flavour profile," Young says. "A dry season in

Madagascar can produce an end-product that has more plum, darker fruit notes, whereas a high-rain season will bring flavours like raspberry and bright fruit notes out in the chocolate. That can be put down to things like rainfall and fermentation: how much relative humidity there was in the air at the time and things like that."

Another consideration when sourcing cacao is on-farm practices. The chocolate industry is a largely unequal one, characterised by poor farmers in developing countries and powerful manufacturers that make handsome profits selling to consumers in wealthy countries. Child labour, slavery and worker exploitation occur; hence, both artisans use ethically sourced ingredients in their products.

Pana Barbounis buys raw, organic cacao powder and cacao butter from Fairtrade growers

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“  
Just as with the grapes  
that become wine  
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he trusts. "Most of the suppliers have been with me from the start; we don't chop and change because that affects the quality," he says.

"Generally a farm will produce something in a certain way and there aren't too many variations in their consistency, so you know what you're working with."

At Cicada, Robb and Young create what they call "bean to bar" chocolate. They buy fermented beans directly from individual farmers or co-ops, paying well above minimum Fairtrade prices, then process the beans in-house. Once the beans arrive, they take care to store them correctly and use them in the freshest way possible, Young says. "So they're sorted, roasted and then left to cool. The next day they're cracked and winnowed: the beans are broken apart and then the outside

shell is separated from the inside meat."

The nibs, or broken-up cacao beans, are placed in a pre-refiner, where they're ground down into a paste. This paste is the central component of Cicada chocolates.

## ONE PASSION, TWO PROCESSES

Both chocolate makers share a passion for making high-quality products but differ in their techniques. Pana Chocolate is raw, which means its ingredients are never heated above 42°C. "The cacao plant is so powerful — it's a superfood," says Barbounis. "So we want to retain all of the goodness that cacao has to offer — calcium, magnesium, potassium, all of those rich nutrients. And by heating its products you do start to lower some of those values."

At his factory, Barbounis uses self-taught techniques enhanced by some he learnt from chocolatiers in Belgium. He won't give away all his tricks, as "we're quite unique in how we make it", but the process starts with melting down cacao butter with some coconut oil in a bain-marie heated to 42°C. "It's the coconut oil combined with cacao butter that's our dairy replacement, for that softness and creaminess."

He then adds agave nectar and coconut nectar, unrefined sweeteners that both fit with the Pana Chocolate philosophy. "Using refined sugar wasn't an option," Barbounis says. "For me, life's all about nourishing the soul with love and good food, and refined sugars, I believe, are the cause of so many diseases and so many illnesses these days. I didn't want to be producing a product that I didn't want to give to my kids or take myself, so for me it was like, 'What do I believe in? I believe in vegan, I don't do refined sugars, so why would I give it to anybody else?'"

It's also at this step that he adds natural flavourings like essential oils. "With sour cherry and vanilla, for example, we use vanilla pods. They're cut in half by hand, scraped by hand and the whole vanilla bean goes in the melting pot so the whole batch is infused with it. We'll then take out the pods and keep the meat in the bars."

Cacao powder and dry flavourings are stirred in, bringing the temperature of the product down, and any dried fruit such as goji berries or cherries are folded through. The mixture's then poured into moulds (well-dried ones, as any water marks the chocolate) to set. Finally, says Barbounis, "A few hours later it's ready to be knocked out and wrapped and put in the box."

Cicada chocolate is made the traditional way. There, the cacao paste and remaining ingredients — “if it’s dark chocolate it’ll be raw sugar, sometimes vanilla; if it’s milk chocolate, you add milk powders” — are placed into a conche: a machine that agitates the chocolate mixture. Conching is a process that creates a smooth, rich chocolate consistency and helps to develop its flavour.

“The biggest impact you can have on a batch of chocolate is in the use of the conche itself,” says Young. “That’s one of the most secret parts about chocolate making, because it comes down to skill and experience and ... basically knowing when a batch of chocolate is right. That’s interpretative sometimes, but it’s the interpretation that lifts one brand over another.”

Once the desired finish is achieved, the mixture is aged for a day or two. “Chocolate straight out of the conche hasn’t settled and the flavour profiles are very sharp. Between one and two days of ageing makes a dramatic difference: the flavours round out, then you get a much better sense for what that chocolate batch will taste like.”

The chocolate is then tempered, which means the different fatty acids in the cacao butter — all of which solidify, or crystallise, at different temperatures — are coaxed into a stable form. “The fat crystallises in one of six crystals,” explains Young. “What you’re usually looking for is crystal five, and that’s where the crystal forms a very structured lattice appearance when you look under a microscope. It’s what allows chocolate to contract and it gives it its shine and its characteristic snap.”

Finally, the bars go into wrapping machines or are hand wrapped, depending on the product, and are shipped to the consumer.

### THE PERFECT MATCH

Passion and purpose clearly go hand in hand for both of these artisans, and their chocolates — and customers — benefit from that.

At Cicada, Katie Robb and Julian Young’s fascination with the cacao tree and their commitment to flavour led to their 99% Madagascan Single Origin Bar — made with 99 per cent cacao, 0.5 per cent raw sugar, 0.5 per cent vanilla bean — winning a bronze medal at the 2014 International Chocolate Awards. And they hope to make their products even better. Their five- to 10-year plan is to grow older cacao varieties in North Queensland “to protect the diversification of cacao while also being able to control the growing conditions, the fermentation of the beans and all the other aspects in the chocolate-making process”.

As for Pana Barbounis, the entrepreneur now has two raw vegan chocolate dessert bars — one in Melbourne, one in Sydney — and his treats are sold in more than 3000 outlets around the world. It all stems from a lifestyle choice and a love of food. “[Making chocolate] is the most de-stressing thing you could ever do,” says Barbounis. “If you have a hard day, just go and mix a couple of batches and just watch it and stir it and let it talk to you. It’s so tranquil.”





Tomato & Sweet  
Potato Soup

# ORGRAN



Create a tasty evening meal with Lasagne Mini Sheets from Orgran. Made with rice and corn, this product comes with the Tummy Friendly logo. Products with this logo are also free from fructose, onion, garlic and pea flour.

## TOMATO & SWEET POTATO SOUP

RECIPE / ORGRAN

**Serves: 4**

GF O V VG

- 1kg tomatoes, halved
- 3 tbsp olive oil plus 2 tbsp extra
- Salt & black pepper, freshly ground
- 1 sweet potato, peeled & diced
- 1 red onion, peeled & diced
- 2 garlic cloves, peeled & crushed
- 3 tbsp tomato paste
- 3 sprigs fresh basil
- 1 tbsp brown sugar
- 2 tbsp Orgran All Purpose Plain Flour
- 1L vegetable stock (vegetable stock cubes can also be used)
- 3 tbsp Orgran Croutons with Garlic & Herb, for serving (optional)

Preheat oven to 170°C. Prepare large flat oven tray by spraying with cooking spray. Line tray with baking paper.

Place tomato halves cut side down on prepared baking tray. Pour 3 tbsp oil over tomato. Sprinkle with salt and pepper.

Place tomatoes in moderate oven and bake for 10 mins. Turn tomatoes and bake for a further 10 mins. Steam sweet potato until soft.

Pour 2 tbsp oil into saucepan and sauté onion and garlic.

Put tomato, onion, garlic, sweet potato, tomato paste, basil leaves, brown sugar, flour and a little stock into bowl of electric blender or food processor.

Blend until smooth.

Pour into large saucepan. Add remaining stock. Heat over gentle heat.

Serve garnished with basil.

Add Orgran Croutons with Garlic & Herb for extra flavour.

## BLUEBERRY YOGHURT MULTIGRAIN PANCAKES

RECIPE / ORGRAN

**Makes: 12-14 pancakes**

GF O V

- 2 large eggs
- 1 cup plain yoghurt
- 2-4 tbsp milk
- 3 tbsp melted butter
- ½ tsp lemon zest
- ½ tsp vanilla extract
- ¾ cup Orgran Multigrain All Purpose Plain Flour
- ½ cup Orgran All Purpose Plain Flour with Quinoa
- 2 tbsp sugar or equivalent stevia
- 1 tbsp baking powder
- ¼ tsp table salt
- 1 cup blueberries, to serve

**Blueberry Yoghurt  
Multigrain Pancakes**



**Eggplant  
Lasagne**



Whisk eggs and yoghurt together in large bowl.

Add milk if necessary to achieve a thin-textured yoghurt (add 2 tbsp milk to regular yoghurt and 3–4 tbsp milk to thick yoghurt).

Whisk in melted butter, lemon zest and vanilla extract.

In separate small bowl, sieve and combine flours, sugar, baking powder and salt.

Stir dry ingredients into wet ingredients.

Pour batter into fry pan and cook for about 3–4 mins or until bubbles form. Flip and cook for another 3 mins or until golden underneath.

Sprinkle with blueberries and maple syrup if desired.

## EGGPLANT LASAGNE

RECIPE / ORGRAN

**Serves: 2–4**



### Béchamel Sauce

2½ cups milk

40g carrots, sliced

1 garlic clove

Bunch flat-leaf parsley

1–2 tbsp butter

⅓ cup Orgran All-Purpose Plain Flour

### Tomato Sauce

3 tsp olive oil

250g onion, finely chopped

1 garlic clove, crushed

825g tinned tomato pieces

1 tsp dried oregano

Salt & black pepper, to taste

Orgran Mini Lasagne Sheets

### Filling

650g eggplants, cut into 5mm slices

4 tbsp basil, finely shredded

Olive oil, for greasing

30g grated parmesan cheese

Preheat oven to 180°C. Lightly grease 325mm × 225mm × 50mm ovenproof dish with oil.

To make Béchamel Sauce, pour milk into saucepan and add carrots, garlic clove and parsley. Bring to the boil.

Remove pan from heat, cover and leave mixture to infuse for 30–40 mins.

Heat oil in large saucepan over medium heat, add onion and fry for 6–8 mins until softened, but not browned.

Add garlic and cook for a further 1–2 mins.

Add tomato and oregano and bring to boil then simmer, uncovered, for 45 mins, stirring frequently, or until reduced by about one-third, then season to taste.

Meanwhile, steam eggplant in single-layer batches for 4–5 mins each batch, until softened. Put aside.

To complete béchamel sauce, strain infused milk and discard flavourings.

Melt the butter in saucepan, stir in flour and cook for 1 min.

Slowly whisk in milk and bring to boil, whisking continuously until sauce is thick enough to thinly coat back of spoon.

Simmer for 3 mins, then add salt and pepper to taste.

Prepare lasagne sheets as per instructions on the packet.

Place 2 sheets of pasta in bottom of dish and pour over one-third of Tomato Sauce. Sprinkle with basil.

Arrange the eggplant slices in single layer on top and spoon over Béchamel Sauce.

Repeat layers and top with layer of lasagne.

Pour remaining Béchamel over top and sprinkle with parmesan cheese.

Bake lasagne for 35–40 mins until golden brown and bubbling hot. Serve straight from dish.

## NO-EGG CHOCOLATE BROWNIES

RECIPE / ORGRAN

**Makes: 10–15 brownies**



1 Cup Orgran Self Raising Flour

¼ cup cocoa

¾ cup desiccated coconut

2 tsp Orgran No-Egg Natural Egg Replacer

1 cup brown sugar, firmly packed

185g soft butter

3 tbsp golden syrup

½ tsp vanilla

### Chocolate Icing

30g butter

2 tbsp boiling water

1 cup icing sugar

¼ cup cocoa

¼ cup coconut, to sprinkle on top

Preheat oven to 160°C. Prepare 25cm × 20cm slice tray by spraying with cooking spray. Line base of tray with baking paper.

Place Orgran Self Raising Flour, cocoa, coconut, No-Egg and brown sugar in bowl of food processor. Process until ingredients are well combined. Add butter and process until well mixed.

Heat golden syrup in small saucepan on low heat. Add vanilla and stir well. Pour into food processor. Process until mixture is well combined.

Press mixture into prepared tray.

Place tray in oven and bake for about 30 mins or until slice is cooked when tested.

While slice is cooking, make chocolate icing by placing butter and water into a small saucepan on low heat and stir.

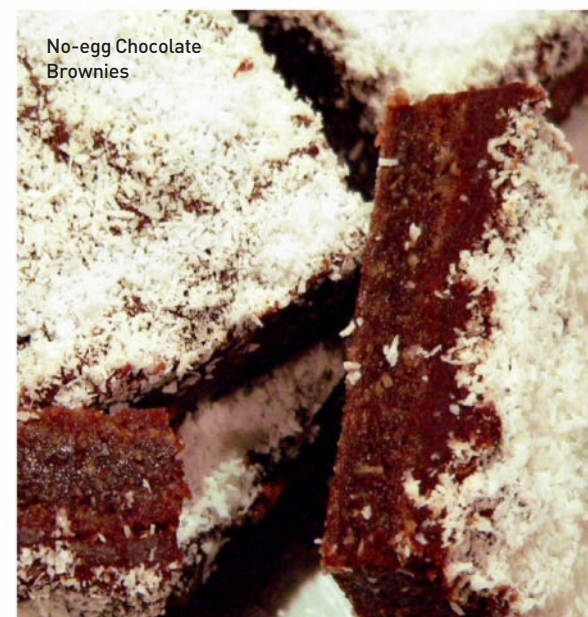
Sift icing sugar and cocoa into medium-sized bowl. Pour in butter and water, stir well.

Spread chocolate icing over slice.

Sprinkle with coconut.

Allow to cool, then cut into squares.

**For more information visit  
orgran.com**



**No-egg Chocolate  
Brownies**



### FANTASTIC FRUIT

Researchers from the University of Oxford and the Chinese Academy of Medical Sciences conducted a nationwide study across China of 500,000 people from urban and rural localities. Subjects were followed for seven years through death records and electronic records maintained by hospitals. The subjects of the study had no history of cardiovascular disease or treatment for high blood pressure when they began the study. Analysis showed that fruit consumption (mainly apples and oranges) was associated with other factors like education, lower blood pressure, lower blood sugar and higher income. However, when these other factors were statistically removed from the equation, eating 100g of fruit a day was still associated with a 33 per cent reduction in risk of death from cardiovascular disease. There was also a significant reduction in non-fatal strokes and heart attacks. So eating your two pieces of fruit a day will be ... well, fruitful.

Source: *New England Journal of Medicine*

### PULSES FOR WEIGHT LOSS

Pulses are part of the legume family, but they are only the dried seed. The most common pulses are dried peas, beans, lentils and chickpeas. Pulses are very high in protein and fibre and are low in fat. In a new study researchers looked at 21 clinical trials involving 940 subjects. The compiled results showed that over a median length of six weeks people who consumed 130g of pulses a day had an average weight loss of 0.34kg. This was true when the subjects' only dietary change was to add pulses to their daily diet. The reason for this may lie in what previous research has shown, which is that eating pulses increases feelings of fullness by around 31 per cent. Pulses also have a low glycaemic index, meaning they are broken down slowly and, of course, they are highly nutritious.

Source: *American Journal of Clinical Nutrition*



## THE WATER DIET

This new study examined data on 18,300 adults gathered from the US National Health and Nutrition Examination Survey. In this survey subjects completed questionnaires on what they had eaten over the past three to 10 days. They then calculated the amount of water the subjects consumed as a percentage of their daily water intake. Beverages like black tea, black coffee and herbal tea were not counted as part of their water intake. People who increased their water consumption by one to three cups a day reduced their total energy intake by between 280 and 850 kilojoules. This amount of increased water consumption was also associated with a reduction in sodium intake by 78 to 235 grams, between five and 18 grams less sugar, and total cholesterol consumption was reduced by seven to 21 grams daily. Health might begin with something as simple as drinking more plain water.

Source: *Journal of Human Nutrition and Dietetics*



### MEDITERRANEAN DIET HEALS HEART

For this study researchers used data from 15,482 people, average age 67, with stable coronary artery disease. Subjects completed questionnaires about their diets that included how many times a week they ate whole grains or refined grains, meat, fish, dairy, fruit, desserts, sweets, sweetened drinks, deep-fried foods, and vegetables (excluding potatoes), and how frequently they drank alcohol. Based on this information each person received a Mediterranean Diet Score (MDS) that ranged from 0 to 24. After four years it emerged that among people with an MDS score over 15 only 7.3 per cent experienced a major adverse cardiac event (MACE). However, among those with an MDS score of 12 or lower, 10.8 per cent had a MACE. After adjusting for other lifestyle factors, it emerged that for each one point increase in the MDS score, there was a 7 per cent reduction in risk of heart attack, stroke or death.

Source: *European Heart Journal*

### FOOD FACT

Leeks were prized by the Greeks and Romans for their effect on the throat and the Emperor Nero ate leeks every day to make his voice stronger.

### FOOD SELFIES

Here's a question for the social media age: if you eat a meal without photographing it first, does it taste the same? Researchers set out to study the topic in three separate experiments where having people take pictures of food before eating was compared to people just eating their food. The results showed that photographing food before eating it led to a more favourable experience of the food, but only sometimes. The food tasted better when it was highly indulgent in nature or when it was extremely healthy. The researchers explain that, when eating healthy, people want to show they are part of the "fit club". When eating something indulgent, perhaps a kind of bragging is in play. Either way, the researchers think it's a way to participate in a community as well as build the anticipation of enjoyment.

Source: *Journal of Consumer Marketing*

### ORGANIC FARMING IS SUSTAINABLE

Some who oppose organic farming will claim that organic farming may be a useful niche activity for the middle class but it is not a way to feed the world into the future. These arguments suggest that organic agriculture is inefficient as it requires more land to yield the same amount of food. This last argument has been addressed in a new report from researchers at Washington State University. The new study involved an analysis of hundreds of published studies from the past 40 years that compare organic to conventional farming. The conclusion of the researchers is that organic farming can produce sufficient yields, be profitable for farmers, enhance the environment and be safer for farmers. Additionally, organic farms store more soil carbon, have better soil quality, reduce soil erosion, produce less soil and water pollution, and lower greenhouse gas emissions.

Source: *Nature Plants*



## COFFEE FOR YOUR COLON

This study compared 5145 people diagnosed with colorectal cancer to 4097 people who did not have the disease. The subjects all completed a food frequency questionnaire that examined their daily intake of espresso, instant coffee, decaffeinated coffee, filter coffee and other beverages. The subjects also filled out questionnaires detailing family history of cancer, diet, physical activity levels, smoking habits and other factors that may lower colorectal cancer risk. The results showed that drinking one to two servings of coffee a day reduced the risk of colorectal cancer by 26 per cent compared to people who drank less coffee. Additionally, people who had more than 2.5 cups of coffee a day had a 50 per cent lower risk of colon cancer. These findings held true even when all other factors that reduce colorectal cancer were taken into account and it held true for all types of coffee, including decaf.

Source: *Cancer Epidemiology*

## PRUNE PROTECTION

People exposed to radiation include cancer patients, astronauts, radiation workers and, of course, those exposed as a result of nuclear accidents. In this new study researchers wanted to see if there were ways to combat the mechanisms that underlie the damage radiation does to bone. For the study the researchers used a number of antioxidant and anti-inflammatory strategies on mice that were exposed to radiation. The strategies used were: an antioxidant cocktail (vitamin C, N-acetyl cysteine, L-selenomethionine, dihydrolipoic acid, and vitamin E); dihydrolipoic acid alone; ibuprofen; and prunes. Prunes were the most effective at reducing expression of the genes related to bone breakdown (Nfe212, Rankl, Mcp1, Opg, and TNF-alpha). In net effect as well, prunes were the most effective at preventing bone loss. The effects are no doubt down to polyphenols in prunes including gallic acid, caffeoylquinic acids, coumaric acid and rutin.

Source: *Scientific Reports*



# A CABBAGE *a day*

**Cabbage is perhaps not the sexiest of vegetables, but it packs a nutritional and taste punch.**



**C**abbage is often used as a bit of a filler vegetable, but I'm here to give you plenty of reasons to make this tasty veggie your star attraction in the kitchen.

There's a number of different varieties to choose from. Traditional green cabbage has a stronger, more peppery flavour when eaten raw, with quite robust leaves. Red cabbage brings all the colour to the plate, along with a slightly earthier flavour than the green. Savoy is the supermodel of the group with its super-crinkled leaves and mild, tender leaves. Chinese, or Napa cabbage, has a longer, oblong shape, yellowy-green leaves and a mild, almost sweet flavour.

## **CABBAGE IN YOUR BODY**

So what's so great about cabbage? A proud member of the brassica family, cabbage carries similar health benefits to its cruciferous sisters, with some seriously fantastic specialties. It contains a great dose of fibre, immune-boosting nutrients, has major gut-healing action, antioxidant properties, and antibacterial activity, promotes regulated blood sugar, and helps you to feel cool, calm and collected.

How does it do all this?

First up, cabbage boasts a lovely amount of fibre, helping to keep your digestive system happy and promoting liver detoxification. This is perfect for when the weather is cooler and you may need some extra digestive and liver assistance to help you with your tendencies to richer, heavier foods.

Cabbage also contains a number of nutrients that are particularly helpful to the immune system. Vitamins A and C, quercetin and a number of flavonoids, especially anthocyanins, make it a strong antioxidant and also highly anti-inflammatory; just the thing to help ward off the latest lurgy.

The love doesn't stop there. Cabbage (especially red cabbage) is protective of liver cells, helping to reduce inflammation and balance cholesterol levels. Diabetics can rejoice and order that extra serve of coleslaw, as the vegetable has the power to balance blood glucose levels and restore renal function.

There is also some fantastic research on cabbage and peptic ulcers. Cabbage and cabbage juice have been shown to promote rapid healing of peptic ulcers, with an average healing time of between seven and 10 days compared with 37-42 days using conventional drug therapy.

Cabbage also seems to have a protective effect against cancers of the digestive system and breast cancer due to substances called glucosinolates, which give cruciferous vegies their trademark taste. The glucosinolates are broken down into isothiocyanates, which inhibit the development of cancer cells. This process of converting carcinogens from their toxic state and escorting them out of the body is most effective when the cabbage is eaten raw, although cooked cabbage still shows some benefit. These isothiocyanates also play a role in protecting your DNA from damage and have antibacterial and antiviral properties.

If you've ever finished a serve of cabbage rolls and wondered why you were in such a good mood, here's a possible explanation.

“

**I love the texture of cooked cabbage. I think part of its negative reputation comes from it being completely overcooked ... it works best when you maintain a little firmness to it.**

”



Cabbage contains L-glutamine, an amino acid that's a precursor for GABA, or gamma aminobutyric acid, a major relaxing neurotransmitter. More specifically, glutamine is converted to glutamate, which is then converted to GABA.

Low levels of GABA may be associated with stress, anxiety, depression, insomnia, muscle spasms, hypertension and dry skin. Low levels may also impact on your digestive system, as GABA stimulates the secretion of digestive enzymes to assist with the digestion and absorption of food.

One of my favourite uses of cabbage is a topical one. Due to their anti-inflammatory nature and soothing and healing qualities, cabbage leaves can be used as a poultice on wounds or injuries. Perhaps best known is the use of cabbage leaves by breastfeeding women to alleviate breast engorgement and pain.

## **CABBAGE IN YOUR KITCHEN**

Fermented cabbage as in sauerkraut and kimchi is a perfect way to gain all these benefits and then some. Fermenting food not only preserves it but adds to its nutritional power and improves digestibility; it conjures a new life-force and leaves you with a beautifully inoculated "superfood" to unleash on yourself and all those around you.

Cabbage juice is another way to get your fix, and although it may not be completely appetising on its own, mixed with some beetroot and ginger juice, or into your green juice, it becomes enjoyable.

I love the texture of cooked cabbage. I think part of this vegetable's negative reputation comes from it being completely overcooked; I feel it works best when you maintain a little firmness to it. Try adding it to stirfries, brothy soups, dumplings or any steamed vegetable dinners. Lightly steamed leaves make great cabbage rolls and can substitute for ricepaper.

Raw cabbage is completely delicious in my mind, and I love to slice it very thinly and add to salads or make into a coleslaw or Asian-style slaw with lots of fresh herbs. It also makes an amazing topping for sandwiches, baked sweet potato, burgers, pizza, fried rice or anything that needs a lift and a bit of textural crunch.

*Meg Thompson is a practising naturopath, cook, mother, writer, health advocate and passionate wholefood enthusiast based in Melbourne.*

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### **JULY 1-31, BRISBANE, AU BRISBANE GOOD FOOD & WINE MONTH**

We celebrated the Brisbane Good Food & Wine Festival last year and we'll celebrate again! Join fellow foodies, family and friends for a full month of gourmet food immersion this July. Embark on a tasting journey through the city's best restaurants, cafes and bars, plus there are a host of activities to keep the kids entertained. From pop-up parties to bar hops, long lunches to kitchen tricks, you'll be inspired and nourished by the love of good food. [brisbane.goodfoodmonth.com](http://brisbane.goodfoodmonth.com)

### **AUGUST 5-7, SYDNEY, AU GOOD FOOD & WINE SHOW**

Sydney Good Food & Wine Show will inspire you to be daring in the kitchen, giving you the confidence needed to cook with creativity and flair. Enjoy a weekend discovering new and interesting ways to cook and prepare foods, mingle with well-known chefs and try delicious gourmet foods. Plus, if wine is your thing, take a wine appreciation class and become that wine connoisseur you've always dreamed of. Wherever your tastebuds take you, you're assured that a weekend of delicious food, wine and good times will be high on the agenda. [goodfoodshow.com.au/sydney](http://goodfoodshow.com.au/sydney)

### **AUGUST 21, SYDNEY, AU ITALIAN WINE + FOOD FESTIVAL**

It's common knowledge that Italians can dish up a feast and the Italian Wine + Food Festival is no exception. From street-style pizza to the freshest pasta your tastebuds have ever sampled, this one-day event celebrates wine, food and culture in inimitable Italian style. Sample sweet tomatoes, creamy cheeses, salami, olive oils, dense bread, rich pastas and delicious gelato. Plus, there are live cheese- and pasta-making demonstrations, live talks with Sydney's top Italian chefs and jazz music to ease you into the evening. [italianwinefoodfestival.com.au](http://italianwinefoodfestival.com.au)

### **SEPTEMBER 2-4, BAROSSA VALLEY, AU BAROSSA GOURMET WEEKEND**

The Barossa region is renowned for its fresh seasonal produce, wine and stunning landscapes, which make it the perfect host for a weekend of exceptional food and wine tasting. The Barossa Gourmet Weekend is a family-friendly festival boasting an excellent selection of events, such as long lunches, scrumptious dinners, cooking classes and children's activities. But remember to pack the car lightly as you're sure to bring home some delicious treats from the valley. [barossagourmet.com](http://barossagourmet.com)

## GIVE US FEEDBACK

We want your feedback: *EatWell* is all about **building a sharing community** of people who care about the **origins, quality and enjoyment of 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](mailto:kduncan@universalmagazines.com.au)

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# FOOD SOURCE

## ANGOVE

The Angove Wild Olive Organic Shiraz and Chardonnay are a testament to the benefits of organic grape growing, with increased biodiversity in the vineyard contributing to the quality of fruit. Wild Olive wines are further reinforcement of the Angove family's commitment to sustainable viticulture.  
**W: [angove.com.au](http://angove.com.au)**



## YARDMILL KITCHEN & GROCERY

Yardmill Kitchen & Grocery in Toorak, Melbourne, prepares a diverse range of nutritious and delicious meals, deli items, pressed juices, beverages and pantry staples to suit anyone who is time-poor, health-conscious or has specific food intolerances. Delivery available or purchase in-store or online. **W: [yardmill.com.au](http://yardmill.com.au)**



## LOTUS ORGANIC MATCHA POWDER

Lotus Organic Matcha Powder is a premium green-tea powder made from the entire tea leaf. Certified organic and gluten-free, it's full of antioxidants. Simply add to your smoothies, bliss balls, pancakes or baking recipes to enjoy a long and sustained energy boost. **W: [lotuspantry.com.au](http://lotuspantry.com.au)**

## AMAZONIA

Whole Live Nutrients Digestive Greens is a delicious greens-specific formula containing a unique natural sea mineral complex with more than 67 trace minerals as well as prebiotics to nourish your digestive system and improve absorption of the greens. Bursting with chlorophyll, Whole Digestive Greens may assist in keeping you energised all year round. Their promise to you is that their greens blend contains no nasty additives, synthetic nutrients or fillers. Instead, it's made from Mother Nature's best organic ingredients, so you get the whole goodness out of what you put in.

**W: [wholelivenutrients.com](http://wholelivenutrients.com)**



## FALCON

Spanning 100cm wide, Falcon's Professional+ FX 100 features two multi-function electric ovens (one conventional multi) and five gas burners, including a triple ring with wok cradle. Available in black and stainless steel, it makes a seriously smart statement in any kitchen. **W: [andico.com.au](http://andico.com.au)**

## LEDA NUTRITION



Leda's gluten-free biscuits are perfect for making your favourite slice, dessert or cheesecake base. Leda's Arrowroot and Gingernut Biscuits are the essential accompaniment for your gluten- and dairy-free baking this winter.

**W: [ledanutrition.com](http://ledanutrition.com)**



## NUTRISOY

Nutrisoy is an Australian-owned company behind the well-known Nutrisoy, Soyco and TLY brands. The range offers quality products made from Australian non-genetically modified organic soybeans including plain, pre-cooked and marinated tofu and tempeh products.

Nutrisoy products are available from selected Coles, Woolworths, independent supermarkets, Oriental grocery stores and healthfood stores throughout Australia. **W: [nutrisoy.com.au](http://nutrisoy.com.au)**



## GO NATURAL NUT DELIGHT

Go Natural Nut Delight bar not only tastes great, it also boasts an impressive 4½ health star rating, making it one of the healthiest snack bars available on the market.

**W: [gonatural.com.au](http://gonatural.com.au)**



## NORBU

Natvia is a natural sweetener made from stevia with only 0.4 calories per serve. It's certified GMO free with low GI and good for your blood sugar levels. It's easy to use in baking, coffee and tea and now comes with 50 per cent extra for free!

**W: [norbusweetener.com.au](http://norbusweetener.com.au)**



## SUNRICE

SunRice Naturally Low GI Brown Rice (GI=54) combines the benefits of a wholegrain brown rice with the advantages of being a low-GI food. Classified as a low glycaemic index food, it's digested more slowly to provide a sustained energy release. Brown rice is unmilled and retains its bran layer, which is the most fibre- and nutrient-rich part of the grain. Alongside lean meats and seafood or tossed in a salad, SunRice Naturally Low GI Brown Rice gives a healthy boost to your favourite meal.

**W: [sunrice.com.au](http://sunrice.com.au)**



## ORGRAN

Create a tasty evening meal with Lasagne Mini Sheets from Orgran. Made with rice and corn, this product comes with the Tummy Friendly logo. Products with this logo are also free from fructose, onion, garlic and pea flour. Check out their Eggplant Lasagne recipe on page 134.

**W: [organ.com](http://organ.com)**



## WELL & GOOD

Taking control of your health and nutrition means baking from scratch and substituting traditional ingredients with healthier options. RAW, by Well & Good, is about going back to basics. Create sumptuous food that packs amazing taste as well as a nutritional punch. The Raw Range is free from gluten and other potential allergens such as dairy, soy, egg and nuts. Kids and adults with allergies don't need to miss out. **W: [wellandgood.com.au](http://wellandgood.com.au)**



## MEB SUPERFOOD WRAPS

We've added superfood ingredients to our certified organic wraps to make them the ultimate in nutritional flat bread. With three varieties to choose from, there's a Superfood Wrap option for everyone. Plus, the wraps contain zero yeast, have low sodium and are extremely delicious. **W: [mebfoods.com.au](http://mebfoods.com.au)**



## MORLIFE

Morlife Quinoa Risottos are made for busy people who take nutrition seriously. It's not easy to prepare nutritious gluten-free meals when time poor. However, it's now easier than ever! They are high in fibre and contain essential minerals, vitamins, fatty acids and omega-3s. Available in Spiced Pumpkin, Mediterranean Tomato & Herb, and Oriental Ginger & Teriyaki flavours. **W: morlife.com**



## MAGIMIX

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

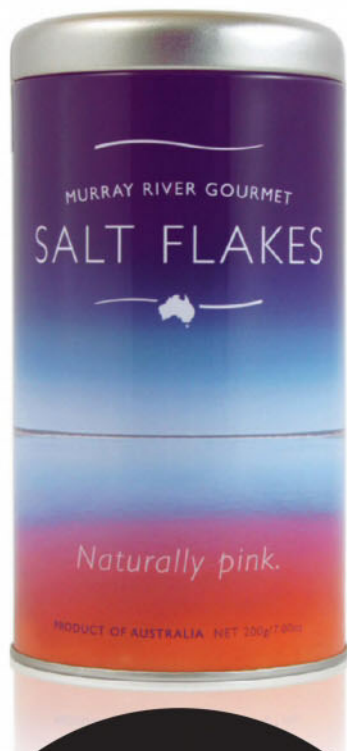
**W: magimix.com.au**



## MORLIFE

Morlife Chia Puddings are super-nutritious snacks that can be enjoyed any time from breakfast through to dinner. They are loaded with all the good stuff, like omega-3, calcium, magnesium, iron and dietary fibre, and are 100 per cent gluten-free. Prepare to feel seriously satisfied with these three delicious varieties: Coconut Cacao, Coconut Mango and Spiced Apple.

**W: morlife.com**



## MURRAY RIVER SALT

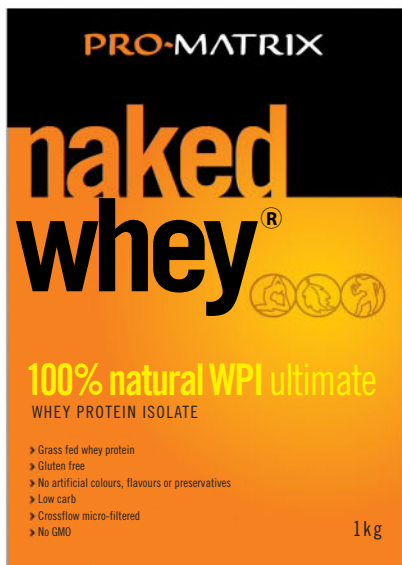
Murray River Gourmet Salt Flakes are produced from the pristine mineralised brines found in the ancient saline aquifers in the Murray-Darling Basin. The stunning pale-pink salt flakes are packed with minerals, in particular magnesium and calcium. **W: murrayriversalt.com.au**



## YOUR TEA

Your Tea Matcha Powder is the latest coveted addition to the Your Tea family. The details? We're talking antioxidants for immunity, energy and detoxification. It's organic, delicious and packs a powerful green health punch.

**W: yourtea.com**



## PRO-MATRIX

From the rich pastures of Australia and NZ, Pro-Matrix is a 100 per cent natural, grass-fed protein engineered to contain only essential ingredients free from everything artificial. Pro-Matrix has an incredible amino acid profile, supporting your body through the many health benefits associated with whey protein. Pro-Matrix is a great addition to sweet and savoury recipes and is available in four flavours: naked whey®, wicked whey®, rough whey®, and wild whey™.

W: [promatrix.com.au](http://promatrix.com.au)



Funch's Paleo Turmeric, Ginger & Lemon Ball Make at Home Mixture includes the best anti-inflammatory superfoods, creating the ultimate Paleo snack.

W: [funch.com.au](http://funch.com.au)



## COFFEY COFFEE

Coffey award-winning coffee is a blend of high-altitude-grown beans, which are Fairtrade and certified organic. Specially roasted and blended to produce a smooth, medium-bodied espresso. Fairness never tasted so good.

W: [coffey.com.au](http://coffey.com.au)



## BUDERIM GINGER

Gone are the days of hard-to-open packages and spilt snacks! Buderim Ginger has just introduced new packaging for its popular snacking and cooking product: Naked Ginger. These smooth and velvety ginger pieces are now available in an easy-to-open and resealable stand-up 200g pouch.

W: [buderimginger.com](http://buderimginger.com)

## DURU BULGUR

Duru Bulgur is made from 100 per cent hard durum wheat that's steamed, dried and ground into grains in a special stone mill. Duru Bulgur can be used as a healthy alternative to pasta, rice or couscous in your favourite recipes for soup or salads, or as a side dish.

W: [durubulgur.com.au](http://durubulgur.com.au)



## PIC'S PEANUT BUTTER

Pic's Peanut Butter is a pantry staple and Pic's is never short of ideas on how to use it in your everyday eating to get a hit of full-flavoured, freshly roasted goodness. Who knew peanut butter could be so versatile — see the 5 sauces on page 76.

W: [picspeanutbutter.com](http://picspeanutbutter.com)



## SOUTHERN CROSS POTTERY WATER FILTER

Southern Cross Pottery is an Australian company that manufactures handmade stoneware water purifiers, which remove most impurities, including fluoride. The purifiers come in various sizes and over 30 colours; the water is filtered without the use of electricity or plumbing and is cooled naturally.

W: [southerncrosspottery.com.au](http://southerncrosspottery.com.au)



## GAWLER EAT WELL: BE WELL COOKBOOK

The Gawler *Eat Well: Be Well* cookbook is an essential how-to guide for anyone wanting to adopt a plant-based wholefoods diet. Learn how to prepare delicious, nutritionally balanced meals for increased health and vitality. Order your copy online today at the Gawler website. AU\$32.95 + postage.  
**W: [gawler.org/shop](http://gawler.org/shop)**



## CARMAN'S KITCHEN

Carman's delicious gourmet porridge sachets are ready to eat in only 90 seconds, are made from 100 per cent Australian wholegrain oats and have less than 6g of sugar per serve. Makes you feel good just thinking about it!

**W: [carmanskitchen.com.au](http://carmanskitchen.com.au)**



## THE FRENCH WAY

Enrich the flavour of roast potatoes, chicken, French fries, vegetables and casseroles with the original and finest-quality Duck and Goose Fat from the distinguished French brand Clos Saint Sozy. It's a French tradition!



## HEALTHY ESSENTIALS ORGANIC IMMUNE

Great-tasting certified organic immune blend combines exotic ingredients ethically sourced from around the world and known to have powerful immune-boosting properties. Containing all natural ingredients with minimal processing to preserve nutritional integrity and natural flavours, the Healthy Essentials Organic Immune powder is gluten-free, non-GMO and packaged for superior stability.

**W: [healthyessentials.com.au](http://healthyessentials.com.au)**



## HEALTHY ESSENTIALS ORGANIC VITALITY

Great-tasting certified organic vitality blend combines exotic ingredients ethically sourced from around the world to provide sustained energy production and support overall vitality. Containing all natural ingredients with minimal processing to preserve nutritional integrity and natural flavours, the Healthy Essentials Organic Vitality powder is dairy-free, non-GMO and packaged for superior stability.

**W: [healthyessentials.com.au](http://healthyessentials.com.au)**



## CHRIS' DIPS

Chris' range of Heritage Gourmet Dips comes in real terracotta pots ready to be served for any occasion! Foodies will be spoilt for choice with the tempting range of premium cheese dips with quality local ingredients that perfectly complement great wines, craft beers and seasonal produce.

**W: [eatloveshare.com.au](http://eatloveshare.com.au)**

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