



MAKE *Every Veg* COUNT!

Delicious, budget friendly recipes — Make every veg count and Try For 5



Welcome

Trying for a little more veg each day, made simple

Food is essential fuel for our body and minds but we know that it's so much more. What we eat reflects everything about us, our culture, our community and our budget.

Eating with family, friends and colleagues is the very essence of community. The Try for 5 recipe book is filled with nutritious recipes which will make the most of your time, your budget and your health.

We want to show you that eating five serves of vegetable a day is not only possible, but it's also easy and delicious.

Our generous sponsors have researched, designed and planned these nutritious recipes. They've done the hard work, so you don't have to! Thanks to Vitamix, Sanitarium, Good and Fugly, AusVEG, Simplot, Velisha Farms and Carisma Potatoes for their generous contributions.

It's time to Try for 5!

Every veg counts

Every cent counts

Every moment counts





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Breakfast

Start your day with a veg-packed kick.



SHAKSHUKA



INGREDIENTS

- 2 x 400g tins diced tomato
- 1 red onion, thinly sliced
- 4 large kale leaves, stems removed
- 1 x 400g tin cannellini beans, drained
- 4 eggs
- 2 cups cooked brown rice
- 2 tbsp grated parmesan, optional
- 1 tbsp olive oil
- salt & pepper

METHOD

1. Drizzle olive oil into a large skillet over medium heat. Add onion and cook 5 – 7 mins until onion just starts to soften and take on colour.
2. Add tomatoes and beans to onion and stir to combine. Reduce heat to low and simmer 10 – 15 minutes until thickened. Thinly slice kale leaves.
3. Increase heat to medium-low and add kale to skillet with tomato mixture. Stir for a minute or two until kale is wilted. Season sauce to taste with salt and pepper.
4. Make four indentations in the tomato mixture with a spoon. Carefully crack an egg into each cavity. Cover pan and cook 6-8 minutes, or until eggs are cooked to your liking.
5. Divide rice onto four plates. Spoon tomato sauce and eggs over rice, sprinkle with Parmesan, if using.

Notes:

- Swap wholegrain bread for the rice. Use any tinned beans you have in the pantry in place of cannellini. Kale can be replaced with baby spinach, silver beet, or other leafy greens. Use silken tofu instead of eggs for a vegan dish.
- Add a teaspoon of Italian herbs to the pan with the tomatoes, or turn up the heat with a good pinch of smoked paprika.

SERVES | 4

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CORN, ZUCCHINI AND CHICKPEA FRITTERS



INGREDIENTS

- 400g can chickpeas, drained
- 1 cup self-raising white flour
- ½ cup self-raising wholemeal flour
- ½ tsp salt
- 310g can corn kernels, drained
- 1 zucchini (courgette), grated
- 1 tbs chives
- 2 eggs, lightly beaten
- 1 cup So Good Almond Milk
- 2 tbs oil

METHOD

STEP 1

Place drained chickpeas in a food processor and process until roughly chopped.

STEP 2

Sift flours into a large bowl.

STEP 3

Add chickpeas, corn, zucchini (courgette) and chives.

STEP 4

Combine eggs and almond milk together and add to flour mixture, stirring until just combined.

STEP 5

Heat oil in a large non-stick frypan over medium heat. Add ¼ cup of mixture, flatten slightly and cook 3-4 minutes each side until golden.

TIPS

Top with your favourite salsa to really bring out the flavours.

SERVES | 7

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VEGGIE HASH BROWNS WITH AVOCADO ON TOAST



INGREDIENTS

- 1 cup self-raising flour
- 3 eggs, lightly whisked
- 1/2 cup milk
- 3/4 cup grated cheese
- 1/4 onion, finely diced
- 1 tbsp parsley, finely chopped
- Salt and pepper, to taste
- Extra virgin olive oil, for frying
- Wholegrain toast, to serve
- Sliced avocado, to serve
- 2 cups of vegetables of your choice, such as:
 - 1/2 cup red capsicum, de-seeded and diced
 - 1/2 cup corn kernels, parboiled
 - 1/2 cup carrot, grated
 - 1/2 cup baby spinach, shredded
- Or any other combination of coloured vegetables

METHOD

1. To make the fritter base, combine the flour, eggs, milk, cheese, onion, parsley and salt and pepper in a large bowl.
2. Add 2 cups of different coloured vegetables to the base mixture and stir to combine.
3. Heat olive oil in a large non-stick fry pan. Add 1/4 cup of fritter mixture to the pan at a time, allowing room for the fritters to spread.
4. Cook for 2-3 minutes on a medium heat. Flip and cook for a further 2-3 minutes or until fritters are lightly browned and cooked through.
5. Serve with wholegrain toast and sliced avocado.

SERVES | 8

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Our health
**IS OUR MOST
IMPORTANT
ASSET.**

ZUCCHINI FRITTATA



INGREDIENTS

- 2 tablespoons olive oil
- 400g Zucchini, grated
- 1 large red onion, finely chopped
- 8 large free-range eggs
- 100ml Thick cream
- ½ teaspoon freshly grated nutmeg
- Handful mint leaves, finely chopped
- 3 garlic cloves, sliced
- 150g spinach, roughly chopped
- 120g goats' cheese, roughly chopped
- Salt and freshly ground black pepper

METHOD

1. Heat the olive oil in a large ovenproof frying pan over a medium-low heat. Toss in the red onion and cook for 5 minutes.
2. Meanwhile, crack the eggs into a large bowl. Add the cream, nutmeg, chopped mint and some salt and pepper and whisk well. Set aside.
3. Add the garlic to the pan and cook for 2 minutes, then toss in the zucchini and spinach and sauté until it begins to wilt. Pour the cream mixture into the pan, stir around for one minute, then remove from the heat.
4. Dot the goats' cheese evenly over the surface of the frittata.

SERVES | 12

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VELISHA  **FARMS**

SMASHED PEA BREAKFAST BOWL



INGREDIENTS

- 12 trussed cherry tomatoes
- Oil spray
- 2 teaspoons olive oil
- 3 cups frozen Birds Eye Field Fresh Corn Kernels
- 4 cups frozen Birds Eye Field Fresh Garden Peas
- 75g butter, chopped
- Finely grated zest of 1 lemon
- 8 crisp cooked shortcut rashers bacon
- 8 slices lightly toasted sourdough baguette
- 4 soft boiled eggs
- Pea tendrils and micro herbs, for garnish

METHOD

STEP 1

Place tomatoes on a baking paper lined tray and spray with oil. Cook in a preheated oven at 200°C for 4-5 minutes or until blistered. Remove and keep warm.

STEP 2

Meanwhile, heat oil in a large non stick frypan, add frozen Birds Eye Corn Kernels and cook for 5 minutes or until lightly charred, stirring occasionally. Remove and keep warm.

STEP 3

Cook frozen Birds Eye Peas following packet directions, drain and lightly smash. Stir in butter and lemon zest.

STEP 4

Assemble tomatoes, charred corn, smashed peas, bacon and bread in serving bowls. Top with soft boiled egg. Garnish with pea tendrils, herbs and a sprinkling of pepper. Serve immediately.

TIP

Have corn pre charred. Heat in microwave oven before assembling bowls.

SERVES | 4

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PINA COLADA PARFAIT WITH COCONUT CRUNCH

INGREDIENTS

COCONUT CRUNCH

- ½ cup toasted coconut flake
- ½ cup roasted cashews

PINA COLADA PARFAIT

- 100ml coconut milk
- 150g frozen banana
- 100g frozen sliced zucchini
- 250g frozen pineapple
- 6 mint leaves

TO SERVE

- Lime wedges
- Fresh pineapple wedges, optional

METHOD

SERVES | 2

STEP 1

For the coconut crunch, combine the coconut & cashew in the 600ml container cup and pulse on speed 2 to achieve a coarse breadcrumb texture. Set aside.

STEP 2

For the parfait, combine the coconut milk, banana, zucchini & pineapple in the blender and, using the tamper, begin blending on speed 3, increasing to speed 7-8 to create a smooth, creamy texture.

STEP 3

Spoon the parfait into glasses, layering with the coconut crunch and serve with a small lime wedge to squeeze over.

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QUINOA, FETA, ROASTED CAPSICUM & CORN MUFFINS



INGREDIENTS

- 1 ½ cups wholemeal SR flour
- 1 cup quinoa flakes
- 1 cup corn kernels (fresh, frozen or tinned)
- 1 red capsicum, deseeded and diced
- 75g feta cheese, crumbled
- 1 cup milk of choice
- 1 egg
- 80ml olive oil
- 2 tbsps fresh chives, chopped

METHOD

STEP 1

Preheat oven to 180°C and prepare either a silicone muffin tray or lined muffin tin.

STEP 2

Sift the flour into a large bowl and stir through the quinoa flakes, corn, capsicum, feta and chives. Combine the milk, egg, and oil in a large jug, add to the dry ingredients and stir until well combined (but do not overmix).

STEP 3

Divide the mixture among the muffin holes evenly and bake for 20 min or until golden and cooked through. Allow to cool slightly before transferring to a wire rack.

SERVES | 12

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WEET-BIX VEGETABLE QUICHE



INGREDIENTS

BASE

- 3 Weet-Bix biscuits
- 1 cup plain flour
- ⅓ cup oil
- ⅓ cup water

FILLING

- 2 tsp oil, extra
- 1 medium onion, chopped
- 1 small red capsicum, diced
- 1 ½ cups broccoli florets
- 1 cup pumpkin, cubed
- 1 zucchini (courgette), sliced
- 3 eggs
- ¾ cup soy milk
- 1 tsp french mustard
- ½ tsp salt
- 1 cup reduced fat cheese, grated
- 125g can corn kernels, drained

METHOD

STEP 1

Place Weet-Bix biscuits in a food processor and process until they resemble breadcrumbs. Add flour.

STEP 2

Combine oil and water and gradually add to flour mixture while processing. When dough forms into a soft ball, remove from processor and gently knead until smooth.

STEP 3

Place the pastry between two sheets of baking paper and roll out to fit a 20cm flan tin. Ease pastry into tin and trim. Bake "blind" for 10 minutes in a moderate oven, 180°C then remove the paper and beans and cook for a further 10 minutes. Cool.

STEP 4

Heat extra oil in a frypan and lightly saute onion and capsicum until soft. Steam broccoli, pumpkin and zucchini (courgette). Whisk together eggs, soy milk, mustard and salt. Sprinkle cheese over base of quiche. Arrange onion and capsicum, steamed vegetables and corn kernels over cheese. Pour egg mixture over vegetables. Bake in a moderate oven, 180°C for 30 minutes or until mixture is set

TIPS

- 'Blind' baking refers to baking a pastry shell without filling. The pastry is lined with foil or baking paper and then filled with rice or dried beans so that the pastry will keep its shape when baking.
- This recipe also works well with other vegetables: try experimenting with your favourite seasonal vegetables.

SERVES | 8

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BREAKFAST BURRITOS



INGREDIENTS

- 8 eggs
- ½ cup milk
- 30g butter
- 1 tablespoon olive oil
- 420g can Edgell Corn Kernels, drained
- 400g can Edgell Black Beans, drained and rinsed
- 4 large tortillas
- 1 avocado, sliced
- ½ cup roasted red capsicum, diced

METHOD

STEP 1

Lightly whisk eggs and milk together with a fork until combined.

STEP 2

Melt butter in a large non stick frypan over medium heat. Add egg mixture and cook stirring until lightly scrambled. Season to taste and set aside.

STEP 3

Wipe frypan with absorbent paper and heat oil over medium heat. Add Edgell Corn Kernels and Edgell Black Beans, cook until lightly charred. Set aside.

STEP 4

Spoon scrambled egg down the centre of the tortilla, top with avocado, capsicum, corn and black bean mixture. Fold in sides and roll tightly to encase filling.

TIP

Burritos can be toasted in a sandwich press, pan fried or char grilled.

Capsicum and avocado can be swapped with 1.5 cups of your favourite veggies – e.g., mushroom, sundried tomato, spinach.

SERVES | 4

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ZUCCHINI PANCAKES

INGREDIENTS

- 80 (½) almond milk , or whole milk
- 250 (1¼) medium zucchini, peeled, halved
- (2) eggs, or 2 Tablespoon flax egg
- (¼) salt, optional
- 60 (3) date syrup , or honey, or taste
- (1) ground cinnamon
- (¼) ground allspice
- 180 (1½) whole wheat flour
- (2) baking powder

METHOD

SERVES | 8

1. Place all ingredients except for flour and baking powder into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then increase to Variable 4. Blend for 5 seconds until ingredients are combined.
3. Add the flour and baking powder to the Vitamix container with the wet ingredients, and secure the lid. Pulse 10-12 times on Variable 5 until ingredients are well incorporated.
4. Pour batter onto a preheated and lightly greased skillet or griddle and cook until bubbles appear in center of pancakes, then flip and cook for another 2 minutes.

CHEF'S NOTES

To make a flax "egg," simply combine your flax meal with water in a small container and stir to combine, and allow it to sit for 5 minutes before using.

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Lunch

Stay fueled by veg throughout the day



CAULIFLOWER AND EDAMAME DHAL



INGREDIENTS

- 1 tbsp oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 2 tbsp no added salt tomato paste
- 1 ½ cup dried red lentils, rinsed and drained
- 2 carrot, chopped
- 750g cauliflower, cut into small florets
- 1 litre reduced salt vegetable stock
- 1 ½ cups frozen edamame (soybeans)

METHOD

STEP 1

Heat oil in a saucepan and sauté onion and garlic until onion is soft.

STEP 2

Stir through curry paste and cook for 1 minute.

STEP 3

Add tomato paste, lentils, carrot, cauliflower and stock.

STEP 4

Bring mixture to boil then reduce heat and simmer for 15-20 minutes or until lentils are soft.

STEP 5

Add edamame and heat for 2 minutes or until cooked.

STEP 6

Can be served with cooked brown rice or naan bread.

TIPS:

Frozen green peas can be substituted for the edamame beans. Frozen edamame beans (without the pod) can be purchased from Asian supermarkets.

SERVES | 6

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CARISMA POTATO AND VEGGIE FRITTERS



INGREDIENTS

- 2 large Carisma potatoes
- 1 carrot
- 1 zucchini
- 1 cup brown or red lentils
- 1 small red onion
- 1 garlic clove
- 1 cup flour
- 1 egg
- 1 tbsp chopped parsley
- Black pepper

METHOD

STEP 1

Grate potatoes, carrot and zucchini. Squeeze out moisture with paper towel.

STEP 2

Dice onion and garlic.

STEP 3

Add all ingredients into a large bowl and use hands to combine.

STEP 4

Into a frypan with hot oil, add 1/4 cup amount of mixture and cook on each side until golden. Garnish with chopped parsley.

SERVES | 12-15

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**ENJOY LIFE'S
SPECIAL
MOMENTS
WITH THE
PEOPLE YOU
LOVE.**

FALAFELS



INGREDIENTS

- 1 small onion, roughly chopped
- 2 cloves garlic, crushed
- 1 cup firmly packed parsley leaves
- 400g can Edgell Chick Peas, drained
- 1½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 2-3 tablespoons chick pea flour
- Zest of 1 large lemon
- Pita bread, tahini, cucumber olives, to serve

METHOD

STEP 1

Place onion, garlic and parsley into a food processor and blend until mixture is very finely chopped.

STEP 2

Add Edgell Chick Peas, spices, flour and lemon zest to processor and blend until mixture resembles coarse breadcrumbs (take care not to puree).

STEP 3

Roll one tablespoon of mixture into a ball and flatten to a patty shape, approximately 5cm in diameter. Repeat with remaining mixture. Chill for 30 minutes.

STEP 4

Heat a little oil in a large non stick frypan over medium-high heat. Cook falafels for 3 minutes on both sides or until golden brown. Drain on absorbent paper.

STEP 5

Serve falafels with pita bread, tahini, cucumber and olives.

TIP

Wet hands before rolling the falafels to prevent the mixture from sticking.

Canned chick peas have less starch than dried chick peas so adding a little chick pea flour binds the mixture and keeps the flavour authentic. Chick pea flour can be found at your supermarket in the same aisle as plain flour and is sometimes labelled Besan flour.

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SERVES | 16

CAULIFLOWER FRIED RICE



INGREDIENTS

2 tablespoons oil
2 eggs, lightly beaten
4 rashers bacon, chopped
1 onion, diced
1 clove garlic, crushed
500g packet frozen Birds Eye Cauliflower Veggie Rice
1 cup frozen Birds Eye Carrot, Peas & Corn
2 tablespoons soy sauce
Spring onion curls, for garnish

METHOD

STEP 1

Heat half the oil in a non stick wok over medium heat. Pour in eggs, swirl over the base to form a thin omelette and cook until just set. Remove from wok and set aside.

STEP 2

Increase heat to medium-high add remaining oil, sauté bacon and onion for 4-5 minutes or until lightly browned. Add garlic and continue to cook for a further minute. Add frozen Birds Eye Veggie Rice and frozen Birds Eye Vegetables, stir fry for 6 minutes until softened. Remove from heat and stir through soy sauce.

STEP 3

Roll up omelette and thinly slice. Serve cauliflower fried rice topped with egg. Garnish with spring onion and serve.

TIP

For a meat-free option, omit bacon.

SERVES | 4

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*Every veg
counts*

**VEGETABLES CAN
BOTH HELP TO
IMPROVE YOUR
MOOD**

VEGGIE RICE & MUSHROOM NOURISH BOWL



INGREDIENTS

- 2 tablespoons oil
- 200g Swiss brown mushrooms, halved
- 1 tablespoon salt reduced soy sauce
- 500g packet frozen Birds Eye Carrot, Cauliflower & Broccoli Veggie Rice
- 1 cup baby spinach leaves
- 1 avocado, sliced
- 2 cups finely shredded red cabbage
- Roasted sesame dressing, for serving

METHOD

STEP 1

Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Cook mushrooms for 4-5 minutes, stirring regularly until golden. Stir in soy sauce to coat evenly. Remove from pan, set aside and keep warm.

STEP 2

Heat remaining oil in same frypan and cook frozen Birds Eye Veggie Rice for 6 minutes, stirring regularly. Stir through spinach and continue to cook for a further 2 minutes.

STEP 3

Divide cooked veggie rice, mushrooms, avocado and cabbage in serving bowls. Drizzle over dressing and serve immediately.

TIPS

Roasted sesame dressing can be found in the Asian aisle of most major supermarkets.

SERVES | 6-8

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STEAK SANDWICHES



INGREDIENTS

- Oil Spray
- 16 slices Vienna or sour dough bread,
- 1 tablespoon oil
- 8 x minute steaks
- 2 avocados
- Juice of 1 lemon
- 420g Edgell Corn Kernels, drained
- 1 carrot, julienned
- 1 cup rocket
- 425g Edgell Sliced Beetroot, drained
- Caramelised onion and French fries, for serving

METHOD

STEP 1

Spray bread slices with oil and toast on a hot grill plate for 1 minute on each side. Remove and set aside. Drizzle oil over steaks and season to taste. Grill for 1 minute each side or until cooked to your liking. Remove to rest.

STEP 2

To make guacamole, mash avocados and stir through lemon juice and Edgell Corn Kernels.

STEP 3

Assemble steak sandwiches by placing guacamole on bread bases, top with steaks, Edgell Beetroot, carrot, rocket, caramelised onion and bread lid. Serve immediately with hot French fries.

TIPS

To make your own caramelised onion, heat 1 tablespoon oil in fry pan or flat plate and cook 2 sliced onions over low heat for 10 minutes. Add 1 tablespoon brown sugar and 1 tablespoon balsamic vinegar and continue to cook for a further 3-4 minutes or until sticky.

SERVES | 6-8

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ROASTED CARISMA POTATO, CHICKEN & BROCCOLINI TRAY BAKE

INGREDIENTS

- 1kg Carisma potato, cut into bite sized pieces
- 6-8 chicken pieces on the bone
- 4 tbsp olive oil
- 1 garlic bulb, cloves separated
- 8 thyme sprigs
- 2 bunches broccolini

Lemon salsa

- 1 lemon
- 1/4 cup chopped parsley
- 1 garlic clove
- 2 tbsp olive oil

METHOD

SERVES | 4

STEP 1

Preheat oven to 190C. Place potatoes into a baking tray, drizzle with half the oil and season according to your own personal preference.

STEP 2

Dry the chicken pieces with paper towel, place on top of the potatoes, drizzle with the remaining oil and season according to your personal preference.

STEP 3

Add garlic and thyme to the tray and place in the oven to roast for 45 minutes.

STEP 4

Add the broccolini to the tray for the final 10 minutes of cooking time.

STEP 5

Meanwhile, make the salsa. Remove the rind from the lemon and chop the flesh into small pieces. Place lemon into a small bowl and add remaining ingredients. Stir to combine.

STEP 6

Serve the tray bake in the centre of the table (taking care as it will be hot) with the salsa on the side.

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The main dish in the white tray consists of several pieces of roasted chicken, likely thighs, with a golden-brown, slightly charred skin. The chicken is surrounded by a generous portion of roasted potatoes, cut into thick, irregular wedges that are golden and crisp. Interspersed among the potatoes and chicken are stalks of bright green broccolini, some of which are topped with small, round herb butter pats. The entire dish is garnished with fresh green herbs, including what appears to be parsley and thyme, and several small, whole onions that have been roasted along with the other ingredients.

Two silver metal spoons are placed on the left side of the white tray, resting on the parchment paper. One spoon is larger and more rounded, while the other is smaller and more pointed. They are positioned as if ready for use to serve the meal.

A small, clear glass jar is located at the bottom right of the white tray. It contains a vibrant green herb sauce, likely a chimichurri or similar fresh herb dressing, with visible pieces of green herbs and oil. A small silver spoon is tucked inside the jar, resting on the sauce.

On the left side of the white tray, there is a small brown ceramic bowl filled with a large quantity of fresh green herbs. The herbs appear to be a mix of parsley and thyme, with their stems and leaves clearly visible. Some of the herbs are spilling out of the bowl onto the white wooden table surface.

In the top left corner of the image, a portion of a bright green ceramic plate is visible. The plate has a simple, slightly raised rim and a smooth, glossy finish. It is partially cut off by the edge of the frame.



BEETROOT & CORN POKE BOWL

INGREDIENTS

- 1 cup tri colour quinoa
- 1 tablespoon extra virgin olive oil
- 400g firm white fish fillets, chopped
- 425g can Edgell Diced Beetroot, well drained
- 420g can Edgell Corn Kernels, drained
- 1 Lebanese cucumber, julienned
- 1 large carrot, julienned
- 1 avocado, sliced
- 1 tablespoon toasted sesame seeds, for garnish
- Fresh coriander leaves, for serving

METHOD

SERVES | 6-8

STEP 1

Cook quinoa following packet directions. Drain.

STEP 2

Heat oil in a non stick frypan over medium heat, add fish and cook for 3-4 minutes, turning regularly, until cooked.

STEP 3

Evenly divide quinoa, cooked fish, Edgell Beetroot, Edgell Corn Kernels, cucumber, carrot and avocado in each serving bowl. Garnish with sesame seeds and coriander leaves, serve immediately.

TIPS

Drizzle with a reduced fat salad dressing, if desired.

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POTATO AND PEA CURRY IN ROTI CONES



INGREDIENTS

- 1 tablespoon oil
- 1 large onion, sliced
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons ground coriander
- 1 teaspoon turmeric
- 1 kg desiree potato, cut into chunks
- 2 x 400g cans brown lentils, drained and rinsed
- ½ litre vegetable stock, reduced salt
- ½ litre water
- 2 tablespoons tomato paste, no salted salt
- 1 cup frozen peas
- 8 commercial roti
-

METHOD

STEP 1

Heat oil in a large saucepan and saute' onion over medium heat until soft. Add spices and saute' for 1 minute.

STEP 2

Stir through potato, lentils, stock and tomato paste. Bring mixture to the boil, reduce heat and simmer for 20 -25 minutes with lid off, stirring occasionally, until potato is cooked and liquid reduced.

STEP 3

Fold through peas. Heat through.

STEP 4

Heat fry pan over a high heat then reduce heat and brown roti on both sides. Form roti into cone shapes and fill with curry.

TO SERVE

Roti is a flatbread that is lightly fried on both sides and served with the curry. It's found in the bread section of the supermarket. Alternatively, you could make your own.

SERVES | 8

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Dimmer

From family favourites to budget friendly and everything in between



CHICK PEA SPINACH SPAGHETTINI



INGREDIENTS

- 2 tablespoons oil
- 500g packet frozen I&J The Finest Raw Prawns – Tail On
- 850g packet frozen Birds Eye Stir Fry – Oriental
- 200g dry egg noodles, cooked following packet directions
- 2 tablespoons dark soy sauce
- 1 tablespoons hot chilli sauce
- Fresh coriander leaves, for garnish

METHOD

STEP 1

Heat half the oil in a large non stick wok, cook I&J Prawns following packet directions. Remove from wok and set aside.

STEP 2

Heat remaining oil in same wok and add frozen Birds Eye Stir Fry vegetables and stir fry for 6 minutes. Return prawns to wok.

STEP 3

Add cooked noodles, soy sauce, chilli sauce and toss gently to combine. Cook a further 2 minutes to heat through. Garnish with coriander. Serve immediately.

TIPS

Any of the Birds Eye Stir Fry range can be used in this recipe.

SERVES | 6-8

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VEGGIE COCONUT & CHICKPEA CURRY

INGREDIENTS

TURMERIC PASTE – MAKES 1 CUP

- 1/3 cup ground turmeric
- 1 thumb size knob fresh ginger, peeled, roughly sliced
- 2 clove garlic
- 1 tsp ground cinnamon
- ½ tsp fresh ground black pepper
- 3 tbsp coconut or olive oil
- 1/3 cup water

VEGETABLE CURRY

- 2 tbsp coconut or olive oil
- 1 small brown onion, finely diced
- ¼ small Kent pumpkin, cut into large pieces
- 1 red capsicum, cut into large pieces
- 2 zucchini, cut into large pieces
- flake salt, fresh ground pepper
- 2 tbsp turmeric paste
- 200ml vegetable stock
- 300ml coconut milk
- 1 x 400 tin chickpeas, drained, rinsed
- Handful coriander, roughly chopped
- Juice 1 lime

Steamed rice natural yoghurt & papadums to serve

METHOD

STEP 1

For the turmeric paste, combine all the ingredients into the Vitamix 600ml blending cup, screw on the base and blend on speed 2 then increasing to speed 7-8 to form a smooth puree, about 30 seconds.

STEP 2

Pour this into a small pot and cook over a medium heat for 5-7 minutes, whisking, to reduce and thicken then pour that into a jar or container, allow to cool and store in the fridge up to 1 month.

STEP 3

For the curry, place a medium saucepan over a medium/high heat and add the onion, veggies and good pinch of salt. Cook this for 3-4 minutes, stirring often, then add the turmeric paste, stirring and cooking for 2 more minutes. Add the vegetable stock, coconut milk and simmer, covered for 7-8 minutes, until the veggies are cooked.

STEP 4

Add the chickpeas & simmer uncovered for 2-3 minutes.

STEP 5

Finish with the coriander, lime and serve with steamed rice, yoghurt & papadums if using.

SERVES | 10

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SPICY PRAWN & NOODLE STIR FRY



INGREDIENTS

- 2 tablespoons oil
- 500g packet frozen I&J The Finest Raw Prawns – Tail On
- 850g packet frozen Birds Eye Stir Fry – Oriental
- 200g dry egg noodles, cooked following packet directions
- 2 tablespoons dark soy sauce
- 1 tablespoons hot chilli sauce
- Fresh coriander leaves, for garnish

METHOD

STEP 1

Heat half the oil in a large non stick wok, cook I&J Prawns following packet directions. Remove from wok and set aside.

STEP 2

Heat remaining oil in same wok and add frozen Birds Eye Stir Fry vegetables and stir fry for 6 minutes. Return prawns to wok.

STEP 3

Add cooked noodles, soy sauce, chilli sauce and toss gently to combine. Cook a further 2 minutes to heat through. Garnish with coriander. Serve immediately.

TIPS

Any of the Birds Eye Stir Fry range can be used in this recipe.

SERVES | 6-8

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CARISMA TORTILLA DE PATATAS

INGREDIENTS

FOR THE TORILLA

- 4 brown onions, peeled
- 4 tablespoons olive oil
- 500g Carisma potatoes, peeled
- 7 eggs
- 100g grated Parmesan or Manchego
- 1 tsp freshly ground
- Black pepper

FOR THE SALSA

- 2 red capsicums
- 5 sprigs of fresh oregano
- 24 cm oven proof skillet or cast-iron pan

METHOD

SERVES | 6-8

STEP 1

Preheat oven to 200 degrees Celsius. Place whole capsicums on an oven tray lined with baking paper. Roast for 30 minutes or until the skin starts to blacken. Remove from oven, wrap the capsicums in aluminium foil and set aside

STEP 2

Finely slice the onion into half-moons. Heat 2 tablespoons of oil in an oven proof skillet over medium heat. Add onion and season according to your personal preference, stir well. Cover with a lid and reduce heat to low. Cook for 10-15 minutes, (add a splash of water if they begin to catch). Stir occasionally until the onion becomes soft and slightly browned. Remove from pan and set aside.

STEP 3

While the onion is cooking thinly slice the potatoes. When the onions have been removed from the pan heat the remaining 2 tablespoons of oil in the skillet and fry off the potatoes for 5 minutes.

STEP 4

Beat eggs in a large bowl, stir through cheese, cracked pepper, and cooked onion. Pour into skillet over potatoes, carefully distributing egg mixture around the potato. Bake for 30 until set and golden.

SALSA

Peel skin from capsicums, remove seeds, and slice the cheeks of each capsicum. Mix with fresh oregano leaves, a drizzle of olive oil and a pinch of seasoning according to your personal preference.

TO SERVE

Slice tortilla and serve with a spoonful of salsa.

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CHINESE PORK STIR FRY



INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 500g pork mince
- 2 teaspoons frozen Birds Eye Chopped Garlic
- 1 tablespoon frozen Birds Eye Chopped Ginger
- 850g packet frozen Birds Eye Stir Fry - Chinese
- 1 tablespoon chilli sauce
- 1 tablespoon reduced salt soy sauce
- Fresh coriander, mint and thinly sliced spring onion, for garnish
- Steamed rice and lime wedges, for serving

METHOD

STEP 1

Heat half the oil in a wok over high heat. Add pork mince, frozen Birds Eye Garlic, Birds Eye Ginger and stir fry for 4-5 minutes or until pork is browned. Remove and set aside.

STEP 2

Heat remaining oil in same wok and add frozen Birds Eye Stir Fry vegetables. Stir fry for 6 minutes. Return pork to wok.

STEP 3

Add chilli sauce and soy sauce. Toss to combine and cook for a further minute. Garnish with coriander, mint and spring onion. Serve with steamed rice and lime wedges.

TIP

Chicken mince will also work perfectly in this recipe.

SERVES | 6

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CRUMBED SNAPPER WITH CAULIFLOWER TABBOULEH



INGREDIENTS

- F270g packet frozen Birds Eye Snapper - Original Crumb
- 500g packet frozen Birds Eye Cauliflower Veggie Rice
- 1 tomato, deseeded and chopped
- ¼ cup each finely chopped fresh mint and parsley
- ½ small red onion, finely chopped
- 2 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- Lemon wedges, for garnish

METHOD

STEP 1

Cook frozen Birds Eye Fish following packet directions.

STEP 2

Meanwhile, cook frozen Birds Eye Veggie Rice following microwave packet directions. Remove excess moisture from veggie rice and spread on a tray to cool.

STEP 3

Combine tomato, herbs and onion with cooled veggie rice. Combine oil and lemon juice to make a dressing. Season to taste and pour over tabbouleh.

STEP 4

Serve cooked fish with tabbouleh and garnish with lemon wedges.

TIPS

For a Middle Eastern influence, add ¼ cup Greek style yoghurt and ½ teaspoon each of ground cumin and crushed garlic to the dressing.

SERVES | 6-8

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Our health
**IS OUR MOST
IMPORTANT
ASSET.**

CARISMA VEGAN POTATO & ZUCCHINI GRATIN



INGREDIENTS

- 4 Carisma potatoes, cut into thin 1/8-inch slices
- 2 zucchinis, cut into 1/8-inch slices
- 1/2 a cauliflower
- 1/4 cup cashews
- 3 cloves garlic, minced
- 1 leek, chopped
- 1 shallot
- 1 stock cube
- 2 tbsp nutritional yeast
- 1 cup vegan mozzarella
- Olive oil

METHOD

SERVES | 4

STEP 1 WHITE SAUCE

Heat a large saucepan up and add oil, garlic, leek and shallot. Fry off until golden. Add cauliflower florets and stir. Add enough water to cover cauliflower. Add in stock cubes and cashews and bring to the boil. Boil for around 15 – 20 minutes until cauliflower has softened. Let it cool down a bit before transferring to the blender.

Transfer to a blender and blend until creamy, season with seasoning according to your personal preference.

STEP 2

Preheat the oven to 180°C.

STEP 3

Lightly oil a large cast iron skillet or shallow casserole dish with olive oil. Pour in white sauce to fill half way. Arrange the sliced potatoes and zucchini in circles.

STEP 4

Sprinkle the mozzarella over the top, then cover the baking dish.

STEP 5

Bake covered for 60 minutes or until the potatoes are tender when pierced with a knife. Remove the cover and bake an additional 10 minutes to brown the top. If needed move the dish to under the broiler at the end for additional browning. Garnish with fresh herbs and serve warm.

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TOMATO BAKED CARISMA POTATOES

INGREDIENTS

- 1kg Carisma potatoes
- 2 tomatoes, roughly chopped
- 1 onion, roughly chopped
- 2 garlic cloves
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 100g feta
- 1/2 cup basil
- 2 spring onion, finely sliced

METHOD

SERVES | 4

STEP 1

Preheat oven to 180C. Slice potatoes into wedges and place them onto a baking tray.

STEP 2

Place tomatoes, onion, garlic, olive oil, paprika, and season according to your personal preference into a blender and process until smooth.

STEP 3

Pour the tomato mix over the potatoes and mix well to coat.

STEP 4

Add 1 cup of water to the tray and place in the oven to bake.

STEP 5

Potatoes are ready when tender and have absorbed all the tomato mixture.

STEP 6

Serve with basil leaves, spring onion and feta crumbled over.

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CARISMA LENTIL SHEPHERDS PIE



INGREDIENTS

LENTIL LAYER

- 1 medium brown onion (diced)
- 2 stalk celery finely chopped
- 1½ cups dry brown lentils
- 4 cups vegetable stock
- 1 tsp dried thyme
- 1½ cups frozen mixed vegetable (carrot, corn and peas)
- Seasoning to taste

MASHED POTATOES

- 1 kg of Carisma potatoes
- 1 Tbsp vegan butter (optional)
- chopped parsley as garnish

METHOD

STEP 1

Add diced onion to a large saucepan and fry in a little oil until translucent. Add lentils and stock and cook until lentils are mostly soft. Add frozen veggies and cook until all the water is absorbed and the vegetables are soft. Mix through thyme and modify seasoning according to your personal preference.

STEP 2

Press lentil mixture down evenly into the base of small oven safe dishes or ramekins.

STEP 3

Chop potatoes into medium-sized cubes and place in a saucepan. Cover potatoes with water, season according to your own personal preference to taste. Boil until potatoes are soft and easily pierced with a fork. Drain excess water and mash potatoes with a potato masher. Add vegan butter if using and mix through. Mix in soy milk until potatoes are creamy.

STEP 4

Spoon mashed potatoes over the lentil mixture and cover evenly.

STEP 5

Place dishes to bake in the oven at 200 C for about 20-30 minutes or until the potatoes start to form a brownish crust on top.

Remove from oven and garnish with chopped parsley. Serve hot.

SERVES | 6

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CARISMA LENTIL, MUSHROOM, POTATO AND GRAVY PIE



INGREDIENTS

- 4 Carisma potatoes, diced small
- 180g mushrooms
- 400g tin brown lentils, drained and rinsed
- 1 brown onion, diced
- 4 cloves of garlic, minced
- 1 tsp thyme
- 1 cup of gravy
- 1 tbsp olive oil
- 1 stock cube
- 1 sheet of puff pastry

METHOD

STEP 1

Preheat the oven to 180°C.

STEP 2

Toss potatoes in oil and spread over a baking tray. Roast potatoes in the oven for 20 minutes until lightly golden. Keep oven on for the pie.

STEP 3

In a large saucepan, heat oil on medium. Sauté onion and garlic for 3-4 mins until onion is tender. Add mushrooms and cook until browned.

STEP 4

Add lentils, potato, thyme, gravy and break up stock cube. Mix well and add seasoning to your personal preference. Transfer to a casserole dish.

STEP 5

Top dish with a sheet of puff pastry and bake in the oven for 30 mins or until pastry is golden.

SERVES | 4

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GREENS & FETA QUICHE WITH OAT PASTRY

INGREDIENTS

PASTRY

- 270g oats (approx. 2 $\frac{3}{4}$ cups)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ cup water

FILLING

- $\frac{1}{2}$ head broccoli, cut into large pieces
- 1 zucchini, cut into large pieces
- 6 green beans, halved
- $\frac{1}{2}$ small red onion, cut into wedges
- $\frac{1}{3}$ cup frozen peas, defrosted

EGG MIXTURE

- 4 eggs
- 150ml milk
- 150ml cream
- Salt, pepper
- $\frac{1}{3}$ cup crumbled feta
- $\frac{1}{2}$ cup grated cheddar cheese

TO SERVE

- Handful dill, to serve

METHOD

SERVES | 8

STEP 1

For the pastry, place the oats and salt into the dry grains container and blend on speed 4, slowly increasing to speed 6 and continue blending, using the tamper if needed, to create a fine flour.

STEP 2

Place the oat flour into a bowl, adding the oil and water, then kneading to a soft dough. Use more water if needed. If the dough is too firm, it will crack.

STEP 3

Roll the dough between two pieces of baking paper into a 5mm thick circle. Remove the top piece of baking paper and invert the dough sheet into a 24cm fluted tart case. Pressing it gently into the case and trimming the top.

STEP 4

Let this rest in the fridge for 15 minutes to firm up

STEP 5

Preheat the oven to 190C.

STEP 6

Drop chop the broccoli, zucchini, beans & onion by running the blender on speed 2 to chop them finely.

STEP 7

Spoon this into the pastry case and gently mix in the peas, feta and cheddar.

STEP 8

In the 600ml container cup, combine the cream, eggs, salt, pepper and blend on speed 2 to mix but not aerate.

STEP 9

Pour this into the tart evenly over the veggies and gently shake the tart to let the cream mix sink in evenly.

STEP 10

Bake for approx. 40 minutes, until the quiche is set then allow to sit for at least 10-15 minutes to rest before cutting. Serve scattered with dill and a good crack of black pepper.

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CARISMA SMASHED POTATOES WITH LEMON, OLIVE AND FETA



INGREDIENTS

- 8 Carisma potatoes
- 2 garlic bulbs
- Juice from 2 lemons
- 2 tsp fresh oregano, chopped (plus 2 tsp for garnish)
- 3 tbsp olive oil
- Good crack of pepper
- Danish feta and parsley to garnish (to make vegan, you can use a wonderful macadamia feta)

METHOD

SERVES | 12-15

STEP 1

Bring a large pot of water to the boil. Cook potatoes until soft around 20-30 minutes, until just fork tender.

STEP 2

Preheat oven to 180°C.

STEP 3

Drain potatoes and let them dry.

STEP 4

Oil the bottom of a baking dish and place in the oven to heat up.

STEP 5

Add potatoes, leaving them around an inch apart.

STEP 6

Using something with a flat bottom (the bottom of a saucepan or mug) to squish them down, trying to keep them in one piece. Place the garlic bulbs in between the potatoes.

STEP 7

Mix together the lemon, oregano and olive oil and drizzle mixture over the top. Season according to your personal preference.

STEP 8

Bake for 40 minutes or until golden.

STEP 9

Garnish with feta oregano and parsley. Serve immediately and enjoy!

*** Tip** pull out the garlic cloves and add to the top of the potatoes for an extra garlic hit

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CARISMA POTATO GNOCCHI

INGREDIENTS

- 3 medium Carisma potatoes
- 140g flour
- 1 egg
- 3 tablespoons olive oil
- 1 clove of garlic, chopped
- 1 teaspoon oregano
- 5 leaves basil chopped
- 2 cups of canned tomato
- 1/2 cup water

METHOD

SERVES | 4

STEP 1

Boil potatoes in a large pot until tender. remove from the pot, let cool and remove the skin. Pass through a Potato Ricer.

STEP 2

Mix together flour with seasoning to your preference and place on a flat surface. Make a well in the middle and add the potatoes and egg, mix together with your fingers to form a soft dough, it should not stick to your fingers.

STEP 3

Cut small amounts of dough to form ropes on a lightly floured surface and cut into 2 cm pieces. Lightly press fork into each piece. Sprinkle with a little bit of flour and toss, so they don't stick together. Rest gnocchi for 20 minutes before cooking.

STEP 4

Add olive oil, tomatoes, garlic, oregano, basil, water and seasoning to your personal preference into a large saucepan. Stir to combine, half cover and let simmer over medium heat until thickened. Remove cover for the last few minutes to thicken.

STEP 5

In a large pot of boiling water cook the gnocchi, gnocchi are ready when they float to the top. Drain and add to the cooked sauce, add a little pasta water, cook for 30 seconds, gently tossing. Serve immediately topped with fresh grated parmesan cheese if desired.

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CARISMA PATATAS BRAVAS WITH CHILLI MAYONNAISE



INGREDIENTS

- 800g Carisma potatoes, cut into medium pieces
- 1 sprig rosemary
- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp smoked paprika
- 400g tin chopped tomato
- 1 tbsp sherry vinegar
- 1/2 red onion, finely diced
- 1/4 cup chopped parsley
- 1 cup mayonnaise
- 2 tbsp chilli sauce

METHOD

SERVES | 4

STEP 1

Preheat oven to 200C. Place potatoes into a medium saucepan and cover with cold water. Bring to the boil, lower the heat and simmer for 6 minutes to parboil.

STEP 2

Return the potatoes to the saucepan and place over medium heat, allowing the potatoes to steam and dry.

STEP 3

Meanwhile, heat a medium saucepan over medium heat. Add 2 tbsp olive oil and onion and sauté until softened, add garlic and paprika and sauté for a further 30 seconds.

STEP 4

Add chopped tomato and vinegar, season according to your personal preference, bring to the boil, then simmer for 15 minutes.

STEP 5

Toss the potatoes in the remaining olive oil and torn rosemary, place on a baking paper lined baking tray and roast until tender and golden (about 20 minutes). Season according to your personal preference.

STEP 6

Spread a large spoonful of the braves sauce on a serving plate and top with roasted potatoes. Spoon over more sauce and garnish with red onion and parsley.

STEP 7

Serve patatas bravas with a ramekin of mayonnaise with a swirl of chilli sauce on the side.

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Boost your
body and
brain with
vital
vegetables

CAULIFLOWER FRIED RICE



INGREDIENTS

- 1 head of cauliflower, diced
- 1 carrot, diced
- 1½ cup of mixed peas & corn
- 6 shallots, sliced
- 1 knob of ginger, peeled & grated
- 2 eggs
- ¼ cup cashews, roughly chopped
- 50g of ham or chicken, diced
- 2 tbsp tamari
- Olive oil

METHOD

STEP 1

Pulse cauliflower in a food processor until it resembles rice grains (or chop finely with a knife).

STEP 2

Heat a little olive oil in a pan, add carrot & ham and cook until ham is browned before removing from pan.

STEP 3

Add cauliflower, shallots & ginger to the same pan and cook until cauliflower has softened.

STEP 4

Return ham, carrot, and remaining ingredients (except eggs) and cook for 5min until warmed through.

STEP 5

Meanwhile, whisk eggs and cook in a medium frying pan with a little olive oil until just cooked through. Chop in bite size pieces before mixing through the cauliflower mix.

STEP 6

Serve immediately.

SERVES | 4

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SPRING PEA LINGUINE

INGREDIENTS

- 400g wholemeal linguine
- 500g frozen peas
- 250g sugar snap peas, trimmed
- 250mL So Good Soy Milk Regular
- 20mL olive oil
- 1 small red onion, chopped
- 1 clove garlic, crushed
- ¼ cup roughly chopped basil
- ¼ cup roughly chopped mint
- 60 baby spinach
- 15mL lemon juice
- 20g hazelnuts
- 75g goats cheese (optional)

METHOD

SERVES | 4-6

STEP 1

Cook linguine in a large saucepan of boiling water. Drain and keep warm, reserving ¼ cup cooking liquid.

STEP 2

Blanch peas and sugar snap peas in boiling water then drain.

STEP 3

Place half the peas (not sugar snaps) in a food processor or blender with So Good Soy Milk Regular and blend in 10 seconds bursts until combined and roughly chopped. Set aside.

STEP 4

Heat oil in a large saucepan over medium heat. Add onion and cook until softened then add garlic and cook for another minute. Stir through blended pea mixture, simmer for a couple of minutes then toss through linguine, sugar snaps, remaining peas, herbs, baby spinach and lemon juice. Add reserved cooking liquid to loosen the sauce if necessary.

TIPS

Serve pasta topped with chopped toasted hazelnuts and crumbled goats cheese (optional).

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NOURISHING TOMATO & CHICKEN CURRY



INGREDIENTS

- 6 tomatoes, chopped, with skin on
- 700g chicken breast, cut into large bite-sized pieces
- 2 large green capsicum, seeds and membranes removed, thinly sliced
- 2 cups fresh coriander, tough stems removed, leaves coarsely chopped
- 3 garlic cloves, finely chopped
- 5cm piece fresh ginger, thinly sliced
- Freshly squeeze juice of two lemons
- 1 tbsp red curry paste
- 1 tbsp peanut oil

METHOD

STEP 1

Combine the chicken, capsicum, coriander, garlic, ginger, lemon juice and red curry in a large bowl and toss well to coat. Refrigerate for at least 3hrs, or overnight if possible.

STEP 2

Heat oil in a large pan and add chicken and capsicum and all of the marinade to sauté the chicken until nearly cooked (around 10min)

STEP 3

Add tomatoes and cook for a further 5-10 min, or until the chicken is cooked through and the tomatoes are hot. Serve on a bed of rice.

SERVES | 4-6

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SWEET POTATO, SALMON & PEA FISHCAKES



INGREDIENTS

- 300g sweet potatoes, cut into large chunks
- 1 tbsp olive oil
- 210g tin salmon*
- 150g frozen peas (thawed)
- 1 red chilli, deseeded & finely sliced
- 10 fresh mint leaves, chopped
- Large handful fresh parsley, chopped
- 1 egg, beaten
- 1 tbsp flour (+ extra for sprinkling over the cakes before you cook them)
- Juice of 1 lemon

METHOD

STEP 1

Preheat the oven to 180°C. Place the sweet potatoes on a baking tray, toss them in tbsp olive oil and roast until they are soft (around 20min)

STEP 2

Mash sweet potatoes in a bowl with chilli, mint, peas & parsley.

STEP 3

Add the salmon, beaten egg and flour to the same bowl and stir to combine well

STEP 4

Sprinkle a little flour on a work surface, divide the mixture into four and shape into patties.

STEP 5

Heat the olive oil in a large frying pan and fry the fishcakes over a high heat for around 4min each side before transferring to a plate lined with paper towel.

STEP 6

Serve with fresh salad, greek yoghurt and a squeeze of lemon.

TIP * You can substitute the salmon with a tin of French lentils (drained).

SERVES | 2

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EGGPLANT PARMIGIANA



INGREDIENTS

- Tomato Sauce
- Garlic
- Basil
- Tinned Tomatoes
- Salt
- Pepper
- 2-3 Eggplants
- 3 Eggs
- Flour
- Olive Oil
- Mozzarella
- Parmesan

METHOD

1. For your sauce, cook down garlic and ripped basil leaves in olive oil. Then add tinned tomatoes, salt and pepper and simmer off to the side while you begin preparing eggplant.
2. Take your eggplants and slice them lengthways into thick pieces to layer in your parmigiana.
3. Flour and then egg wash each piece of eggplant, then fry off in a pan with olive oil. Fry until golden on each side.
4. Remove eggplant from the pan and place on a paper towel to soak up excess oil. Season with salt.
5. In your baking dish, ladle a layer of sauce on the bottom to prevent eggplant from sticking and burning.
6. The Layer order will be sauce, eggplant, parmesan, Mozzarella and basil, then repeat till the dish is full to the top. Make sure each layer is flat and not overlapping.
7. Place the baking dish on a tray, in case the parmigiana bubbles over. Put into a 180 degree oven for 30-40 minutes or until cooked through and the cheese on top is melted and golden brown. Ready to serve.

SERVES | 2

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NUTRIENTS, PLUS
HAVE THE ADDED
BENEFIT OF
BEING BUDGET
FRIENDLY AND
CONVENIENT**

GINGER & VEGGIE STIR FRY



INGREDIENTS

- 1 carrot, diced
- 1 bunch bok choy, chopped with stems & leaves kept separate
- 1 onion, cut into thin wedges
- 1 small head broccoli, chopped in florets
- 400g chicken thighs (or protein of choice), sliced
- 300g rice
- 1 tsp chilli flakes
- Sesame oil
- 3tbsp ginger
- 2 cloves garlic, crushed
- Olive oil
- 4Tbsp soy sauce
- 4tsp white vinegar
- Fresh coriander

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METHOD

STEP 1

Pick coriander leaves and finely chop stems, keeping stems & leaves separate.

STEP 2

Rinse the rice until water runs clear. Place in a small saucepan with 250ml water and bring to a simmer over medium heat. Reduce heat to low and cook for 12min until water is absorbed. Turn off the heat & stand, covered, for 5min.

STEP 3

Meanwhile, combine coriander stems, ½ garlic and 1 tbsp soy sauce in a shallow dish before adding the chicken and tossing to coat. Heat 1 tsp olive oil in a frypan before stir-frying the chicken for 4-5min until browned and cooked through. Remove from pan.

STEP 4

In a small bowl combine 1 tsp sesame oil, 3 tbsp soy sauce, 4 tsp white vinegar, remaining garlic, ginger and chilli flakes.

STEP 5

Heat 1 tsp oil in frypan over high heat. Stir fry the onion, carrot, broccoli and bok choy stems for 1-2min before adding ginger mixture and continue to stir fry for another 3min. In the final minute add chicken and bok choy leaves and cook until bok choy leaves are just wilted.

STEP 6

Serve on a bed of rice and garnished with fresh coriander leaves.

SERVES | 4

STUFFED EGGPLANT PARMIGIANA

INGREDIENTS

- 2 medium eggplants
- 3 tbsp plus 1 tsp olive oil, divided
- ¾ tsp salt
- ½ tsp pepper
- ¼ cup Panko breadcrumbs
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 cups red pasta sauce, divided
- ¼ cup torn fresh basil leaves, plus more for topping
- 1 ½ cups shredded mozzarella, divided
- ½ cup finely grated Parmesan cheese, divided

METHOD

SERVES | 4

STEP 1

Arrange a rack in the middle of the oven and heat to 200°C

STEP 2

Cut each eggplant in half lengthwise. Leaving a 1.5cm border, use a paring knife to cut around the insides of each half, then scoop out the flesh with a spoon, creating boats out of the shells. Coarsely chop the flesh and set aside.

STEP 3

Rub the insides of the hollowed eggplant shells with 1 tablespoon of the oil and season with ¼ teaspoon each salt and pepper. Place the shells cut-side up in a rectangular baking dish. Roast until tender (there should be no resistance when pierced with the tip of a paring knife), about 20 to 30 minutes depending on the size of the eggplant. Set aside.

STEP 4

Meanwhile, combine the breadcrumbs, 1 teaspoon of the oil, and a pinch of salt in a small bowl; set aside. Heat the remaining 2 tablespoons oil in a large skillet over medium until shimmering. Add the onion and cook, stirring occasionally, until soft, 4 to 5 minutes. Add the chopped eggplant flesh, garlic, remaining ½ teaspoon salt and ¼ teaspoon pepper. Cook, stirring frequently, until the eggplant is tender (7 to 9 minutes). Stir in 1 cup of the marinara and cook until heated through, about 2 minutes. Remove from the heat. Add the basil, 1 cup of the mozzarella, and ¼ cup of the Parmesan and stir to combine.

STEP 5

Heat the broiler to high. Remove the baking dish from the oven. Transfer the eggplant shells to a work surface. Pour the remaining 1 cup of marinara sauce into the baking dish and spread into an even layer. Return the eggplant shells to the baking dish. Spoon the filling evenly into the shells. Top with the remaining ½ cup mozzarella, ¼ cup Parmesan, and reserved breadcrumb mixture.

STEP 6

Broil until the cheese is melted and bubbling and the breadcrumbs are browned (2 to 4 min) To serve, top the eggplant shells with marinara sauce from the baking dish and extra basil.

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MEXICAN SPAGHETTI SQUASH BOATS



INGREDIENTS

- **For Spaghetti Squash**
- 1 spaghetti squash, halved, seeds removed
- Olive oil
- ½ tsp ground cumin
- ½ tsp chili powder (optional)

- **For the filling**
- Olive oil
- ½ brown onion, diced
- 2 gloves garlic, crushed
- 400g tin black beans
- ½ cup cherry tomatoes, halved
- ½ cup corn, canned & drained, or frozen
- 1 cup your choice of cooked rice / lentils*
- ½ cup cheddar cheese, grated
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground paprika
- 1 tbsp fresh coriander, chopped
- Salt & pepper to taste
- Squeezed lime juice

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METHOD

STEP 1

Preheat oven to 200°C. Drizzle spaghetti squash with oil and spices. Place cut side down on a lined baking tray and bake until tender for 30min or so. Let cool slightly before using a fork to twist squash strands and remove from shell and place in a bowl.

STEP 2

Meanwhile, in a large frying pan, heat olive oil and cook onion for 5min until softened before adding spices, garlic and stirring until onion is coated. Stir in black beans, cherry tomatoes, corn and rice/lentils.

STEP 3

Spoon filling into spaghetti squash shells and top with grated cheese. Return to oven to melt cheese, around 5min. Garnish with coriander, a squeeze lime juice and serve immediately.

TIP * If you desire a meat option, you could use beef mince in place of rice or lentils.

SERVES | 2-4

ONE POT BEANS AND RICE



INGREDIENTS

- 2 tablespoons olive oil
- 1 brown onion, diced
- 2 garlic cloves, crushed
- 1 tablespoon smoked paprika
- 1 cup brown rice
- 10g salt reduced vegetable stock cube, crushed
- 2 cups water
- 420g can 3 bean mix, rinsed and drained
- 400g can diced tomatoes

METHOD

STEP 1

Heat oil in a heavy-based saucepan. Add onion and sauté until soft and translucent.

STEP 2

Add garlic and paprika and sauté a further 1 minute.

STEP 3

Add rice and cook for 2 minutes, stirring frequently until well coated.

STEP 4

Add stock cube, 2 cups of water, beans and tomatoes. Bring to a boil, reduce heat and simmer, covered, for 40 minutes or until liquid has absorbed and rice is tender, stirring occasionally.

STEP 5

Remove from heat and serve.

TIPS

Use a 4 bean mix if a 3 bean mix is not available. Alternately use canned black or red kidney beans.

Serve with a salad or use as a filling for burritos, burrito bowls or enchiladas.

SERVES | 6

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FARMHOUSE VEGETABLES WITH LAMB

INGREDIENTS

- 12 lamb backstraps (approx. 500g)
- 2 tablespoons dukkah
- 2 tablespoons oil
- 600g packet frozen Birds Eye Seasoned Sides - Farmhouse

METHOD

SERVES | 6-8

STEP 1

Coat lamb backstraps with dukkah. Heat half the oil in a frypan over medium heat and cook lamb for 4 minutes on each side or until cooked to your liking. Remove from pan, cover with foil and allow to rest.

STEP 2

Wipe frypan clean and heat the remaining oil. Add Birds Eye Vegetables and cook following packet directions.

STEP 3

Slice lamb into ½cm slices and divide evenly between 4 serving plates. Serve with vegetables on the side.

TIPS

Serve with cooked and crispy Birds Eye Chips of choice.

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VEGETABLE SHEPHERDS PIE



INGREDIENTS

- 1 ½ kg sweet potato, peeled and chopped
 - 1 tbs olive oil
 - 1 red onion, sliced
 - 1 leek, sliced
 - 1 stalk celery, sliced
 - 2 carrots, diced
 - 1 cup red or brown lentils, rinsed
 - 1 cup water
 - 1 ½ cups vegetable stock
 - 425g can chopped tomatoes
 - 2 tbs tomato paste
 - 1 tsp soy sauce
 - ½ cup frozen peas
 - ½ cup frozen corn kernels
 - ½ cup parsley, chopped
 - salt and pepper to season
 - ½ cup parmesan cheese
- 1 tsp sesame seeds

METHOD

STEP 1

Heat oven to 200°C. Steam the sweet potato for 20 minutes or until tender. Mash to preferred consistency and season to taste.

STEP 2

While the sweet potato is steaming heat oil in large frypan and saute onion, leek, carrot and celery until onion is soft.

STEP 3

Add the lentils, water, stock, tomato paste, tomatoes, soy sauce and bring to the boil. Cover, reduce heat and simmer for 20 minutes. Remove the lid and simmer for a further 10 minutes until thick. Stir through peas, corn and parsley and season with salt and pepper to taste.

STEP 4

Place the vegetable and lentil mix into an ovenproof dish and cover with the mashed sweet potato. Sprinkle with the parmesan cheese and sesame seeds and bake for 20 minutes until golden brown.

TIPS

- This recipe is a great way of getting a variety of vegetables in just one meal.
- Tinned brown lentils instead of red lentils would also work well in this dish to create a layered texture.

SERVES | 8

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ROAST PUMPKIN AND PEA RISOTTO



INGREDIENTS

- 400g pumpkin, chopped
- 2 tbs olive oil
- 1 onion, chopped finely
- 1 garlic clove, crushed
- 1 1/2 cups arborio rice
- 3 cups vegetable stock, salt-reduced
- 3 cups water
- 1 cup frozen peas
- 70g feta, crumbled
- 1/3 cup parsley, chopped
- 1/4 cup parmesan cheese, thinly sliced

METHOD

STEP 1

Brush pumpkin with 1 tbs oil, and bake in hot oven, 200°C until cooked through.

STEP 2

Heat remaining oil in large non-stick saucepan; add onions and garlic and saute until onion has softened. Add rice and stir through until the rice has a glossy covering.

STEP 3

Mix vegetable stock and water together. Add 1 cup of liquid and stir through until absorbed. Continue to add liquid in 1 cup portions, stirring and waiting until it has absorbed before adding next cup.

STEP 4

Add pumpkin, peas and feta and mix through. Top with parmesan cheese and parsley to serve.

TIPS

Try adding a variety of other seasonal vegetables to create your own version of risotto.

SERVES | 6

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MORE
AFFORDABLE
PRICE AND TO
SUPPORT OUR
HARDWORKING
FARMERS**

CREAMY SWEET POTATO PASTA



INGREDIENTS

- 4250g pasta, cooked
- 400g sweet potato (kumara), peeled and chopped
- 2 tbs oil
- 1 onion, chopped
- 1 clove garlic, finely chopped
- 1 tsp vegetarian green curry paste
- 250ml evaporated milk
- salt and pepper to taste

METHOD

STEP 1

Brush sweet potato (kumara) with oil and roast, in a hot oven, 220°C for 35 minutes or until soft.

STEP 2

Saute onion, garlic and curry paste in 1 tsp oil. Add the sweet potato (kumara) and remaining ingredients. Simmer until liquid is slightly reduced and season to taste.

STEP 3

Serve over cooked pasta.

TIPS

- Be sure to check the ingredients list to ensure the curry paste is vegetarian.
- To make this sweet potato pasta gluten free, simply use gluten free pasta instead of wheat pasta. Remember to always check the label of each ingredient to ensure it is gluten free.

SERVES | 4

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VEGETABLE MEATLOAF



INGREDIENTS

- 335 g (1) zucchini, quartered
- 250 g (2) medium red bell pepper, seeded and quartered
- Tablespoon (1) yellow bell pepper, seeded, quartered
- Tablespoon (5 small) garlic cloves, peeled
- 30 ml (2 ounces) extra virgin olive oil
- 450 g (1 pound) mushrooms, sliced
- 180 ml (¾ cup) ketchup
- 60 ml (¼ cup) white balsamic vinegar
- 40 g (½ cup) nutritional yeast
- 50 g (½ cup) oat flour
- 20 g (¼ cup) rolled oats
- Tablespoon (1 large) egg
- Tablespoon (3 Tablespoons) fresh parsley leaves, chopped
- Tablespoon (1 Tablespoon) fresh thyme leaves
- g (2 teaspoon) salt, optional
- Tablespoon (1 teaspoon) ground black pepper

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Vitamix®

METHOD

1. Secure lid and remove lid plug.
2. Select Variable 3.
3. Turn machine on, take zucchini pieces and drop them one by one through the lid plug. You may need to use your tamper to push them into the blades. Remove zucchini and place in separate bowl or if your machine has a pulse feature, pulse to get desired texture .
4. Repeat step three with pepper and garlic.
5. Heat a large sauté pan on medium high heat. Add olive oil and allow to heat. Add mushrooms and cook until tender and all liquid has evaporated.
6. Add pepper, zucchini, fresh thyme leaves and garlic to the mushroom. Cook until all liquid has evaporated.
7. Add balsamic vinegar and allow to reduce by half.
8. Add ketchup, oats, oat flour, yeast and parsley to mixture and stir to combine. Remove and allow to cool for 15 minutes.
9. Add egg, mix to combine.
10. Prepare an 8 x 4 loaf pan with parchment paper and baking spray. Add mixture to the loaf pan.
11. Place loaf pan in preheated 350 degree oven and cook for 45 minutes.
12. When done allow to cool for an hour and slice into 10 portions.
13. To serve, line baking sheet with parchment and place portions onto baking sheet. Bake at 350 degrees for 10 minutes or until warm through. Serve immediately

CHEF'S NOTES

If you prefer a more dense loaf, use the same chopping method for the mushrooms and follow the recipe the same. For vegan loaf, omit the egg and use an egg substitute.

SERVES | 16

ROAST SWEET POTATOS



INGREDIENTS

- 4 medium sweet potatoes
- 1 x 400g tin diced tomato
- 1 x 400g tin cannellini beans, drained
- 1 red onion, diced
- 1 head broccoli, chopped
- 2 tbsp grated Parmesan, optional
- 1 1/2 tbsp olive oil
- salt & pepper

METHOD

STEP 1

Preheat the oven to 200°C. Line an oven tray with baking paper.

STEP 2

Place sweet potatoes on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the potatoes. Sprinkle with a pinch of salt.

STEP 3

Bake sweet potatoes approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while potatoes roast.

STEP 4

Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.

STEP 5

To serve, place sweet potatoes onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with Parmesan if using.

TIPS

- Replace broccoli with cauliflower, kale, or zucchini. Use any tinned beans you have in the pantry in place of cannellini.
- Add a teaspoon dried Italian herbs, paprika, or cumin, to the tomato stew.

SERVES | 4

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ZUCCHINI VEGGIE BURGER

INGREDIENTS

- 400 g (3) zucchinis, quartered
- Tablespoon (2¼ teaspoon) salt, divided use
- 80 g (½ cup) chopped shallot
- 160 g (1 cup) chopped cremini mushrooms
- Tablespoon (½ teaspoon) ground coriander
- Tablespoon (¼ teaspoon) ground cumin
- Tablespoon (1 small) garlic clove, peeled, sliced
- Tablespoon (2 teaspoons) lemon zest
- Tablespoon (1 Tablespoon) fresh lemon juice
- 25 g (¼ cup) roasted almonds
- 300 g (1½ cup) brown rice, cooked and cooled
- 80 g (½ cup + 1 Tablespoon) chickpea flour
- Tablespoon (3 teaspoons) egg substitute
- Tablespoon (2 Tablespoons) warm water
- 70 ml (¼ cup + ½ Tablespoon) olive oil, for cooking

METHOD

1. Place zucchini into the Vitamix container and secure the lid.
2. Select Variable 8. Pulse 8 to 10 times, or until evenly chopped, using the tamper to press zucchini toward the blades.
3. Transfer zucchini to a mixing bowl and season with ¾ teaspoon of salt. Let sit for 5 minutes, then strain through a cloth, pressing as much liquid out of zucchini as possible.
4. Add shallots and mushrooms to the Vitamix container and secure the lid.
5. Select Variable 8 and Pulse 4 to 5 times, or until chopped.
6. Add coriander, cumin, garlic, lemon zest, lemon juice, chopped zucchini, almonds, and rice to the container in the order listed and secure the lid.
7. Select Variable 6 and Pulse 4 to 5 times, until all ingredients are chopped and combined together.
8. Transfer to a mixing bowl and add flour. Stir together egg replacer and warm water, and add to the mixing bowl. Use your hands to combine all ingredients.
9. Form mixture into patties. Place a sauté pan over medium-high heat and add 1 Tablespoon olive oil. Sear each patty for 3 minutes per side. Add oil as needed until all burgers have been cooked.

SERVES | 8

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SMOKED TOFU & BROCCOLI STIR FRY

INGREDIENTS

- 200g udon noodles
- 1 tablespoon toasted sesame oil
- 1 garlic cloves, finely chopped
- 1cm piece root ginger, peeled and finely chopped
- 1 shallots, finely chopped
- 1 red chillies, seeds removed and finely chopped
- ½ tablespoon cornflour
- ½ tablespoon rapeseed oil
- 100g smoked tofu, drained, rinsed in cold water and cut into 2cm
- 100g firm tofu, drained and cut into 2cm
- 50g fresh shiitake mushrooms, sliced
- ½ tablespoon Shaoxing rice wine
- ½ tablespoon dark soy sauce
- 75g long stem broccoli, florets sliced lengthways
- 1 tablespoon vegetarian mushroom sauce
- 1 tablespoon clear rice vinegar
- ½ tablespoon tamari
- 1 spring onions, trimmed and finely sliced on the angle

NOODLE SEASONING (PER BOWL)

- 1 teaspoon dark soy sauce
- 1 teaspoon chilli oil
- 1 tablespoon tahini
- 1 tablespoon sweet chilli sauce
- Furikake, sprinkle for garnish

METHOD

SERVES | 4

1. Place the garlic, ginger, shallots and red chillies in a small food processor and blend to form a paste.
2. Mix the cornflour in a small bowl or cup with 2 tablespoons of water to make a slurry. Set aside until needed.
3. Heat a wok over a high heat until smoking and add the grapeseed oil. Once hot, add the shallot paste and cook, stirring for a few seconds until fragrant. Add both kinds of tofu and the mushrooms. Season with the rice wine and dark soy sauce and toss together well for 1-2 minutes, or until all the ingredients are coated.
4. Add the broccoli and cook, tossing, for 1 minute. Stir in the mushroom sauce, rice vinegar and tamari. Pour in the reserved cornflour slurry to thicken the cooking juices in the wok and toss to mix well. Let the sauce cook for 30 seconds to 1 minute to enrich and reduce in volume a little.
5. Place a ladleful of the tofu, mushroom and broccoli mixture on one side of the noodles in each bowl, and top with the sliced spring onion.
6. For the noodle seasoning, dress each bowl of noodles by drizzling over the dark soy sauce, chilli oil, tahini and sweet chilli sauce, followed by a generous sprinkle of shichimi togarashi pepper flakes.
7. Serve immediately, and just before eating, mix all the ingredients well.

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Salads

You should make friends with salad





ROASTED CHICKPEA AND CAULIFLOWER SALAD

INGREDIENTS

- 1 cauliflower, cut into small florets
- 400g can chickpeas, drained
- 1-2 tbs Marmite™
- 2 tbs white or black sesame seeds
- 2 tsp ground cumin
- 1 tbs liquid honey
- 2 tbs olive oil
- 3 spring onions, sliced
- 2 cups baby spinach or kale leaves, raw

MINT, YOGHURT AND HUMMUS DRESSING

- 1/2 cup Greek yoghurt
- 1/2 cup hummus
- 1/2 small cucumber, peeled, grated, drained
- 1/2 cup mint leaves, roughly chopped
- 1 lemon, juice and zest
- 1 tsp whole grain mustard

METHOD

SERVES | 6-8

STEP 1

Preheat oven to 200 degrees Celsius. Place whole capsicums on an oven tray lined with baking paper. Roast for 30 minutes or until the skin starts to blacken. Remove from oven, wrap the capsicums in aluminium foil and set aside

STEP 2

Finely slice the onion into half-moons. Heat 2 tablespoons of oil in a non oven proof skillet over medium heat. Add onion and salt, stir well. Cover with a lid and reduce heat to low. Cook for 10-15 minutes, (add a splash of water if they begin to catch). Stir occasionally until the onion becomes soft and slightly browned. Remove from pan and set aside.

STEP 3

While the onion is cooking thinly slice the potatoes. When the onions have been removed from the pan heat the remaining 2 tablespoons of oil in the skillet and fry off the potatoes for 5 minutes.

STEP 4

Beat eggs in a large bowl, stir through cheese, cracked pepper, and cooked onion. Pour into skillet over potatoes, carefully distributing egg mixture around the potato. Bake for 30 until set and golden.

SALSA

Peel skin from capsicums, remove seeds, and slice the cheeks of each capsicum. Mix with fresh oregano leaves, a drizzle of olive oil and a pinch of salt.

TO SERVE

Slice tortilla and serve with a spoonful of salsa.

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ROAST VEGETABLE AND WHITE BEAN SALAD



INGREDIENTS

- 3 large zucchini (courgette), cut diagonally into 1cm thick slices
- 1 yellow capsicum, halved, trimmed and thickly sliced lengthways
- 1 red capsicum, halved, trimmed and thickly sliced lengthways
- 4 plump baby eggplants, cut into 3 slices lengthways
- 4 garlic cloves, peeled and halved lengthways
- olive oil cooking spray
- 400g can cannellini beans, rinsed and drained
- 125g cherry or grape tomatoes, quartered
- 2 tbs flat-leaf parsley, chopped
- 50g reduced-fat feta cheese, crumbled
- 2 tbs extra virgin olive oil

METHOD

STEP 1

Place vegetables and garlic into a large non-sticking roasting pan. Spray with oil, tossing gently to evenly coat vegetables. Roast, turning once, in a preheated 200°C oven for 30-35 minutes until tender.

STEP 2

Meanwhile, to make white bean salad, place cannellini beans, tomatoes, parsley, feta and 1 tbs oil in a bowl. Gently toss to combine.

STEP 3

Arrange roast vegetables on serving plates. Top with white bean salad. Drizzle with remaining oil.

STEP 4

Serve with baby rocket leaves and wholegrain bread rolls.

TIPS

- While most salads are served cold, it's the combination of hot and cold ingredients that really brings out the flavour of this salad.
- If you can't find baby eggplant, regular eggplant sliced into strips will also work for this recipe.

SERVES | 8

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KALE AND POMEGRANATE SALAD



INGREDIENTS

FOR THE SALAD

- 1 large bunch of kale, rinsed and dried, ribs and stems removed, leaves thinly sliced
- 100g goat cheese, crumbled
- 1 cup pomegranate seeds (1 large pomegranate)
- ½ cup walnuts, roughly chopped
- sea salt and pepper, to taste

FOR THE DRESSING

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon maple syrup
- 1 teaspoon dijon mustard
- 1 teaspoon minced garlic
- ½ teaspoon sea salt
- fresh or dried herbs, optional

METHOD

STEP 1

Add all dressing ingredients into a blender and blend until combined or add all ingredients to a mason jar and shake to combine. Make it and store in the fridge until ready to prep the full salad.

STEP 2

In a large mixing bowl, combine kale with about ½ of the dressing and use your hands to massage the dressing into the kale. Add more dressing as needed (you may not need all of it). Reserve any leftover dressing for another use.

STEP 3

Add pomegranate seeds and goat cheese to the salad bowl (saving a little of each for topping), toss together and season with sea salt and pepper to taste. Add more dressing if needed. Transfer to a serving bowl, sprinkle with nuts, additional pomegranate seeds and goat cheese.

SERVES | 4

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KALE CAESAR SALAD



INGREDIENTS

SALAD

- 400g tin chickpeas, drained and rinsed
- 1 tbsp early harvest olive oil
- 1 lemon, zest only
- 150g Kale, blanched
- 1 Iceberg lettuces, sliced in half lengthways
- salt and freshly ground black pepperr

DRESSING

- ½ garlic clove, grated
- 4 tbsp light tahini
- 2 tbsp Greek-style yoghurt
- 1 tbsp early harvest olive oil
- 1½ lemons, juice only
- 2 tbsp Dijon mustard
- dash soy sauce
- salt and freshly ground black pepper

TO SERVE

- 40g Parmesan, grated
- Small bunch parsley, leaves picked

METHOD

1. To make the dressing mix all the ingredients together in a bowl and season to taste
2. Mix your salad ingredients together and coat with your dressing
3. Finish with freshly grated parmesan and fresh parsley

SERVES | 4

Proudly developed by

VELISHA FARMS

ROAST CARISMA POTATO & VEG SALAD



INGREDIENTS

FOR THE SALAD

- 500g Baby Carisma Potatoes
- Pearl cous cous
- 1 tbsp olive oil
- Haloumi
- Olive oil
- 1 tbsp honey
- 2 cups rocket
- 400g chickpeas
- 1 cup mint & dill
- 1/2 red onion, thinly sliced
- 1/2 cup cranberries
- 1-2 tbsp toasted pumpkin seeds

MAPLE MUSTARD DRESSING

- Extra virgin olive oil
- 1 tsp dijon mustard
- 1 tbsp apple cider vinegar
- 2 tsp maple syrup
- 1 lemon, juiced
- 2 tbsp olive oil

METHOD

STEP 1

Prepare your pearl cous cous as per the packet instructions.

STEP 2

In a baking tray add your baby potatoes (slice in half) with olive oil, herbs, and seasoning according to your personal preference. Mix well and bake for 20-30 minutes or until golden.

STEP 3

Fry the haloumi in olive oil and 1 tbsp of honey until golden on each side.

STEP 4

To make the dressing simply add all ingredients into a jar and shake until well combined.

STEP 5

Assemble the salad with all the prepared ingredients. Enjoy.

SERVES | 4-6

Proudly developed by



MOROCCAN CHICK PEA AND GRAIN SALAD



INGREDIENTS

- ½ cup Greek style yoghurt
- 1 tablespoon finely chopped fresh mint leaves
- 1 tablespoon lemon juice
- 1 pouch microwavable brown rice and quinoa, heated following packet directions
- 1 small carrot, julienned
- 2 cups baby rocket leaves
- 2 x 70g cans Edgell Snack Time Chick Peas with Fiery Moroccan Spices
- 2 fresh dates, chopped

METHOD

STEP 1

Combine yoghurt, mint and lemon juice in a small bowl to make a sauce.

STEP 2

Combine rice and quinoa with carrot, rocket and divide between two serving bowls.

STEP 3

Top salad with Edgell Chick Peas and dates. Serve drizzled with yogurt sauce.

TIPS

Allow heated microwavable grains to cool slightly before combining with remaining ingredients.

SERVES | 6-8

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*Some is
better than
none*

**ADD A LITTLE
EXTRA VEG TO
YOUR DAY AND
SEE THE BENEFITS
FOR YOUR
HEALTH AND
YOUR WALLET**

WARM CHICK PEA AND BEETROOT SALAD



INGREDIENTS

- ½ cauliflower, cut into florets
- 400g can Edgell Chick Peas, drained
- 3 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 teaspoon smoked paprika
- 1-2 tablespoons pepitas
- 425g can Edgell Sliced Beetroot, drained
- 60g baby spinach leaves
- 75g goat cheese, crumbled

METHOD

STEP 1

In a large bowl, toss cauliflower and Edgell Chick Peas with 2 tablespoons olive oil, garlic and paprika. Place on a baking paper lined tray and cook in a preheated oven at 200°C for 25 minutes.

STEP 2

Spread pepitas on a separate tray and roast for 7-8 minutes or until golden.

STEP 3

Arrange Edgell Beetroot, roasted cauliflower and chick pea mixture and spinach on a serving plate, sprinkle with goat cheese and pepitas. Drizzle with remaining olive oil to serve.

TIP

This salad goes perfectly with Moroccan spiced lamb.

SERVES | 4

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CARISMA POTATO SALAD WITH RED CABBAGE & BLUE CHEESE DRESSING



INGREDIENTS

FOR THE SALAD

- 1kg Carisma potatoes, cut into bite-sized pieces
- 2 tbsp olive oil
- 1 cup shredded red cabbage
- 2 celery sticks, sliced
- 1/2 cup celery leaves
- 1/2 cup baby spinach

FOR THE DRESSING

- 1/2 cup reduced-fat Greek yoghurt
- 1 garlic clove, finely chopped
- 1 tsp honey to serve
- 40g blue cheese
- 1/3 cup toasted walnuts, roughly chopped

METHOD

STEP 1

Preheat oven to 190C. Place the cut potatoes into a baking tray, drizzle with olive oil and season according to your personal preference. Roast for 30 minutes or until golden and tender.

STEP 2

Mix the dressing ingredients in a small bowl, except the blue cheese and walnuts, and season to taste.

STEP 3

Assemble the salad on a large serving plate. Layer the potatoes, cabbage, celery and spinach.

STEP 4

Drizzle liberally with the dressing and finish with the crumbled blue cheese and walnuts.

SERVES | 4

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MOROCCAN CHICKPEA SALAD



INGREDIENTS

- 1 tbs olive oil
- 2 tsp ground cumin
- 400g can chickpeas, drained and rinsed
- 2 garlic cloves, finely chopped
- ½ cup orange juice
- ⅓ cup currants
- 2 carrots, shredded or coarsely grated
- ⅓ spring onion, sliced diagonally
- 100g baby spinach leaves
- ⅓ cup coriander leaves, chopped
- ¼ cup tahini
- 2 tbs salad seeds (mix of sesame and sunflower seeds), toasted

METHOD

STEP 1

Heat oil in a medium non-stick frying pan, over medium heat. Add cumin, chickpeas and garlic. Cook, stirring often, for 3 minutes. Remove from heat.

STEP 2

Combine orange juice and currants in a tea-cup. Microwave for 1 minute until hot. Drain, reserve orange juice. Combine currants, chickpea mixture, carrots, onion, spinach and coriander in a large bowl.

STEP 3

To make dressing, combine tahini and reserved orange juice in a small bowl. Season to taste. Whisk to combine. Drizzle dressing over salad. Gently toss to combine. Sprinkle with salad seeds and serve.

SERVES | 4

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PEARL COUSCOUS SALAD

INGREDIENTS

- 400g Pearl cous cous
- ½ bunch of kale, leaves peeled from stalk
- ½ bunch of spinach, leaves peeled from stalk
- 1 bunch chives
- 1 bunch chervil
- 4 lemons, juiced
- 1 Tbsp Dijon Mustard
- 1 Tbsp Sherry Vinegar
- 4 Tbsp Yoghurt
- ½ broccoli, roasted
- 2 Red peppers, roasted
- 2 Yellow peppers, roasted
- 2 Zucchini, roasted
- 4 Tbsp Raisins

METHOD

SERVES | 4

1. Pre-roast your broccoli, peppers and zucchini until they have charred and softened. 180 degree oven for 20-30 mins then allow them to cool.
2. Add your Pearl couscous to a pot, add the stock and simmer away. For the best outcome, cook your couscous like risotto or you can do the absorption method like rice – 1 part couscous to 2 parts stock.
3. Take the kale and spinach leaves off the stalk and blanch them in a pot of boiling water for 10-15 secs and then transfer to a bowl of iced water to keep the leaves green.
4. Add your blanched leaves, yoghurt, vinegar, mustard, chives and lemon juice to a blender and blitz together to make your salad dressing.
5. Cut up your whole roasted veg into bite sized pieces then add to a mixing bowl with your raisins.
6. Once all of the stock is absorbed and al dente, add your pearl couscous and dressing to the mixing bowl and combine well.
7. Transfer to a salad bowl and it's ready to serve.

VEG TIP

Kale can be mellow in a soup or sharp in a salad, crispy as a "chip" or velvety when braised. It's surprisingly easy to make your own crisp kale chips. All you need is a tiny bit of oil and a hot oven. You can add salt if you like and top them with Parmesan cheese. No matter how you dress them up, it's a delicious and super healthy snack.

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Premium Quality
Australian Grown Produce



ZUCCHINI SALAD



INGREDIENTS

- 1 Zucchini
- 150g Goat's feta
- 100g Pistachios (toasted)
- Dill
- Parsley
- Mint
- Spring Onions
- Lemon
- 1 tsb Apple cider vinegar
- 1 tsb Olive Oil
- Salt & Pepper

METHOD

1. Use a mandolin to slice your zucchini into ribbons and then place the ribbons into a mixing bowl.
2. Chop up your spring onions, the pistachios and herbs then place them in the bowl.
3. Add a decent splash of olive oil, a pinch of salt, apple cider vinegar, lemon zest & Juice and toss together.
4. Once everything is evenly coated, transfer to your serving plate, garnish with some crumbled goat's feta.

SERVES | 1

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CARISMA GRILLED POTATO SALAD



INGREDIENTS

FOR THE SALAD

- 8 Carisma potatoes, slices into 1/2 inch rounds
- 1 zucchini, shaved
- 225g of halloumi, 1/2 inch slices
- 320g of grilled eggplant slices, roughly chopped
- 1/4 cup of mint leaves
- 1/4 cup of parsley leaves
- 4 tbsp extra virgin olive oil
- Juice from 1 lemon
- 1 tsp of dijon mustard
- 2 tsp apple cider vinegar
- Seasoning to taste
- Caper berries to garnish

METHOD

STEP 1

Heat grill to medium (350° to 450°). Toss potatoes in 1 tbsp of oil and grill on either side for 5 minutes each side or until marks appear, 8 minutes.

STEP 2

In a bowl, toss zucchini with a squeeze of lemon, 1 tsp of apple cider vinegar, 1 tsp of extra virgin olive oil and season to your personal preference.

STEP 3

Grill halloumi according to packet.

STEP 4

Add all ingredients and dressing to a large bowl and toss, garnish with extra mint, parsley and caper berries.

SERVES | 4-6

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Soups

Heart warming veg-packed soups to enjoy any time of year



CARROT, CAULIFLOWER AND TURMERIC SOUP



INGREDIENTS

- 1 tbs olive oil
- 1 onion, peeled, finely chopped
- 2 cloves garlic, peeled, crushed
- 2 stalks celery, finely chopped
- 6 carrots, peeled, roughly chopped
- 1/2 head cauliflower, trimmed, cut into florets
- pinch grated nutmeg
- 1 tsp ground turmeric or 2cm piece of fresh turmeric
- 2 tsp fresh grated ginger or 1 tsp ground ginger
- 4 cups (1 l) So Good™ Unsweetened Almond milk

TO GARNISH

- Greek yoghurt, fresh parsley leaves and chopped pistachios, sumac or chia seeds.

METHOD

STEP 1

Heat the oil in a large saucepan and cook the onion, garlic, ginger, celery, carrots and cauliflower until tender but not browned.

STEP 2

Add the nutmeg, turmeric and So Good™ Unsweetened Almond milk. Bring to a simmer, cover and simmer gently until carrots are tender, about 30 minutes. Do not allow the mix to boil rapidly.

STEP 3

When vegetables are tender, allow to cool a little then puree in batches in a food processor or blender until smooth. Return to a clean soup pan and season to taste. Reheat on a low heat.

STEP 4

Serve hot and garnished with a spoonful of yoghurt, sprinkling of chopped fresh parsley and chopped pistachios, sumac or chia seeds.

TIP

You can use any root vegetables like parsnips, turnips or beetroot instead of carrots

SERVES | 4-6

Proudly developed by



VEGAN PEA AND KALE SOUP



INGREDIENTS

- 600 ml (2½ cup) vegetable broth
- 325 g (2 cups) frozen sweet peas, thawed
- 90 g (3 cups) kale
- 5 g (½ cup) Italian flat leaf parsley, fresh
- 10 g (1 slice) onion, peeled
- (1/2 garlic) clove, peeled
- (1 teaspoon) salt, optional

METHOD

1. Place all ingredients into the Vitamix container in the order listed and secure lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 5 minutes and 45 seconds, or select Hot Soup program and allow machine to complete programmed cycle
3. Garnish with snap peas if desired. Serve immediately.

CHEF'S NOTES

So many nutrients can be found in just the peas and kale in this soup, not to mention that peas are a great source of plant protein.

SERVES | 3

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Vitamix.

CREAM OF BROCCOLI SOUP

INGREDIENTS

- 2 medium onions
- 6 garlic cloves, crushed
- 2 large heads of broccoli with stalks
- 6 cups water
- 4 tbsp butter
- Salt & pepper to taste
- Fresh chives
- 50g parmesan cheese

METHOD

SERVES | 4

STEP 1

Melt 3 tablespoons of the butter in a large soup pot over medium-low heat. Add the onion, garlic, $\frac{1}{4}$ teaspoon of the salt, and black pepper to taste.

STEP 2

Stir to combine, then cover the pot and cook, stirring occasionally, until the onions have softened and are just starting to turn golden, about 8 to 10 minutes.

STEP 3

Meanwhile, trim and discard the rough bottom ends of broccoli stalks. Slice the stalks off and cut them into pieces about 3cm long. Set aside.

STEP 4

Working with the broccoli tops now, cut as closely to the base of the florets as you can. Slice any remaining stalks into chunks to match to the rest. Reserve the broccoli florets.

STEP 5

Add the chunks of broccoli stalk to the pot and stir. Pour in 6 cups water and the remaining 1 teaspoon salt. Raise the heat to high and bring the mixture to a boil, then promptly reduce the heat to medium-low and cover the pot.

STEP 6

Simmer until the broccoli stalks are tender throughout and easily split apart when pierced with a fork, about 20-25 minutes. Meanwhile, chop the reserved florets into small pieces.

STEP 7

Once the stalks are tender, add all of the florets to the pot, stir, cover, and cook until they're bright green and easily pierced through by a fork, about 5 minutes. Remove the pot from the heat and add the remaining tablespoon of butter.

STEP 8

Use a stick blender to blend until completely smooth

STEP 9

Add 1 teaspoon lemon juice. Carefully taste (it's hot) and adjust to taste—add more salt for more overall flavour (I usually add another $\frac{1}{4}$ teaspoon), another teaspoon lemon juice for more brightness, and/or more black pepper for kick.

STEP 10

Divide the soup into bowls and garnish with a sprinkle of chives and grated parmesan, if desired. Serve. Leftover soup keeps well in the refrigerator for up to 4 days (you may want to wake up the leftovers with another squeeze of lemon). This soup will freeze well for several months.

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ZESTY LEEK & CANNELLINI BEAN SOUP

INGREDIENTS

- 2 leeks, sliced (white & pale green parts only)
- 2 carrots, diced
- 2 celery stalks, diced
- 1 bunch kale, middle stem removed and leaves sliced
- 2 garlic cloves, sliced
- 1 tsp Italian dried herbs
- 1 tin cannellini beans
- Zest and juice of 1 lemon
- ½ tsp dried chilli (optional)
- Parmesan cheese
- Olive oil
- Salt & pepper to taste
- 1.5L vegetable stock or broth

METHOD

SERVES | 4

STEP 1

Heat a little olive oil in a large pot over medium heat before adding leeks, carrot and celery

STEP 2

Sautee for around 5min until the leeks are softened. Add garlic, herbs and chilli flakes and cook for another minute

STEP 3

Add stock, beans, kale and cook until kale has softened, around 5min

STEP 4

Add lemon zest and juice and season with salt and pepper

STEP 5

Divide into bowls and top with a little parmesan and serve with crusty bread

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THAI GINGER SOUP WITH CASHEWS

INGREDIENTS

- 480 ml (2 cups) water
- 100 g (1 Tablespoon) carrot, halved
- 100 g (1 cup) cabbage, chopped
- 100 g (1 Tablespoon) celery stalk, halved
- 140 g (1 Tablespoon) red bell pepper
- 150 g (1 Tablespoon) zucchini, cubed
- 10 g (1 Tablespoon) green onion
- 15 g (1 slice) lime
- Tablespoon (½ Tablespoon) clove
- Tablespoon (1 Tablespoon) fresh ginger root
- Tablespoon (1 Tablespoon) chili pepper
- 125 g (1 cup) cashews
- Tablespoon (1 Tablespoon) fresh cilantro leaves
- Tablespoon (1 teaspoon) honey, optional
- Tablespoon (1 Tablespoon) bouillon cube

METHOD

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to its highest speed.
3. Blend for 5 minutes 45 seconds or until heavy steam escapes from the vented lid. Serve immediately.

SERVES | 8

CHEF'S NOTES

Add 1/2 cup (120ml) of coconut milk at the end of the blending cycle to give the soup a richer flavor. If you do not like spicy food, you may leave the chili pepper out of the soup.

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DON'T FORGET YOUR Snacks

Veggies are a great snack! Plan ahead by cutting up some veggies at the start of the day so they are ready to be enjoyed on the go. Keep them fresh by storing them in a container with some damp paper towel. We have plenty of [storage tips](#) for [keeping your veggies fresh](#).

If you do find yourself with any leftover snacks and pre-cut vegetables, you can always freeze these to add to soups or stir-fries at another time.

PLAN AHEAD

Use a weekly meal planner to visualise and plan what you and your family would like to eat for the week. Use our [FREE Try for 5 Meal Planner](#) to stay organised.

A hot TIP from Fight Food Waste Australia - leave a 'leftovers day' in your planning.

Leaving one night a week to eat or repurpose leftovers will save food, money and time. We have lots of ideas and recipes to [love your leftovers](#)

Smoothies

Veg packed smoothies that pack a punch



GLUTEN FREE CARROT CAKE



INGREDIENTS

- 500g carrots, grated
- 350g almond/flax meal mix* (or just straight almond meal)
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp nutmeg
- 3 eggs, whisked
- ¼ cup oil (we used olive)
- ¼ cup sweetener (maple syrup, honey, sugar)
- ½ cup sultanas
- ½ cup walnuts
- 250g cream cheese
- 100g butter
- 1 cup icing sugar

METHOD

STEP 1

Add all dry ingredients in a bowl and stir until combined

STEP 2

In a separate bowl combine eggs, oil, sweetener before pouring into the dry mixture

STEP 3

Pour into a cake tin and bake at 160°C for 1hr 20min or until skewer comes out clean.

STEP 4

Allow to cool completely before icing and decorate with extra walnuts.

STEP 5

For a lighter icing option you can whisk 250g ricotta with a little honey.

*TIP

The combination of almond and flaxseed meal is an excellent flavour combination as well as providing a healthy dose of fibre.

SERVES | 4

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BEETROOT, APPLE & GINGER SMOOTHIE



INGREDIENTS

- 1 medium beetroot, washed, halved, steamed
- ½ medium carrot, chopped
- 1 medium apple, seeded, diced
- 5g fresh ginger root, peeled
- ½ lemon, fresh ginger root, peeled
- 1 cup ice cubes

METHOD

Place all ingredients into the Vitamix container and secure the lid. Select Variable 1. Start the blender and increase to its highest speed. Blend for 1 minute using the tamper to push ingredients into the blades.

SERVES | 2

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SUPER IMMUNE SYSTEM



INGREDIENTS

- 2 cup liquid of choice (water or coconut water)
- ½ cup leafy greens
- ½ cup cucumber pieces
- ½ medium carrot
- 1 mandarin (peel & seeds removed)
- Thin slice of lemon with skin on
- 1 tbsp ginger
- 2 tbsp mixed seeds (hemp / flax / chia)

METHOD

STEP 1

Combine all the ingredients and blend until smooth.

SERVES | 1

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BEETROOT, ZUCCHINI & SPELT BROWNIE WITH CHOC AVOCADO FROSTING

INGREDIENTS

- 200g beetroot, peeled (2 medium)
- 150g zucchini (1 medium)
- 2 eggs
- 1 ¾ cup brown sugar
- ½ cup coconut oil or butter, melted
- 2/3 cup cocoa powder
- Pinch of salt
- 1 ½ cup spelt flour
- 1 tsp baking powder

FROSTING

- 2 avocados
- 2 tbsp tahini
- 3 tbsp maple syrup
- 1/4 cup cocoa powder
- Optional – grated dark chocolate & flaked sea salt

METHOD

SERVES | 16

1. Preheat the oven to 180C. Grease & line a 23cm square baking tin.
2. Cut the beetroot into large wedges and the zucchini into large pieces.
3. Run the blender, lid on, on speed 2 and drop the beetroot and zucchini through the lid hole onto the running blades to finely chop them. You want a coarse puree texture. Use the tamper if required.
4. Turn the blender off and add in the eggs, sugar, coconut oil, cocoa powder, salt, flour & baking powder. Pulse on speed 3, using the tamper to bring the mix together but do not overwork it.
5. Spoon into the prepared tin and bake for 30-35 minutes, until the brownie is firm in the middle. Allow to cool completely before removing from the tin.
6. For the frosting, combine the avocado, maple syrup & cacao in the blender and using the tamper, turn the blender on at speed 2, gradually increasing it to speed 5 to make a thick, smooth frosting. Let this sit in the fridge to firm up while waiting for the brownie to cook & cool completely.
7. Spread the frosting on the cooled brownie, grate over some dark chocolate and sprinkle with flaked sea salt if desired. Cut the brownies into desired sizes.

CHEF'S NOTES

Tip: Make your own spelt flour by grinding dried spelt grains in the 0.9L Dry Grains container

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EVERYTHING SMOOTHIE



INGREDIENTS

- 120 ml (½ cup) soy milk
- 85 g (½ cup) red grapes
- 140 g (1 medium) orange, peeled, halved
- 115 g (1 medium) peach, halved, pitted
- 85 g (1 slice) pineapple, peeled, halved
- 75 g (1 small) carrot
- 45 g (½ cup) broccoli florets
- 15 g (½ cup) fresh spinach
- 150 g (1 cup) frozen strawberries
- 60 g (½ medium) frozen banana
- 130 g (1 cup) ice cubes

METHOD

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed and quickly increase to its highest speed. Blend for 50 seconds using the tamper to press the ingredients toward the blades.

SERVES | 3

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CAULIFLOWER SPINACH GREEN SMOOTHIE



INGREDIENTS

- 1L almond milk
- 2 cup frozen cauliflower
- 2 cup spinach/kale
- 2 cup frozen mango
- 2 whole peeled kiwi fruit
- 2 pitted dates

METHOD

Place all ingredients into the Vitamix container and secure the lid. Select Variable 1. Start the blender and increase to its highest speed. Blend for 1 minute using the tamper to push ingredients into the blades.

SERVES | 2

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CHOCOLATE ZUCCHINI SMOOTHIE



INGREDIENTS

- 1 frozen banana
- 1 frozen zucchini
- 8 ice cubes
- 500ml milk/ plant milk
- 4 tsp cocoa powder
- 4 tsp maple syrup

METHOD

Place all ingredients into the Vitamix container and secure the lid. Select Variable 1. Start the blender and increase to its highest speed. Blend for 1 minute using the tamper to push ingredients into the blades.

SERVES | 2

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GOOD MORNING GREEN SMOOTHIE



INGREDIENTS

- 1 cup (240ml) water
- 2 cups (300g) green grapes
- ½ (80g) small cucumber
- 1 (180g) medium apple, halved, seeded
- 1 slice lemon, with peel
- 2 cups ice cubes

METHOD

Place all ingredients into the Vitamix container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 45 seconds or until desired consistency is reached, using the tamper to press ingredients toward the blades.

SERVES | 2

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More than sides

Enjoy them as a side or let them be the main dish



VEGETABLE CAKES



INGREDIENTS

- 2 large eggs
- 120 g (1) parsnip, quartered
- (1) garlic clove, peeled
- 3 g (1 teaspoon) salt, optional
- (¼) teaspoon whole black peppercorns
- 50 g (½ cup) almond flour
- 3 g (2 Tablespoons cup) oregano, fresh
- (1) Tablespoon extra virgin olive oil, optional
- 60 g (½ small) small onion, peeled
- 90 g (3 cups) fresh spinach, fresh
- 150 g (1 cup) sun-dried tomatoes, drained

METHOD

1. Place egg, parsnip, garlic, salt, pepper, flour and oregano into the Vitamix container and secure the lid.
2. Select Variable 1.
3. Turn machine on slowly increase speed to the highest speed.
4. Blend for 30 seconds, using the tamper to push the ingredients into the blade.
5. In a large sauté pan heat the olive oil on medium high heat.
6. Add onions and sauté until tender about 5 minutes. Add the spinach and sundried tomatoes cook until wilted.
7. Add mixture to the mixture in the Vitamix container.
8. Select Variable 5.
9. Switch machine on and off quickly to pulse. Pulse 6 to 8 times to incorporate.
10. Prepare a baking sheet with parchment paper.
11. Scoop batter out onto parchment with a #40 scoop.
12. Bake at 350°F (180°C) for 20 to 30 minutes or until firm.
13. Serve immediately with your favorite dipping sauce.

SERVES | 16

CHEF'S NOTES

The texture of these come out like crab cakes and make a great vegetarian holiday hors d'oeuvre.

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KALE AND BASIL PESTO



INGREDIENTS

- 240 Tablespoon (1 Tablespoon) extra virgin olive oil
- 120 Tablespoon (1 Tablespoon) soy parmesan, or parmesan cheese
- Tablespoon (3 Tablespoon) garlic cloves, peeled
- 80 Tablespoon (2 Tablespoon) fresh basil leaves
- 120 Tablespoon (2 Tablespoon) kale
- 25 Tablespoon (3 Tablespoon) pine nuts
- Tablespoon (¼ Tablespoon) kosher salt, optional
- Tablespoon (1 Tablespoon) ground black pepper

METHOD

1. Place all ingredients into the Vitamix container in the order listed and secure the lid.
2. Start the blender on its lowest speed, then quickly increase to variable 5, using the tamper to press ingredients toward the blades.
3. Blend for 20 to 30 seconds or until desired consistency is reached. For a smooth pesto blend on its highest speed.

SERVES | 14

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STUFFED CAPSICUM



INGREDIENTS

- 4 capsicums
- 1 brown onion
- 2 medium sized tomatoes
- 2 garlic cloves
- A pinch of chilli flakes
- 150g of bulgar wheat
- A handful of black olives
- A handful of basil leaves
- 1 tbsp of pine nuts
- 1 tbsp of red wine vinegar
- 1 tbsp of olive oil

METHOD

SERVES | 4

STEP 1

Preheat the oven to 200C. Halve and deseed the capsicums. Place them on a baking tray, drizzle with olive oil and sprinkle with salt. Bake for 20 minutes.

STEP 2

Cook the bulgur wheat according to the package instructions, drain.

STEP 3

Finely chop the onion and sweat for 10 minutes in a frying pan. Finely chop the garlic and add to the pan, along with the chilli flakes.

STEP 4

Roughly chop the tomatoes, add them to the pan, turn up the heat and cook for 10 minutes.

STEP 5

Turn off the heat and stir the bulgur wheat into the pan, roughly chop the olives and basil and add them too, along with the pine nuts, vinegar and olive oil. Season with salt and pepper.

STEP 6

Stuff the bulgur wheat mixture into the peppers and return the baking tray to the oven. Bake for 20 minutes, then serve.

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CAJUN CARROT MASH



INGREDIENTS

- 1kg carrots, peeled and evenly chopped
- 1 tbs olive oil
- 1/4 tsp cajun spice
- 1/4 tsp salt

METHOD

1. Place chopped carrots in a saucepan and just cover with water. Bring to boil and simmer for 15 minutes or until soft. Drain.
2. Place drained carrots and remaining ingredients in a food processor and process until smooth. Garnish with seeds of choice and serve as a side.

Tips

- Carrot can be mashed with a potato masher rather than using a processor for a more rustic mash.

SERVES | 4

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PAN FRIED CAULIFLOWER



INGREDIENTS

PURPLE CAULIFLOWER PUREE

- 200g Purple Cauliflower
- 50g butter
- 75ml Milk
- Water

HUMMUS

- 200g Chickpeas
- 2 Tbsp Water
- 1 large garlic clove
- 2 Tbsp Tahini
- 1 tbsp Olive oil
- Salt

PICKLE CAULIFLOWER

- florets of White cauliflower
- 2 florets of Purple cauliflower
- 100ml water
- 50ml caster sugar
- 50ml rice vinegar
-

TO FINISH

- Whole Cauliflower, quite large
- 100g Butter
- Cauliflower Leaves

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METHOD

PURPLE CAULIFLOWER PUREE

On a medium heat pan, add your butter and slightly sweat of your cauliflower. Add in your milk and water and bring to a boil before reducing to a simmer until cooked covered. Blitz to a smooth consistency whilst still warm

HUMMUS

Add all ingredients to a blender and blend until smooth

PICKLE CAULIFLOWER

Bring your sugar, vinegar and water to a boil before adding the cauliflower and removing from the heat. Leave to infuse for as long as possible best after 4 days

TO FINISH

1. Slice your cauliflower into steaks.
2. Place cauliflower leaves into a 200C oven with olive oil & salt and cook until crispy.
3. Heat your pan over a medium heat and add your butter. Then add your cauliflower and baste continuously whilst cooking. Ensuring you get a lovely golden brown colour before turning.
4. To plate, warm your cauliflower puree before adding it to the plating by swiping down in different directions. Then add your cauliflower steak and garnish with the pickles and crispy cauliflower leaves.

SERVES | 2

BROCCOLI & PANEER CURRY



INGREDIENTS

- 1 tbsp ghee, for frying
- 800g broccoli, cut into florets
- 225g paneer, cut into 2cm cubes
- 1 onion, thinly sliced
- 4cm ginger, peeled and grated
- 2 garlic cloves, grated
- 2 tsp curry powder
- 2 tsp ground turmeric
- 500g broad-leaf spinach, tough stalks removed
- 200g natural yoghurt
- Salt

METHOD

1. Heat a heavy-bottomed saucepan over a medium heat and pour in a teaspoon of the oil. Add the broccoli and sauté for 15–20 minutes, or until golden. Take your time and don't stir too much or you will create steam, which will hinder the colouring. Drain on kitchen paper.
2. Add another teaspoon of oil to the pan and fry the paneer until browned. Drain on kitchen paper.
3. Pour another teaspoon of oil into the pan and add the onion, ginger and garlic. Reduce the heat to medium-low and fry, stirring from time to time, for 10–15 minutes, or until softened. Add the curry powder and turmeric and cook, stirring, for 1 minute.
4. Return the broccoli to the pan and add 200ml/7floz water. Simmer for 2 minutes, or until tender. Add the paneer, then the spinach, and stir just until wilted.
5. Season with salt and serve with some dollops of yoghurt.

SERVES | 4

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CARISMA POTATO WEDGES



INGREDIENTS

FOR THE SALAD

- 1kg Mitolo Carisma potatoes
- 3 tbs rice bran oil

METHOD

SERVES | 6

STEP 1

Preheat oven to 220 degrees Celsius, fan forced.

STEP 2

Cut potatoes into long wedges ,leaving the skin on.

STEP 3

Place wedges in a large steamer above a pot of boiling water and cover with a tight-fitting lid. Steam for 8 minutes.

STEP 4

Place rice bran oil in a large, deep sided roasting tray and place in oven for 3 minutes to heat.

STEP 5

Remove potato wedges from steamer and add to the pre-heated oil in the roasting tray. Be careful as the oil can splatter. Toss through oil along with seasoning, according to your personal preference.

STEP 6

Return to oven and cook at 220 degrees Celsius for 30-40 minutes or until all wedges are golden brown and crispy.

TO SERVE

Serve with sour cream and sweet chilli sauce.

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BAKED CAULIFLOWER TEMPURA



INGREDIENTS

- 1 whole cauliflower
- 4 Tbsp coconut Yoghurt
- 150ml Almond milk
- 3 Tbsp Tomato paste
- 4 Tbsp Olive oil
- 1 Tbsp Garam masala
- 1 Tsp Smoked paprika
- 1 Tsp onion powder
- 1 Tsp Turmeric
- 1 Dried Fenugreek
- 150g Chickpea flour
- 200g panko breadcrumbs

CORIANDER YOGHURT

- ½ bunch of Coriander chopped
- 150g Greek Yoghurt
- juice of 1 lime
- 1 Tsp of Sugar

METHOD

1. Preheat your oven on 200*.
2. Chop your cauliflower into florets and set aside.
3. Mix your yoghurt, milk, tomato paste, oil and spices together to form a wet batter
4. Add your cauliflower in and mix well and season.
5. Place your cauliflower into the breadcrumbs and coat evenly before placing directly on to your baking tray with greaseproof paper
6. Bake for about 25minutes until crisp

VEG TIP

The leaf, stalk and florets can be eaten raw or cooked Don't just throw away the leaves. Roast the leaves in the oven for a delicio

SERVES | 12

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WHOLE ROASTED BROCCOLI



INGREDIENTS

ROASTED BROCCOLI

- 1 whole broccoli
- 6 garlic cloves, grated, mixed with a little oil
- 1 bunch fresh thyme, leaves and stalks separated
- 100g butter, diced
- Pinch freshly grated nutmeg

SPICY TOMATO SAUCE

- 3 tablespoons olive oil
- 1 large onion, peeled & finely chopped
- 3 garlic cloves, peeled & finely chopped
- 1 teaspoon cumin seeds
- 1 teaspoon black peppercorns, left whole
- 1 teaspoon cloves
- 1 cinnamon stick
- 1 bay leaf
- 2 green cardamom pods, slightly crushed
- 1 tablespoon garam masala
- 1 tablespoon mild chilli powder
- 1 tablespoon ground turmeric
- 1 x crushed tomatoes tin

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METHOD

SERVES | 3

1. Fire the BBQ up and grill the whole broccoli head side down. Melt down the butter with garlic and olive oil & thyme in a pot.
2. Baste the broccoli with the garlic and butter mixture as it cooks. Cook until desired char and texture. About 15-20 minutes depending on the size of your broccoli.
3. In the meantime, crush all the spices in a mortar and pestle.
4. Sauté down the onion and garlic until softened
5. Add spice mixture and sauté to cook off the spices
6. Add your crushed tomatoes, stir and reduce until desired thickness.
7. Serve lashings of sauce with whole roasted broccoli on top.

BROCCOLI STEAK WITH CURED EGG YOLK



INGREDIENTS

- Head of Broccoli
- Cured Egg Yolks
- Brown Butter
- English or Dijon Mustard
- Sherry Vinegar
- Olive Oil
- Salt
- Pepper

METHOD

1. Cure your egg yolks beforehand by laying them in a bed of equal parts sugar and salt, overnight for the best result. Wash the salt/sugar off the yolk and then quickly dehydrate them in the oven on low heat until they are hard and ready to be grated.
2. Slice your head of broccoli into thick steaks ready for the pan or BBQ.
3. In your pan with high heat, pour a splash of oil and then put on your broccoli steaks after seasoning them. Cook exactly like you'd cook an actual steak. Flip them once they have a nice golden crust. If the broccoli steak is still hard in the middle you can pour a splash of water into the pan and pop the lid on so it can steam quickly.
4. For the dressing, take your melted brown butter, mustard & sherry vinegar and pour them into a mixing bowl and then whisk together until it has emulsified.
5. Now it's time to serve – place one of your steaks on the plate, then coat with your dressing and garnish with the grated cured egg yolk.
6. Enjoy!

SERVES | 2

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EZME & HUMMUS



INGREDIENTS

EZME

- 100 g (1) small red onion
- 250 g (1) large red capsicum
- 300 g (2) vine-ripened tomatoes
- 1 garlic clove
- Handful of flat-leaf parsley & dill
- 2 Tablespoons pomegranate molasses
- ¼ teaspoon ground cumin
- 3 Tablespoons extra virgin olive oil
- Salt and pepper
- ⅓ cup kalamata olives, torn
- Sprig of dill

HUMMUS

- 400 g tin chickpeas, rinsed, drained
- ⅓ cup tahini
- 1 garlic clove
- ½ cup water
- Juice 1 lemon
- Salt and pepper
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon pomegranate molasses
- 2 teaspoons za'atar
- ½ cup yogurt (to serve)

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METHOD

STEP 1

Roughly chop the onion, capsicum, tomato, garlic, and herbs and place into the jug of the Vitamix. Blend the ingredients on speed 2 for 10 seconds then scrape down the sides using the spatula and continue to blend for another 10 seconds.

STEP 2

Add the olive oil, pomegranate molasses, cumin season, salt and pepper.

STEP 3

Spoon this into a bowl, clean the blender jug then add the chickpeas, tahini, garlic, water, and lemon to the jug with a good pinch of salt and pepper. Blend to a smooth creamy texture, using a little more tahini to thicken or water to thin, if needed.

STEP 4

To serve, spoon the hummus onto a serving plate and make an indent in the middle, spoon in the yoghurt then drizzle with the olive oil, pomegranate molasses, and za'atar.

STEP 5

Spoon the ezme onto another plate and top with the olives and dill. Serve dishes with warm flatbreads to dip through.

1.

SERVES | 4





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