

Meat Loaf

Serves 6 – 8

Time to make: 1 hour 10 mins

750g lean beef mince
1 ½ cups soft wholemeal breadcrumb
½ cup rolled oats
1 onion finely chopped
2 cloves garlic crushed
½ cups grated vegetables: carrot, kumara, pumpkin, or courgette
1 egg
1 tsp curry powder
2 tsp mixed herbs
1 tsp salt



Method:

1. Mix all ingredients together in a bowl. Press into a medium sized loaf tin. (around 22cm)
2. Cover with foil and cook at 190°C for 30 minutes. Remove foil and cook for a further 20 – 30 minutes or until juices run clear when tested with a skewer. Serve hot or cold.

Variations

While this recipe uses beef mince, meat loaf can be made from pork, chicken or lamb minces.



Pork and Apple Loaf

Use pork instead of beef mince and use grated apple instead of the grated vegetables. For added interest, replace the parsley with ¼ cup chopped fresh sage. Serve with hot apple sauce, mashed potato and steamed vegetables for a delicious warming winter meal.

Lam, Pea and Rosemary Loaf

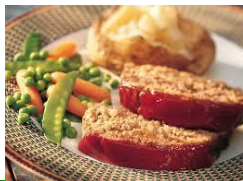
Use lamb instead of beef mince and add 2 tablespoons of finely chopped fresh rosemary instead of the curry powder. Substitute a cup of frozen minted peas for 1 cup of the grated vegetables. Serve with mint sauce.

Chicken and Vegetable Terrine

Use chicken instead of beef mince and remove the grated vegetables, parsley and curry powder. Place 1/3 of the mixture in a layer in the bottom of the loaf tin. Add a layer of cooked carrots (cut in half lengthwise and top with another 1.3 of mixture). Add a layer of cooked zucchini (cut in half lengthwise) and top with remaining chicken mixture. Served hot or cold, this makes a colorful and inviting loaf.

Tomato and Oat topping

The Edmonds cookbook recommends spreading the following topping on your meat loaf before cooking: 2 tablespoons rolled oats, 1 tablespoon brown sugar, 2 tablespoons tomato sauce and 1.4 cup chopped parsley (mix together before spreading). If you like a thicker topping, double the quantities.



Basic Pizza Dough

Makes 1 large or 3 small pizza's. Time to make: 10 minutes (with 30 minutes to rise)

1 cup plain flour (+extra for kneading)
½ cup whole meal flour
Pinch of salt
1x8g sachet dried yeast
½ tsp dried basil or mixed herbs
About 2/3 cups lukewarm water (not hot)
Cooking oil to grease bowl, pan and plastic wrap.

Add your favorite toppings.

This is a great chance to use leftover vegetables and meat.



Method:

1. Place flour, yeast, salt and herbs in bowl, mix in just enough warm water to bind mixture.
2. Turn dough onto a lightly floured surface, knead for 5 minutes to form a smooth ball.
3. Spray bowl and plastic wrap with oil, place dough in bowl, cover with plastic (or a plate).
4. Leave in a warm place to rise for about 30 minutes.
5. Punch down the dough, turn onto lightly floured surface and knead until smooth.
6. Roll out dough to make one large or 4 small pizzas.



Chicken and Capsicum Pizza

Serves: 4

Time to make: 1 hour
(Includes making the pizza dough)
1 tomato
2-3 Tbsp tomato pasta sauce
½ red onion, sliced thinly
1 small red or yellow capsicum, diced
Black pepper to season
1 ½ cups grated cheese (mozzarella is traditional or use Edam cheese)

1 small cooked chicken, breast, diced (or a little ham, salami or leftover roast).



Method:

1. Preheat oven to 200°C. Spray or wipe pan with oil, line with rolled out pizza dough.
2. Spread tomato slices or tomato pasta sauce over dough, follow with onion, capsicum, chicken and top with cheese.
3. Bake for 15 minutes, until cheese is melted & base crisp.
4. Garnish with chopped parsley &/or basil, serve with a salad.



Vegetable Fritters

Serves: 8

4 eggs
1 cup self raising flour
(Or 1 cup flour + 2 tsp baking powder)
½ - 1 cup milk
2 x 425g can whole kernel corn
Oil for frying

Variations:

Try grated zucchini or potato or kumara in place of corn.

Method:

1. Beat eggs with ½ of the milk.
2. Stir in flour and drained corn. Add more milk if you need, to make a soft batter.
3. Wipe pan with oil, place spoonfuls of mixture in pan. When the mixture bubbles on top turn over.
4. Cook on the other side until golden brown. Serve with sweet chili or tomato sauce.



Curried Sweet Potato Soup

Serves: 4

1 Tbsp curry powder
600g kumara, peeled coarsely chopped
3 cups vegetable or chicken stock
1 tin butter beans
1/3 cup light coconut milk
1 Tbsp oil

Serving's suggestions:

Serve with naan bread. For variation, stir in 2 cups spinach leaves just before serving.

Method:

1. Cook curry powder in oil using large saucepan over medium heat for one minute.
2. Add the sweet potato, stock and simmer for 20 – 25 minutes or until potato is tender. Cool slightly.
3. Using a blender or food processor, puree the soup until smooth. Return soup to pan add coconut milk. Stir over low heat until heated through. Season to taste with salt and freshly ground black pepper. Ladle soup into warmed bowls and serve immediately.



Lentil Patties

Serve: 4

12 cup dried lentils
8 slices bread (wholemeal preferably)
1 carrot
1 onion
1 large potato, peeled, sliced
1 egg
1 tablespoon Worcestershire sauce
1 tsp curry powder
3 Tbsp sesame seeds (optional)
Pinch of black pepper

Method:

1. Cook lentils and vegetables until soft. Drain well.
2. Mash all ingredients (or blend in food processor), adding lentils and sesame seeds last.
3. With wet hands form mixture into patties.
4. Heat a little oil in a frying pan. Cook patties on both sides or until heated through.



Lentil patties are easy to make and very cheap. Combining lentils (pulse) with bread (grain) gives a complete first class protein, just as good as meat but with no fat and at a fraction of the cost. Serve in burger buns or pita pockets with salad, or for dinner instead of meat, with a tasty sauce.

Tuscan Bean Soup

Serves: 4

3 – 4 Tbsp olive oil
1 – 2 sticks celery (finely diced)
2 small carrots (finely diced)
1 medium onion (finely diced)
1 bay leaf
1 clove garlic, crushed
1 tsp finely chopped rosemary
2 cups vegetable stock
420g can of butter beans, cannelloni rinsed and dried.
Freshly ground black pepper to taste.

Method:

1. Heat the oil in a large saucepan. Add the finely diced celery, carrots and onion. Stir in the bay leaf, garlic and rosemary. Sauté for 10 – 15 minutes until golden.
2. Pour over the vegetable stock. Stir in the rinsed and drained beans. Simmer gently for 10 minutes. Remove the bay leaf and add season to taste.
3. Meanwhile, fry the bacon slices in a pan until it is crisp. Drain the slices on paper towels to remove any excess fat and add them to the soup before serving.



Tuna Salad

Serves: 5 – 6

225gram can tuna in spring water
3 medium silver beet leaves, finely chopped
1 red capsicum
½ cucumber, cut into quarters and finely sliced
2 stick celery, finely chopped
2 spring onion, chopped
Black pepper

Dressing

Juice from canned tuna
1 Tbsp lemon juice or vinegar
½ bunch parsley chopped
1 Tbsp olive or canola oil



Method:

1. Drain the juice from the canned tuna and reserve for dressing.
2. Flake the tuna into small pieces and combine with all the vegetables in a large bowl.
3. Combine all the ingredients for dressing in a small bowl and mix well.
4. Pour the dressing over the salad and toss.
5. Sprinkle with black pepper, cover with glad wrap and chill before serving.
6. Serve with oven-baked potato and wedges or bread rolls.



Apple & Rhubarb Crumble Pie

Serves: 6

1 bunch rhubarb, stalks cut into 3cm length, leaves discarded
2 large granny smith apples, peeled, cored, thickly sliced.
1 tsp finely grated orange rind
1 cup (150g) plain flour
¼ cup (55g) caster sugar
½ tsp ground cinnamon
¼ cup (60g) butter
¼ cup (20g) oats



Method:

1. Preheat oven to 200°C or 180° fan forced and then lightly spray a 23cm pie dish with oil.
2. Combine the rhubarb, apple, orange and 100ml of water in a medium saucepan over medium heat. Bring to boil. Reduce heat and simmer, covered 6 – 8 minutes or until soft.
3. Combine the flour, sugar and cinnamon in a large bowl. Using fingertips, rub in the spread until mixture resembles breadcrumbs. Stir in the oats. Spoon cool fruit mixture into prepared pie dish then sprinkle crumble over fruit. Bake for 15 minutes or until golden. Serve.



Avocado and Feta Salad

Serves: 4

1 avocado, cut into cubes
½ packet feta cheese
4 firm, ripe tomatoes, quartered
10cm cucumber cut into cubes
1 carrot, chopped into sticks
1 red capsicum, sliced
3 cups lettuce, chopped
½ cup mixed herbs (optional)
1 Tbsp Olive or Canola oil
1 Tbsp lemon juice or vinegar

Method:

1. Place the vegetables and herbs in a salad bowl.
2. Mix the oil lemon juice together and sprinkle over the salad.
3. Sprinkle with black pepper and serve.



Lemon & Coconut Sponge Pudding

Serves: 6

3 eggs separated
¾ cup caster sugar
¼ cup self raising flour
¼ cup coconut, plus 1 Tbsp extra coconut
¼ cup lemon juice
1 Tbsp lemon zest
50g butter, melted

Method:

1. Preheat the oven to 175°C. Grease a 4/6 serve ovenproof serving dish.
2. Using an electric beater, beat the egg yolks and sugar until the mixture is creamy and pale. In a separate bowl, beat the egg whites until stiff peaks form.
3. Fold the flour, coconut, lemon juice, zest and melted butter into the creamed egg mixture. Fold through the egg whites.
4. Pour the pudding mixture into serving dish and sprinkle over the extra coconut.
5. Bake the pudding in the preheated oven for 15 – 30 minutes until it is puffed and golden. Serve the pudding while it's hot with vanilla ice cream.



Chicken Pie

Serves: 12 mini pies

1 roast chicken
15g butter
1 leek, finely diced
2 stalks celery, finely diced
1 grated carrot
15ml flour
2 cups hot chicken stock
15ml chopped parsley
Salt and freshly ground black pepper to taste
3 sheets ready rolled puff or flaky pastry



Method:

1. Preheat the oven to 180°C. Remove the meat from the roast chicken and cut into bite sized pieces.
2. Heat the butter in a medium sized saucepan and sauté the leek, celery and carrot for 3 – 4 minutes until soft and fragrant.
3. Add the flour and cook for 2 minutes until the mixture has sandy texture. Gradually add the hot chicken stock, stirring until the sauce has thickened and is smooth. Add the chicken and parsley and season well to taste, Set aside to cool.
4. Spoon the cooled chicken mixture into a large ovenproof baking dish or individual ramekins. Top with pastry cut to the size of the dish. Make for 23 – 25 minutes for the individual pies or 40 – 45 minutes for large pie until the pastry is puffed and golden. Serve with mashed potato and a salad.

Scones

Scones are versatile. They can be served for morning tea, with soup as a meal, or in place of bread at lunch.

3 cups self raising flour (or 3 cups flour + 2 Tbsp baking powder)
¼ teaspoon salt
75g (5 tablespoons) butter
1 ½ cups of milk

Variations:

Cheese scones: Add ½ cup grated cheese plus pinch of mustard or cayenne pepper; top with a little grated cheese (add chopped parsley & capsicum or sun dried tomato & basil for color.

Date scones: Add ½ cup chopped dates, 1 tablespoon of sugar and ½ teaspoon of cinnamon.

Sultana scones: Add ½ cup sultana to flour.

Griddle scones: Recipe as above, but roll 10 1cm thickness of floured board. Cook on a hot greased griddle or non-stick pan for 5 minutes on each side.

Method:

1. Preheat the oven to 200°C. Sift flour and salt into bowl.
2. Rub margarine into flour until it looks like breadcrumbs.
3. Add milk and quickly mix with a knife to soft dough. Add a little more milk if too dry.
4. Knead very lightly, roll or pat dough to 2cm thick on floured oven tray or cooking paper.
5. Cut into 16 squares; leave a 2cm space between scones. Brush tops with milk.
6. Bake in middle of oven for 10 minutes until brown.



Chickpea & Spinach Curry

Serve: 4

2 tsp canola oil
1 large onion diced
2 cloves garlic, crushed peeled and chopped
1 Tbsp finely chopped ginger
2 medium potatoes or 250g kumara, cut into 1cm cubes
2-3 tsp curry powder
1tsp cumin seeds (optional)
3 bay leaves
250g spinach, chopped
400g can of tinned tomatoes
310g can chick peas, drained
½ cup of water
2 tsp garma masala (optional)
2 tsp chopped coriander leaves



Method:

1. Sauté the onion, garlic and ginger in a pan.
2. Add the potato, curry powder, cumin seeds and bay leaves. Cook for 1 – 2 minutes.
3. Add spinach and tomatoes, stir in the drained chick peas.
4. Simmer for 15 minutes until the potato cubes are cooked.
5. Add the garma masala, season to taste and add the chopped coriander leaves.
6. Serve with basmati rice.



Fruit Muffins

Serves: 12

1 cup of chopped fruit or 1 tin of fruit
2 cups of plain flour
1 cup of milk
¼ cup of oil
½ cup of sugar (if using tin fruit use juice from tin and no sugar)
2 tsp of baking powder
1 egg



Method:

1. Preheat oven to 180deg and oil and flour your muffin in.
2. In one mixing bowl sit flour, baking powder and cinnamon.
3. In another bowl mix egg, oil and sugar.
4. Gently mix together both bowls and add fruit. Only mix gently so all the ingredients are combined.
5. Don't mix too much or your muffins will be heavy.
6. Place spoonfuls of mixture into your muffin tray so it fills each hole but not overflowing.
7. Place carefully in the hot oven.
8. Cook for 10 – 15 minutes until golden brown.
9. Check your muffins by sticking a knife or skewer into the middle. If it comes out 'clean' they are ready.
10. Carefully remove from the oven and

Chicken and Spinach Palusami

Ingredients:

1 onion finely diced
1 tin of evaporated milk (or lite coconut cream)
Salt and pepper
2 or 3 bunches of
Finely chopped chicken breast
1 Tbsp Coconut essence



Method:

1. Preheat the oven too 180°C.
2. Wash silver beet, dry and chop.
3. Layer the silver beet dish followed by the chopped chicken pieces and onion, then add the rest of the silver beet.
4. Add evaporated milk and the coconut essence.
5. Wrap nice and tight with foil. Put into oven to cook for 45 min.

Dal Makhani

A spicy and heavy dal preparation made with a combination of black gram and red kidney beans

Preparation time: 30 – 35 minutes

Method:

Ingredients:

½ cup whole black gram/ lentil
2 Tbsp red kidney beans
Salt to taste
1 tsp red chili powder
2 inch piece ginger, chopped
2 Tbsp oil
1 tsp cumin seeds
6 cloves garlic, chopped
1 large onion, chopped
2 green chilies slit
2 medium tomatoes, chopped
1 tsp garam masala powder

1. Wash and soak gram and beans overnight in three cups of water. Drain.
2. Cook the gram and beans in three cups of water with salt and half the red chili powder and half the ginger totally for three hours or until totally soft. A pressure cooker can be used to speed up the cooking time.
3. Heat oil in a pan. Add cumin seeds. When they begin to change color, add ginger, garlic and onion and sauté till golden.
4. Add slit green chilies, tomatoes and sauté on high heat.
5. Add the remaining red chili powder and sauté till the tomatoes are reduced to a pulp.
6. Add cooked dal along with the cooking liquid. Add some water if the mixture is too thick. Add garam masala powder and adjust salt. Serve hot.



One Pan Dinner

Serves: 4

500g lean minced beef
10 ml oil
1 large onion chopped
2 cloves garlic, finely chopped
3 sticks celery, sliced
1 can chopped tomato
2 cups beef stock
½ tsp oregano
200g short pasta (rigatoni, large shells, macaroni)
2 cups quick cooking vegetables (frozen vegetables, broccoli)
1 can butter beans
Black pepper to taste



Method:

1. Heat a very large pan. Add minced beef in several chunks, and heat, stirring frequently, to break it up.
2. Add the chopped onion and garlic, stirring over heat, until the onion is transparent.
3. Add the celery and carrots, then tinned tomato, hot water, and oregano. Mix together and allow the mixture to return to boil.
4. Add the pasta and mix to combine. Reduce the heat to a gentle simmer and cover with a lid. Cook for about 20 minutes stirring every 5 minutes until the pasta is tender.
5. Stir the vegetables and beans and cook for another 5 minutes.
6. Serve with some chopped parsley and a little grated Parmesan.



Palak Paneer

Serves: 2 – 4

2 bunches of spinach
200g Cottage cheese (paneer) Low fat
2 – 3 green chilies
8 – 10 cloves of garlic
1 ½ Tbsp of oil
½ Tbsp of cumin seeds
Salt
1 Tbsp lemon juice
2 Tbsp of lite cream



Method:

1. Remove stems, wash spinach thoroughly in running water.
2. Blanch in salted boiling water for 2 minutes, refresh in chilled water, and squeeze out excess water.
3. Wash and roughly chop green chilies.
4. Grind spinach into a fine paste along with green chilies.
5. Dice paneer into one inch by one inch by half inch pieces. Peel, wash and chop garlic (do not deep fry paneer, instead grill or add at the end).
6. Heat oil in pan. Add cumin seeds. When they begin to change color, add chopped garlic and sauté for a seasoning. Add water if required.
7. When gravy comes to a boil, add the paneer and mix well, stir lemon juice. Finally add fresh lite cream. Serve hot.

Chicken Stir-fry

Serves: 4

500g chicken breasts
1 Tbsp oil or use spray oil
2 cloves of garlic (finely chopped)
4 spring onions or medium onion
2 Tbsp soy sauce (preferably low sodium)
1 carrot (slice into strips)
1 capsicum
Handful of mushrooms
2 pak choi – Chinese cabbage
1 tsp ginger (finely chopped)
1 bunch of coriander
¼ cup cashews
1 chili (chopped)
3 packets instant noodles
½ cucumbers (slice into strips)



Method:

1. Cut chicken breast into strips.
2. Spray a large frying pan lightly with oil. fry chicken at a high temperature for 2 minutes. When cooked remove from the pan.
3. Spray the drying pan with oil and add garlic, ginger and lemon grass. Add rest of vegetables and the chicken. Stir fry until cooked and cashews.
4. Serve with noodles and coriander.

Variations:

Try other Asians sauces like black bean, fish sauce, oyster sauce, sweet chili sauce. Add some fresh ginger. To improve the flavors of tofu, or the tenderness of meat soak (marinate in a bit of soy sauce for an hour before cooking). If using left over meat of tofu, add towards the end of the cooking. Heat left over meat till very hot.

Corned Beef & Kumara Hash Cakes

750g kumara, peeled and finely chopped
1 small onion, peeled and finely sliced
1 Tbsp oil
1 cup sliced cabbage
1 tsp curry powder
227g can crushed pineapple in juice, very well drained.
1 egg
2-3 Tbsp Worcestershire sauce
340g can fat reduced corned beef
A little oil to pan fry



Method:

1. Cook kumara in boiling water until tender. Drain and mash.
2. Cook onion in oil in frying pan until soft but not browned. Add cabbage and curry powder and cook only until cabbage is wilted, about 1-2 minutes.
3. Add onions to the kumara with well-drained pineapple, egg and Worcestershire sauce. Mix well.
4. Flake in the corned beef and mix gently.
5. Shape into 8-10 even –sized patties and pan fry in a little oil until hot and golden on both sides.
6. Serve with tomato, lettuce and drizzle of your favorite vinaigrette.

Vegetable Spiced Rice

Serves: 4

350g frozen vegetables
2-3 cups freshly cooked hot brown rice
½ cups roasted peanuts, chopped
1 tsp mild curry powder
Fresh coriander/parsley to garnish

Method:

1. Microwave vegetables for 4 minutes on high, let stand for a minute.
2. Tip vegetables out onto rice. Add peanuts and curry powder and stir gently to combine.
3. Serve garnished with coriander or parsley.

To cook rice by the boiling method: Place in a sieve and rinse to get rid of any dirt and excess starch. Bring a large sauce pan of water to the boil, add a large pinch of salt and sprinkle over rice. Simmer for 20 minutes or until rice is tender. Drain in a sieve.

1 cup of uncooked rice = 2-3 cups cooked rice.



Asian Style Pork and Vegetables

Serve: 4 – 5

Prep time: 10 minutes

Cook time: 15 minutes

Method:

500g pork steaks
1Tbsp minced ginger
2 cloves garlic crushed
2 Tbsp oyster sauce
2 Tbsp soy sauce
1 Tbsp vegetable oil
2 tsp sesame oil
700g bag frozen vegetable mix
2 Tbsp sweet chili sauce
2 tsp corn flour

Note: Suitable port cuts for this recipe are Port butterfly sirloin or rump steak and port medallions.



1. Trim excess fat and slice the pork steak across the grain into strips. Place in a bowl with minced ginger, crushed garlic, oyster sauce, soy sauce, vegetable oil and sesame oil. Toss to coat.
2. Heat a wok or deep frying pan. Add the pork and cook for 2 – 3 minutes until golden and nearly cooked through. Add frozen vegetable mix and chili sauce and continue cooking until vegetables are tender and pork is cooked. Mix the corn flour with 2 tablespoons cold water and add to vegetables. Stir to thicken.
3. Serve over noodles or rice.



Savoury Zucchini Loaf

Serves: 4

1 Tbsp Oil
1 onion, diced
1 clove garlic, crushed
3 zucchinis, grated
1 x 400g can chickpeas drained
2 eggs
1 tsp curry powder
½ tsp ground cumin
2 Tbsp self-raising flour
2 Tbsp grated reduced fat cheese
4 Tbsp low fat natural yoghurt, to serve
Mixed lettuce leaves, to serve



Method:

1. Preheat oven to 180°C. Line a 23 x 13cm loaf tin with baking paper.
2. Melt oil in a frying pan and fry onion 2-3 minutes, until softened. Add the garlic and zucchinis and fry for a further 3 – 5 minutes, or until softened.
3. Place chickpeas, eggs, curry powder, cumin and flour into a food processor and blend until combined.
4. Combine chickpea and zucchini mixture and pour into the prepared pan. Sprinkle with cheese.
5. Bake for about 30 minutes or until browned and cooked through. Allow to cool slightly before slicing. Serve with dollop of low fat natural yoghurt and a mixed green salad.



Tip: Delicious served warm or cold great for picnics and packed lunches.

Pom Pom Pie

Serves: 4

Prep time: 15 minutes

Cook time: 35 minutes

500g, lean beef mince
1 onion, peeled and chopped
15g mushroom sliced
1Tbsp flour
400g can crushed and sieved tomatoes
¼ cup tomato sauce
1 Tbsp Worcestershire sauce
1 packet pompoms



Method:

1. Preheat oven to 200°C. Heat a dash of oil in a frying pan and quickly brown the beef mince, breaking it up with a fork if necessary. Set aside.
2. Add chopped onion to the pan and cook for a few minutes, until beginning to soften. Add the mushrooms and continue cooking for a further minute. Return the mince to the pan.
3. Sprinkle over the flour mix into the mince. Pour over crushed and sieved tomatoes. Add tomato sauce, Worcestershire sauce. ½ cup of water and dried mixed herbs. Stir well. Bring to boil. Reduce heat and simmer gently for 15 minutes. Add frozen peas. Season to taste.
4. Spoon mixture into an ovenproof dish (approx 23cm diameter). Top with mash potato or pompoms. Place in the oven and cook for 15 – 20 minutes, until potatoes are golden and filling is hot.

Apple Sponge

Serves: 4

Fruit mixture:

2 – 3 granny smith apples, peeled and sliced
or tinned fruit
¼ cup water
1 Tbsp sugar

Topping:

2 Tbsp canola oil
3 Tbsp sugar
½ tsp vanilla
1 egg
½ self raising flour
¼ reduced fat milk



Method:

1. Cook the apples in a medium sized pot for 10 minutes until the apple is tender.
2. While the apples cook prepare the topping.
3. In a mixture bowl, combine the oil, sugar, vanilla and egg.
4. Sprinkle the flour over the beaten mixture and pour over the milk before mixing the flour.
5. Stir with a spoon and don't beat the mixture. If the mixture is too thick you can add some milk until the mixture is the thickness of lightly whipped cream.
6. Tip the apple mixture into a round 20 – 23cm ovenware dish. Pour the topping mixture over the apple as evenly as possible, trying to cover it all.
7. Bake, uncovered at 180°C for 20 – 30 minutes until the centre has set and the surface is an even golden brown color. Leave the mixture to cool a little before dusting with icing sugar.

Savoury Cheese Muffins

Serves: 12

2 ½ self raising flour
2 cups grated tasty cheese
1 cup of grated courgette
½ red onion, peeled and finely diced
Ground black pepper to taste
1 ¼ cup milk
½ cup canola oil
2 eggs

Optional:

Top with pine-nuts and extra cheese before baking. Swop canned sweet corn (whole kernel) for the courgette.



Method:

1. Preheat the oven to 200°C. Spray a 12 hole muffin pan with oil or line the whole with baby cases and spray around the top edges of the pan.
2. Sift the flour into a large mixing bowl. Stir in the grated cheese, courgette, red onion and black pepper. Make a well in the centre of the ingredients in the bowl.
3. Place the milk, oil and eggs into a separate bowl or jug and whisk until combined. Pour the mixture into the well in the first bowl and using a large melt spoon, mix lightly and quickly until just combined.
4. Spoon the muffin mixture evenly into the prepared pan. Top with the pine nuts and extra cheese. Bake in the preheated oven for about 25 minutes, or until a skewer inserted into the centre of a muffin comes out clean. Set aside for a few minutes before transferring the muffins to a cooking rack.

Creamy Zucchini and Chicken Pasta

Serves: 4

375g spaghetti
1 Tbsp oil
2 cloves garlic, crushed
350g skinless chicken breast fillets, sliced
6 small zucchini, grated
Finely grated rind of 1 lemon
1 Tbsp, chopped parsley
3 spring onions, thinly sliced
2 Tbsp finely grated Parmesan cheese
¼ cup light sour cream or crème fraîche



Method:

1. Cook pasta according to pack directions and drain.
2. Meanwhile fry garlic and chicken until chicken is lightly browned. Add zucchinis and cook until softened.
3. Create a cheese mixture by combining lemon rind, parsley, onions and cheese in a bowl.
4. Drain pasta and add to zucchini, chicken and garlic mixture. Add sour cream and half the cheese mixture. Stir gently over a low heat until heated through. Sprinkle with remaining cheese mixture to serve.

Tip: Most of the nutrients are in the skin of zucchini, so don't peel your zucchinis.



Pumpkin and Chicken Risotto

1 ½ liters reduced salt chicken stock or vegetable stock
1 pinch saffron threads
20ml (1 Tbsp) sunflower oil
1 clove garlic, crushed
1 large onion, finely chopped
800g pumpkin cut in 1.5cm cubes
1 ½ cups Arborio rice
10ml (2tsp) sunflower oil, extra
500g skinless chicken breast fillets, trimmed (4 fillets)
20g (1 Tbsp) **Flora pro-active Original**
Pepper to taste
1 Tbsp chopped parsley, to garnish
Asparagus, sliced, to serve
1 red capsicum, sliced to serve
Toasted almonds, to serve



Method:

1. Preheat stock and saffron in a saucepan and bring to the boil. Reduce heat and allow to continue simmering very gently.
2. Heat oil in a large saucepan; add garlic, onion, pumpkin and rice. Stir over a medium heat until onion is softened (4-5 minutes). Add 1.3 cups of simmering stock to the rice and continue to stir over a low heat until stock is absorbed. Continue to add the remaining stock, in small quantities, stirring constantly until the stock is absorbed, approximately 20 minutes or until the rice is creamy (use extra boiling water if more liquid is needed)
3. In the meantime, heat extra oil in a non-stick frying pan and pan-fry chicken until thoroughly cooked, cover and set aside. Stir **Flora pro-active** into the risotto and season with pepper to taste.



Butternut Soup

1kg pumpkin (about ½ large)
1 large kumara
1 med onion
1 clove of garlic
1 tsp ginger
½ tsp nutmeg
1 tsp curry powder
1 Tbsp oil
4 cups hot water
3 tsp of veg or chicken stock or
2 stock cubes



Variations

Spicy soup: Replace spices with 1 tsp cumin and 1 tsp coriander.

Carrot and pumpkin: Use a few carrots instead of the kumara.

Pumpkin and Potato: Add a potato instead of kumara.

Method

- 1 Peel and slice the pumpkin and kumara into cubes.
- 2 Finely chop the onion, garlic and ginger.
- 3 Heat a tsp of oil to a large pot. Cook the garlic, ginger, nutmeg and curry powder.
- 4 Add the Pumpkin, kumara, and hot water and bring to the boil.
- 5 Simmer for about 20 minutes until pumpkin and kumara are soft. Puree in a food processor or mash with a potato masher. If using a potato masher, boil out most of the water first and add boiled water once mashed to prevent lumps.
- 6 Garnish with coriander



Chicken Noodle Salad

Serves 4

100g vermicelli (glass noodles)
500g roast chicken, shredded
1 large yellow capsicum, finely sliced
1 carrot, finely sliced (small carrot sticks)
½ cucumbers
1 cup bean sprouts or snow pea shoots
½ cabbage, sliced thinly

Dressing

1 tablespoons salt reduced soy sauce
2 tablespoon oil
Juice 2 limes or lemons
1 tablespoon sugar



Method:

- 1 Place the vermicelli noodles in a large heatproof bowl. Cover with boiling water and set aside for 5 – 10 minutes until the noodles are soft.
- 2 Drain and refresh under cold running water. Roughly chop and place in a large bowl. Add the chicken, yellow and red capsicum, carrot, bean sprouts, cucumber and cabbage. Toss gently. In a separate bowl, whisk together the soy sauce, oil, lime or lemon juice. Drizzle over the salad and serve.



Corn Fritters

Corn Fritters: 8 servings

4 eggs
½ - 1 cup milk
1 cup Self raising flour (or 1 cup plain flour + 2
teaspoon baking powder)
2 x 425g cans of whole kernel corn
Oil for frying

Variations:

Try grated zucchini or potato or kumara in place
of corn.



Method:

- 1 Beat eggs with ½ of the milk,
with a fork or egg beater
- 2 Stir in flour and drained corn. Add
more milk if you need to make a
soft batter (if too runny add a little
more flour).
- 3 Wipe pan with oil, place
spoonfuls of mixture in pan.
- 4 When the mixture bubbles
turn over with a fish slice
or tongs.
- 5 Cook on the other side until golden
brown. Serve with Sweet Chilli &
yogurt or tomato sauce and a
green
salad.



Tuna Fish Cakes

Serves 4

Ingredients

250g Starchy potatoes or red skinned
kumara, peeled
2 spring onions, finely chopped
180g Green seas tuna chunks in spring water,
drained
2 Tbsp chopped parsley
Zest of 1 lemon
¼ cup Wattie's bit on the side sweet chili
sauce or Wattie's tomato sauce
Pinch ground black pepper
A little flour for dusting your hands
A little oil to pan fry

Recipe Variations

- Use canned salmon for a tasty change.

Method

1. Cook potatoes or kumara in boiling
salted water until tender. Drain and
mash.
2. Add spring onions, tuna, parsley, lemon
zest and sweet chilli or tomato sauce.
Season with pepper and mix well.
3. Dust your hands with flour and mould
the mixture into 8 even sized patties.
4. Heat the oil in a frying pan and cook
the tuna cakes for 5 – 7 minutes until
hot and golden, turning only once.
5. Serve with vegetables or salad



Week Night Butter Chicken

Serves 4

Ingredients

750g chicken
5ml canola oil
535g can Wattie's Just Add Butter Chicken Simmer Sauce
¼ cream handful fresh coriander leaves to garnish

Method:

1. Spray for lightly with oil in frying pan. Add the chicken and cook over a high heat until they start to colour.
2. Pour over Wattie's Just Add Butter Chicken Simmer Sauce. Allow the sauce to come to the boil. Reduce heat. Cover. Simmer for 20 minutes,
3. Remove from the heat garnish with fresh coriander leaves and serve over rice.



Hummus

Ingredients

2 tins – chick peas
2 garlic cloves
½ lemons
½ cup tahini paste (optional)
½ tsp cumin powder
salt
black pepper
1 Tbsp olive oil or canola oil
1 tsp paprika

Method:

1. Put all the ingredients into a food processor and grind well until you get a smooth texture. If the hummus is too thick, add some water instead of oil.
2. Serve with vegetable sticks, crackers, wraps or spread on bread or toast.

Method for cooking dry chickpeas

Wash 2 cups chickpeas several times, until the water is transparent. Soak them in clean water over night. Wash the chickpeas well and put them in a large pot. Cover with water and cook until the grains are very easily smashed when pressed between two fingers. It should take around 45 minutes. When done, sieve the chickpeas and keep the cooking water.



Tofu Stir-fry with Asian Greens

Serves 4

Oil spray
680g firm tofu, diced in 2cm cubes
1 stalk lemongrass, trimmed, white part finely chopped
3 cloves garlic, thinly sliced
1 long red chilli, de-seeded, finely chopped
2 medium sized carrots, peeled, cut in thin matchsticks
1 red capsicum, de-seeded, thinly sliced
1 broccoli, florets

Dressing

2 tablespoons salt-reduced tamari or soy sauce
2 teaspoons sesame oil



Method

1. Spray a large wok lightly with oil and set over a high heat. Add tofu and stir-fry for 2-3 minutes or until golden brown. Remove tofu from wok and set aside.
2. Return wok to high heat and spray lightly with oil. Add lemongrass, garlic and chilli. Stir-fry for 30 seconds or until fragrant. Add carrots and stir-fry for 2 minutes. Add capsicum and stir-fry for 1 minute. Add broccoli, bok choy and 2 teaspoons of water. Stir-fry for 2-3 more minutes or until vegetables are tender-crisp.
3. Return tofu to wok. Add tamari and sesame oil. Toss until well combined and heated through.
4. Serve with rice or noodles.