

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS

super Food Ideas

LUNCHBOX

fillers

- EASY potato patties
- HEALTHY zucchini slices
- BUDGET snacks and treats
- GLUTEN-FREE wraps
- NEW banana bread
- MAKE-AHEAD quiches

22 DINNER WINNERS

BUDGET BEATERS
45 easy recipes
under \$3 a serve

FRIDGE FORAGE
Everyday leftovers
get a makeover!

plus... **BLISS BALLS,
BICKIE BITES AND
OVERNIGHT OATS**

SPICY CORN AND
CHORIZO SALAD p55



FRIDGE FORAGE
NOODLE SOUP p46



THAI RED
CURRY & SWEET
POTATO
76¢

GREENIE
ZUCCHINI,
HAM &
POTATO
99¢

CRUNCHY
LEMON,
TUNA, PEA
& POTATO
88¢

QUICK-MIX FRUIT BREADS p31



70

tested & trusted
recipes for all the family

Skimp on celebrity
endorsement,
but never skimp
on dessert.



Incredibly EASY TO JUSTIFY

No real celebrities were harmed, or used, in the making of this advertisement.



contents

January/February 2017

On the cover

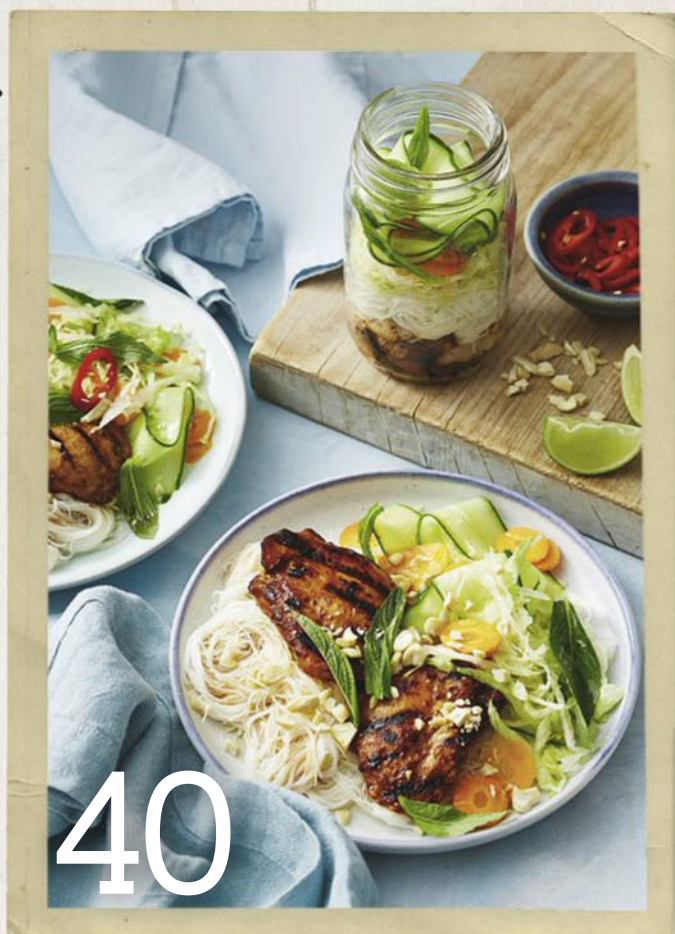
- 27 LUNCHBOX FILLERS - SLICES, SNACKS, FRUIT BREADS & QUICHES
- 24 EASY POTATO PATTIES
- 80 GLUTEN-FREE WRAPS
- 37 MIDWEEK DINNER WINNERS
- 44 FRIDGE FORAGE - GIVE YOUR LEFTOVERS A MAKEOVER
- 82 BLISS BALLS, BICKIE BITES AND OVERNIGHT OATS

Up front

- 6 **THIS MONTH**
A note from our editor.
- 8 **OUR RECIPE INDEX...**
From summery crowd-pleasers to better-for-you sweets, plus lots of back-to-school ideas, this issue has something for everyone.
- 10 **YOUR FOOD IDEAS**
Have your say and you could win a prize.
- 12 **IN SEASON**
Summer's seasonal best presents oxheart tomatoes, rockmelon, lychees and more.
- 14 **SUPER SPY**
Keep up-to-date with what the team has tried, tasted and loved this month.
- 16 **SHELF TALK**
We munched our way through packets of veggie chips to find five of the best.
- 18 **HEALTHY KITCHEN**
You know what they say, 'new year, new you'! Check out our easy ideas for what to cook and eat.
- 20 **KIDSPOT CATCH-UP**
The Kidspot crew shares its top tips for surviving those long car trips with the kids.
- 27 **LOVE YOUR LUNCHBOX**
Pack these kid-friendly slices, breads, bars and quiches, and expect to see empty lunchboxes at the end of the day.

Regulars and competitions

- 22 SUMMER SUBSCRIPTION OFFER
- SAVE UP TO 34%
- 90 PUZZLES
- 91 SUPER SHELF



Kim says:

Easy, economical and just a little bit different, our three new recipes for potato patties are perfect cold in

the lunchbox or piping hot for dinner!

Turn to page 24 for the recipes.

RECIPES Kim Coverdale

PHOTOGRAPHY Craig Wall

STYLING Michelle Noerianto

FOOD PREP Amira Georgy



28



Weekday cooking

38 EASY DINNERS WITH LUNCHEVERS

Five weeknight dinners with enough leftovers to make lunch tomorrow for four. Gold star!

44 FRIDGE FORAGE

Nagi, from RecipeTin Eats, shows us how to turn those odds and ends in the crisper drawer into fabulous weeknight dishes.

50 GOOD ENOUGH FOR GUESTS

Friends popping in? With these mains, you'll spend less time in the kitchen and more time catching up.

55 A BIT ON THE SIDE

Side dishes come into the spotlight with big flavours that are ready in a flash.

Weekend cooking

61 THAI CHICKEN MEATBALLS

Serve these easy party starters with a spicy dipping sauce.

64 SWEET AND SALTY

Give summer salads a sweet twist with the addition of watermelon and rockmelon.

66 PRAWN STARS

Throw another prawn – or three – on the barbie with these versions of our favourite crustacean.

68 BULGOGI A-GO-GO

Meaning 'fire meat' in Korean, bulgogi sauce adds sweet and savoury flavours to this barbecued lamb.

70 TIM-TAMINGTON

What do you get when you cross Tim Tams with lamingtons? Turn to page 70 for the answer.

72 FREE & EASY

No tin? No worries with this easy free-form tart which uses in-season nectarines.

74 THE SALAD BOOK

Summer salads reign supreme with our favourite recipes from Belinda Jeffery's latest cookbook, *The Salad Book*.

78 CUTE AS!

Do you have a soft spot for love heart lollies? Then you'll really adore our biscuit version, perfect to customise for your loved one.

80 GLUTEN-FREE LUNCH WRAPS

Make your own gluten-free wraps, then check out our winning filling ideas.

82 ACE OF BASE

Take five healthy pantry staples and turn them into scrumptious sweets for make-ahead breakfast, snacks and dessert.

88 GRANDMA'S KITCHEN

Elsie's go-to plum and coconut slice.

98 CHINESE NEW YEAR

Serve up our Malaysian- and Thai-inspired feast to ring in the Lunar New Year with family and friends.



86



78



72

Don't forget!

OUR MARCH 2017
ISSUE HITS STANDS
ON FEBRUARY 6
(AUSTRALIA)

Missed any of our issues?
You can easily download past
issues, from May 2011 onwards,
for \$2.99 on iTunes. Visit
appstore.com/superfoodideas.

the taste of **FREEDOM**

The Freedom Foods family, including its newest member Jennifer Hawkins, is invigorating the healthy eating movement with delicious, wholesome food.

BREAKING GROUND

When it comes to Australian food culture, a lot has changed since the days when the only choice you had to make about milk was how many pints to get from the milkman. But while eating was simpler then, it wasn't always healthier or more interesting. These days, we can enjoy foods with a wide variety of flavours, made from quality ingredients and using sustainable methods, thanks to innovative companies like Freedom Foods, which produces tasty and nutritious cereals and snack bars available at local supermarkets.

THE FREEDOM FOODS RANGE HAS A DELICIOUS AND HEALTHY CHOICE FOR EVERYONE

Since the 1990s, Freedom Foods has been passionate about making food better. Most recently, the brand has made its Corn Flakes, Rice Flakes and Rice Puffs tastier, crispier and healthier with four grams of fibre per serve. Other exciting additions to the Freedom Foods range, which now features more than 30 products, include the new Crafted Blend cereal varieties, with delicious flavour combos to suit all tastes.



Discover the Freedom Foods range in the health food aisle at major supermarkets. For more details, visit freedomfoods.com.au

freedom
FOODS



SHACK ATTACK

No matter how far my family travel from home in the summer holidays, I never really get a vacation from the cooking



A holiday house. Five minutes to the beach. A tree house for the kids. Half an hour away from the nearest big town. Kangas on the lawn in the evening. A deck for afternoon drinks. Sounds like bliss, right?

Every year I get fooled by this list, and eagerly book a charming, classic beach house just a few hours down the highway on the south coast of NSW. And every year as I'm packing, I remember what it is that I don't like about the self-catered holiday; I'm going to have to cook for a week in a fibro shack with an original 1960's kitchen (it looked so retro in the pictures), on a stove with only one coil that works (and if you turn it up to 'high' it trips the fuse), using aluminium pots and pans (that burn everything that touches them). Please don't suggest I use the barbecue - it hasn't been cleaned since the breezeway was built.

And I'm going to have to make that half-hour drive* to the supermarket pretty much every day as we always run out of fresh fruit, bread and milk no matter how much I buy. Plus, I'll have forgotten to pack salt and Aeroguard, and we might need a little bit more wine. Next year, a resort please.

Rebecca

REBECCA COX, EDITOR

*I'm guessing they timed the trip using a faulty stopwatch - or found a hole in the space-time continuum - as it's the longest 30 minutes of my life.



We're excited about:

#1 LUNCH-OVERS We love the idea of cooking once and eating twice.

These recipes make enough for dinner and lunch for four the next day (p38).

#2 FRIDGE FORAGING With all the frenzied buying of the silly season over with, I don't want to go to the shops ever again! Nagi's meals, made from odds and ends in the fridge (p44), are just what I need to get through the week.

#3 BARBIE WORLD Warm weather means the barbecue gets a good workout. Check out our three great prawn recipes (p66) for a sea change.



SCHOOL DAZE

✚ Our annual back-to-school issue challenges all of us here to come up with better-for-you ideas for packing in those lunchboxes.

✚ We've revisited the ever-popular zucchini slice and come up with three new budget-busting variations to give your lunches some love.

✚ We've also got sweet slices for a treat, ideas for grown-ups and three fruit breads including a twist on the classic banana version. Gold star.

get in touch



Email us at:
superfoodideas
@news.com.au



Follow us on
Instagram:
@superfoodideas



'Like' us at:
facebook.com/
superfoodideas



Follow us
on twitter:
@superfoodideas



Follow us at:
pinterest.com/
superfoodideas



Write to us at:
Super Food Ideas,
NewsLifeMedia,
Level 1
Locked Bag 5030,
Alexandria,
NSW 2015

~ Finally ~

A BIG GLUTEN FREE SANDWICH

...
that takes both hands to eat

We call it a little ray of breadliness
Gluten free life is full of tough moments.
That's why we raise our loaves soft, tasty and
big – big enough to toast without buying a
miniature toaster. It's a little ray of breadliness
in a grey world of plain gluten free bread.

Abbott's Village Bakery®.
The way it should be.

NEW



OUR RECIPES...

Find all the inspiration you need for summer barbecues, speedy dinners, the lunchbox and more!

SIDES, STARTERS, SALADS & NIBBLES



Chilli-spiced Prawns with Lime and Mint Salt **66**



Easy Thai Noodle Salad **58**



Green Bean and Radish Salad with Crunchy Chickpea Dukkah **59**



Korma Roasted Pumpkin and Cauliflower **57**



Pork and Coriander Money Bags **95**



Prawn and Chorizo Bites with Spicy Apple Dip **66**



Prosciutto and Rockmelon Salad with Honey Mustard Dressing **65**



Roasted Asparagus and Sautéed Haloumi Salad **76**



Spicy Corn and Chorizo Salad **55**



Sticky Sweet Soy and Lemongrass Prawn Skewers **66**



Super-easy Green Couscous **56**



Thai Chicken Meatballs **61**



Sweet and salty flavours combine in this fresh summery salad.

Watermelon and Whipped Fetta Salad **64**



Gluten-free Greek Salad and Tuna Wraps **80**



Japanese-style Marinated Salmon, Pickled Cucumber and Radish Salad **76**



Malaysian Prosperity Salad **95**



Salmon, Asparagus and Sour Cream Quiche **35**

VEGETARIAN



Chargrilled Zucchini, Capsicum, Eggplant and Goat's Cheese Tart **52**



Pumpkin, Chickpea and Chilli Zucchini Slice **32**



Spicy Tuna Pasta Bake **46**



Sweet and Sour Vegetable Stir-fry **49**



This fragrant green curry is ready in only 35 minutes!

Thai Green Curry Fish **93**



CHICKEN



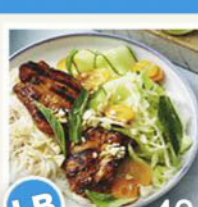
Vegetable and Black Eye Bean Enchiladas **38**



Zucchini and Haloumi Falafel Rolls **43**



Chicken and Corn Quiche **35**



Chilli Jam Chicken **40**



Coconut Chicken and Wombok Salad **52**



Parmesan Couscous Crusted Chicken Tenderloins **52**



Make use of yesterday's leftovers in tonight's dinner!

Zucchini and Egg Rice Pie **47**



GF Vietnamese Chicken Wraps **80**



Thai Red Curry Chicken Noodle Soup **46**



Ring in Chinese New Year with this share plate.

Penang Roast Chicken with Longevity Noodles **94**



BEEF, PORK & LAMB



Barbecued Steak Salad with Cherry Tomato Vinaigrette



Beef Burgers with the Lot



Beef, Potato and Broccoli Stuffed Paratha



Broccoli and Bacon Zucchini Slice



Cheesy Bacon-topped Quiche Lorraine



Egg and Bacon Spaghetti



Greek-style Meatloaves



Japanese Beef and Bean Stir-fry



Korean Bulgogi Lamb with Rice and Pickled Carrot Cups



Lamb Cutlets with Pistachio and Mint Pesto



We've given an old favourite a new makeover!

Potato, Capsicum and Pea Zucchini Slice

Thai Red Curry Sweet Potato Patties; Greenie Zucchini and Ham Potato Patties; Tuna and Pea Potato Patties

24

COVER RECIPES

Fussy eaters will have their pick of the crop with our three easy-as potato patty recipes. They're everyday winners whether you serve them hot on the dinner plate or cold in the lunchbox.

COVER RECIPES

SWEETS



Banana, Coconut and Nutella Bread



Banana, Yoghurt and Apple Muffin Slice



Blueberry and Banana Bickie Bites



Cranberry and Orange No-cook Slice



Elsie's Plum and Coconut Slice



Free-form Nectarine Tart with Almond Pastry



Honey and Cinnamon Overnight Oats



Love Heart Biscuits



Lumberjack Bread



Mixed Berry Baked Oat Pudding



Raspberry and Coconut Bliss Balls



Raspberry Swirl Cheesecake Slice



Strawberry, Pear and Vanilla Bread



Tim Tam Lamington Balls

If you're tired of finding squashed sandwiches and crumbled crackers at the bottom of the schoolbag, check out the pics with this circle. These portable and kid-friendly recipes will get an A+ from the whole family.



**"I COULDN'T RESIST
GIVING HER A GO!"**



@ Birthday surprise

I fell in love with Sally the Rainbow Unicorn Cake (October 2016, p37) and I couldn't resist giving her a go. I made it for my little sister - she's 23 but really loves unicorns. Once I had all the lollies, it was really easy to put together. You can't help but smile when you look at all those beautiful colours and I was so happy with how she turned out. *Erin Pettit, via email*
Ed says: She makes us smile, too!

f FAMILY-FAVE DISH

Last night's dinner was your Gnocchi Boscaiola (p40) from the November issue of *Super Food Ideas*. What a great recipe. It was delicious and the whole family absolutely loved it! *Pamela Xenos, via Facebook*

your food ideas

Like something? Hate something?
Cooked something? Took a picture of it?
We love all your feedback!



@ Like mother, like daughter

I made Doreen's Lemon Meringue Pie (November 2016, p86) with my 6-year-old daughter on a rainy day. Although we didn't have the exact tin, we improvised with what we had. It was great teaching her new skills but even better licking the bowl and tasting the final product straight out of the oven. Thanks for the inspiration, *SFI!* *Amy Hehir, via email*

get in touch



Email us at:
superfoodideas@news.com.au



Follow us on Instagram:
[@superfoodideas](https://www.instagram.com/superfoodideas)



'Like' us at:
[facebook.com/superfoodideas](https://www.facebook.com/superfoodideas)



Follow us on twitter:
[@superfoodideas](https://twitter.com/superfoodideas)



Follow us at:
[pinterest.com/superfoodideas](https://www.pinterest.com/superfoodideas)



Write to us at:
Super Food Ideas,
NewsLifeMedia,
Level 1, Bag 5030,
Alexandria,
NSW 2015

Did you miss any of these recipes?



Whether it's the Upside-down Pineapple and Coconut Cake from November 2011 or the Spanakopita Pasta Bake from May 2014, everyone has a favourite *Super Food Ideas* recipe. Now it's easy to download past issues and relive your favourite meals.

**ONLY
\$2.99**

Download past issues, from May 2011 onwards, for only \$2.99 on iTunes.
Visit appstore.com/superfoodideas.

Write in and win:

This month's readers each win a Morphy Richards Aspect Scandi Kettle in Azure, valued at \$159, featuring a 1.5L capacity, water-level window, and wooden trim and base. Visit morphyrichards.com.au for more information.



Next month's 'write in and win' opens 6/2/2017 and closes 5/3/2017 Australian residents only. Winners selected on 10/3/17 at NewsLifeMedia. For Terms & Conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p90.



NEXT MONTH

What stops families eating healthy food? We asked, you answered. "Give us affordable and achievable recipes the kids will love – extra effort ain't worth it if it's left on the plate!" Here goes...

Don't miss:

- + We revisit the classics in these better-for-you versions of the food kids love to eat. Think creamy pasta, sausage rolls, meatballs and teriyaki.
- + Nagi knows how much children love chicken, and her nuggets, wings and wedges are healthier, too.
- + PLUS, fruit slushies, gluten-free dinners and crackers, and the cutest sham 'hamburgers'.


Gloria Jean'sTM
COFFEES

COFFEE INDULGENCE

100% Roast and Ground Coffee Beans
infused with indulgent flavours



Hazelnut Praline

Caramel Indulgence



*Roast
& Ground*



Capsules



*Roast
& Ground*



Available at Woolworths 

IN SEASON **JANUARY & FEBRUARY**

From heart-shaped, super-sweet oxheart tomatoes to tropical fruits including rambutans and lychees, it's hard not to fall in love with summer's best



"The difference between a bland tomato and great one is immense, much like the difference between a standard, sliced white bread and a crusty, aromatic sourdough."

YOTAM OTTOLENGHI, CHEF

AND LOOK OUT FOR

**Rockmelon | Rambutans | Okra | Figs |
Lychees | Snake beans**

Oxheart tomatoes So called because of their shape and size, these tomatoes can weigh up to 500 grams! Varying in colour from rose-pink to deep red, they're meaty and have minimal seeds so they're great for slicing and using on sandwiches. With their strong aroma and sweet-tasting flesh they're delicious, too.

TO STORE: Keep ripe tomatoes at room temperature or in the fridge if you don't intend to use them straight away.

PERFECT PARTNERS: Basil, salt, oregano, cheese, balsamic, fish, red onion, bread, extra virgin olive oil.

QUICK IDEA: These beauties are bursting with flavour, so enjoy them simply with a drizzle of extra virgin olive oil and balsamic glaze, good-quality cheddar cheese and crusty bread.

Rockmelon Also known as cantaloupe, rockmelons grow on large vines and are harvested only when they're ripe. Great sources of vitamins A and C, select rockmelons with a firm netting on the skin and a sweet aroma.

PERFECT PARTNERS: Prosciutto, cheddar cheese, blueberries, basil, mint, goat's cheese, prawns.

QUICK IDEA: Best eaten cut into smiles with juice dripping down your chin or check out our recipe on page 65.

Rambutans This tropical fruit has a reddish rind and long, soft spines on the surface. Inside, a brown seed is surrounded by white to pink flesh, which is sweet in flavour with a slight acidic note. Use them to make jellies, fruit salads and sauces, or in place of lychees.

PERFECT PARTNERS: Pineapple, coconut, mango, lime, ginger, cream, mint.

QUICK IDEA: Mix brown sugar and lime juice together and drizzle over a salad of rockmelon, rambutan and honeydew melon.

Okra Also known as lady's fingers, okra is widely used in Middle Eastern and Greek cuisines. The pods are about 10cm long and tapered in shape, with small white seeds inside. They have a similar taste to eggplant and are often used as a thickening agent in soups and stews.

PERFECT PARTNERS: Corn, capsicum, beef, chicken, tomato-based sauces, coriander.

QUICK IDEA: Combine plain flour, rice flour, ground cumin, garlic salt, ground turmeric and soda water in a bowl. Dip trimmed okra in batter and fry until golden and tender. Serve with mango chutney.

Figs Hailed as the fruit of the gods and referenced in numerous ancient texts, figs have a sweet, lush flavour and aroma. Hand picked (which explains their price tag) they should be eaten within one or two days after you've bought them. Look for heavy figs with skin that hasn't split.

PERFECT PARTNERS: Blue cheese, goat's cheese, balsamic vinegar, vanilla, walnuts, prosciutto, mascarpone.

QUICK IDEA: Quarter figs from the top without cutting all the way through. Squeeze base to open up slightly. Fill with crumbled blue cheese and wrap in prosciutto. Drizzle with balsamic glaze.

Lychees While the flesh of this juicy fruit is luscious and refreshing, the brown seed is actually toxic and should never be consumed. Select fruit with firm-looking skin and a bright colour.

PERFECT PARTNERS: Duck, basil, coconut, lime, ginger, mint, chilli, mango.

QUICK IDEA: Toss lychees, shredded chicken, vermicelli noodles, mint, coriander, chilli, bean sprouts and peanuts in a lime and fish sauce dressing.

Snake beans Growing up to 80cm in length, choose beans that are smooth and firm, but are still flexible and green all over. Avoid shrivelled pods as they lack flavour and crispness. When cooking, treat them as you would green beans.

PERFECT PARTNERS: Chicken, pork, garlic, Sichuan pepper, soy sauce, sesame oil.

QUICK IDEA: Stir-fry chopped snake beans with chilli, fish sauce, garlic, ginger and kecap manis until just tender. Serve with lime wedges and rice. ■

SUPER SPY

The latest on what the team's eating, buying and loving this month



1 Say cheese

Roll up for the new school year with **Jarlsberg Minis**, **\$4.99** for a packet of five. We all know how much littlies love kid-sized products and these Jarlsberg individually wrapped cheese wheels are great for school lunch boxes or for an after-school snack with crackers. Available at Coles and Woolworths.

2 Coco loco

We've officially jumped on board the coconut craze with **Be Natural Coco-Nutty Granola**, **\$5.99**. Loaded with wholegrains and coconut, it's even delicious eaten with coconut water if you're avoiding dairy. Choose from two flavours – coconut teamed with almond, spelt and cinnamon, or with spelt and fig. Find it at Coles and Woolworths.

3 Game on

Think you know your cronuts? The updated **Trivial Pursuit 2000s Edition Game**, **\$39.99**, is tailored towards millennials, testing their knowledge on everything from the 2000s to today. It's also ideal for keeping the kids entertained in the holidays when summer rain gets in the way of that trip to the pool. Get it from Kmart and Target.

4 Party food

With summer festivities filling up the diary, keep cooking duties to a minimum by serving the new range of **Obela Hommus Dips**, **\$4.40**. Choose from smoked paprika and red pepper, roast tomato and lime, or kalamata olive. We like to stir a spoonful or two through rice or couscous and raw vegetables for an easy salad. Find them at Woolworths.

5 Go nuts

Get a boost of protein with the new **Uncle Tobys Premium Nut Bars**, **\$2.99** each. Packed full of almonds, cashews and pumpkin seeds, our editor kept sneaking back for the salted caramel and almond flavour. With a blend of sweet and salty caramel combined with toasted almonds, we can see why! Find them in the health food aisle at Woolworths.

6 Recess ready

Making lunches for the kids in the morning is hard enough without wasting precious time searching for matching containers and lids. The **Crocodile Creek Snack Keeper**, **\$7.95** for a set of two, is a one-piece container so you'll never lose a lid (or your sanity!). With cute designs the kids will love, visit childsmart.com.au for stockists.

super Food Ideas

Editor Rebecca Cox, rebecca.cox@news.com.au
Food Director Kim Coverdale, kim.coverdale@news.com.au
Deputy Food Editor Claire Brookman, claire.brookman@news.com.au
Art Director Sarah Cooper, sarah.cooper@news.com.au
Senior Designer Chloe McIntosh, chloe.mcintosh@news.com.au
Chief Sub-editor Rosalie Gordon, rosalie.gordon@news.com.au
Sub-editor Amira Georgy
Editorial Coordinator Stephanie Hua, stephanie.hua@news.com.au
Recipe Analysis Susanna Holt
Reader & editorial enquiries
 (02) 8045 4891, superfoodideas@news.com.au

ADVERTISING

General Manager Network Sales
 Paul Blackburn, paul.blackburn@news.com.au
Commercial Solutions Director
 Milena Hopkins, milena.hopkins@news.com.au
Group Solutions Director
 Erica Doutty, erica.doutty@news.com.au
Group Solutions Manager - Food
 Ed Faith, ed.fith@news.com.au
Commercial Solutions Manager
 Donna Hodges, (02) 8045 4743, donna.hodges@news.com.au

New South Wales

Group Sales Director Sam Tomlinson
 (02) 8045 4676, sam.tomlinson@news.com.au

Victoria

Group Solutions Manager - Women's, Lifestyle & Food
 Vanessa Seidel, (03) 9299 3232, vanessa.seidel@news.com.au

Queensland

Commercial Director - Lifestyle Rose Wegner
 (07) 3666 6903, rose.wegner@news.com.au

Advertising Creative

Advertising Creative Director Richard McAuliffe
Advertising Creative Manager Eva Chown
Advertising Copy Editor Brooke Lewis

Production Director Mark Moes
Production Manager Neridah Burke
Advertising Production Carina Nilma, adproduction@news.com.au

Marketing and Commercial Integration Director Ali Cassim
Brand Manager Alyssa Piva
Product Manager - Digital Editions Danielle Stevenson

Chief Executive Officer Nicole Sheffield
Director of Food Fiona Nilsson
General Manager - Retail and Circulation Brett Willis



direct marketing code compliant

Subscriptions

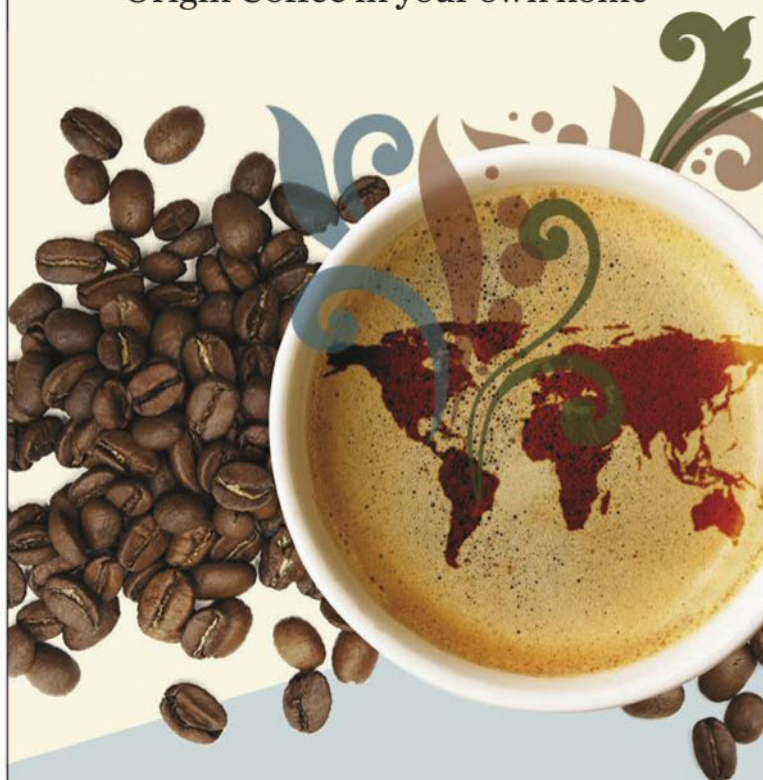
Phone Customer Service: 1300 656 933
 International: (+61 2) 9282 8023
Mail GPO Box 4093, Sydney NSW 2001
Email subs@magsonline.com.au

Super Food Ideas is published by NewsLifeMedia Pty Ltd (ACN 088 923 906), 2 Holt Street, Surry Hills, NSW 2010. NewsLifeMedia Pty Ltd is a wholly owned subsidiary of News Limited (ACN 007 871 178). Copyright 2016, NewsLifeMedia Pty Ltd. All rights reserved. Pre-press by News PreMedia. Printed by Hannanprint, 8 Priddle Street, Warwick Farm, NSW 2170, under ISO14001 Environmental Certification. Paper fibre is sourced from certified forests and controlled sources. Distributed by Gordon & Gotch, Unit 2, Bldg 2B, MFive Industry Park, 1 Moorebank Ave, Moorebank, NSW 2170. Tel: (02) 8706 1704. Nutrition and health advice contained in *Super Food Ideas* is of a general nature only and does not constitute medical or dietetic advice. Readers should seek advice from a health professional to ensure changes to their diet and lifestyle are suitable for their individual circumstances.



COFFEE PURIST

Savour the nuances of pure Single Origin Coffee in your own home



Brazilian

Cuban

Nicaraguan



Capsules

Capsules

Capsules



Available at Woolworths

CRUNCH TIME

We munched through packs of vegie chips to find the top of the crop



1 Red Rock Deli Sweet Potato Sea Salt Crisps, 135g, \$4.95 Looking and tasting as a sweet potato should (and made from just sweet potatoes, sunflower oil and sea salt) these chips were an all-round favourite that had us going back for seconds.



2 Ajitas Natural Vege Chips, 100g, \$3.39 These spoon-shaped vegie chips had a subtle flavour and a light texture that reminded us of prawn crackers. They're super crunchy and the size makes them perfect for scooping.



3 Ajitas Original Blend Vege Deli Crisps, 80g, \$4.35 The blend of purple and orange sweet potato and taro, plus its salty seasoning, meant these chips earned top marks from us in the mixed category. They're thinly sliced but still extra crispy.



4 Simply 7 Lentil Sea Salt Chips, 113g, \$5.99 You'll go mental for lentils after trying these more-ish chips. They're lightly salted to enhance the flavour of lentils and with a distinct curved shape, they're ideal to serve with dips and chutneys.



5 Red Rock Deli Sweet Potato Green Chilli & Coriander Crisps, 135g, \$4.95 These flavour-packed chips are flecked with spicy green chilli and coriander. They also have a hint of lemon and are perfect to bring out when you're feeling a little fancy.





PURINA
Fancy Feast

Classic

COLLECTION

BY *Leona Edmiston*



**LIMITED
EDITION**
While stocks last



100 POINTS



90 POINTS



80 POINTS



60 POINTS



50 POINTS



1. BUY
ANY FANCY FEAST® CLASSIC CAN



2. COLLECT
ONE CAN = 1 POINT



3. REDEEM ONLINE
FROM THE CLASSIC COLLECTION RANGE

VISIT FANCYFEAST.COM.AU

Close date is 31.01.17 or when stock is exhausted. Retain receipts.

IMPORTANT INFORMATION: Opens 14.11.16 to AU residents aged 18+. RETAIN PURCHASE RECEIPT. 1st 1,800 valid claims to receive a Cat Collar – 900 of each type available (valued at \$22 each); 1st 3,000 valid claims to receive a Cat Bowl – 1,000 of each type available (valued at \$40 each); 1st 400 valid claims to receive a Cat Bed (valued at \$80 each); 1st 200 valid claims to receive a Human Scarf (valued at \$130 each); 1st 200 valid claims to receive a Human Cushion (valued at \$140 each). Limit of one (1) claim per gift type. Unclaimed draws occur from 10am AEDT, 10.2.17, Unit 1, 3 Green St, Brookvale, NSW 2100. Unclaimed prize draw winners to have their details published on www.fancyfeast.com.au, 17.2.17. Total gift pool valued at \$245,600. Successful claimants notified within 10 business days by email. Full terms at www.fancyfeast.com.au. Promoter is Nestlé Australia Ltd, 1 Homebush Bay Drive, Rhodes, NSW 2138. Authorised by NSW: LTPS/16/06873, ACT: TP16/01677, SA: T16/1475.

Healthy kitchen



Claire says: The new year is the perfect opportunity to rejig your diet, and with our recipes it's easy to cook healthy food at home that doesn't skimp on flavour. Crunchy potato cakes, anyone?



GREEN BEAN AND RADISH SALAD WITH CRUNCHY CHICKPEA DUKKAH

p59



JAPANESE BEEF AND BEAN STIR-FRY

p40



CHILLI JAM CHICKEN

p40



TUNA, PEA AND POTATO CAKES

p24

Fresh start

What better time than the beginning of the new year to get inspired and introduce some healthy eating habits? This doesn't mean you have to kick carbs to the curb and start eating costly ingredients. These easy recipes all have impressive health credentials and are great for the lunchbox or dinner. Keep your heart healthy with our green bean and radish salad, and for those watching their salt intake try our tuna potato cakes.



FLAXSEEDS may be small in size, but don't let that fool you. Also known as linseed, flaxseeds are one of the most concentrated plant sources of omega-3 fatty oils, as well as being high in antioxidants, B vitamins and dietary fibre. Aim for one to two tablespoons a day to reap the health benefits: try adding them to homemade bread, wraps (check out our recipe on page 80), cereal, muesli, biscuits and slices.

Recipe know-how:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59g to 60g eggs.
- + We use 1100-watt microwaves, unless otherwise specified.

Nutrition know-how:

- + **HEART FRIENDLY:** Low saturated fat, high fibre, lower sodium with heart-friendly fats. Desserts that are based on low-fat dairy without fruit/grain ingredients don't need to be high fibre.
- + **DIABETES FRIENDLY:** Low saturated fat, high fibre, lower sodium with lower GI carbs.
- + **HEALTHY:** Low saturated fat, less than 3000kJ and 800mg sodium per main meal.
- + **VEGETARIAN:** No meat, fish or poultry but may contain eggs and/or dairy.

- + **GLUTEN FREE:** No gluten-containing ingredients (ie, wheat, rye, barley, oats or derivatives).
- + **HIGH IN CALCIUM:** At least 200mg of calcium per serve from lower fat dairy products and/or canned fish with bones.
- + **LOWER GI:** Low saturated fat with at least 10g carbs per serve from lower GI carbs.
- + **CONTAINS OMEGA-3:** Contains at least 115g raw or 95g canned oily fish per serve, or at least 100g raw oysters, mussels, scallops or squid/calamari per serve.

	LOW KILOJOULE	LOW FAT	LOW SAT FAT	HIGH FIBRE	LOWER SODIUM
Main meal	<2000kJ	<15g	<6g	>5g	<600mg
Meal component	<1000kJ	<8g	<3g	>3g	<300mg per 100g
Light meal	<1500kJ	<10g	<4g	>4g	<400mg
Snack/dessert	<600kJ	<5g	<2g	>3g	<200mg

Tags: Look out for THE INFO on recipes to find nutrition info.

THE INFO

+ HIGH FIBRE
+ LOW SODIUM

2.5
VEGIES PER
SERVE

DID YOU KNOW?

13th-19th

of February is Australia's Healthy Weight Week. It's now in its 10th year.

HEALTHY WEIGHT WEEK

encourages us to cook more at home and eat better-for-you foods in the correct portion sizes to help achieve a healthy weight that is right for you.

53%

of Australian adults are unhappy with their current weight.

14%

have takeaway or eat out at least three times a week.

36%

want to adapt healthier eating habits, and one in five want to cook at home more.

To serve and protect

Our 'to serve' suggestions are based on the following amounts for four people.

RICE = 4 cups cooked rice

PASTA = 375g uncooked dried pasta

COUSCOUS = 3 cups cooked couscous made with water

MASHED POTATO = 800g peeled and boiled desirée potatoes, 20g butter and 2 tablespoons full-fat milk

BREAD = 4 x 50g slices crusty white bread or 4 x 70g slices sourdough bread

PARMESAN CHEESE = ⅓ cup finely grated

SALAD LEAVES, BABY ROCKET OR BABY SPINACH = 80g

SOUR CREAM = ⅓ cup

LEMON OR LIME WEDGES = 1, cut into wedges

TOMATO SAUCE, BARBECUE SAUCE OR SWEET CHILLI SAUCE = ⅓ cup

GRAVY = 1 cup instant gravy

PLAIN GREEK-STYLE YOGHURT = ⅓ cup

DOUBLE CREAM = ⅓ cup

WHIPPED CREAM = ½ cup pure cream, whipped

CUSTARD = 1 cup

CHOCOLATE CURLS OR GRATED CHOCOLATE = 40g

ICE-CREAM = 4 x 45g scoops vanilla ice-cream

Email questions about our recipes to superfoodideas@news.com.au



It's crunch time!

When choosing healthy lunch box fillers, mums love the fun flavours of the school-safe Crunch bars from Freedom Foods.

kidspot mums *say*

It's hard to strike a balance between nutrition and yumminess when choosing foods for your child's lunch box, but Freedom Foods is here to help. Its delicious kid-friendly Crunch bars are free from gluten, wheat and nuts. The newest flavours in this collection, Berry Smoothie and Caramel, have been tried, tested and approved by mums and their kids. Here's what they have to say:

Berry yummy

By A ★★★★★

This bar is a great healthy snack and a much-needed school-safe option for lunch boxes. They're also handy to have in the handbag for on-the-go activities. I found the flavour combinations very yummy – I would definitely buy these.

Freedom Foods Crunch bars - delicious

By Karen ★★★★★

My boys absolutely loved these bars. My four-year-old noted how much they looked like popcorn and smell delicious, while 'Master Six' thinks the texture is 'amazing'. I like that the taste is exactly what it says on the packaging, and the size is perfect for lunch boxes. Thank you!

Seriously yummy!

By Lauren P ★★★★★

Wow, what a great product! I had half and gave my fussy eater (child) half. We both gobbled it up. It was sweet and delicious with a soft texture, and it's a good source of fibre. Also, it's Aussie-made (LOVE!) and contains no artificial colours or flavours. I can give them to my kids, or take one to work for myself!



"When we say our products are nut free, we guarantee it."
– Jennifer Hawkins

freedom
FOODS

• Discover the Freedom Foods range at your local grocery store. For more details, visit freedomfoods.com.au

kidspot CATCH-UP

Australia's top parenting site
shares simple tips and great
ideas for keeping it real
when you're a mum

5 tips for... *surviving long car trips*

1 GET THE KIDS PACKING It might sound crazy, but if you give them a bag for the back seat and let them choose some of their favourite toys and books, then they're less likely to run out of stuff to do. **WARNING:** do not take the precious, irreplaceable teddy bear as it's sure to be left on the side of the road à la Lotso in *Toy Story 3*.

2 STOP, A LOT The younger your children the more breaks you need. Plan to stop every two hours for plays in the park, toilet breaks, picnics and short walks. Pull off the highway into towns if you can - there's usually a war memorial to look at or some vintage play equipment.

3 YOU HAVE TO PLAY WITH THEM The screens and scenery will only amuse them for so long. When the inevitable whingeing starts, get a game of i-spy going - if everyone's in the right mood it can go on for hours.

4 PUMP UP THE VOLUME Introduce the kids to your favourite tunes and have a sing-a-long so you're not forced to harmonise with Justine Clarke on the proverbial highway to hell. And don't forget to pack the DVD player (we've even succumbed to dual DVD players); movie time makes car trips so much better for everyone.

5 SNACK PACKS Have plenty of water and nibbles on hand. Make them healthy snacks, but throw in the odd packet of chips just to spice it up a bit. Don't feed them sugar if you know it's going to send them bonkers.



IT'S NOT THE
DESTINATION
THAT MATTERS.
IT'S THE JOURNEY

We asked the Kidspot editorial team to share its top tips for whinge-free car trips.

Q&A

+ "Timing is everything when it comes to long trips. I always aim to leave at nap time." **Donné, mum to Hendrix (3).**

+ "On long road trips we play lots of i-spy (Olivia just repeats what everyone else says!) and sometimes do car dancing to make the people in other cars laugh. Yes, we're that family!" **Claire, mum to Samuel (8), Charlie (6) and Olivia (2).**

+ "I'm a big believer in keeping the kids entertained on long trips and have resorted to two DVD players - one for each kid." **Leah, mum to Christopher (4) and Maddi (2).**

+ "Kids are a lot easier to travel with as they grow older but one habit from their younger years remains: pack a rubbish bag. In fact, you probably need more than one!" **Marg, mum to three, aged 21, 16, 13.**

WORDS CAZ MAKEPEACE PHOTO ISTOCK IMAGES



kidspot

Millions of mums. One spot.

Kidspot is so much more than a place for mums to hang out. It's a place to laugh, relax, recharge, learn, chat and create, where you can ask for advice, talk with friends, watch content you love and find out about new trends and tips. Join the fun at kidspot.com.au and be one of the two million mums that visit us each month.



KONG FOO SING

Fortune Cookies

For an elegant and tasty talking point,
make your next treat a Kong Foo Sing one.

Find us at your
nearest supermarket.



fortunecookies.com.au

SUPER SUMMER

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS

^{super} Food Ideas

LUNCHBOX fillers

- EASY potato patties
- HEALTHY zucchini slices
- BUDGET snacks and treats
- GLUTEN-FREE wraps
- NEW banana bread
- MAKE-AHEAD quiches

22 DINNER WINNERS

BUDGET BEATERS
45 easy recipes
under \$3 a serve

FRIDGE FORAGE
Everyday leftovers
get a makeover!

plus... **BLISS BALLS,**
BICKIE BITES AND
OVERNIGHT OATS



THAI RED
CURRY
& SWEET
POTATO
76¢

GREENIE
ZUCCHINI,
HAM &
POTATO
99¢

CRUNCHY
LEMON,
TUNA, PEA
& POTATO
88¢

QUICK-MIX FRUIT BREADS p31



tested & trusted
recipes for all the family

Choose the
offer that suits
you best

- 1 One year print
for just \$29.95
— save 10%
- 2 Two years print
for just \$57.95
— save 12%
- 3 One year print
+ digital bundle[^]
for just \$39.95
— save 34%

**FREE
DELIVERY**

Visit magsonline.com.au/sfi/m1701sfd

SAVINGS!

ONE
YEAR ONLY
\$29.95



With prices starting from just
\$29.95 there has never been
a better time to subscribe!

Why subscribe?

- + Save on the cover price.
- + Get dinner sorted for the month!
- + Enjoy free and convenient delivery to your home or office.
- + Never miss a jam-packed issue with great ideas for dinner, dessert and everything in between.
- + Get every issue of Australia's #1 food magazine.



*Offer ends 5 February 2017. Offer available for delivery to Australian residents only. A one-year subscription consists of 11 issues per year. ^For print + digital bundle subscriptions, \$39.95 will be charged to your credit card for the first 12 months (11 issues), then \$39.95 automatic credit card payment every 12 months (11 issues) thereafter. Automatic payments will continue for your subscription unless otherwise advised by you or until the nominated credit card expires. You can cancel at any time.

or call 1300 656 933 and quote m1701sfd

MASH IT UP



Kim says: Super easy, budget-friendly and a thumbs up guaranteed from the kids, these patties are winners whether they're on the dinner plate or in the lunchbox

THAI RED CURRY SWEET POTATO PATTIES

MAKES 16

PREP 25 MINUTES (PLUS COOLING AND 30 MINUTES REFRIGERATION)

COOK 35 MINUTES

400g sebago potatoes, peeled, chopped

500g orange sweet potato, peeled, chopped

400g cauliflower, cut into florets

¼ cup Thai red curry paste

2 green onions, chopped

2 tablespoons chopped fresh coriander, plus extra sprigs to serve

1 cup plain flour

1 egg, lightly beaten

¾ cup panko breadcrumbs

Vegetable oil, for shallow-frying

Lime wedges and sweet chilli sauce, to serve

1 Place potato, sweet potato and cauliflower in a large saucepan. Cover with water.

Bring to the boil. Boil for 10 minutes or until vegetables are tender. Drain. Return to pan. Roughly mash. Set aside to cool completely.

2 Combine vegetable mixture, curry paste, onion and coriander in a bowl. Add flour and egg. Season well with salt and pepper. Mix well to combine. Shape ⅓ cup mixture into a patty (see note). Toss lightly in breadcrumbs. Place on a tray. Repeat with remaining potato mixture and breadcrumbs. Refrigerate for 30 minutes.

3 Heat oil in a large frying pan over medium-high heat. Cook patties, in 3 batches, for 4 minutes each side or until golden and heated through. Drain on paper towel. Serve warm or cold, sprinkled with extra coriander, with lime wedges and sweet chilli sauce.

NUTRITION: (each) 520kJ; 3.3g fat; 0.7g sat fat; 3.8g protein; 18.6g carbs; 2.1g fibre; 13mg chol; 213mg sodium.

GREENIE ZUCCHINI AND HAM POTATO PATTIES

MAKES 16

PREP 25 MINUTES (PLUS COOLING AND REFRIGERATION) COOK 35 MINUTES

600g sebago potatoes, peeled, chopped

1 bunch English spinach, stems trimmed

1 large zucchini, grated

2 green onions, chopped

250g sliced leg ham off the bone, chopped

100g fetta, crumbled

2 garlic cloves, crushed

¾ cup plain flour

1 egg, lightly beaten

¾ cup panko breadcrumbs

Extra virgin olive oil, for shallow-frying

Tomato Salsa

1 tomato, finely chopped

½ small red onion, finely chopped

2 tablespoons small fresh basil leaves

1 tablespoon extra virgin olive oil

1 Place potato in a large saucepan. Cover with water. Bring to the boil over high heat. Boil for 10 minutes or until tender. Drain. Return to pan. Roughly mash. Set aside to cool completely.

2 Meanwhile, roughly chop spinach leaves. Place in a colander in sink. Pour over boiling water. Rinse under cold water. Squeeze out excess moisture. Process in a small food processor until very finely chopped.

3 Combine spinach, zucchini, onion, ham, fetta, garlic and potato in a large bowl. Add flour and egg. Season well with salt and

pepper. Mix well to combine. Shape ⅓ cup mixture into a patty (see note). Toss lightly in breadcrumbs. Place on a tray. Repeat with remaining potato mixture and breadcrumbs. Refrigerate for 30 minutes.

4 Meanwhile, make Tomato Salsa

Combine tomato, onion, basil and oil in a bowl. Season with salt and pepper.

5 Heat oil in a large frying pan over medium-high heat. Cook patties, in 3 batches, for 4 minutes each side or until golden and heated through. Drain on paper towel. Serve warm or cold with salsa.

NUTRITION: (each) 638kJ; 7g fat; 2.2g sat fat; 7.3g protein; 13.7g carbs; 1.9g fibre; 25mg chol; 328mg sodium.

TUNA AND PEA POTATO PATTIES

MAKES 16

PREP 25 MINUTES (PLUS COOLING AND 30 MINUTES REFRIGERATION)

COOK 35 MINUTES

700g sebago potatoes, peeled, chopped

425g can tuna in springwater, drained

⅓ cup frozen peas

¼ cup chopped fresh chives, plus extra to serve

2 tablespoons chopped fresh flat-leaf parsley leaves

2 tablespoons chopped fresh dill, plus extra to serve

2 teaspoons finely grated lemon rind

1 garlic clove, crushed

½ cup plain flour

1 egg, lightly beaten

¾ cup panko breadcrumbs

Extra virgin olive oil, for shallow-frying

Tartare sauce and lemon wedges, to serve

THAI RED CURRY
SWEET POTATO
PATTIES

THE INFO

+ LUNCHBOX
+ SUPER EASY\$0.76
EACHGREENIE ZUCCHINI AND
HAM POTATO PATTIES

THE INFO

+ LUNCHBOX
+ SUPER EASY\$0.99
EACHTUNA AND PEA
POTATO PATTIES

THE INFO

+ LOWER SODIUM
+ LOW SATURATED FAT
+ LUNCHBOX\$0.88
EACHCOVER
RECIPES

1 Place potato in a large saucepan. Cover with water. Bring to the boil over high heat. Boil for 10 minutes or until tender. Drain. Return to pan. Roughly mash. Set aside to cool completely.

2 Combine tuna, peas, chives, parsley, dill, lemon rind, garlic and potato in a large bowl. Add flour and egg. Season well with salt and pepper. Mix well to combine. Shape $\frac{1}{3}$ cup mixture into a patty (see note). Toss lightly in breadcrumbs. Place on a tray. Repeat with remaining potato mixture and breadcrumbs. Refrigerate for 30 minutes.

3 Heat oil in a large frying pan over medium-high heat. Cook patties, in 3 batches, for 4 minutes each side or until golden and heated through. Drain on paper towel. Serve warm or cold, sprinkled with extra chives and dill, with tartare and lemon wedges.

NUTRITION: (each) 442kJ; 2.9g fat; 0.5g sat fat; 6.6g protein; 12.4g carbs; 1.1g fibre; 13mg chol; 94mg sodium. ■

Cook's note:

All these potato patties can be made a day ahead, coating with breadcrumbs just before cooking. Store them on a tray covered with plastic wrap in the fridge.



THE OZHARVEST COOK BOOK



50 TOP CHEFS 100 RECIPES

THE GIFT THAT KEEPS ON GIVING
AVAILABLE FOR \$60.00
AT OZHARVEST.ORG/COOKBOOK

OzHarvest rescues good quality surplus food
and delivers it to people across Australia.



FOOD IDEAS
**Tested
AND
Trusted**
FOOD IDEAS

12 MAKE-AHEAD RECIPES TO SHOW YOU CARE

PIZZA SLICES » HEALTHY IDEAS FOR ZUCCHINI SLICES » HEALTHY IDEAS
LOAF RECIPES » THREE NEW FRUIT LOAF RECIPES » THREE NEW FRUIT
BEATING SLICES » BUDGET-BEATING SLICES » BUDGET-BEATING SLICES
UPDATED QUICHES » UPDATED QUICHES » UPDATED QUICHES » NEW

SNACK BAR

Keep the kids going from dawn to dusk, with these sweet slices that will be the envy of the whole schoolyard. The beauty of these lunchbox treats is that grown-ups will love them, too

BANANA, YOGHURT AND APPLE MUFFIN SLICE

SERVES 20

PREP 15 MINUTES

COOK 35 MINUTES

2½ cups wholemeal self-raising flour
1 cup plain flour
3 teaspoons ground cinnamon
1 teaspoon ground ginger
½ cup maple syrup
2 eggs, lightly beaten
⅓ cup vegetable oil
1 cup thick and creamy vanilla yoghurt
1 cup milk
2 large over-ripe bananas, mashed
1 large granny smith apple, peeled, grated
½ cup traditional rolled oats
Extra 2 tablespoons maple syrup

1 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Combine self-raising flour, plain flour, cinnamon and ginger in a large bowl. Make a well. Add maple syrup, egg, oil, yoghurt, milk, banana and apple. Mix until just combined. Spoon mixture into prepared pan, spreading to level. Sprinkle with oats and drizzle with extra maple syrup. Bake for 30 to 35 minutes or until top is golden and just firm to touch.
3 Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack lined with baking paper. Cool completely. Cut into 20 slices. Serve.

NUTRITION: (per serve) 904kJ; 6.5g fat; 1.8g sat fat; 5.2g protein; 32.8g carbs; 3.4g fibre; 26mg chol; 147mg sodium.

CRANBERRY AND ORANGE NO-COOK SLICE

SERVES 20

PREP 20 MINUTES (PLUS 4 HOURS REFRIGERATION)

454g packet medjool dates, pitted
½ cup orange juice
2 teaspoons finely grated orange rind
2 tablespoons honey
½ teaspoon ground cinnamon
1 tablespoon cacao powder
1¼ cups pepita and sunflower seed mix
4 cups traditional rolled oats
1 cup coconut flakes
½ cup dried cranberries

1 Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Place dates, orange juice and rind, honey, cinnamon and cacao in a food processor. Add 1 cup seed mix, 2 cups oats and ¾ cup coconut. Process until mixture is finely chopped and comes together. Transfer to a bowl. Reserve 1 tablespoon cranberries. Add remaining cranberries and oats to date mixture. Stir until well combined.
3 Press mixture evenly into prepared pan. Sprinkle with remaining seed mix, coconut and reserved cranberries, pressing firmly to secure. Refrigerate for 4 hours or overnight until firm.
4 Remove slice from pan and transfer to a board. Cut into 20 slices. Serve.

NUTRITION: (per serve) 898kJ; 8.2g fat; 2.2g sat fat; 6g protein; 27.4g carbs; 4.9g fibre; 0mg chol; 20mg sodium.

RASPBERRY SWIRL CHEESECAKE SLICE

SERVES 20

PREP 25 MINUTES (PLUS COOLING AND 6 HOURS REFRIGERATION)

COOK 50 MINUTES

90g butter
⅓ cup brown sugar
¼ cup golden syrup
3 cups traditional rolled oats
¾ cup desiccated coconut
¼ cup plain flour
500g cream cheese, softened
⅓ cup caster sugar
2 teaspoons vanilla extract
3 eggs
⅓ cup raspberry jam, warmed, strained

1 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Place butter, brown sugar, golden syrup and 2 tablespoons water in a saucepan over medium heat. Cook, stirring, for 5 minutes or until butter has melted and mixture is well combined. Remove from heat.
3 Combine oats, coconut and flour in a bowl. Make a well. Add butter mixture. Mix to combine. Spoon mixture into prepared pan, pressing with the back of a spoon to level. Bake for 15 minutes or until top is just starting to turn golden. Cool completely.
4 Reduce temperature to 150°C/130°C fan-forced. Using an electric mixer, beat cream cheese, caster sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating until combined. Pour mixture over prepared base.
5 Drizzle cheesecake with jam. Run a butter knife through mixture to create a marbled effect. Bake for 30 minutes or until top is just firm to touch, but still wobbles slightly in the centre. Turn off oven. Cool cheesecake in oven with door ajar. Refrigerate for 6 hours or overnight.
6 Remove slice from fridge 10 minutes before serving. Cut into 20 bars. Serve.

NUTRITION: (per serve) 1144kJ; 16.3g fat; 10.5g sat fat; 5.4g protein; 25.3g carbs; 2.3g fibre; 63mg chol; 142mg sodium. ➤



BANANA, YOGHURT
AND APPLE
MUFFIN SLICE

THE INFO

+ SUPER EASY

\$0.63
PER SLICE



CRANBERRY
AND ORANGE
NO-COOK SLICE

THE INFO

+ HIGH FIBRE
+ SUPER EASY

\$1.10
PER SLICE



RASPBERRY SWIRL
CHEESECAKE SLICE

THE INFO

+ SPECIAL TREAT
+ SUPER EASY

\$0.61
PER SLICE



DAILY BREAD

Save precious time in the morning by making these quick-mix fruit loaves ahead of time and freezing in individual portions. They're perfect in the lunchbox or with a cuppa at work



LUMBERJACK
BREAD

THE INFO

+ MAKE AHEAD
+ SUPER EASY

\$0.70
PER SERVE



BANANA, COCONUT
AND NUTELLA BREAD

THE INFO

+ FREEZER
+ SUPER EASY

\$0.69
PER SERVE



STRAWBERRY
PEAR AND VANILLA
BREAD

THE INFO

+ KID FRIENDLY
+ SUPER EASY

\$0.99
PER SERVE





LUMBERJACK BREAD

SERVES 10

PREP 20 MINUTES (PLUS 20 MINUTES
STANDING) **COOK** 1 HOUR 15 MINUTES

1 cup pitted dried dates, chopped
1 large granny smith apple, peeled, grated
1 teaspoon bicarbonate of soda
 $\frac{3}{4}$ cup boiling water
 $1\frac{1}{2}$ cups plain flour
1 cup self-raising flour
 $\frac{3}{4}$ cup brown sugar
2 teaspoons ground ginger
 $\frac{1}{3}$ cup extra virgin olive oil
2 eggs, lightly beaten
1 teaspoon vanilla extract
Coconut Topping
50g butter
 $\frac{1}{3}$ cup brown sugar
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup shredded coconut

1 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 9cm x 25.5cm loaf pan. Line base and sides with 2 layers of baking paper, extending paper 4cm above edges of pan (see notes).

2 Place dates, apple and bicarbonate of soda in a heatproof bowl. Add boiling water. Stir to combine. Set aside for 10 minutes to soften.

3 Combine plain flour, self-raising flour, sugar and ginger in a large bowl. Make a well. Add date mixture, oil, egg and vanilla. Mix well to combine. Spoon mixture into prepared pan. Level top. Bake for 45 minutes or until loaf is just firm to touch but not completely cooked through.

4 Meanwhile, make Coconut Topping Place butter, sugar, milk and coconut in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until butter has melted and mixture is combined. Bring to a simmer. Reduce heat to low. Simmer for 2 minutes to thicken slightly.

5 Pour hot topping over hot loaf. Bake for a further 30 minutes or until topping is golden and set. Stand for 10 minutes. Run a knife around edge of loaf. Using paper, lift bread from pan. Transfer to a wire rack lined with baking paper. Cool completely. Serve.

NUTRITION: (per serve) 1640kJ; 15.2g fat; 5.9g sat fat; 5.8g protein; 57.7g carbs; 3.7g fibre; 49mg chol; 295mg sodium.

BANANA, COCONUT AND NUTELLA BREAD

SERVES 10

PREP 15 MINUTES (PLUS 10 MINUTES
STANDING) **COOK** 1 HOUR 10 MINUTES

$1\frac{1}{2}$ cups plain flour
1 cup self-raising flour
2 teaspoons ground cinnamon
1 teaspoon bicarbonate of soda
 $\frac{3}{4}$ cup brown sugar
2 over-ripe bananas, mashed
165ml can coconut milk
 $\frac{1}{3}$ cup golden syrup
 $\frac{1}{4}$ cup extra virgin olive oil
2 eggs, lightly beaten
 $\frac{1}{3}$ cup Nutella (see notes)

1 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 9cm x 25.5cm loaf pan. Line base and sides with 2 layers of baking paper, extending paper 2cm above edges.

2 Sift plain flour, self-raising flour, cinnamon and bicarbonate of soda into a large bowl.

Add sugar. Stir to combine. Make a well. Add banana, coconut milk, syrup, oil and egg. Mix to combine. Spoon into prepared pan.

3 Top with spoonfuls of Nutella. Using a butter knife, drag Nutella through the top of the batter to create a marbled effect.

4 Bake for 1 hour to 1 hour 10 minutes or until a skewer inserted into the centre of loaf comes out clean. Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack lined with baking paper. Cool completely. Serve.

NUTRITION: (per serve) 1509kJ; 12.6g fat; 4.4g sat fat; 6.1g protein; 55.7g carbs; 2.3g fibre; 42mg chol; 270mg sodium.

STRAWBERRY, PEAR AND VANILLA BREAD

SERVES 10

PREP 25 MINUTES (PLUS 10 MINUTES
STANDING AND COOLING)
COOK 1 HOUR 35 MINUTES

500g strawberries
1 pear, peeled, cored, chopped
2 tablespoons caster sugar
 $1\frac{1}{2}$ cups plain flour
1 cup self-raising flour
1 teaspoon bicarbonate of soda
 $\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup extra virgin olive oil
 $\frac{1}{2}$ cup honey
2 eggs, lightly beaten
2 teaspoons vanilla extract
Icing sugar, to dust

1 Roughly chop $\frac{1}{2}$ the strawberries.

Place chopped strawberries, pear, sugar and 2 tablespoons water in a saucepan. Cover. Bring to the boil over high heat. Uncover. Reduce heat to medium-low. Simmer, stirring occasionally, for 10 to 15 minutes or until strawberries have collapsed and sauce thickens slightly. Set aside for 20 minutes to cool.

2 Transfer strawberry mixture to a blender. Blend until smooth. Set aside to cool completely.

3 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 9cm x 25.5cm loaf pan. Line base and sides with 3 layers of baking paper, extending paper 2cm above edges of pan.

4 Sift plain flour, self-raising flour and bicarbonate of soda into a large bowl. Make a well. Add milk, oil, honey, egg, vanilla and strawberry mixture. Stir well to combine. Spoon mixture into prepared pan. Level top.

5 Slice remaining strawberries. Arrange slices, overlapping, to completely cover top of batter (see notes). Bake for 1 hour 10 minutes to 1 hour 20 minutes or until a skewer inserted into the centre of loaf comes out clean. Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack lined with baking paper. Cool completely. Serve dusted with icing sugar.

NUTRITION: (per serve) 1140kJ; 9.3g fat; 1.7g sat fat; 6.1g protein; 40.1g carbs; 2.7g fibre; 43mg chol; 257mg sodium. >

Cook's notes:

+ **FOR THE LUMBERJACK BREAD:** Make sure the baking paper covers the corners of the pan or the topping will stick, making it hard to remove the loaf from the pan.

+ **FOR THE BANANA, COCONUT AND NUTELLA BREAD:** If making this for the school lunchbox, omit the Nutella and replace with $\frac{1}{3}$ cup choc chips and sprinkle over the top at the beginning of step 3.

+ **FOR THE STRAWBERRY, PEAR AND VANILLA BREAD:** Don't worry if some of the strawberry slices move and sink into the batter during cooking.

SLICE IT UP

Everyone's favourite savoury slice – zucchini – gets three new-year makeovers. Super easy to make and economical, too, you won't find these squashed at the bottom of the schoolbag

PUMPKIN, CHICKPEA AND CHILLI ZUCCHINI SLICE

SERVES 15

PREP 20 MINUTES (PLUS 15 MINUTES STANDING) **COOK** 40 MINUTES

500g butternut pumpkin, peeled, cut into 2.5cm pieces
3 zucchini, grated
4 green onions, sliced
400g can chickpeas, drained, rinsed
1 long red chilli, chopped
2 garlic cloves, crushed
½ cup fresh basil leaves, torn, plus extra leaves to serve
2 tablespoons chopped fresh oregano
2 cups grated tasty cheese
1½ cups self-raising flour
8 eggs
½ cup milk
½ cup extra virgin olive oil

1 Preheat oven to 180°C/160°C fan-forced. Grease a 5.5cm-deep, 20cm x 26cm (base), 25.5cm x 32cm (top) enamel roasting pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Combine pumpkin, zucchini, onion, chickpeas, chilli, garlic, basil and oregano in a large bowl. Add 1½ cups cheese and flour. Mix well to combine.
3 Whisk eggs, milk and oil in a bowl. Add to vegetable mixture. Mix well to combine. Season with salt and pepper. Pour mixture into prepared pan, spreading to level. Sprinkle with remaining cheese. Bake for 40 minutes or until top is golden and mixture is firm to touch. Stand for 15 minutes. Serve warm or cold, sprinkled with extra basil.

NUTRITION: (per serve) 1074kJ; 16.1g fat; 5.4g sat fat; 10.6g protein; 16.8g carbs; 2.8g fibre; 127mg chol; 294mg sodium.

BROCCOLI AND BACON ZUCCHINI SLICE

SERVES 15

PREP 20 MINUTES (PLUS 15 MINUTES STANDING) **COOK** 50 MINUTES

½ cup extra virgin olive oil
1 brown onion, finely chopped
4 rashers middle bacon, trimmed, chopped
1 large head broccoli, cut into florets
2 garlic cloves, crushed
½ cup fresh basil leaves, torn
3 zucchini, grated
2 cups grated tasty cheese
1½ cups self-raising flour
8 eggs
½ cup milk
100g fetta, crumbled

1 Preheat oven to 180°C/160°C fan-forced. Grease a 5.5cm-deep, 20cm x 26cm (base), 25.5cm x 32cm (top) enamel roasting pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Heat 2 teaspoons oil in a large frying pan over medium-high heat. Add onion and bacon. Cook, stirring, for 5 minutes or until onion softens. Add broccoli. Cook, stirring, for 2 minutes. Add garlic. Cook for 1 minute or until fragrant. Remove from heat. Set aside to cool.
3 Transfer bacon mixture to a large bowl. Add basil, zucchini, 1½ cups tasty cheese and flour. Mix well to combine.
4 Whisk eggs, remaining oil and milk in a bowl. Add to vegetable mixture. Mix well to combine. Season with salt and pepper. Stir in fetta. Pour mixture into prepared pan. Sprinkle with remaining tasty cheese. Bake for 40 minutes or until top is golden and mixture is firm to touch. Stand for 15 minutes. Serve warm or cold.
NUTRITION: (per serve) 1131kJ; 18.4g fat; 6.7g sat fat; 13.6g protein; 11.8g carbs; 2g fibre; 138mg chol; 500mg sodium

POTATO, CAPSICUM AND PEA ZUCCHINI SLICE

SERVES 15

PREP 20 MINUTES (PLUS 15 MINUTES STANDING) **COOK** 50 MINUTES

500g sebago potatoes, peeled, cut into 2.5cm pieces
½ cup extra virgin olive oil
100g sliced Hungarian salami, chopped
2 garlic cloves, crushed
2 red capsicum, cut into 2cm pieces
3 zucchini, grated
½ cup frozen peas
3 green onions, chopped
⅓ cup roughly chopped fresh flat-leaf parsley
2 cups grated tasty cheese
⅓ cup grated parmesan
1½ cups self-raising flour
8 eggs
½ cup milk

1 Preheat oven to 180°C/160°C fan-forced. Grease a 5.5cm-deep, 20cm x 26cm (base), 25.5cm x 32cm (top) enamel roasting pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Place potato in a microwave-safe bowl. Cover. Microwave on HIGH (100%) for 2 minutes. Set aside to cool.
3 Meanwhile, heat 2 teaspoons oil in a large frying pan over medium-high heat. Add salami. Cook, stirring, for 5 minutes or until browned. Add garlic. Cook for 1 minute or until fragrant. Set aside to cool.
4 Place cooled potato and salami in a large bowl. Add capsicum, zucchini, peas, onion, parsley, 1½ cups tasty cheese, parmesan and flour. Mix well to combine.
5 Whisk eggs, remaining oil and milk together in a bowl. Add to vegetable mixture. Mix well to combine. Season with salt and pepper. Pour mixture into prepared pan, spreading to level. Sprinkle with remaining tasty cheese. Bake for 40 minutes or until top is golden and mixture is firm to touch. Stand for 15 minutes. Serve warm or cold.
NUTRITION: (per serve) 1187kJ; 18.1g fat; 6.5g sat fat; 12.8g protein; 16.2g carbs; 2.4g fibre; 134mg chol; 381mg sodium. >



PUMPKIN, CHICKPEA
AND CHILLI
ZUCCHINI SLICE

THE INFO

- + CLASSIC UPDATE
- + LOWER SODIUM
- + SUPER EASY
- + VEGETARIAN

\$1.19
PER SERVE

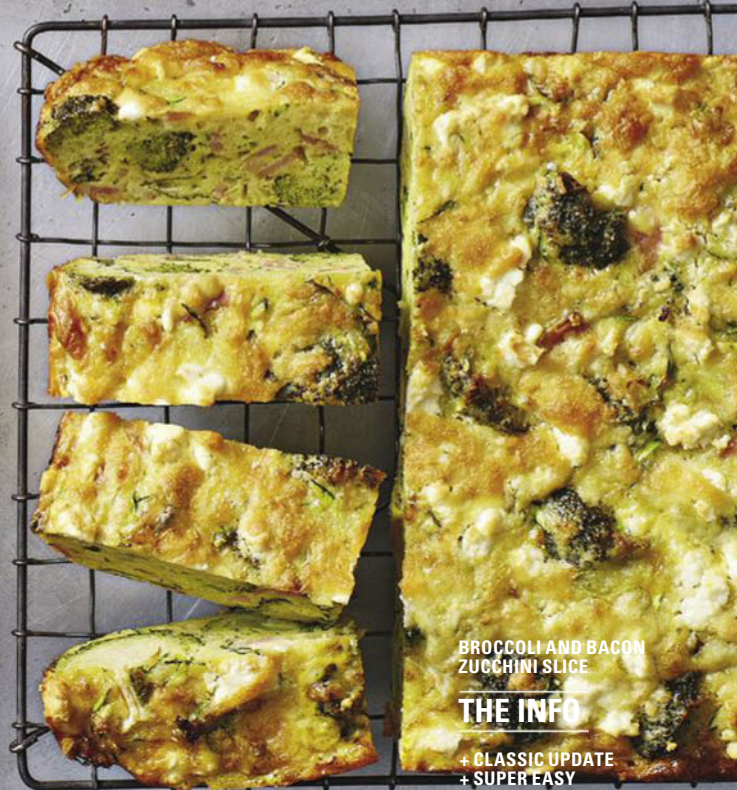


POTATO, CAPSICUM
AND PEA ZUCCHINI
SLICE

THE INFO

- + CLASSIC UPDATE
- + SUPER EASY

\$1.43
PER SERVE



BROCCOLI AND BACON
ZUCCHINI SLICE

THE INFO

- + CLASSIC UPDATE
- + SUPER EASY

\$1.20
PER SERVE



ONE FOR ALL

A buttery parmesan pastry adds bite to these three lunch ideas. From an updated quiche Lorraine to a new-style salmon and asparagus, they're perfect for work or school

CHICKEN AND
CORN QUICHE

THE INFO

+ SUPER EASY

\$1.37
PER SERVE



CHEESY BACON-
TOPPED QUICHE
LORRAINE

THE INFO

+ CLASSIC UPDATE
+ SUPER EASY

\$1.32
PER SERVE



SALMON,
ASPARAGUS AND
SOUR CREAM
QUICHE

THE INFO

+ SUPER EASY

\$1.66
PER SERVE





PARMESAN SHORTCRUST PASTRY

MAKES ENOUGH FOR 1 QUICHE

PREP 5 MINUTES (PLUS 30 MINUTES REFRIGERATION)

1 ¾ cups plain flour

Pinch of salt

150g chilled butter, chopped

½ cup finely grated parmesan

1 egg yolk

1 tablespoon iced water

1 Place flour, salt, butter and parmesan in a food processor. Process until mixture forms fine crumbs. Add egg yolk and water. Process until mixture just comes together. Shape dough into a disc. Cover with plastic wrap. Refrigerate for 30 minutes or until just firm.

CHICKEN AND CORN QUICHE

SERVES 8

PREP 30 MINUTES (PLUS COOLING AND 15 MINUTES STANDING)

COOK 55 MINUTES

1 quantity Parmesan Shortcrust Pastry
(see recipe, above)

1 tablespoon extra virgin olive oil

2 green onions, chopped

1 garlic clove, crushed

1 cup chopped cooked chicken

2 tablespoons chopped fresh flat-leaf parsley

4 eggs

¼ cup pure cream

½ cup grated parmesan

1 large corn cob, husk and silk removed

1 Make Parmesan Shortcrust Pastry.
2 Preheat oven to 200°C/180°C fan-forced. Grease a 2.5cm-deep, 11.5cm x 34cm (base) loose-based fluted tart pan.
3 Roll out pastry between 2 sheets of baking paper until 5mm thick. Line base and sides of pan with pastry. Trim edges. Place on a baking tray. Line pastry with baking paper. Fill with baking weights or uncooked rice. Blind-bake for 10 minutes. Remove weights and paper. Bake for a further 5 minutes. Cool completely. Reduce temperature to 180°C/160°C fan-forced.
4 Heat oil in a large frying pan over medium-high heat. Cook onion and garlic for 2 minutes or until fragrant. Set aside to cool. Add chicken and parsley. Toss to combine.

5 Spoon chicken mixture into pastry case. Whisk eggs, cream and parmesan together. Season with salt and pepper. Pour over chicken mixture.

6 Using a sharp knife, cut corn kernels from cob in large pieces. Arrange on top of egg mixture. Bake for 30 to 35 minutes or until filling is just set. Stand for 15 minutes. Carefully remove from pan. Serve warm or cold.

NUTRITION: (per serve) 1670kJ; 26.7g fat; 14.3g sat fat; 14.1g protein; 24.5g carbs; 2.7g fibre; 180mg chol; 365mg sodium.

SALMON, ASPARAGUS AND SOUR CREAM QUICHE

SERVES 8

PREP 30 MINUTES (PLUS COOLING AND 15 MINUTES STANDING)

COOK 50 MINUTES

1 quantity Parmesan Shortcrust Pastry
(see recipe, left)

210g can red salmon, drained

2 tablespoons chopped fresh dill

2 tablespoons chopped fresh chives

2 teaspoons finely grated lemon rind

4 eggs

¼ cup sour cream

2 tablespoons finely grated parmesan

2 bunches asparagus, trimmed

1 Make Parmesan Shortcrust Pastry.
2 Preheat oven to 200°C/180°C fan-forced. Grease a 2.5cm-deep, 11.5cm x 34cm (base) loose-based fluted tart pan.
3 Roll out pastry between 2 sheets of baking paper until 5mm thick. Line base and sides of pan with pastry. Trim edges. Place on a baking tray. Line pastry with baking paper. Fill with baking weights or uncooked rice. Blind-bake for 10 minutes. Remove weights and paper. Bake for a further 5 minutes. Cool completely. Reduce temperature to 180°C/160°C fan-forced.
4 Discard skin and bones from salmon. Flake into large pieces. Place in a bowl. Add dill, chives and lemon rind. Toss to combine. Spoon mixture into prepared pastry case. Whisk eggs, sour cream and parmesan in a bowl. Season with salt and pepper. Pour over salmon mixture.
5 Cut asparagus in half crossways. Arrange asparagus over top of filling. Bake for 30 to 35 minutes or until filling is just set. Stand for 15 minutes. Carefully remove from pan. Serve warm or cold.

NUTRITION: (per serve) 1487kJ; 23.6g fat; 13.8g sat fat; 12.5g protein; 22.1g carbs; 2.3g fibre; 174mg chol; 345mg sodium.

CHEESY BACON-TOPPED QUICHE LORRAINE

SERVES 8

PREP 30 MINUTES (PLUS COOLING AND 15 MINUTES STANDING)

COOK 1 HOUR

1 quantity Parmesan Shortcrust Pastry
(see recipe, left)

200g packet streaky bacon

1 tablespoon extra virgin olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

4 eggs

¼ cup pure cream

⅓ cup grated tasty cheese

¼ cup finely grated parmesan

Fresh flat-leaf parsley leaves, to serve

1 Make Parmesan Shortcrust Pastry.
2 Preheat oven to 200°C/180°C fan-forced. Grease a 2.5cm-deep, 11.5cm x 34cm (base) loose-based fluted tart pan.
3 Roll out pastry between 2 sheets of baking paper until 5mm thick. Line base and sides of pan with pastry. Trim edges. Place on a baking tray. Line pastry with baking paper. Fill with baking weights or uncooked rice. Blind-bake for 10 minutes. Remove weights and paper. Bake for a further 5 minutes. Cool completely. Reduce temperature to 180°C/160°C fan-forced.
4 Meanwhile, finely chop 4 bacon rashers. Heat oil in a large frying pan over medium-high heat. Add chopped bacon and onion. Cook, stirring, for 5 minutes or until bacon is browned and onion has softened. Add garlic. Cook for 1 minute. Set aside to cool.
5 Spoon onion mixture into pastry case. Whisk eggs, cream, tasty cheese and parmesan together. Season with salt and pepper. Pour over onion mixture in pan.
6 Cut remaining bacon rashers in half crossways. Cut each piece in half lengthways. Arrange bacon strips, slightly overlapping, over filling. Bake for 30 to 35 minutes or until filling is just set and bacon is browned. Stand for 15 minutes. Carefully remove from pan. Serve warm or cold, sprinkled with parsley.
NUTRITION: (per serve) 1852kJ; 32.9g fat; 17.5g sat fat; 14.2g protein; 22.3g carbs; 1.4g fibre; 184mg chol; 656mg sodium. ■



G'DAY SUMMER GOTCHA COVERED

EVERY PURCHASE GOES TOWARDS
CANCER RESEARCH AND SERVICES
CANCERCOUNCILSHOP.ORG.AU

Always read the label. Use only as directed.



**Cancer
Council**

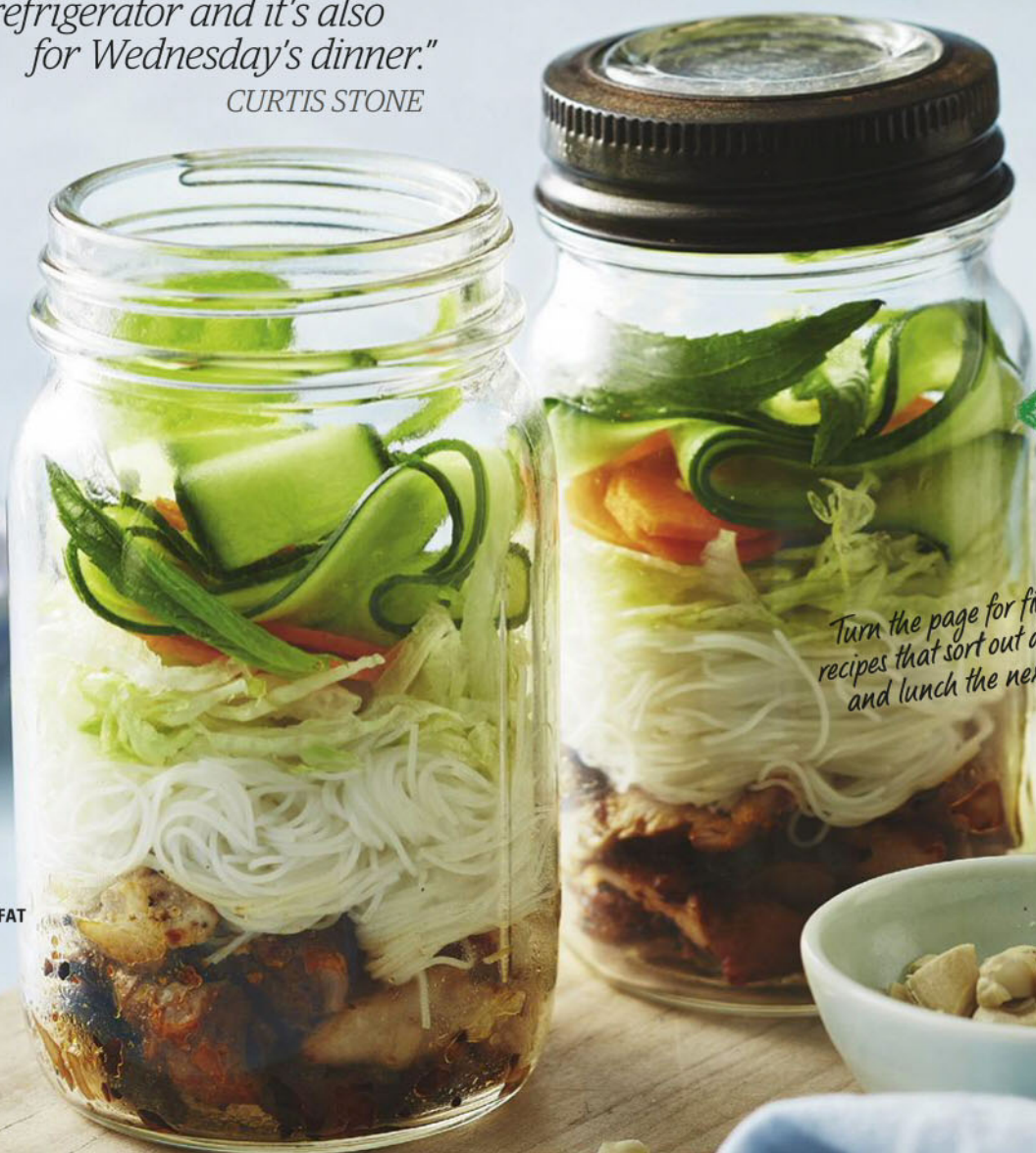
MIDWEEK

EASY DINNERS WITH LUNCH-OVERS » RAID THE FRIDGE FOR **NEW FAMILY FAVOURITES** » **MIDWEEK ENTERTAINING** MADE EASY » RAMP UP DINNER WITH **FLAVOUR-PACKED SIDES**



"I always think if you have to cook once, it should feed you twice. If you're going to make a big chicken and vegetable soup for lunch on Monday, you stick it in the refrigerator and it's also for Wednesday's dinner."

CURTIS STONE



Turn the page for five fab recipes that sort out dinner and lunch the next day.

CHILLI JAM CHICKEN

THE INFO

+ LOW SATURATED FAT

\$2.72
PER SERVE

50



EASY DINNERS WITH LUNCH-OVERS!

These clever meals get the school-week dinners sorted *and* make enough for the next days lunches, so you can avoid the morning scramble. We think that deserves a gold star!



Get ahead:

+ FOR MONDAY'S DINNER:
Make step 1 of Vegetable and Black Eye Bean Enchiladas.

Cool. Spoon into an airtight

container. Refrigerate for up to 3 days.

+ FOR TUESDAY'S DINNER: Make steps 1 and 2 of the Chilli Jam Chicken.

Refrigerate for up to 1 day.

+ FOR WEDNESDAY'S DINNER: Make Step 1 of the Japanese Beef and Bean Stir-fry. Refrigerate for up to 2 days.

+ FOR THURSDAY'S DINNER: Make Greek-style Meatloaves up to the end of step 4. Allow to cool. Wrap individually in plastic wrap, then foil. Refrigerate for up to 2 days or freeze for up to 2 months. Thaw in fridge overnight.

VEGETABLE AND BLACK EYE BEAN ENCHILADAS

SERVES 4 (WITH LUNCHEVERS FOR 4)

PREP 25 MINUTES (PLUS 10 MINUTES

COOLING) COOK 40 MINUTES

1 tablespoon extra virgin olive oil

1 brown onion, chopped

1 small red capsicum, chopped

1 small green capsicum, chopped

420g can corn kernels, drained

400g can black eye beans, drained, rinsed

2 teaspoons ground cumin

Pinch of chilli powder

400g can chopped tomatoes

¼ cup chopped fresh coriander,

plus extra sprigs to serve

12 flour tortillas

450g jar mild salsa

2 cups grated reduced-fat tasty cheese

1 avocado, diced

1 small red chilli, seeded, finely chopped

½ cup light sour cream

Salad leaves (for lunchovers), to serve

1 Heat oil in a large saucepan over medium heat. Add onion and red and green capsicum. Cook for 8 to 10 minutes or until softened. Add corn, beans, cumin and chilli powder. Stir to combine. Add tomatoes. Bring to a simmer. Simmer for 5 minutes or until mixture thickens. Remove from heat. Set aside for 5 minutes to cool. Stir in coriander. Season with salt and pepper.

2 Preheat oven to 200°C/180°C fan-forced. Grease a 6cm-deep, 23cm x 45cm ovenproof dish.

3 Place 1 tortilla on a board. Spoon ⅓ cup mixture along the centre of tortilla. Roll up to enclose filling. Place in prepared dish, seam-side down. Repeat with remaining tortillas and filling. Spoon any leftover filling around tortillas in dish.

4 Pour salsa over tortillas and sprinkle evenly with cheese. Bake for 20 to 25 minutes or until heated through and cheese is melted and browned. Stand for 2 minutes. Transfer 4 enchiladas to a plate for lunchovers (see tips).

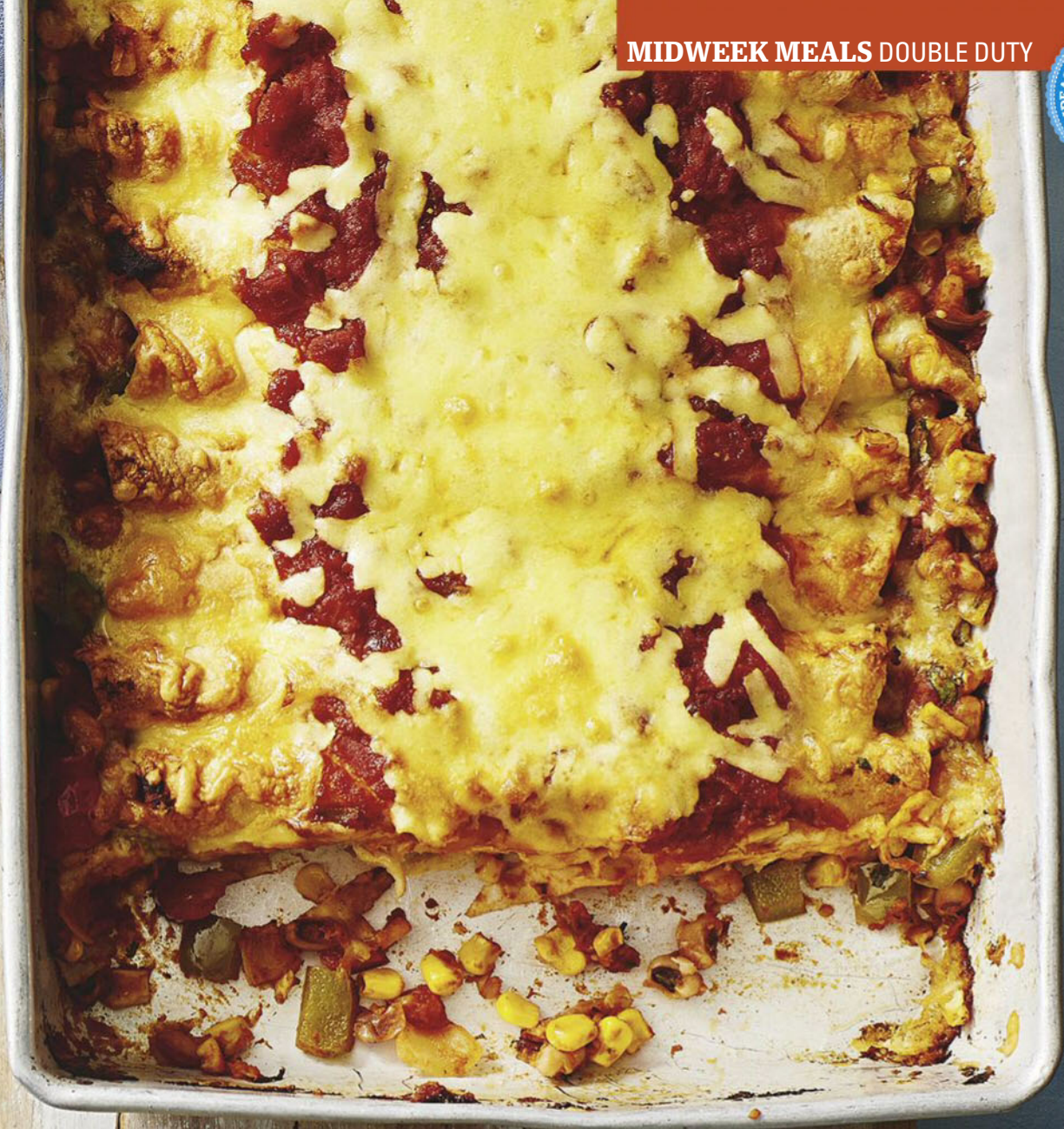
5 Toss avocado and chopped chilli together in a bowl. Serve remaining enchiladas with sour cream, avocado mixture and coriander sprigs.

NUTRITION: (per serve) 2060kJ; 23.5g fat; 10.4g sat fat; 18.9g protein; 48.7g carbs; 6.5g fibre; 22mg chol; 985mg sodium. >

Lunchover tips:

Cool enchiladas before placing in 4 airtight containers. Refrigerate until required. Reheat in microwave until hot. Serve with salad leaves.





MEXICAN MONDAY
THIS DELICIOUS BAKE WILL BRING
EVERYONE TO THE DINNER TABLE. ARRIBA!

VEGETABLE AND BLACK
EYE BEAN ENCHILADAS

THE INFO

+ HIGH FIBRE
+ VEGETARIAN

\$3.00
PER SERVE

2.5
VEGIES PER
SERVE





CHILLI JAM CHICKEN

THE INFO

+ ASIAN
+ LOWER SODIUM
+ LOW SATURATED FAT

\$2.72
PER SERVE

50

CHICKEN TUESDAY

LAYER THE LEFTOVERS IN A JAR
FOR AN EASY ON-THE-GO LUNCH

CHILLI JAM CHICKEN

SERVES 4 (WITH LUNCHEVERS FOR 4)

PREP 15 MINUTES (PLUS 15 MINUTES REFRIGERATION) **COOK** 20 MINUTES

- ½ cup chilli jam paste
- 1 tablespoon brown sugar
- 2 tablespoons salt-reduced soy sauce
- ⅓ cup peanut oil (see tips)
- 1.25kg chicken thigh fillets, trimmed, halved
- 200g rice vermicelli
- ½ iceberg lettuce, finely shredded
- 2 Lebanese cucumbers, peeled into ribbons
- 2 small carrots, very thinly sliced
- ½ cup fresh mint leaves
- ⅓ cup white wine vinegar
- 1 teaspoon caster sugar
- ½ cup roughly chopped roasted unsalted cashew nuts (see tips) and sliced long red chilli, to serve

- 1 Combine chilli jam, brown sugar, soy and 2 tablespoons each oil and water in a jug.
- 2 Place chicken in a glass or ceramic bowl. Add ½ the chilli jam mixture. Toss to coat.

- Cover. Refrigerate for 15 minutes to marinate. Reserve remaining marinade.
 - 3 Heat a greased barbecue grill or large chargrill pan on medium-low heat. Cook chicken, brushing with reserved marinade, for 6 to 8 minutes each side or until browned and cooked through. Reserve ½ the chicken for lunchovers (see tips).
 - 4 Meanwhile, cook noodles following packet directions. Drain. Rinse under cold water. Drain. Reserve ½ the noodles for lunchovers.
 - 5 Combine lettuce, cucumber, carrot and mint in a bowl. Place vinegar, caster sugar, remaining oil and 2 tablespoons water in a bowl. Whisk to combine. Reserve ½ each of the salad and dressing for lunchovers.
 - 6 Toss remaining dressing with remaining salad. Divide with remaining noodles among plates. Top with remaining chicken. Sprinkle with ½ the cashews and ½ the chilli. Reserve remaining cashews and chilli for lunchovers. Serve.
- NUTRITION:** (per serve) 1970kJ; 24.2g fat; 5.2g sat fat; 33.5g protein; 28.9g carbs; 2.1g fibre; 123mg chol; 335mg sodium.

JAPANESE BEEF AND BEAN STIR-FRY

SERVES 4 (WITH LUNCHEVERS FOR 4)

PREP 30 MINUTES **COOK** 20 MINUTES

- ½ cup soy sauce
- 2 tablespoons mirin seasoning
- 3cm piece fresh ginger, peeled, finely grated
- ½ teaspoon sesame oil
- 1 teaspoon cracked black pepper
- 850g thick beef rump steak, trimmed, thinly sliced
- 2 x 270g packets Hakubaku Udon Noodles
- 2 tablespoons vegetable oil
- 2 bunches asparagus, trimmed, halved lengthways
- 2 cups frozen edamame, thawed, peeled
- 4 green onions, thinly sliced

- 1 Combine soy sauce, mirin, ginger, sesame oil and pepper in a jug. Place beef in a large glass or ceramic bowl. Add ½ the soy mixture. Toss to coat. Cover. Refrigerate for 15 minutes. Reserve remaining marinade.
 - 2 Meanwhile, cook noodles following packet directions. Drain. Rinse ½ the noodles under cold water and set aside for lunchovers. Transfer remaining noodles to a bowl. Cover to keep warm.
 - 3 Heat a wok over high heat. Add 2 teaspoons vegetable oil. Swirl to coat. Add ½ the beef. Stir-fry for 2 to 3 minutes or until browned. Transfer to a bowl. Add 2 teaspoons remaining vegetable oil to wok. Swirl to coat. Add remaining beef. Stir-fry for 2 to 3 minutes or until browned. Transfer to bowl. Remove wok from heat. Carefully wipe clean.
 - 4 Return wok to heat. Add remaining vegetable oil. Swirl to coat. Add asparagus. Stir-fry for 3 to 4 minutes or until bright green and just tender. Add edamame with beef and any juices. Add reserved marinade. Stir-fry for 2 to 3 minutes or until heated through. Reserve ½ the stir-fry for lunchovers (see tips). Add reserved noodles to wok. Stir-fry for 2 minutes or until heated through. Serve stir-fry sprinkled with onion.
- NUTRITION:** (per serve) 2234kJ; 20.4g fat; 6.3g sat fat; 31.2g protein; 54.9g carbs; 3.9g fibre; 66mg chol; 2450mg sodium. >

SFI recommends:

Made from wheat flour, Hakubaku Udon Noodles are a versatile Japanese-style noodle suitable for hotpots, soups and stir-fries.



JAPANESE BEEF
AND BEAN STIR-FRY

THE INFO

+ ASIAN
+ LOW SATURATED FAT

\$4.23
PER SERVE

WOK-ON WEDNESDAY
FEELING STIR-CRAZY? THIS SIMPLE
DINNER IS JUST WHAT YOU NEED!

Lunchover tips:

+ FOR THE CHILLI JAM CHICKEN: If lunchovers are being taken to school, use rice bran oil instead of peanut oil and omit the cashews.
+ Cool and slice chicken before dividing between 4 airtight containers with salad, noodles, cashews and chilli. Place dressing in 4 separate containers. Refrigerate until required. Dress just before eating.
+ FOR THE JAPANESE BEEF AND BEAN STIR-FRY: Cool stir-fry before dividing between 4 airtight containers. Add noodles. Refrigerate until required. Reheat in microwave until hot or serve cold.

GREEK-STYLE MEATLOAVES

THE INFO

+ CLASSIC MAKEOVER

\$3.13
PER SERVE

50

2.5
VEGIES PER
SERVE



THROWBACK THURSDAY
THESE MINI MEATLOAVES
GET AN A+ FOR CUTENESS!

GREEK-STYLE MEATLOAVES

SERVES 4 (WITH LUNCHEVERS FOR 4)

PREP 20 MINUTES COOK 30 MINUTES

- 1 small zucchini, grated
- 800g lamb mince
- 1 small brown onion, grated
- 2 garlic cloves, crushed
- 1 ¼ cups fresh breadcrumbs
- 1 egg, lightly beaten
- ½ cup finely chopped fresh oregano leaves
- ½ cup pimento-stuffed green olives, finely chopped
- 3 teaspoons finely grated lemon rind
- 50g reduced-fat fetta, crumbled
- ¼ cup pine nuts
- ½ cup sliced chargrilled red capsicum
- 600g chat potatoes, steamed, and 200g tub light tzatziki dip, to serve

Greek Salad

- 1 baby cos lettuce, leaves separated
- 3 Lebanese cucumbers, quartered lengthways, chopped

- 1 small green capsicum, chopped
- 1 small red onion, thinly sliced
- ½ cup classic salad dressing

1 Preheat oven to 200°C/180°C fan-forced. Grease an 8-hole, ¾-cup-capacity mini loaf pan.

2 Squeeze excess liquid from zucchini. Combine zucchini, mince, onion, garlic, breadcrumbs, egg, oregano, olives and lemon rind in a large bowl. Season with salt and pepper. Press mixture into prepared pan holes.

3 Bake meatloaves for 18 to 20 minutes or until just cooked through. Remove from oven.

4 Combine fetta and pine nuts in a bowl. Using a spatula, transfer meatloaves to a greased baking tray. Top meatloaves with chargrilled capsicum and fetta mixture. Season with pepper. Bake for a further 8 to 10 minutes or until browned

and cooked through. Reserve 4 meatloaves for lunchovers (see tips).

5 **Meanwhile, make Greek Salad** Combine lettuce, cucumber, green capsicum and onion in a bowl. Reserve ½ the salad and ½ the dressing for lunchovers. Add remaining dressing to remaining salad. Toss to combine.

6 **Serve remaining meatloaves with Greek salad, steamed potatoes and ½ the tzatziki.**

NUTRITION: (per serve) 1647kJ; 19.2g fat; 4.9g sat fat; 29.5g protein; 23.3g carbs; 4.7g fibre; 90mg chol; 415mg sodium.

Lunchover tips:

Cool meatloaves before dividing among 4 containers with salad and tzatziki. Divide dressing in 4 separate containers. Refrigerate until required. Dress salad before eating. Serve with bread of your choice.

ZUCCHINI AND HALOUMI FALAFEL ROLLS

SERVES 4 (WITH LUNCOVERS FOR 4)
PREP 25 MINUTES COOK 15 MINUTES

- 2 x 400g cans chickpeas, drained, rinsed
- 1 large zucchini, grated
- 180g haloumi, cut into 5mm cubes
- 1 cup chopped fresh coriander leaves
- 1 cup chopped fresh mint leaves
- 1 egg, lightly beaten
- 2 teaspoons ground cumin
- ½ cup plain flour
- ½ cup extra virgin olive oil
- 8 Lebanese bread rounds
- 120g baby spinach
- 1 red onion, halved, thinly sliced
- 2 large beetroot, peeled, cut into matchsticks

Tahini Yoghurt

- 1½ cups plain Greek-style yoghurt
- 2 tablespoons tahini
- 1 garlic clove, crushed

1 Process chickpeas in a food processor until finely chopped (not smooth). Transfer to a bowl. Add zucchini, haloumi, coriander, mint, egg, cumin and flour. Season. Mix until well combined. Set aside.

2 Meanwhile, make Tahini Yoghurt Combine yoghurt, tahini, garlic and ½ cup water in a bowl. Season with salt and pepper.

3 Roll 2 level tablespoons chickpea mixture into balls. Flatten slightly. Heat oil in a large non-stick frying pan over medium heat. Cook balls, in 3 batches, for 2 minutes each side or until golden brown. Drain on paper towel. Reserve ½ the falafels for lunchovers.

4 Reserve ½ each of the bread rounds, tahini yoghurt, baby spinach, onion and beetroot for lunchovers.

5 Place remaining bread rounds on serving plates. Spread with remaining tahini yoghurt. Top with remaining spinach, onion, beetroot and falafels. Roll up to enclose. Serve.

NUTRITION: (per serve) 2656kJ; 26.8g fat; 9.2g sat fat; 24.3g protein; 72.1g carbs; 9.5g fibre; 42mg chol; 1043mg sodium. ■

ZUCCHINI AND
 HALOUMI
 FALAFEL ROLLS

THE INFO

+ HIGH FIBRE
 + VEGETARIAN

\$2.68
 PER SERVE

40

2
 VEGIES PER
 SERVE



'FAKEAWAY' FRIDAY
FINISH UP THE WEEK WITH
THESE EASY MEAT-FREE WRAPS

Lunchover tips:

Cool falafels before dividing among 4 airtight containers with spinach, onion and beetroot. Divide yoghurt into 4 airtight containers. Refrigerate. Place bread in 4 airtight bags. Assemble just before eating.

SPICY TUNA
PASTA BAKE, p46

THE INFO

+ FREEZER
+ SUPER EASY

\$3.05
PER SERVE

50



FRIDGE FORAGE

When your fridge only has half a tub of this and a third of a jar of that, don't despair! Nagi's raiding the icebox to show us how to turn odds and ends into something cool

THAI RED
CURRY CHICKEN
NOODLE SOUP, p46

THE INFO

+ ASIAN
+ SUPER EASY

\$3.27
PER SERVE

25



THAI RED CURRY CHICKEN NOODLE SOUP

THE INFO

+ ASIAN
+ SUPER EASY

\$3.27
PER SERVE

25



»» Nagi says: You don't need to go out and stock up on recipe-specific ingredients to make a great curry - just use what you've got. Thai curry paste is a great standby to have in the pantry because of its incredible versatility. If you have chilli paste in the fridge add it, if not, don't worry. I get this soup simmering then chop the vegetables finely. I place them on top of the noodles and when the hot soup is poured over, the vegetables heat up and wilt slightly. Add leftover chicken and dinner's done.

THAI RED CURRY CHICKEN NOODLE SOUP

SERVES 4

PREP 10 MINUTES

COOK 15 MINUTES

2 tablespoons vegetable oil
2 garlic cloves, crushed
2cm piece fresh ginger, grated
½ cup Thai red curry paste
2 x 400ml cans coconut milk
3 cups chicken stock
1 to 2 tablespoons fish sauce (optional)

1 tablespoon chilli paste (optional)
300g fresh hokkien noodles
1½ cups finely sliced red cabbage
1 carrot, cut into thin matchsticks
1 cup bean sprouts, trimmed
2 cups shredded cooked chicken
Thinly sliced small red chillies and fresh coriander sprigs, to serve

1 Heat oil in a large saucepan over medium-high heat. Cook garlic and ginger, stirring, for 1 minute or until light golden. Add curry paste. Cook for 45 seconds. Stir in coconut milk and stock. Bring to a simmer. Reduce heat to low. Simmer for 10 minutes. Add the fish sauce and chilli paste to taste, if using.
2 Meanwhile, prepare noodles following packet directions. Drain well.
3 Divide noodles among serving bowls. Top with cabbage, carrot, sprouts and chicken. Ladle over soup. Top with fresh chilli and coriander. Serve immediately.
NUTRITION: (per serve) 3208kJ; 54.5g fat; 31.9g sat fat; 28.6g protein; 39.3g carbs; 5.5g fibre; 58mg chol; 3802mg sodium.

SPICY TUNA PASTA BAKE

THE INFO

+ FREEZER
+ SUPER EASY

\$3.05
PER SERVE

50



»» Nagi says: Give the humble tuna pasta bake a flavour kick by adding olives and chilli flakes. You've just made your emergency midweek meal that much more interesting with minimal effort.

SPICY TUNA PASTA BAKE

SERVES 4

PREP 15 MINUTES

COOK 35 MINUTES

300g dried penne
2 tablespoons extra virgin olive oil
2 garlic cloves, crushed
1 brown onion, finely chopped
700g jar tomato passata
1 tablespoon dried Italian mixed herbs
2 teaspoons white sugar
1½ teaspoons salt
1 to 2 teaspoons dried chilli flakes
1 cup pitted black olives
425g can tuna in olive oil, drained, flaked
½ cup grated mozzarella cheese
½ cup grated tasty cheese
Finely chopped fresh flat-leaf parsley, to serve

ZUCCHINI AND EGG
RICE PIE

THE INFO

- + GLUTEN FREE
- + LOWER SODIUM
- + ONE POT
- + VEGETARIAN

\$1.51
PER SERVE

30



RAID THE FRIDGE
TO FIND DINNER!



From steamed rice to half a cooked chook, by Friday my fridge always has some kind of evidence of what I've been cooking during the week. But, as the saying goes, one man's trash is another man's treasure, and these odds and ends, with the addition of a can or packet from the pantry, can drum up meals that are so good, they'll be new family favourites. So next time you're looking for dinner inspiration, raid your fridge first!



RecipeTin Eats

- 1 Preheat oven to 200°C/180°C fan-forced.
 - 2 Cook pasta following packet directions, until almost tender (see note). Drain well. Return to pan.
 - 3 Meanwhile, heat oil in a frying pan over high heat. Cook garlic and onion, stirring, for 3 minutes or until light golden. Add passata, herbs, sugar and salt. Season with pepper. Add chilli, to taste. Bring to a simmer. Reduce heat to low. Simmer for 3 minutes.
 - 4 Pour sauce over pasta in pan. Add olives and tuna. Toss to combine. Transfer mixture to a 12-cup-capacity baking dish. Sprinkle with cheeses. Bake for 25 minutes or until cheese is melted and golden. Serve sprinkled with parsley.
- NUTRITION: (per serve) 3123kJ; 35.2g fat; 9.3g sat fat; 39.8g protein; 65.2g carbs; 7g fibre; 56mg chol; 2035mg sodium.

Nagi says:

When I'm making pasta bakes, I always under-cook the pasta at this stage so it doesn't go mushy when it's baked.

»» Nagi says: I made this frittata a complete meal by filling it with leftover cooked rice. I also popped a few stray asparagus I found at the back of my fridge on top - doesn't it look pretty? You could do the same with halved cherry tomatoes, any marinated vegetables or olives.

ZUCCHINI AND EGG
RICE PIE

SERVES 6
PREP 10 MINUTES (PLUS 5 MINUTES COOLING) COOK 15 MINUTES

- 40g butter
- 2 garlic cloves, crushed
- 1 brown onion, finely chopped
- 8 eggs
- 2 tablespoons milk
- 1½ cups cooked white rice
- 1½ cups grated tasty cheese
- 2 zucchini, thinly sliced
- 1 tablespoon finely chopped fresh oregano (or 1 teaspoon dried oregano)
- ½ bunch asparagus, trimmed, halved lengthways

- 1 Preheat grill on medium-high.
 - 2 Melt butter in a 23cm round (base) ovenproof frying pan over medium heat. Add garlic and onion. Cook, stirring occasionally, for 5 minutes or until onion softens.
 - 3 Meanwhile, whisk eggs and milk together in a bowl. Stir in rice and 1 cup cheese. Season with salt and pepper. Using a slotted spoon, transfer the onion to the egg mixture, stirring quickly to combine.
 - 4 Return pan to heat. Pour about ⅓ of the egg mixture into the hot frying pan. Quickly sprinkle over most of the zucchini - no need to be exact. Add ½ the remaining egg mixture, then sprinkle with oregano and a little zucchini. Pour over remaining egg mixture and sprinkle with remaining cheese. Sprinkle with remaining zucchini and top with asparagus, pushing into the egg mixture slightly. Cook for 5 minutes.
 - 5 Place pan under grill. Cook for 4 to 5 minutes or until a knife inserted into centre comes out clean. Cool for 5 minutes. Serve.
- NUTRITION: (per serve) 1426kJ; 21.8g fat; 11.8g sat fat; 18.3g protein; 16.5g carbs; 2.2g fibre; 317mg chol; 368mg sodium. >



**BEEF, POTATO AND
BROCCOLI STUFFED
PARATHA**

THE INFO

+ KID FRIENDLY

\$1.83
PER SERVE

50



»» *Nagi says: I think this recipe proves that even if you have just a bit of leftover meat and vegetables, you can transform it into something incredible! The beef mince and broccoli can be substituted with any mince or vegetable you have in the fridge - just make sure there is enough potato to bind the filling. The mashed potato can also be swapped with cauliflower purée or mashed pumpkin, or any other vegetable with a similar consistency.*

BEEF, POTATO AND BROCCOLI STUFFED PARATHA

SERVES 4

**PREP 15 MINUTES (PLUS 20 MINUTES
STANDING) COOK 15 MINUTES**

2½ cups plain flour, plus extra for dusting
1½ teaspoons salt
½ cup vegetable oil
1 cup broccoli florets, cut into small pieces
100g beef mince
2 teaspoons garam masala
½ teaspoon dried thyme
¼ teaspoon chilli powder
¾ cup cold mashed potato
1 tablespoon finely chopped fresh coriander, plus extra sprigs to serve

1 Place flour, 1 teaspoon salt, 1 cup warm water and 2 tablespoons oil in a bowl. Mix well to combine (mixture should be soft and slightly sticky). Turn dough onto a lightly floured surface. Knead for 1 minute 30 seconds or until dough is

smooth. Cover with plastic wrap. Set aside for 20 minutes to rest.

2 Meanwhile, heat 1 tablespoon remaining oil in a large frying pan over high heat. Cook broccoli for 2 minutes or until just starting to soften. Add mince. Cook, stirring, for 1 minute or until lightly browned. Add garam masala, thyme and chilli powder. Cook, stirring, until beef is browned. Transfer to a bowl. Add potato, coriander and remaining salt. Mix well to combine. Set aside.

3 Dust work surface lightly with extra flour. Cut dough into 4 pieces. Roll 1 portion into a ball. Using your palm, flatten dough into a round. Place ¼ cup to ⅓ cup of filling in the centre of the dough. Lift sides of dough up to enclose filling, pinching dough at the top to secure and pushing out any excess air. Press down on top of dough with your palm to form a round. Turn the round over. Using a rolling pin, roll out dough to form a 1.25cm-thick round. Cover loosely with plastic wrap. Set aside. Repeat with remaining dough portions and filling, making sure you don't stack the parathas on top of each other once made.

4 Heat 1 teaspoon remaining oil in a large, heavy-based frying pan over medium high-heat. Place 1 paratha in pan. Cook, pressing down lightly with a spatula, for 2 minutes or until golden brown. Turn over. Cook for a further 2 minutes, pressing down lightly to ensure even cooking. Transfer to a tray. Repeat with remaining parathas, adding a little of the remaining oil to the pan between batches. Serve immediately with extra coriander sprigs.

NUTRITION: (per serve) 2431kJ; 24.7g fat; 4.3g sat fat; 17.1g protein; 69.7g carbs; 5.4g fibre; 17mg chol; 957mg sodium.

» *Nagi says: With a sauce this good, people barely notice what's actually in the stir-fry! I raided my crisper drawer to make this, which is why it's made from leftover veggies: ½ a capsicum, a small amount of mushies and a single random carrot I found in the bottom of my fridge.*

SWEET AND SOUR VEGETABLE STIR-FRY

SERVES 4

PREP 15 MINUTES COOK 5 MINUTES

1 ½ tablespoons peanut oil
 1 garlic clove, crushed
 1 brown onion, halved, sliced
 1 carrot, sliced diagonally
 ½ red capsicum, cut into 2cm pieces
 100g button mushrooms, sliced
 400g can baby corn spears, drained, halved
 2 green onions, cut into 4cm lengths
 Steamed white long-grain rice, to serve

Sweet and Sour Sauce

1 tablespoon cornflour
 ½ cup white sugar
 ⅓ cup apple cider vinegar
 ¼ cup apple juice
 ¼ cup tomato sauce
 1 teaspoon Worcestershire sauce
 1 teaspoon soy sauce
 1 teaspoon oyster sauce
 ¼ teaspoon salt

1 Make Sweet and Sour

Sauce Blend cornflour with 2 tablespoons water in a bowl until smooth. Add sugar, vinegar, apple juice, tomato sauce, Worcestershire sauce, soy sauce, oyster sauce and salt. Stir well to combine. Set aside.
2 Heat a wok over high heat. Add oil. Swirl to coat. Add garlic and brown onion. Stir-fry for 1 minute. Add carrot and capsicum. Stir-fry for 1 minute. Add mushroom and corn. Stir-fry for 1 minute.
3 Stir the sauce mixture and add to the wok. Stir-fry for 1 minute 30 seconds or until sauce thickens. Toss through green onion. Serve stir-fry with rice.

NUTRITION: (per serve) 2131kJ; 7.7g fat; 1.4g sat fat; 8.7g protein; 97g carbs; 5g fibre; 0.1mg chol; 595mg sodium. ■

SWEET AND SOUR
 VEGETABLE STIR-FRY

THE INFO

+ LOW SATURATED FAT
 + SUPER FAST

\$2.08
 PER SERVE

20

2
 VEGIES PER
 SERVE



good enough **FOR GUESTS**

Summer holidays are the perfect opportunity for midweek entertaining and with these easy yet impressive recipes, you'll spend less time in the kitchen and more time catching up



EGG AND BACON
SPAGHETTI

THE INFO

+ KID FRIENDLY

\$1.65
PER SERVE

20



EGG AND BACON SPAGHETTI

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

375g dried spaghetti

2 tablespoons white vinegar

4 eggs

4 middle bacon rashers, trimmed,
finely chopped

½ cup extra virgin olive oil

1 long red chilli, seeded, finely chopped

¼ cup roughly chopped fresh
flat-leaf parsley

½ cup finely grated parmesan

- 1 Cook pasta following packet directions until tender. Drain well.
- 2 Meanwhile, fill a large, deep frying pan with water. Add vinegar. Bring to the boil over high heat. Crack 1 egg into a small cup. Using a large spoon, stir the water to create a whirlpool. Carefully slide the egg into the centre of the whirlpool. Poach for 1 to 2 minutes for a soft-yolk egg, or until the egg is cooked to your liking. Using a slotted spoon, carefully transfer egg to a plate. Cover egg loosely with foil to keep warm. Repeat with remaining eggs.
- 3 Heat a large frying pan over medium heat. Add bacon. Cook, stirring, for 2 to 3 minutes or until crisp. Remove from heat. Add oil and chilli. Stir to combine. Add pasta, ¾ of the parsley and parmesan. Gently toss to combine.
- 4 Divide pasta among serving bowls. Top with a poached egg and sprinkle with remaining parsley. Season with salt and pepper. Serve immediately.

NUTRITION: (per serve) 2888kJ; 31.8g fat; 7.9g sat fat; 30g protein; 69.9g carbs; 3.7g fibre; 243mg chol; 928mg sodium.

LAMB CUTLETS WITH PISTACHIO AND MINT PESTO

SERVES 4

PREP 10 MINUTES (PLUS 5 MINUTES STANDING) COOK 10 MINUTES

6 kipfler potatoes, thickly sliced diagonally

12 lamb cutlets

170g jar marinated artichokes,
drained, halved

1 red onion, thinly sliced

½ cup fresh flat-leaf parsley leaves

¼ cup fresh mint leaves

1 tablespoon extra virgin olive oil

1 tablespoon lemon juice

LAMB CUTLETS
WITH PISTACHIO
AND MINT PESTO

THE INFO

+ GLUTEN FREE
+ LOWER SODIUM

\$9.90
PER SERVE

25

3
VEGIES PER
SERVE

Pistachio and Mint Pesto (see note)

⅓ cup pistachio kernels, toasted

¼ cup finely grated parmesan

1 garlic clove, finely chopped

1 cup fresh mint leaves

⅓ cup extra virgin olive oil

1 Make Pistachio and Mint Pesto

Process pistachios, parmesan, garlic and mint in a food processor until finely chopped. With motor running, gradually add oil in a thin, steady stream until mixture is well combined. Season with salt and pepper.

2 Place potato in a large saucepan and cover with cold water. Place over high heat. Bring to the boil. Cook for 10 minutes or until tender. Drain. Rinse under cold water. Drain.

3 Meanwhile, heat a large, non-stick frying pan over high heat. Add lamb. Cook for 2 to 3 minutes each side for medium or

until cooked to your liking. Transfer to a plate. Cover loosely with foil. Set aside for 5 minutes.

4 Place potato in a large bowl. Add artichokes, onion, parsley, mint, oil and lemon juice. Season with salt and pepper. Gently toss to combine.

5 Divide potato mixture among serving plates. Top with lamb and dollop with pesto. Serve.

NUTRITION: (per serve) 2692kJ; 43.1g fat; 9.8g sat fat; 37g protein; 24.3g carbs; 6.7g fibre; 93mg chol; 394mg sodium. >

Cook's note:

Make a double batch of pesto and store leftovers in the freezer. Spoon into an airtight container and cover with a thin layer of olive oil. Freeze for up to 2 months. Thaw in the fridge overnight.



BEEF BURGERS WITH THE LOT

SERVES 4

PREP 15 MINUTES (PLUS 30 MINUTES REFRIGERATION) COOK 15 MINUTES

400g beef mince

1 brown onion, coarsely grated

1 cup fresh breadcrumbs

1 egg, lightly beaten

2 tablespoons finely chopped fresh flat-leaf parsley leaves

1 tablespoon Worcestershire sauce

4 bread rolls, split

4 middle bacon rashers

4 slices cheddar cheese

2 iceberg lettuce leaves, finely shredded

225g can sliced beetroot, drained

1 tomato, thinly sliced

Tomato or barbecue sauce and cooked potato chips, to serve

1 Combine mince, onion, breadcrumbs, egg, parsley and Worcestershire sauce in a medium bowl. Season. Divide mince mixture into four equal portions. Shape each portion into a 12cm patty. Place on a plate. Cover with plastic wrap. Refrigerate for 30 minutes.
2 Preheat grill on medium-high heat. Grill cut side of rolls for 1 minute or until toasted.
3 Meanwhile, heat a large frying pan over medium-high heat. Cook bacon for 1 to 2 minutes or until crisp. Drain on paper towel. Add patties to pan. Cook for 4 to 5 minutes each side or until browned and just cooked through. Transfer to a plate. Place a cheese slice on each patty.
4 Place roll bases on serving plates. Top with lettuce, beetroot, patties, bacon and tomato. Drizzle with tomato or barbecue sauce. Serve with chips.

NUTRITION: (per serve) 3080kJ; 34.2g fat; 14.3g sat fat; 46.9g protein; 57.3g carbs; 5.3g fibre; 160mg chol; 1594mg sodium.

PARMESAN COUSCOUS CRUSTED CHICKEN TENDERLOINS

SERVES 4

PREP 10 MINUTES (PLUS 5 MINUTES STANDING AND COOLING) COOK 15 MINUTES

½ cup couscous

½ cup boiling water

½ cup grated parmesan

12 chicken tenderloins, halved lengthways

2 avocados, chopped

250g punnet grape tomatoes, halved

2 green onions, thinly sliced

1 tablespoon lime juice

1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.

2 Place couscous in a medium heatproof bowl. Pour over the boiling water. Cover with plastic wrap. Set aside for 5 minutes. Using a fork, fluff couscous to separate grains. Set aside to cool slightly.

3 Add parmesan to couscous. Season. Toss to combine. Place on a plate. Roll chicken tenderloins in couscous mixture to coat, pressing gently to secure. Place on prepared tray. Bake for 10 minutes, turning halfway through, or until golden and cooked through.
4 Meanwhile, combine avocado, tomato, onion and lime juice in a bowl. Season. Serve chicken topped with salsa.

NUTRITION: (per serve) 2151kJ; 24.5g fat; 7.4g sat fat; 52.3g protein; 18.8g carbs; 3.2g fibre; 170mg chol; 385mg sodium.

CHARGRILLED ZUCCHINI, CAPSICUM, EGGPLANT AND GOAT'S CHEESE TART

SERVES 4

PREP 10 MINUTES COOK 35 MINUTES

2 tablespoons extra virgin olive oil

2 garlic cloves, crushed

3 zucchini, thinly sliced lengthways

2 baby eggplant, thinly sliced lengthways

1 red capsicum, thickly sliced

2 sheets frozen puff pastry, partially thawed

1 tablespoon milk

¼ cup basil pesto

100g goat's cheese, crumbled

Baby rocket, to serve

1 Preheat oven to 220°C/200°C fan-forced. Heat a chargrill pan over high heat.
2 Combine oil and garlic in a large bowl. Add zucchini, eggplant and capsicum. Season with salt and pepper. Toss to coat.
3 Add ¼ of the vegetable mixture to pan. Cook for 2 minutes each side or until tender. Transfer to a plate. Repeat, in 3 batches, with remaining vegetable mixture.
4 Line a baking tray with baking paper. Place 1 pastry sheet on prepared tray. Brush lightly with milk and top with remaining pastry sheet. Using a small sharp knife, score a 1cm-wide border around the edge of pastry. Spread pesto over the pastry, leaving border plain. Arrange vegetables over pesto and sprinkle with goat's cheese. Bake for 15 minutes or until pastry is golden and puffed.
5 Cut tart into quarters. Sprinkle with baby rocket. Serve.

NUTRITION: (per serve) 2128kJ; 32.3g fat; 12.2g sat fat; 12.4g protein; 39.8g carbs; 5.3g fibre; 40mg chol; 525mg sodium.

COCONUT CHICKEN AND WOMBOK SALAD

SERVES 4

PREP 15 MINUTES (PLUS 15 MINUTES STANDING AND 1 HOUR REFRIGERATION) COOK 10 MINUTES

2 large (250g each) chicken breast fillets
400ml can coconut milk

1 stalk lemongrass (white part only), chopped

1 baby wombok (Chinese cabbage), finely shredded

1 carrot, cut into matchsticks

2 cups bean sprouts, trimmed

2 green onions, thinly sliced diagonally

1 bunch fresh coriander, leaves picked

1 bunch fresh Vietnamese mint, leaves picked

½ cup fresh mint leaves

4 kaffir lime leaves, very finely shredded

½ cup unsalted roasted peanuts, roughly chopped

2 tablespoons fried shallots, to serve

Dressing

¼ cup lime juice

¼ cup grated palm sugar

2 tablespoons fish sauce

2 tablespoons rice vinegar

1 tablespoon light soy sauce

1 small red chilli, seeded, finely chopped

1 Place the chicken, coconut milk and lemongrass in a large, deep frying pan over medium heat. Bring to a simmer. Reduce heat to low. Cook, turning occasionally, for 10 minutes or until chicken is just cooked through. Remove from heat. Set aside for 15 minutes. Transfer chicken and coconut milk mixture to a bowl. Cover with plastic wrap. Refrigerate for 1 hour, if time permits.

2 Make Dressing Combine lime juice, sugar, fish sauce, vinegar, soy sauce and chilli in a small bowl.

3 Remove chicken from coconut milk mixture, discarding liquid. Finely shred chicken. Combine wombok, carrot, bean sprouts, onion, coriander, mint, lime leaves and chicken in a bowl. Drizzle with dressing. Toss to combine. Serve sprinkled with peanuts and fried shallots.

NUTRITION: (per serve) 1942kJ; 22.2g fat; 10g sat fat; 39.4g protein; 21.9g carbs; 8.5g fibre; 74mg chol; 1445mg sodium. ■

**BEEF BURGERS
WITH THE LOT**

THE INFO

+ KID FRIENDLY

\$3.16
PER SERVE



**PARMESAN COUSCOUS
CRUSTED CHICKEN
TENDERLOINS**

THE INFO

+ KID FRIENDLY
+ SUPER EASY

\$4.97
PER SERVE

35

2
VEGIES PER
SERVE



**COCONUT CHICKEN AND
WOMBOK SALAD**

THE INFO

+ ASIAN
+ HIGH FIBRE

\$3.16
PER SERVE

2
VEGIES PER
SERVE



**CHARGILLED
ZUCCHINI, CAPSICUM,
EGGPLANT AND GOAT'S
CHEESE TART**

THE INFO

+ SUPER EASY
+ VEGETARIAN

\$3.63
PER SERVE

45

3
VEGIES PER
SERVE



SUBSCRIBE & SAVE!

1 YEAR PRINT + DIGITAL BUNDLE FOR \$39.95*

Get instant access
to our digital edition!

Save
34%

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS

super Food Ideas

LUNCHBOX fillers

- EASY potato patties
- HEALTHY zucchini slices
- BUDGET snacks and treats
- GLUTEN-FREE wraps
- NEW banana bread
- MAKE-AHEAD quiches

22 DINNER WINNERS

BUDGET BEATERS
45 easy recipes
under \$3 a serve

FRIDGE FORAGE
Everyday leftovers
get a makeover!

plus... BLISS BALLS,
BICKIE BITES AND
OVERNIGHT OATS



tested & trusted
recipes for all the family

THAI RED
CURRY & SWEET
POTATO
76¢

GREENIE
ZUCCHINI,
HAM &
POTATO
99¢

CRUNCHY
LEMON,
TUNA, PEAS
& POTATO
88¢

QUICK-MIX FRUIT BREADS p31



TESTED AND TRUSTED » QUICK AND EASY

super Food Ideas

LUNCHBOX fillers

- EASY potato patties
- HEALTHY zucchini slices
- BUDGET snacks and treats
- GLUTEN-FREE wraps
- NEW banana bread
- MAKE-AHEAD quiches

22 DINNER WINNERS

BUDGET BEATERS
45 easy recipes
under \$3 a serve

FRIDGE FORAGE
Everyday leftovers
get a makeover!

plus... BLISS BALLS,
BICKIE BITES AND
OVERNIGHT OATS



tested & trusted
recipes for all the family

CRUNCHY
LEMON,
TUNA, PEAS
& POTATO
88¢

QUICK-MIX FRUIT BREADS p31



TO SUBSCRIBE, VISIT MAGSONLINE.COM.AU/SFI/M1701SFD
OR CALL 1300 656 933 AND QUOTE M1701SFD

*One-year subscription consists of 11 issues. Offer ends February 5, 2017. For International rates, please visit magsonline.com.au/sfi/m1701sfd. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.



A BIT ON THE SIDE

With enough flavour and pizzazz to stand on their own, you'd never guess these plate fillers are all ready in under 40 minutes

SPICY CORN AND CHORIZO SALAD

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

- 2 teaspoons extra virgin olive oil
- 1 chorizo sausage, thinly sliced diagonally
- 3 corn cobs, husk and silks removed
- 1 tablespoon Mexican chilli powder
- 1 small red onion, cut into thin wedges
- 250g cherry tomatoes, halved
- ½ cup fresh flat-leaf parsley leaves
- 2 tablespoons lime juice
- Lime wedges, to serve

- 1 Heat oil in a large frying pan over medium-low heat. Add chorizo. Cook, stirring occasionally, for 5 minutes or until browned and crispy, and the fat has rendered out of the chorizo. Leaving the oil in the pan, transfer chorizo to a plate lined with paper towel to drain.
- 2 Increase heat to medium. Rub corn cobs with chilli powder. Add corn to pan. Cook corn in chorizo oil, turning, for 10 minutes or until charred and corn kernels are tender. Transfer corn to a board to cool.
- 3 Using a sharp knife, cut corn kernels from cobs, leaving kernels in chunks.
- 4 Place chorizo in a large bowl. Add corn, onion, tomato and parsley. Season with salt and pepper. Gently toss to combine. Transfer mixture to a serving platter. Drizzle over lime juice and any chorizo resting juices. Serve with lime wedges.

NUTRITION: (per serve) 938kJ; 12.4g fat; 3.6g sat fat; 10g protein; 15g carbs; 5.7g fibre; 12mg chol; 351mg sodium >

SPICY CORN AND CHORIZO SALAD

THE INFO

\$3.84
PER SERVE

25

2
VEGIES PER SERVE



**SUPER-EASY GREEN
COUSCOUS**

THE INFO

+ HIGH FIBRE
+ SUPER EASY
+ VEGETARIAN

\$2.74
PER SERVE

20



SUPER-EASY GREEN COUSCOUS

SERVES 4

PREP 15 MINUTES COOK 5 MINUTES

1 cup couscous
½ cup basil pesto
1 cup boiling water
1 bunch asparagus, trimmed, halved
lengthways and crossways
1 zucchini, peeled into ribbons
2 teaspoons extra virgin olive oil
150g haloumi, sliced
1 cup watercress sprigs
½ cup Sicilian olives
1 tablespoon lemon juice

1 Place couscous and pesto in a large
heatproof bowl. Pour over boiling water.

Stir to combine. Place asparagus and
zucchini on top. Cover. Set aside for
5 minutes or until water is absorbed.

2 Meanwhile, heat oil in a frying pan over
medium-high heat. Add haloumi. Cook,
turning, for 3 minutes or until lightly
browned. Transfer to a plate lined with
paper towel to drain.

3 Fluff couscous mixture with a fork to
separate grains. Tear haloumi into pieces.
Add watercress sprigs, Sicilian olives,
haloumi and lemon juice to couscous
mixture. Season with salt and pepper.
Toss to combine. Serve.

NUTRITION: (per serve) 1616kJ; 19.3g fat;
8.6g sat fat; 17.1g protein; 37.8g carbs;
5g fibre; 12mg chol; 986mg sodium.



KORMA ROASTED PUMPKIN AND CAULIFLOWER

SERVES 4

PREP 15 MINUTES COOK 25 MINUTES

¼ cup korma curry paste

2 tablespoons lemon juice

600g Kent pumpkin, cut into 4cm-thick wedges (skin on)

400g cauliflower, cut into small florets

½ cup plain Greek-style yoghurt

1 small cucumber, seeded, diced

¼ cup almond kernels, roughly chopped

½ cup fresh coriander sprigs

1 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper. Combine curry paste and ½ the lemon juice in a large bowl. Add pumpkin and cauliflower. Toss to coat. Place on prepared tray. Roast for 20 to 25 minutes or until golden and tender.

2 Meanwhile, combine yoghurt, cucumber and remaining lemon juice in a bowl. Season with salt and pepper.

3 Transfer pumpkin and cauliflower to a platter. Dollop with a little yoghurt mixture. Sprinkle with almonds and coriander sprigs. Serve with remaining yoghurt mixture.

NUTRITION: (per serve) 797kJ; 10.8g fat; 3.2g sat fat; 7.7g protein; 15g carbs; 4g fibre; 10mg chol; 317mg sodium. >

KORMA ROASTED PUMPKIN AND CAULIFLOWER

THE INFO

+ HIGH FIBRE
+ VEGETARIAN

\$2.47
PER SERVE

40

3
VEGIES PER SERVE

EASY THAI NOODLE SALAD

SERVES 4

PREP 15 MINUTES

100g dried vermicelli noodles

2 tablespoons lime juice

150g tub chunky exotic Thai dip

1 Lebanese cucumber, halved lengthways,
sliced diagonally

200g cherry tomatoes

$\frac{1}{4}$ cup fresh mint leaves, plus extra
to serve

$\frac{1}{4}$ cup fresh coriander leaves

2 tablespoons fried shallots

Lime wedges, to serve

1 Place noodles in a large heatproof bowl. Cover with boiling water. Set aside for 10 minutes or until tender. Drain. Return to bowl. Roughly chop noodles with scissors.

2 Add lime juice and $\frac{1}{2}$ the dip to the noodles. Lightly toss to coat. Add cucumber, tomato, mint and coriander. Gently toss to combine. Transfer mixture to a serving platter. Dollop with remaining dip and sprinkle with shallots. Serve with lime wedges and extra mint leaves.

NUTRITION: (per serve) 1445kJ; 23g fat; 3.4g sat fat; 6.8g protein; 27.1g carbs; 2.5g fibre; 0mg chol; 147mg sodium.

EASY THAI
NOODLE SALAD

THE INFO

+ ASIAN
+ LOWER SODIUM
+ NO COOK
+ SUPER EASY
+ VEGETARIAN

\$3.30
PER SERVE

15

GREEN BEAN AND RADISH SALAD WITH CRUNCHY CHICKPEA DUKKAH

SERVES 4

PREP 10 MINUTES COOK 10 MINUTES

2 x 125g cans chickpeas, drained, rinsed

2 tablespoons extra virgin olive oil

2 tablespoons lemon and herb dukkah

200g green beans, trimmed

½ cup frozen peas

2 tablespoons lemon juice

1 tablespoon finely shredded fresh mint leaves

1 red gem lettuce, leaves separated

½ bunch radishes, trimmed, quartered

1 Place chickpeas on a tray lined with paper towel. Pat dry. Heat ½ the oil in a frying pan over medium heat. Add chickpeas. Cook, stirring occasionally, for 6 to 8 minutes or until golden and crunchy. Add dukkah. Cook, tossing, for 1 to 2 minutes or until fragrant.

2 Meanwhile, place beans and peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until bright green and just tender. Drain. Refresh under cold water. Drain well.

3 Place lemon juice, mint and remaining oil in a bowl. Whisk to combine. Season with salt and pepper. Arrange lettuce on a platter. Top with beans, peas, radish and chickpea mixture. Drizzle with dressing. Serve.

NUTRITION: (per serve) 878kJ; 15.1g fat; 1.8g sat fat; 6.9g protein; 9g carbs; 5.2g fibre; 0mg chol; 204mg sodium. ■

GREEN BEAN AND RADISH SALAD WITH CRUNCHY CHICKPEA DUKKAH

THE INFO

+ HEART FRIENDLY
+ SUPER EASY
+ VEGETARIAN

\$2.83
PER SERVE

20



Join the 6 million Australians that enjoy their news in colour

Nielsen Digital Ratings Monthly - August 2016

Follow the latest stories at news.com.au



THAI CHICKEN MEATBALLS

THE INFO

+ ASIAN
+ EASY
+ ENTERTAINING

\$0.36
EACH

WEEKEND

SUMMER **CROWD-PLEASERS** » SALADS STEAL THE SHOW » CUTE **VALENTINE'S DAY** BAKING » **GF WRAPS** » FIVE PANTRY BASICS MAKE FOUR **HEALTHY SWEETS** » ELSIE'S SLICE



THAI CHICKEN MEATBALLS

MAKES 24

PREP 15 MINUTES (PLUS 30 MINUTES REFRIGERATION) **COOK** 20 MINUTES

500g chicken mince

1 garlic clove, crushed

2cm piece fresh ginger, peeled, finely grated

3 fresh kaffir lime leaves, finely chopped

1 tablespoon chopped fresh mint leaves,
plus extra sprigs to serve

1 tablespoon chopped fresh coriander leaves

2 tablespoons fish sauce

1 tablespoon lime juice

1 tablespoon brown sugar

1 small red chilli, seeded, finely chopped

1 tablespoon peanut oil

Lime wedges, to serve

1 Combine mince, garlic, ginger, kaffir lime leaves, mint and coriander in a bowl.

2 Using clean hands, roll level tablespoons of mixture into balls. Place on a large plate. Refrigerate for 30 minutes.

3 Meanwhile, place fish sauce, lime juice, sugar and chilli in a small bowl. Stir until sugar dissolves.

4 Heat oil in a large, non-stick frying pan over medium heat. Cook meatballs, in 2 batches, turning, for 10 minutes or until light golden and cooked through. Serve with dipping sauce and lime wedges, sprinkled with extra mint sprigs.

NUTRITION: (each) 162kJ; 2g fat; 0.5g sat fat; 4.4g protein; 0.8g carbs; 0.1g fibre; 12mg chol; 179mg sodium. ■

**social
TALK**

SHARE THE LOVE

Do you have a special family heirloom recipe? Share it with us!

*If you have a treasured
Recipe Recollection to share,
we'd love to hear from you.*



'Like' us at
[facebook.com/
superfoodideas](https://facebook.com/superfoodideas)



Follow us on
Instagram:
[@superfoodideas](https://instagram.com/superfoodideas)



Email us at:
[superfoodideas
@news.com.au](mailto:superfoodideas@news.com.au)



Follow us at
[pinterest.com/
superfoodideas](https://pinterest.com/superfoodideas)



Follow us on
twitter:
[@superfoodideas](https://twitter.com/superfoodideas)



FRIENDS OVER

What better excuse is there than summer to invite friends over and enjoy good food? So wheel out the barbie, sweep the patio, wipe down the outdoor table and get cooking



p64

FRUIT SALAD
SWEET AND SALTY GO TOGETHER LIKE SUMMER AND BARBIE.



p66

PRAWN PARTY
RAMP UP YOUR SEAFOOD PLATTER WITH THESE THREE PRAWN COMBOS.

p68

BULGOGI BARBIE
TURNS OUT KOREANS LOVE BARBECUING AS MUCH AS WE DO!



p70

BALL OF FUN
INTRODUCING THE TIM-TAM LAMINGTON JUST IN TIME FOR AUSTRALIA DAY.

p72

EASY DOES IT
THIS FREE-FORM TART SHOWS OFF ONE OF SUMMER'S FINEST FRUITS.



SWEET & SALTY

We all know how good salted caramel is and now it's savoury's turn to get a sweet touch. These sensational summer salads combine the best of both worlds

WATERMELON AND WHIPPED FETTA SALAD

THE INFO

+ GLUTEN FREE
+ VEGETARIAN

\$2.57
PER SERVE

20



WATERMELON AND WHIPPED FETTA SALAD

SERVES 8

PREP 20 MINUTES

- ¼ small seedless watermelon
- 2 tablespoons lemon juice
- 60g baby rocket
- 1 bunch radishes, trimmed, thinly sliced
- ½ cup firmly packed fresh mint leaves
- ½ cup firmly packed fresh coriander leaves, torn
- ¼ cup pepitas, toasted (see note)

Whipped Fetta

- 320g tub marinated feta
- ¼ cup lemon juice

1 Make Whipped Fetta Drain feta, reserving marinating oil. Place feta and lemon juice in a small food processor. Process until well combined. Gradually add 2 tablespoons reserved oil, processing until smooth and combined. Season with pepper.

2 Remove and discard rind from watermelon. Cut into small wedges.

3 Whisk lemon juice and ¼ cup remaining reserved oil together. Season with salt and pepper. Place rocket in a bowl. Drizzle with dressing. Toss to coat.

4 Arrange watermelon, radish, rocket, mint, coriander and whipped feta on a serving plate. Sprinkle with pepitas. Serve.

NUTRITION: (per serve) 809kJ; 13.6g fat; 7.2g sat fat; 8.2g protein; 8.7g carbs; 1.8g fibre; 10mg chol; 429mg sodium.

Cook's note:

To toast pepitas, place in a frying pan over medium heat. Cook for 3 minutes, shaking pan often, or until toasted. Take care as they can pop out of the pan as they toast!

PROSCIUTTO AND
ROCKMELON SALAD
WITH HONEY
MUSTARD DRESSING

THE INFO

+ NO COOK
+ SUPER EASY

\$2.74
PER SERVE

15



PROSCIUTTO AND ROCKMELON SALAD WITH HONEY MUSTARD DRESSING

SERVES 8

PREP 15 MINUTES

- ½ rockmelon
 - 8 thin slices prosciutto
 - 1 tablespoon honey
 - 2 tablespoons extra virgin olive oil
 - 2 tablespoons red wine vinegar
 - 2 teaspoons wholegrain mustard
 - 2 baby gem lettuces, leaves separated
 - 1 Lebanese cucumber, peeled into ribbons
 - 180g tub mini bocconcini, drained
 - 1 cup fresh basil leaves
- 1 Peel rockmelon. Cut into 8 wedges. Loosely wrap 1 slice of prosciutto around each rockmelon wedge.
 - 2 Whisk honey, oil, vinegar and mustard in a small jug. Season with salt and pepper.
 - 3 Place lettuce in a bowl (see note). Drizzle with ½ the dressing. Toss to coat.
 - 4 Arrange rockmelon wedges, cucumber, bocconcini and lettuce on a serving plate. Drizzle with remaining dressing. Sprinkle with basil leaves. Serve.
- NUTRITION:** (per serve) 588kJ; 9.4g fat; 3g sat fat; 6.9g protein; 5.9g carbs; 1.5g fibre; 16mg chol; 501mg sodium. >

Cook's note:

To prepare the salad ahead of time, arrange the ingredients on a serving plate and place in the fridge. Dress just before serving.

PRAWN STARS

Some foods signify the start of summer and, for us, that's prawns. These three finger-food versions are so good, you'll be inspired to put a shrimp on the barbie any chance you get

STICKY SWEET SOY AND LEMONGRASS PRAWN SKEWERS

MAKES 16

PREP 20 MINUTES (PLUS 2 HOURS REFRIGERATION) **COOK** 5 MINUTES

YOU'LL NEED 16 SMALL SKEWERS FOR THIS RECIPE.

- ¼ cup kecap manis
- 1 lemongrass stalk (white part only), very finely chopped
- 2 kaffir lime leaves, deveined, very finely chopped
- 1 tablespoon lime juice
- 2 garlic cloves, crushed
- 16 medium green prawns, peeled (tails intact), deveined
- Thinly sliced green onion, to serve

- 1 Combine kecap manis, lemongrass, lime leaves, lime juice and garlic in a glass or ceramic bowl. Season with pepper. Add prawns. Toss to coat. Cover. Refrigerate for 2 hours.
- 2 Thread each prawn lengthways onto a skewer.
- 3 Heat a greased barbecue grill or chargrill pan on medium heat. Cook prawns, turning, for 2 to 3 minutes or until browned and just cooked through. Serve sprinkled with green onion.

NUTRITION: (each) 83kJ; 0.05g fat; 0.02g sat fat; 2.1g protein; 2.9g carbs; 0.1g fibre; 14mg chol; 192mg sodium.

CHILLI-SPICED PRAWNS WITH LIME AND MINT SALT

MAKES 16

PREP 20 MINUTES **COOK** 5 MINUTES

- 2 tablespoons plain flour
- 2 teaspoons chilli powder
- 1 teaspoon cracked black pepper
- 16 medium green prawns, peeled (tails intact), deveined
- 2 tablespoons extra virgin olive oil
- Lime wedges and ½ cup garlic aioli, to serve
- Lime and Mint Salt**
- 1 tablespoon sea salt
- 2 teaspoons finely grated lime rind
- 2 teaspoons finely chopped fresh mint leaves, plus extra mint sprigs to serve

- 1 **Make Lime and Mint Salt** Combine salt, lime rind and mint in a small bowl.
- 2 Combine flour, chilli powder and pepper in a bowl. Add prawns. Toss to coat all over, shaking off excess flour.
- 3 Heat oil in a large frying pan over medium-high heat. Add prawns. Cook, turning, for 3 to 4 minutes or until golden and just cooked through. Drain on paper towel. Transfer to a serving plate. Sprinkle with

½ the salt mixture. Serve with remaining salt mixture, lime, aioli and extra mint.

NUTRITION: (each) 311kJ; 6.5g fat; 0.8g sat fat; 2.3g protein; 1.4g carbs; 0.5g fibre; 17mg chol; 497mg sodium.

PRAWN AND CHORIZO BITES WITH SPICY APPLE DIP

MAKES 16

PREP 20 MINUTES **COOK** 15 MINUTES

YOU'LL NEED 16 SMALL SKEWERS.

- 1½ tablespoons extra virgin olive oil
- 1 green onion, thinly sliced
- 1 teaspoon dried chilli flakes
- 250g jar apple sauce
- 2 tablespoons honey
- 2 chorizo sausages
- 16 medium green prawns, peeled (tails intact), deveined
- 2 tablespoons chopped fresh coriander, plus extra leaves to serve

- 1 Heat 2 teaspoons oil in a saucepan over medium heat. Cook onion and chilli flakes for 2 minutes or until onion is softened. Add apple sauce and honey. Cook, stirring, for 5 minutes or until heated through. Remove from heat. Season. Set aside.
- 2 Trim the ends off each chorizo and discard. Cut each chorizo into 8 slices. Toss prawns in remaining oil to coat. Thread 1 prawn and 1 chorizo slice onto each skewer.
- 3 Heat a barbecue grill or chargrill pan on medium heat. Cook skewers for 2 to 3 minutes each side or until prawns are just cooked through and chorizo is browned and heated through. Transfer to a platter.
- 4 Transfer apple sauce mixture to a bowl. Stir in coriander. Serve skewers with apple dip and extra coriander.

NUTRITION: (each) 385kJ; 5.4g fat; 1.7g sat fat; 5g protein; 6.6g carbs; 0.3g fibre; 19mg chol; 176mg sodium. >

FRIENDS OVER PRAWN THREE-WAYS

STICKY SWEET SOY
AND LEMONGRASS
PRAWN SKEWERS

THE INFO

+ ASIAN
+ BARBECUE
+ FINGER FOOD

\$1.76
PER SERVE

CHILLI-SPICED
PRAWNS WITH LIME
AND MINT SALT

THE INFO

+ EASY
+ FINGER FOOD

\$1.75
PER SERVE

25

PRAWN AND
CHORIZO BITES WITH
SPICY APPLE DIP

THE INFO

+ BARBECUE
+ FINGER FOOD

\$2.54
PER SERVE

35

BULGOGI A-GO-GO

Skip the snags for this barbecued Korean-style lamb. Literally meaning 'fire meat', bulgogi is a sweet, salty marinade that's served with pickled carrot, rice and lettuce. Get guests to make their own cups for the easiest-ever dinner party!

KOREAN BULGOGI LAMB WITH RICE AND PICKLED CARROT CUPS

SERVES 6

PREP 20 MINUTES (PLUS 2 HOURS
REFRIGERATION) **COOK** 30 MINUTES

1kg butterflied lamb leg
300g bottle bulgogi marinade
2 green onions, chopped
2 tablespoons chilli sauce,
plus extra to serve
1½ cups medium-grain white rice
1 green oak lettuce, leaves separated
Sliced red chilli and green onion, to serve
Pickled Carrot
2 carrots
1 green onion, sliced
2 teaspoons sesame seeds, toasted
2 tablespoons rice wine vinegar

1 Place lamb in a shallow glass or ceramic dish. Combine marinade, onion and chilli sauce in a jug. Pour marinade over lamb. Turn to coat. Cover. Refrigerate for 2 hours, turning halfway through.

2 Make Pickled Carrot Using a vegetable peeler, peel carrots into short strips. Place carrot strips, onion, sesame seeds and vinegar in a glass or ceramic bowl. Season with salt and pepper. Toss to combine. Set aside to allow flavours to develop.

3 Heat a barbecue grill or chargrill pan on medium heat. Remove lamb from marinade, reserving marinade. Cook lamb, basting with reserved marinade, for 15 minutes. Turn. Cook, basting, for a further 15 minutes for medium, or until cooked to your liking. Turn off barbecue. Stand lamb for 10 minutes to rest.

4 Meanwhile, cook rice following packet directions until tender.

5 Slice lamb. Spoon rice onto lettuce leaves. Top with pickled carrot and lamb. Sprinkle with sliced chilli and green onion, and serve with extra chilli sauce.

NUTRITION: (per serve) 2639kJ; 21.9g fat; 8.7g sat fat; 38.3g protein; 67.3g carbs; 2.9g fibre; 115mg chol; 1448mg sodium. >





KOREAN BULGOGI
LAMB WITH RICE AND
PICKLED CARROT CUPS

THE INFO

+ ASIAN
+ BARBECUE
+ HIGH IN IRON

\$5.49
PER SERVE



TIM-TAMINGTON

When two Aussie classics are rolled into one, you know you're in for a ball of a time. These bite-sized treats are just the thing to serve guests at your Australia Day celebration – they'll roll out the door!

TIM TAM LAMINGTON BALLS

MAKES 40

PREP 45 MINUTES (PLUS 1 HOUR
30 MINUTES REFRIGERATION)

COOK 5 MINUTES

YOU'LL NEED 40 SMALL SKEWERS.

2 x 200g packets Tim Tams

½ cup macadamia nuts, toasted

2 tablespoons desiccated coconut

395g can sweetened condensed milk

200g block dark chocolate, chopped

Extra 1 cup desiccated coconut

1 Place Tim Tams and macadamias in a food processor. Process until mixture resembles fine crumbs. Transfer to a bowl. Stir in coconut and condensed milk until well combined.

2 Roll level tablespoons of mixture into balls. Place on a baking tray lined with baking paper. Refrigerate for 1 hour or until set.

3 Place chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring

with a metal spoon every 30 seconds, for 1 to 2 minutes or until smooth.

4 Dip the end of 1 skewer into melted chocolate. Push dipped end of skewer halfway into 1 ball. Repeat with remaining skewers, chocolate and balls. Refrigerate for 10 minutes.

5 Place the extra coconut in a shallow bowl. Re-melt chocolate, if needed. One at a time, dip the balls in the chocolate to coat. Lift balls, allowing the excess chocolate to drain. Roll in coconut to coat. Return to tray (see note). Refrigerate balls for 20 minutes or until set. Serve.

NUTRITION: (each) 561kJ; 6.9g fat; 4.2g sat fat; 1.9g protein; 15.1g carbs; 0.5g fibre; 5mg chol; 26mg sodium. ➤

Cook's note:

To keep the balls completely round while they set, insert the sticks into a piece of polystyrene so they stay upright.

TIM TAM
LAMINGTON
BALLS

THE INFO

+ CLASSIC UPDATE
+ SUPER EASY

\$0.33
EACH



FREE & EASY

If you're more of a novice than a 'Nigella' when it comes to baking, then this simple recipe, which doesn't even require a tin, is just what you need! The hardest part is stopping after one piece

FREE-FORM
NECTARINE TART
WITH ALMOND PASTRY

THE INFO

\$1.58
PER SERVE



FREE-FORM NECTARINE TART WITH ALMOND PASTRY

SERVES 8

PREP 40 MINUTES (PLUS 30 MINUTES
REFRIGERATION AND STANDING)

COOK 40 MINUTES

2 cups plain flour
½ cup almond meal
⅓ cup caster sugar
125g butter, chilled, chopped
1 egg yolk
1 tablespoon iced water
2 teaspoons vanilla bean paste
6 nectarines, halved, thinly sliced
Extra 20g butter, melted
2 tablespoons flaked almonds
¼ cup raspberry jam
Icing sugar and vanilla ice-cream, to serve

Filling
250g cream cheese, softened
2 tablespoons caster sugar
3 teaspoons rosewater essence

1 Place flour, almond meal, caster sugar and chopped butter in a food processor. Process until mixture resembles fine crumbs. Add egg yolk, iced water and vanilla. Process until mixture just comes together, adding a little extra iced water if needed. Shape dough into a disc. Cover with plastic wrap. Refrigerate for 30 minutes or until just firm.

2 Preheat oven to 200°C/180°C fan-forced.

3 **Make Filling** Using an electric mixer, beat cream cheese and caster sugar together until smooth and combined. Add rosewater essence. Beat until combined.

4 Roll out dough between 2 sheets of baking paper to form a 25cm x 38cm rectangle. Remove top layer of baking paper. Trim edges of pastry to neaten, if needed. Lift baking paper and pastry onto a baking tray.

5 Leaving a 2cm border, spread filling evenly over pastry. Arrange nectarine in rows, slightly overlapping, on top of filling. Fold edges of pastry over ends of nectarine to form a border. Brush pastry edge with melted butter.

6 Bake for 20 minutes. Sprinkle with almonds. Bake for a further 10 to 20 minutes or until pastry is golden and cooked through. Stand for 10 minutes.

7 Meanwhile, place jam in a microwave-safe bowl. Microwave on MEDIUM (50%) for 1 minute or until melted. Carefully strain mixture through a sieve. Drizzle tart with hot jam. Dust with icing sugar and serve with ice-cream.

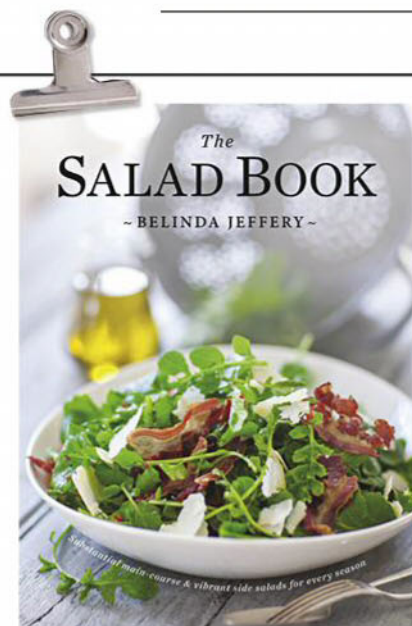
NUTRITION: (per serve) 2270kJ; 31.7g fat; 17.8g sat fat; 9.4g protein; 52.9g carbs; 4.2g fibre; 80mg chol; 256mg sodium. ■





The SALAD BOOK

In her distinct conversational style, Belinda Jeffery's recipes are as much a treat to read as they are to eat. Here, she shares three from her latest work, *The Salad Book*, to show us how surprising they can be



This is an edited extract from *The Salad Book* by Belinda Jeffery, with photography by Rodney Weidland (\$39.99, Lantern).

»» *Belinda says: This salad is a terrific example of how simple ingredients can be combined in surprisingly different ways. Basically, it's just the makings of many a meal – a piece of steak, tomatoes, salad greens and bread – but the way you prepare each ingredient lifts the whole thing to another level, and makes it taste so special and beautiful. Although I suggest marinating the meat, if you're short on time don't worry about this step; just brush it with oil before putting it on the barbecue.*

BARBECUED STEAK SALAD WITH CHERRY TOMATO VINAIGRETTE, CRUNCHY BREAD AND GREENS

SERVES 2 TO 3

PREP 30 MINUTES (PLUS STANDING)

COOK 25 MINUTES

- 1 large garlic clove, thinly sliced
- 2 fresh rosemary sprigs, leaves picked
- 2 (200g each) beef rib-eye steaks
- Extra virgin olive oil, for drizzling
- Freshly ground black pepper, to taste
- Sea salt flakes, to taste
- 3 to 4 handfuls of assorted salad greens, washed and gently dried
- 1½ tablespoons good-quality salad dressing, to taste
- Cherry Tomato Vinaigrette**
- ¼ cup extra virgin olive oil
- 1 small garlic clove, finely chopped
- 1 eschalot, very finely chopped
- 350g small ripe cherry tomatoes, halved (any tiny tomatoes can stay whole)
- 2 to 3 teaspoons red wine vinegar
- Sea salt and freshly ground black pepper, to taste

Crunchy Bread

- 120g pide bread, approximately
- 1 to 2 tablespoons extra virgin olive oil
- 1 Scatter ½ the garlic and ½ the rosemary over the base of a shallow dish. Sit the steaks on top and sprinkle with remaining garlic and rosemary. Drizzle with enough oil to coat lightly, then grind with pepper. Turn the steaks over a couple of times so they're well coated in the mixture, then cover and leave at room temperature for about 30 minutes, turning occasionally.
- 2 In the meantime, to make the cherry tomato vinaigrette, heat 1 tablespoon oil in a large frying pan over medium heat. Add the garlic and eschalot, and cook, stirring

regularly, for a few minutes or until eschalot has softened and looks slightly translucent. Add tomato. Stir until well coated in the oily mixture. Cook, stirring regularly, for 5 minutes or until tomato is beginning to release juices and look squishy. Remove pan from heat and mix in vinegar, remaining oil, and salt and pepper, to taste. (Some of the tomato may squash as you do this but it only makes the mixture taste better.) Set aside to cool slightly. (This makes about 1½ cups. You won't need all of it for this recipe; store any leftovers in the fridge and spoon over fish or lamb – it's delicious.)

3 Preheat oven to 200°C/180°C fan-forced and line a small baking tray with baking paper. At the same time, preheat barbecue to medium-high.

4 For the crunchy bread, remove crusts from the bread with a sharp serrated knife. Tear the bread into small bite-sized pieces and drop them into a bowl. Drizzle bread with oil and, with your fingers (wearing a disposable glove, if you like), swizzle the bread around in the oil so all the oil is absorbed. Spread bread in a single layer on the prepared baking tray and place in the oven. Bake for 8 to 10 minutes, tossing once or twice, until golden and crunchy. Remove tray from the oven and leave the bread to cool slightly.

5 Scrape garlic and rosemary off the steaks; season lightly with sea salt, then place on the barbecue. Cook for 2 to 3 minutes each side or until cooked to your liking. Transfer to a warm plate. Set aside for 5 minutes to rest, then slice across the grain into thick strips.

6 To serve, toss salad greens with dressing. Layer greens with steak strips, spoonfuls of vinaigrette and bread pieces. Continue layering until all the meat and greens are used. Finish with any remaining bread, and serve with remaining vinaigrette. >



BARBECUED STEAK
SALAD WITH CHERRY
TOMATO VINAIGRETTE,
CRUNCHY BREAD
AND GREENS

THE INFO

\$7.06
PER SERVE

JAPANESE-STYLE
MARINATED SALMON,
PICKLED CUCUMBER
AND RADISH SALAD

THE INFO

+ NO COOK

\$5.47
PER SERVE



JAPANESE-STYLE MARINATED
SALMON, PICKLED CUCUMBER
AND RADISH SALAD

SERVES 4 AS AN ENTREE (OR 2 AS
A LIGHT MEAL)

PREP 30 MINUTES (PLUS FREEZING AND
3 HOURS REFRIGERATION)

450g skinless, boneless salmon fillet

⅓ cup mirin

2 tablespoons soy sauce

3 teaspoons very finely grated ginger

¾ to 1 teaspoon sesame oil

Pinch of sea salt, to taste

6 radishes, cut into matchsticks

50g packet radish sprouts

1 just-ripe avocado, diced

Pickled Cucumber

4 large or 6 small Lebanese cucumbers

100ml rice vinegar

100g caster sugar

2 teaspoons sea salt

1 Line a plate with baking paper. Place salmon on plate and cover with plastic

wrap. Place in the freezer until the salmon has firmed up but isn't frozen – this will help make slicing it much easier.

2 Meanwhile, whisk the mirin, soy sauce, ginger, oil and salt together in a bowl.

3 Once the salmon feels firm, remove from the freezer and use a sharp knife to slice it very thinly. Lay the slices, side by side, in a shallow dish, then drizzle with the mirin mixture. Cover the dish tightly with plastic wrap and refrigerate for 2 to 3 hours.

4 30 minutes before serving, make the pickled cucumber. Run a vegetable peeler repeatedly down the length of each cucumber to form long narrow ribbons, stopping when you get to the seedy core. Place ribbons in a large bowl. Discard seedy cores and the first ribbons on each side.

5 Whisk the vinegar, sugar and salt until sugar and salt dissolves. Pour mixture over the cucumber and gently combine. Cover bowl and place in the fridge.

6 To serve, place radish, sprouts and avocado in a bowl. Remove cucumber

ribbons from liquid, letting excess liquid drain, then add to the radish mixture.

Drizzle in a little of the liquid from the cucumbers and gently mix together.

7 Remove salmon from the fridge and arrange a ring of salmon slices on each plate. Make a pile of cucumber and radish salad in the centre of ring and serve.

ROASTED ASPARAGUS AND
SAUTÉED HALOUMI SALAD

SERVES 4

PREP 20 MINUTES **COOK** 10 MINUTES

½ cup olive oil, approximately

⅓ cup cornflour

200g haloumi, cut into 5mm-thick slices

2 to 3 sprigs fresh tarragon

Edible flowers (optional) and lemon wedges, to serve

Roasted Asparagus

650g asparagus spears, trimmed

2 to 3 tablespoons extra virgin olive oil

Sea salt and freshly ground black pepper, to taste

1 To make the roasted asparagus, preheat oven to 250°C/230°C fan-forced and line a large baking tray with baking paper. Place the asparagus on the tray and drizzle with oil to coat well. Spread the spears out in a single layer, then slide the tray onto the top shelf of the oven and roast for 7 to 10 minutes, or until the spears are tender when pierced with a fine skewer. As soon as they're ready, remove from the oven and sprinkle lightly with salt and pepper.

2 Just before the asparagus comes out of the oven, heat the oil in a large non-stick frying pan over medium heat. Place cornflour in a shallow bowl. Dip haloumi slices into the cornflour to coat all over (if it doesn't stick, lightly moisten the slices with water), gently shaking to remove excess cornflour. Cook slices in a single layer for about 1 minute each side, or until the cheese is golden brown. Remove from pan and drain on paper towel.

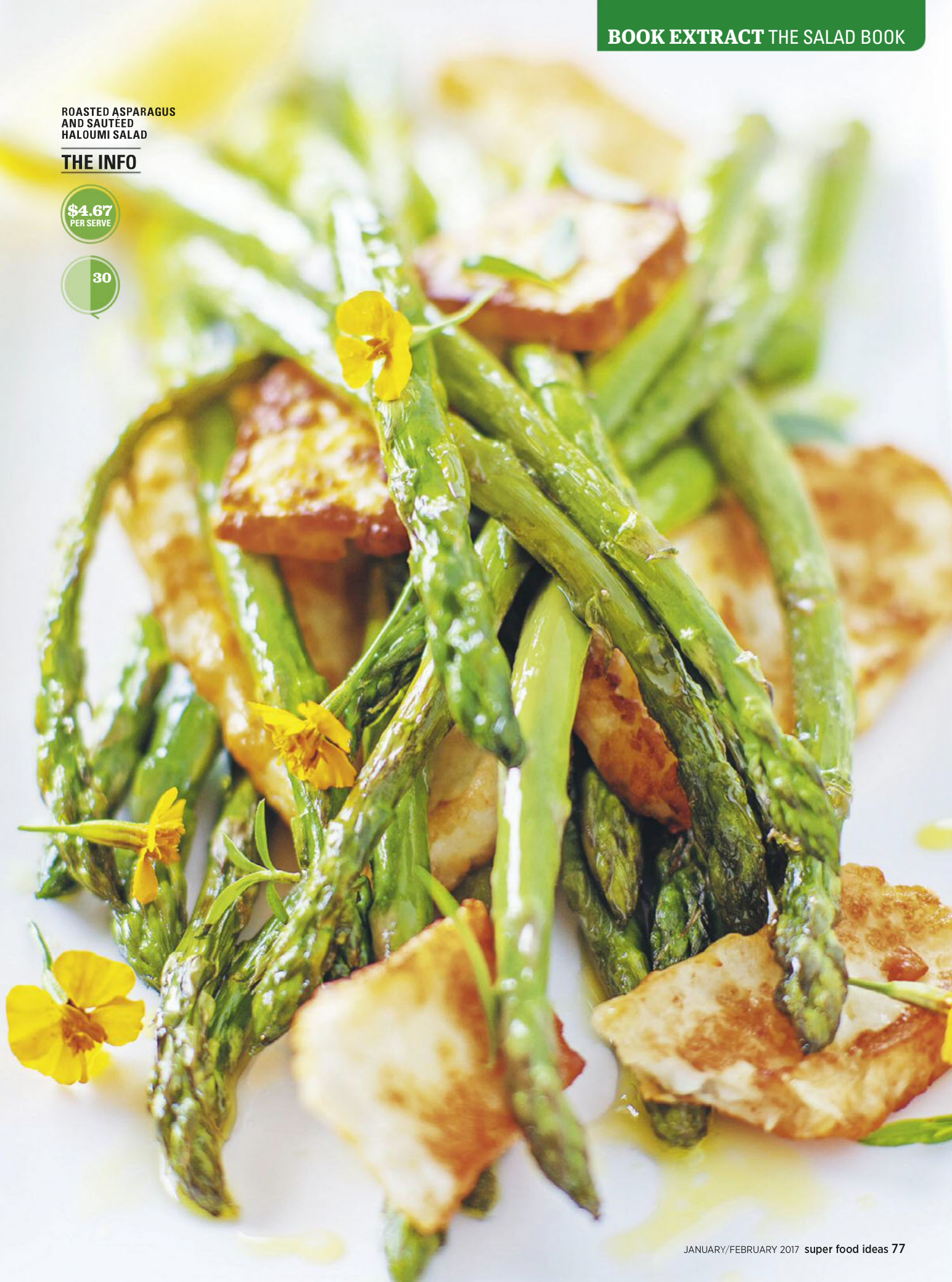
3 To serve, sit a pile of asparagus spears on each plate, dotting the haloumi slices here and there (I sometimes break the haloumi into smaller pieces, as I've done in the image, right). Sprinkle with tarragon leaves and flowers, if using, and serve with lemon wedges. Serve immediately. ■

ROASTED ASPARAGUS
AND SAUTEED
HALOUMI SALAD

THE INFO

\$4.67
PER SERVE

30



CUTE ASI!



Claire says: These buttery biscuit versions of love heart lollies are the sweetest kind of secret messages to send to someone this Valentine's Day



LOVE HEART BISCUITS

MAKES 35

PREP 2 HOURS (PLUS 30 MINUTES REFRIGERATION, COOLING AND 30 MINUTES STANDING)

COOK 30 MINUTES

YOU'LL NEED 6CM ROUND AND 4.8CM HEART-SHAPED CUTTERS, AND ALPHABET STAMPS FOR THIS RECIPE.

125g butter, chilled, chopped

1⅓ cups plain flour, plus extra for dusting

¼ cup malted milk powder

⅓ cup pure icing sugar, plus extra for dusting

1 egg

500g ready to roll white icing

1 teaspoon strawberry essence

Pink, green, blue, purple and yellow gel food colouring

1 Place butter, flour, milk powder and icing sugar in a food processor. Process until mixture resembles fine crumbs. Add egg. Process until mixture just comes together. Turn dough out onto a lightly floured surface. Knead until smooth. Shape into a disc. Cover in plastic wrap. Refrigerate for 30 minutes.

2 Preheat oven to 170°C/150°C fan-forced. Line 2 large baking trays with baking paper. Roll out dough between 2 sheets of baking paper until 5mm thick. Using a 6cm round cutter, cut rounds from dough, re-rolling and cutting trimmings. Place rounds, 2cm apart, on prepared trays.

3 Bake 1 tray at a time for 12 to 15 minutes or until light golden. Stand for 5 minutes. Transfer to a wire rack to cool completely.

4 Meanwhile, dust a flat surface with extra icing sugar. Knead white icing until smooth.

Knead in strawberry essence. Divide icing into 5 equal portions. Using food colouring, tint one portion pink, one portion green, one portion blue, one portion purple and remaining portion yellow.

5 Roll out pink icing between 2 sheets of baking paper until 3mm thick. Using a 6cm round cutter, cut 1 round from icing. Lightly brush 1 biscuit with water. Using the picture as a guide, top biscuit with icing round. Gently press to secure. Press a 4.8cm heart-shaped cutter into icing on biscuit. Using alphabet stamps, stamp messages onto biscuits. Repeat with remaining biscuits, water and icing portions. Set aside for 30 minutes or until icing is firm. Serve.

NUTRITION: (each) 467kJ; 3.7g fat; 2.5g sat fat; 1g protein; 18.3g carbs; 0.2g fibre; 11mg chol; 34mg sodium.



LOVE HEART
BISCUITS

THE INFO

+ GIFT
+ KID FRIENDLY

\$0.20
EACH



GLUTEN-FREE LUNCH WRAPS

Quick to whip up and easy to make, these gluten-free wraps not only taste like the real thing, but are kind to the wallet, too! Plus, check out our filling ideas for back-to-school success



Claire says:

+ FOR THE GLUTEN-FREE SWEET POTATO AND THYME WRAPS:

We filled these wraps with tuna and Greek salad. We used roughly torn cos lettuce leaves, sliced tomato, ribbons of Lebanese cucumber, drained and flaked tuna in oil, pitted and sliced kalamata olives, fresh flat-leaf parsley leaves and gluten-free tzatziki.

+ FOR THE GLUTEN-FREE FLAXSEED AND SESAME WRAPS: We filled these wraps with Vietnamese chicken salad. We used roughly torn oak lettuce leaves, ribbons of carrot and Lebanese cucumber, fresh coriander leaves, sliced cooked chicken, gluten-free whole egg mayonnaise, gluten-free sweet chilli sauce and trimmed bean sprouts.

GLUTEN-FREE SWEET POTATO AND THYME WRAPS

MAKES 8

PREP 10 MINUTES

(PLUS 10 MINUTES COOLING)

COOK 30 MINUTES

150g orange sweet potato, peeled, grated

2½ cups gluten-free white bread mix

1 teaspoon salt

1 tablespoon roughly chopped fresh thyme leaves

1 tablespoon extra virgin olive oil

1 Place sweet potato in a microwave-safe bowl. Cover with plastic wrap. Microwave on HIGH (100%) for 3 to 4 minutes or until just tender. Remove plastic wrap. Cool for 10 minutes.

2 Combine the bread mix, salt, thyme leaves and cooled sweet potato in a large bowl. Season with pepper. Add 1½ cups water. Whisk until smooth and combined.

3 Heat a large frying pan over medium heat. Brush pan with a little of the oil (see notes). Spoon ½ cup batter into the pan. Using a palette knife, spread batter to form a 20cm round. Cook for 2 minutes or until golden brown. Turn round over. Cook for a further 1 minute or until cooked through. Wrap in a clean tea towel to cool. Repeat with remaining batter to make 8 wraps (see notes).

NUTRITION: (each) 498kJ; 3.2g fat; 0.4g sat fat; 1.1g protein; 20.7g carbs; 1.1g fibre; 0mg chol; 556mg sodium.

GLUTEN-FREE FLAXSEED AND SESAME WRAPS

MAKES 8

PREP 10 MINUTES COOK 25 MINUTES

2½ cups gluten-free white bread mix

1 tablespoon brown flaxseeds

1 tablespoon sesame seeds, toasted

1 teaspoon salt

1 tablespoon extra virgin olive oil

1 Combine bread mix, seeds and salt in a bowl. Season with pepper. Add 1½ cups water. Whisk until smooth and combined.

2 Heat a large frying pan over medium heat. Brush pan with a little oil (see notes). Spoon ½ cup batter into pan. Using a palette knife, spread batter to form a 20cm round. Cook for 2 minutes or until golden brown. Turn. Cook for a further 1 minute or until cooked through. Wrap in a clean tea towel to cool. Repeat with remaining batter to make 8 wraps (see notes).

NUTRITION: (each) 511kJ; 4.5g fat; 0.6g sat fat; 1.3g protein; 18.3g carbs; 1.1g fibre; 0mg chol; 555mg sodium. ■

Cook's notes:

- + Batter may thicken on standing. Add an extra 1 to 2 tablespoons of water, if needed.**
- + Store wraps in a snap-lock bag in the fridge for up to 3 days.**

GLUTEN-FREE
SWEET POTATO
AND THYME
WRAPS

THE INFO

+ GLUTEN FREE
+ MAKE AHEAD

\$0.56
PER WRAP

40



GLUTEN-FREE
FLAXSEED AND
SESAME WRAPS

THE INFO

+ GLUTEN FREE
+ MAKE AHEAD

\$0.34
PER WRAP

35



ACE OF BASE



Claire says: Using five healthy staples as a base, I've come up with four simple, better-for-you recipes to satisfy your sweet cravings whenever they hit





RASPBERRY AND COCONUT BLISS BALLS

MAKES 16

PREP 20 MINUTES (PLUS 20 MINUTES REFRIGERATION)

- 1 cup coconut flakes
- 1 cup traditional rolled oats
- ½ cup pepita and sunflower seed mix
- ½ cup almond kernels
- ½ cup cashew spread
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ½ cup frozen raspberries

1 Place ½ the coconut flakes in a food processor. Process until roughly chopped. Transfer to a shallow bowl. Set aside.

2 Place oats, seed mix, almonds, cashew spread, honey, vanilla, raspberries and remaining coconut in a food processor. Process until mixture is finely chopped and just comes together.

3 Roll 1 level tablespoon of mixture into balls. Roll in coconut to lightly coat. Place on a large plate. Refrigerate for 20 minutes or until firm. Serve.

NUTRITION: (each) 685kJ; 11.2g fat; 3.9g sat fat; 4.7g protein; 10.3g carbs; 2.5g fibre; 0mg chol; 5mg sodium. >

RASPBERRY AND COCONUT BLISS BALLS

THE INFO

+ NO COOK
+ SUPER EASY

\$0.49
EACH

40





MIXED BERRY
BAKED OAT
PUDDING, p86

THE INFO

+ HIGH FIBRE
+ SUPER EASY

\$1.19
PER SERVE

45



*Sweet berries and crunchy nuts
and seeds make this lighter
pudding perfect for summer.*

HONEY AND
CINNAMON
OVERNIGHT
OATS, p86

THE INFO

+ HIGH FIBRE
+ MAKE AHEAD

\$2.62
PER SERVE



HONEY AND CINNAMON OVERNIGHT OATS

THE INFO

+ HIGH FIBRE
+ MAKE AHEAD

\$2.62
PER SERVE



HONEY AND CINNAMON OVERNIGHT OATS

SERVES 4

PREP 15 MINUTES (PLUS OVERNIGHT REFRIGERATION AND COOLING)

COOK 10 MINUTES

YOU'LL NEED TO START THIS RECIPE THE DAY BEFORE SERVING.

- 2 cups traditional rolled oats
- ½ cup almond kernels, roughly chopped
- 1½ cups reduced-fat milk
- 1½ cups plain reduced-fat Greek-style yoghurt, plus extra to serve
- 1 teaspoon ground cinnamon
- 2½ tablespoons honey
- ¼ cup pepita and sunflower seed mix
- 1 tablespoon coconut flakes
- 2 peaches, cut into thin wedges
- 2 passionfruit, halved

1 Place oats, almonds, milk, yoghurt, cinnamon and 2 tablespoons honey in a bowl. Stir to combine. Divide mixture among 4 x 1-cup-capacity glass jars. Secure lids. Refrigerate overnight (see note).

2 Meanwhile, preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Place seed mix and coconut on prepared tray. Drizzle with remaining honey. Bake for 5 to 10 minutes or until golden. Set aside to cool.

3 Break seed mixture into pieces. Serve oats topped with extra yoghurt, peach wedges, passionfruit pulp and seed mixture.

NUTRITION: (per serve) 2656kJ; 27.3g fat; 7.5g sat fat; 23.2g protein; 69g carbs; 11.1g fibre; 5mg chol; 136mg sodium.



MIXED BERRY BAKED OAT PUDDING

SERVES 8

PREP 10 MINUTES (PLUS 5 MINUTES STANDING) **COOK** 30 MINUTES

- 4 cups traditional rolled oats
- ½ cup coconut flakes
- 1 tablespoon mixed spice
- 1½ teaspoons baking powder
- 3 eggs
- 1½ cups milk
- 2 x 120g tubs apple purée
- ½ cup honey, plus extra to serve
- ½ cup frozen raspberries
- ½ cup frozen blueberries
- 1 tablespoon pepita and sunflower seed mix
- ¼ cup almond kernels, roughly chopped
- 1 cup low-fat coconut yoghurt, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease a 4cm-deep, 17cm x 22cm (base), 20.5cm x 26cm (top) enamel baking dish.

2 Place oats, coconut, mixed spice and baking powder in a large bowl. Stir to combine. Place eggs, milk, apple purée

and honey in a medium bowl. Whisk to combine. Add egg mixture to oat mixture. Stir to combine. Pour mixture into prepared pan. Sprinkle with berries, seed mix and almonds. Bake for 25 to 30 minutes or until golden and just set. Stand for 5 minutes. Drizzle pudding with extra honey. Serve with yoghurt.

NUTRITION: (per serve) 2027kJ; 15.1g fat; 5.8g sat fat; 15.5g protein; 67.5g carbs; 8.3g fibre; 84mg chol; 183mg sodium.

Cook's note:

+ FOR THE HONEY AND CINNAMON OVERNIGHT OATS: These oats will keep in the fridge for up to 3 days.



MIXED BERRY
BAKED OAT
PUDDING

THE INFO

+ HIGH FIBRE
+ SUPER EASY

\$1.19
PER SERVE

45



BLUEBERRY
AND BANANA
BICKIE BITES

THE INFO

\$0.48
EACH

50



BLUEBERRY AND BANANA BICKIE BITES

MAKES 25

PREP 25 MINUTES (PLUS COOLING)

COOK 15 MINUTES

½ cup almond kernels

½ cup coconut flakes

2 cups traditional rolled oats,
plus extra to sprinkle

1 large over-ripe banana

1 egg, lightly beaten

¼ cup honey

¼ cup almond spread

70g packet dried blueberries (see note)

½ cup pepita and sunflower seed mix

1 teaspoon ground cinnamon

1 Preheat oven to 180°C/160°C fan-forced.
Line a large baking tray with baking paper.

2 Place almonds, coconut and 1 cup
oats in a food processor. Process until
mixture resembles fine breadcrumbs.
Transfer mixture to a bowl. Add banana
to food processor. Process until smooth.
Add to oat mixture with egg, honey,
almond spread, blueberries, seed mix,

cinnamon and remaining oats. Stir until
well combined.

3 Using 1 level tablespoon of mixture
at a time, roll and shape mixture into
4cm rounds. Place, 2cm apart, on
prepared tray. Sprinkle with extra oats.
Bake for 10 to 12 minutes or until golden.
Stand on tray for 5 minutes. Transfer
to a wire rack to cool. Serve.

NUTRITION: (each) 525kJ; 6.6g fat;
1.4g sat fat; 3.5g protein; 12.2g carbs;
2.2g fibre; 8mg chol; 5mg sodium. ■

Cook's note:

Dried blueberries can be found in the dried
fruit and nut aisle of large supermarkets. If
unavailable, you could use sultanas, dried
cranberries or chopped dried apricots instead.



RECIPE recollections

Amber's grandma, Elsie, would always have something sweet at the ready when Amber returned from university and this simple slice was her go-to

My grandmother, Elsie, was born in Lithuania in 1916. She was forced to flee war-torn Lithuania in WWII and in Germany met my grandfather, Joseph. They migrated to Australia, arriving with all their possessions in two suitcases at the Bathurst Migrant Camp in regional NSW. They settled there and had three children - George, Irene, and my mother, Ellen.

Elsie loved to cook and entertain, and would spend hours in the kitchen. As a child I loved visiting them as there was lots of yummy food. After I left school, I was lucky to be able to live with Grandma while I was studying in Bathurst.

Friday night was a special end of week feast shared with the neighbours. Elsie would spend the whole week deciding what to make (it was generally three courses) and no sooner was it over than she'd be planning the next Friday feast.

Elsie made food the centre of family get-togethers. I remember gatherings where laughter, stories, and wonderful food, prepared by my very special grandmother, were all shared.'

Amber, Elsie's granddaughter

FROM TOP LEFT: ELSIE AT HER HOME IN BATHURST, ELSIE IN HER EARLY TWENTIES, AMBER WITH ELSIE WITH WHOM SHE LIVED WHILE STUDYING IN BATHURST.

ELSIE'S PLUM AND COCONUT SLICE

SERVES 12

PREP 20 MINUTES (PLUS 30 MINUTES STANDING) COOK 25 MINUTES

125g unsalted butter, softened

¼ cup caster sugar

1 teaspoon vanilla essence

1 egg

½ cup plain flour

¾ cup self-raising flour

¼ cup almond meal

¼ cup milk

½ cup plum jam

Coconut Topping

60g unsalted butter, softened

¼ cup caster sugar

1 egg

2 tablespoons self-raising flour

1¾ cups shredded coconut

1 Preheat oven to 200°C/180°C fan-forced. Grease an 18cm x 28cm (base) slice pan. Line base and sides with baking paper.

2 Using an electric mixer, beat the butter, sugar, vanilla and egg until well combined and mixture is creamy. Stir in the plain flour, self-raising flour, almond meal and milk. Spoon mixture into prepared pan, spreading with a spatula to level. Top with jam. Spread gently to form an even layer.

3 Make Coconut Topping Using electric mixer, beat the butter and the sugar together until light and fluffy. Add egg. Beat until just combined. Stir in flour and coconut. Spoon topping evenly over jam layer.

4 Bake for 10 minutes. Reduce heat to 180°C/160°C fan-forced. Bake for a further 15 minutes or until topping is golden. Stand for 30 minutes. Cut into squares. Serve slice warm or cold.

NUTRITION: (per serve) 1361kJ; 20.8g fat; 13.8g sat fat; 4.2g protein; 30.4g carbs; 1.3g fibre; 58mg chol; 90mg sodium. ■

Do you have a Recipe Recollection to share?

Whether it's apple sponge pudding or potato gnocchi, a recipe from Nanna, Nonna or Grandma is always something special. So special, in fact, it deserves a place in our magazine! If you have a recipe from your family that you'd like to share then we'd love to hear from you. Write to us at Super Food Ideas, NewsLifeMedia, Level 1, Bag 5030, Alexandria, NSW 2015, or email superfoodideas@news.com.au.

GRANDMA'S KITCHEN PLUM AND COCONUT SLICE



ELSIE'S PLUM AND COCONUT SLICE

THE INFO

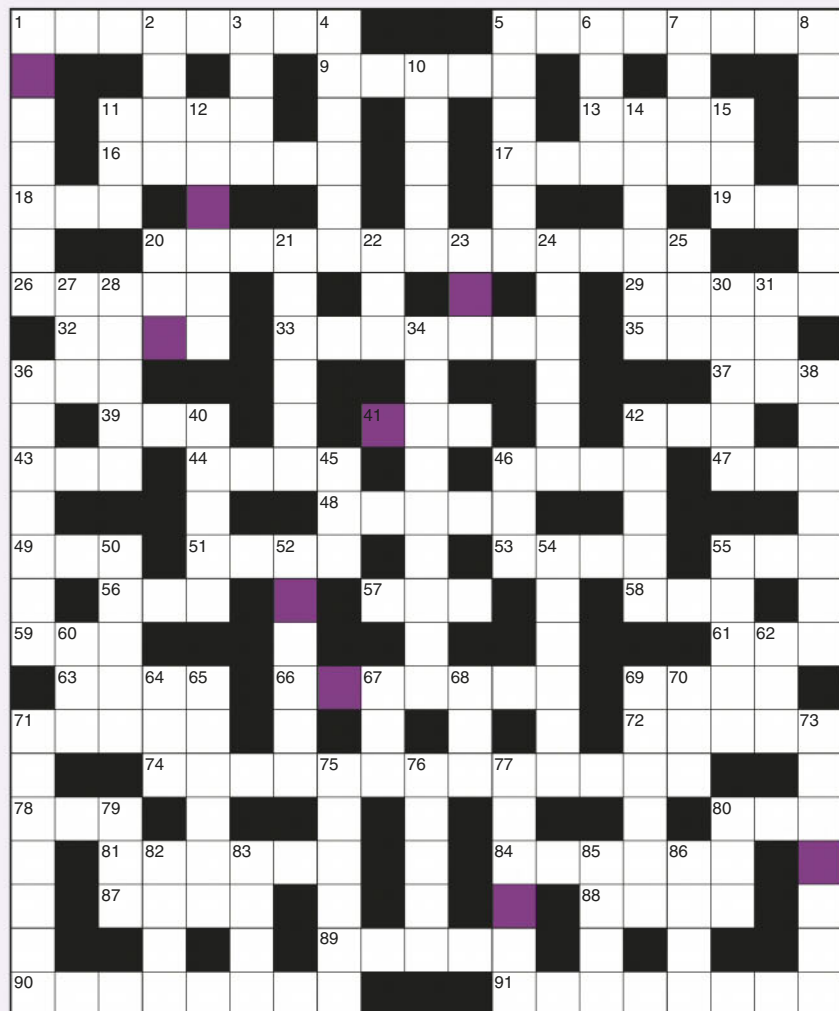
+ SUPER EASY

\$0.41
PER SERVE



PUZZLES

CROSSWORD WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD.



ACROSS

- 1 Cool and detached
- 5 Coleslaw vegetables
- 9 US, ... Sam
- 11 Fence pole
- 13 Defendant's bond money
- 16 Entangle
- 17 Scanty
- 18 Barrel
- 19 Dead ... Scrolls
- 20 Grand Canyon waterway (8,5)
- 26 Fortune-telling pack
- 29 Surprise attacks
- 32 Saucer or plate
- 33 Broke (egg)
- 35 Young Women's Christian Association (1,1,1,1)
- 36 Non-verbal yes
- 37 Unusual
- 39 Natter
- 41 A rose between ... thorns
- 42 Barbie doll's mate
- 43 Dessert, pecan ...
- 44 Perform again
- 46 Used to be
- 47 Bawl
- 48 Land, terra ...
- 49 Children's animation hit, Monsters, ...
- 51 Pardon?
- 53 Skeleton photo (1-3)
- 55 Magnetic resonance imaging (1,1,1)
- 56 Place offering food and lodging
- 57 Snack, afternoon ...
- 58 From the menu, ... carte (1,2)
- 59 Droop
- 61 British flying force (1,1,1)
- 63 Lumps (of cotton wool)
- 66 Food crustacean
- 69 Quagmires
- 71 Deserve
- 72 Overweight
- 74 Illustrative
- 78 Marsupial pouch
- 80 Occupied seat
- 81 Choux pastry treat
- 84 Marmalade fruit
- 87 Overthrow
- 88 Defeat
- 89 Avoid
- 90 Bothered
- 91 Superfluous

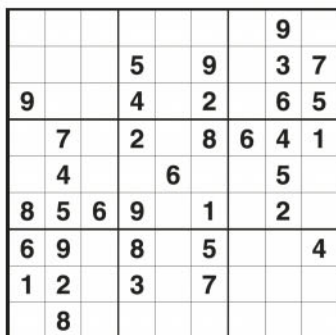
DOWN

- 1 Outdoor summer game
- 2 Lunch-time hour
- 3 Actress, ... Blanchett
- 4 Civil rights leader, Martin ... King Jr
- 5 Bleep out (obscenities)
- 6 Arabian Nights hero, Ali ...
- 7 Unchanged (2,2)
- 8 Jam and peanut butter
- 10 Diced
- 11 Clothesline clip
- 12 Suave
- 14 Blood vessel
- 15 Musical, ... Misérables
- 20 Greek salad lettuce
- 21 Exotic flower
- 22 Also known as (1,1,1)
- 23 Sturdy tree
- 24 Bring on (birth)
- 25 Uncooked
- 27 Fuss
- 28 Mountain range top
- 30 Cultural symbols
- 31 Male parent
- 34 Colleagues (2-7)
- 36 Serviettes
- 38 Quiz (returning soldiers)
- 40 Jellied meat loaf
- 42 Nairobi's republic
- 45 Frequently (poetic)
- 46 Candle material
- 50 Havana product
- 52 NASA moon mission
- 54 Rue
- 55 Homer Simpson's wife
- 60 Reverence
- 62 Fool
- 64 Completed
- 65 Shoplifts
- 67 Coach
- 68 ... and feather
- 69 Cow-like
- 70 Queen's honour (1,1,1)
- 71 Hoped-for deliverer
- 73 Meal courses
- 75 Looked after (invalid)
- 76 Little crown
- 77 Roused
- 79 Managing director (1,1,1)
- 80 Lay (table)
- 82 Caribbean nation
- 83 Cash points (1,1,2)
- 85 Competent
- 86 Correctional institution

SOLUTION:

SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3 x 3 box.

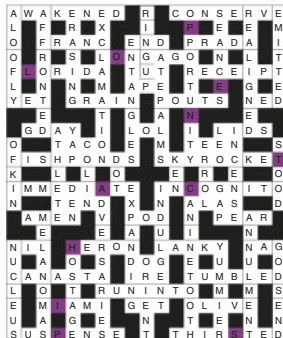


DECEMBER ISSUE'S SOLUTIONS

Issue 187, Sudoku (below left)
Issue 187, Crossword (below right):
Polenta chips



Lovatts
www.lovattspuzzles.com



NEWSLIFEMEDIA PRIVACY NOTICE

NewsLifeMedia collects information about you, including for example your name and contact details which you provide when registering or using our services as well as information from data houses, social media services, our affiliates and other entities you deal or interact with for example by using their services. We collect and use that information to provide you with our goods and services, to promote and improve our goods and services, for the purposes described in our Privacy Policy and for any other purposes that we describe at the time of collection. We may disclose your information to our related companies, including those located outside Australia. Any of us may contact you for those purposes (including by email and SMS). We may also disclose your information to our service and content providers, including those located outside Australia. If you do not provide us with requested information we may not be able to provide you with the goods and services you require. Where you have entered a competition, we may disclose your personal information to authorities if you are a prize winner or otherwise as required by law. Further information about how we handle personal information, how you can complain about a breach of the Australian Privacy Principles, how we will deal with a complaint of that nature, how you can access or seek correction of your personal information and our contact details can be found in our Privacy Policy, news corporaustrialiprivacy.com.

SUPER SHELF

Check out these great products in shops and supermarkets



Ginger spice

Keep cool and hydrated this summer with a four-pack of Buderim Ginger Beer, \$5, in original and pear flavours. The non-alcoholic range is made with the freshest Australian ginger and contains no artificial colours or flavours. Great on its own or used in mocktails, you can find it at Coles, Woolworths and selected IGA supermarkets.



Use your noodles

Indomie Mi Goreng Barbecue Chicken Flavour Instant Noodles, \$2.75 for a pack of five, brings home the authentic flavours of Indonesia with a blend of spices and sauces. For a quick midday or evening meal, cook them with some leftover vegies and top with a fried egg for a dish that's ready in minutes. Visit oriental.com.au.



Fancy that

Treat your feline friend to the limited edition Fancy Feast Classic Collection, featuring a range of cat accessories and homewares designed by Australian fashion designer, Leona Edmiston. Simply purchase any Fancy Feast Classic can from supermarkets, collect points and redeem at fancyfeast.com.au. Terms and Conditions apply.



Get shakin'

Jump on board the 'freakshake' bandwagon with the Aeroplane Jelly Shake Mix range, \$4.99. Mix and match your homemade thickshakes with choc hazelnut, salted caramel, choc lamington or peanut butter fudge syrup and finish with nuts and lollies for an extravagant treat. Find them at Coles.



Big and soft

The new Abbott's Village Bakery Gluten Free range, \$6.99, is ideal for those who can't eat gluten and are looking for a product that has the taste of regular bread. Available in mixed seeds, and soy and linseed, you'll find the new range at Woolworths and selected Coles stores.



Open sesame

Keep a bottle of Kewpie Roasted Sesame Salad Dressing, \$5.49, in the pantry for easy entertaining. The creamy texture and nutty sesame flavour shines in udon noodle salads, as a glaze for barbecued meats or with vegies as a dipping sauce. Find it at Coles and Woolworths.



Turning Japanese

Made from only organic wheat flour, salt and water, Hakubaku Udon Noodles, \$4, are a Japanese-style noodle ideal for soups, stir-fries and hotpots. Their soft, slightly chewy texture is also excellent cold, making them perfect for summery noodle salads. Find the noodles at Coles and Woolworths.



Get set - yo!

Top cereals and desserts with delicious homemade yogurt from the EasiYo Yogurt Maker, \$24.99, and sachets, \$4.99. Free from artificial colours and preservatives, each sachet makes one kilo, so you'll never run out of yogurt! Choose from natural, caramel and fruit flavours. Find it at Coles and Woolworths.



Incredibly indulgent

Craving something a little special? Sink your spoon into the Sara Lee Incredibly Crunchy Chocolate and Orange Cheesecake, \$7.69. A layer of cheesecake sits on a biscuit base for an indulgent dessert, perfect to serve when guests drop in unannounced. Find it at Coles and Woolworths.

JOIN SUPER FOOD IDEAS AS WE CELEBRATE » YEAR OF THE ROOSTER

CHINESE NEW YEAR

Prosperity salad

Mix and toss this salad as high as you can to bring you good fortune in the Year of the Rooster!

family fun!

SERVE THIS TRADITIONAL SALAD AS PART OF YOUR LUNAR NEW YEAR FEAST

KUNG HEI FAT CHOY!

CELEBRATE THE NEW YEAR WITH THESE EASY, AUTHENTIC AND FAMILY-FRIENDLY DISHES



PORK AND CORIANDER MONEY BAGS



ROAST CHICKEN WITH LONGEVITY NOODLES



THAI GREEN CURRY FISH

CELEBRATE

the Year of the Rooster



Kim says: A vibrant banquet of classic Malaysian and Thai dishes that bring good fortune and health for the year ahead – now that's something to crow about!

Chinese New Year (also known as the Spring Festival or Lunar New Year) kicks off January 28 and marks the first day of the new year in the Chinese calendar. Celebrations go for two weeks and occur all over the world. To celebrate the diversity of this festival, we're making recipes from Malaysia and Thailand.

I love the tradition and symbolism that flows through Chinese New Year, especially when it comes to food – not just the ingredients but also the way they're prepared and served.

Money bags (fried dumplings) symbolise wealth, of course. Legend

has it, the more dumplings you eat during the festivities, the more money you'll make in the coming year (as if I needed an excuse to eat more dumplings!).

The Malaysian Prosperity Salad symbolises vigour and abundance. Each person tosses the salad with chopsticks; it's thought the higher the toss, the better the new year. We've also made longevity noodles, always served uncut to represent a long life, and a whole chicken, symbolising family togetherness.

The last dish is Thai Green Curry Fish (fish sounding like the word 'surplus' in Chinese) and if you leave some left over, you'll help continue your good fortune through the new year. Happy new year everyone – *kung hei fat choy!*

Kim

**KIM COVERDALE,
FOOD DIRECTOR**



... is Mi Goreng



flavour, favoured by the world



PORK AND
CORIANDER
MONEY BAGS

THE INFO

\$0.27
EACH

45

PENANG ROAST
CHICKEN WITH
LONGEVITY
NOODLES

THE INFO

\$4.32
PER SERVE



PORK AND CORIANDER MONEY BAGS

MAKES 40

PREP 30 MINUTES COOK 15 MINUTES

40 fresh garlic chives (see notes)

2 sprigs fresh coriander with stem and root attached (see notes)

250g pork mince

½ x 227g can water chestnuts, drained, finely chopped

1 tablespoon oyster sauce

1 teaspoon grated palm sugar

1 teaspoon lemongrass paste

40 wonton wrappers

Peanut oil, for shallow-frying

Sweet and Sour Dipping Sauce

2 tablespoons fish sauce

2 tablespoons lime juice

1 tablespoon grated palm sugar

1 small red chilli, seeded, finely chopped

1 Place chives in a heatproof bowl. Cover with boiling water. Drain immediately. Place in a bowl of cold water. Drain again. Pick leaves from coriander and reserve. Finely chop coriander stem and root. Place in a bowl. Add mince, water chestnuts, oyster sauce, sugar and lemongrass paste. Using your hands, mix to combine.

2 Place 1 wrapper on a flat surface. Spoon 1 teaspoon mince mixture in centre of wrapper. Brush edge with cold water. Fold up sides to form a sack, pinching to enclose filling. Tie with a chive to secure. Trim chive. Repeat to make 40 money bags.

3 Heat oil in a large, deep frying pan or wok over medium-high heat. Cook money bags, in 4 batches, turning, for 2 to 3 minutes or until browned and cooked through. Drain on paper towel.

4 **Meanwhile, make Sweet and Sour Dipping Sauce** Combine fish sauce, lime juice, sugar and chilli in a small jug. Sprinkle money bags with coriander leaves. Serve with dipping sauce.

NUTRITION: (each) 212kJ; 2.1g fat; 0.5g sat fat; 2.2g protein; 5.5g carbs; 0.1g fibre; 4mg chol; 148mg sodium.



PORK AND CORIANDER MONEY BAGS

THE INFO

\$0.27
EACH

45

MALAYSIAN PROSPERITY SALAD

SERVES 6

PREP 25 MINUTES (PLUS 5 MINUTES STANDING) COOK 5 MINUTES

2 tablespoons rice wine vinegar

1 teaspoon caster sugar

½ teaspoon salt

2 cups finely shredded red cabbage

Peanut oil, for shallow-frying

6 wonton wrappers, each cut into 4 triangles

24 cooked tiger prawns, peeled (tails intact), deveined

150g daikon radish, cut into long matchsticks

1 carrot, cut into long matchsticks

½ cup thinly sliced pickled ginger

2 Lebanese cucumbers, seeded, cut into long thin matchsticks

1 cup fresh round mint

Honey Plum Dressing

¼ cup plum sauce

1 tablespoon honey

1 tablespoon rice wine vinegar

2 tablespoons lemon juice

1 tablespoon soy sauce

1 Combine vinegar, sugar and salt in a medium bowl. Add cabbage. Toss to combine. Stand for 5 minutes or until cabbage brightens in colour and softens slightly. Drain.

2 Meanwhile, heat oil in a large saucepan over medium-high heat. Shallow-fry wonton pieces, in batches, for 15 seconds each side or until golden and crisp. Drain on paper towel.

3 **Make Honey Plum Dressing** Combine ingredients in a small jug.

4 Arrange cabbage, fried wontons, prawns, radish, carrot, ginger, cucumber and mint on a large serving platter. Drizzle with dressing. Serve.

NUTRITION: (per serve) 1016kJ; 7.2g fat; 1.3g sat fat; 20.6g protein; 21.7g carbs; 3.7g fibre; 143mg chol; 1014mg sodium.

Cook's notes:

+ **FOR THE PORK AND CORIANDER MONEY BAGS:** You'll need 1 bunch of garlic chives.

+ Wash coriander stems and root thoroughly with cold water to remove any dirt and grit.

MALAYSIAN PROSPERITY SALAD

THE INFO

+ LOW SATURATED FAT

\$6.17
PER SERVE

35

PENANG ROAST CHICKEN WITH LONGEVITY NOODLES

THE INFO

\$4.32
PER SERVE

PENANG ROAST CHICKEN WITH LONGEVITY NOODLES

SERVES 6

PREP 20 MINUTES COOK 2 HOURS

YOU'LL NEED UNWAXED KITCHEN STRING.

165ml can coconut milk

½ cup Lingham's Malaysian Penang White Curry Paste

2.5kg whole chicken

8 kaffir lime leaves, torn

3 x 150g packets shelf-stable ramen noodles

¼ cup oyster sauce

1 tablespoon soy sauce

2 tablespoons tomato sauce

2 tablespoons shao hsing (Chinese cooking wine)

1 tablespoon sambal oelek

1 teaspoon grated palm sugar

2 tablespoons peanut oil

2 eggs

3 garlic cloves, crushed

1 brown onion, cut into wedges

1 bunch choy sum, cut into 4cm lengths

2 small tomatoes, cut into wedges

1 cup bean sprouts, trimmed

Green onion curls, to garnish

1 Preheat oven to 180°C/160°C fan-forced.

2 Combine coconut milk and curry paste in a bowl. Rub ½ the coconut mixture over chicken. Place lime leaves in cavity of chicken. Tuck wings under chicken. Tie legs together with kitchen string. Place on a rack in a large roasting dish. Pour 2 cups water into base of dish. Cover with greased foil. Bake for 1 hour 30 minutes. Uncover. Bake, brushing with remaining coconut mixture every 15 minutes, for a further 45 minutes or until chicken is browned and cooked through. Rest, covered, for 15 minutes.

3 Meanwhile, place noodles in a bowl. Cover with cold water. Stand for 2 minutes. Using a fork, separate strands. Drain.

4 Combine oyster sauce, soy sauce, tomato sauce, shao hsing, sambal oelek and sugar in a small jug. Heat oil in a large, deep frying pan or wok over medium-high heat. Add eggs. Cook, stirring, for 1 minute or until eggs set. Add garlic and brown onion. Cook for 2 minutes or until onion starts to brown. Add choy sum. Cook for 3 minutes or until just tender. Add sauce mixture, tomato, noodles and ½ the bean sprouts. Stir-fry until heated through.

5 Cut chicken into pieces. Top noodles with remaining sprouts, green onion and chicken pieces.

NUTRITION: (per serve) 3950kJ; 63.7g fat; 22.9g sat fat; 55.7g protein; 38.4g carbs; 3.5g fibre; 292mg chol; 1459mg sodium. >

SFI recommends:

With its blend of fresh ingredients, such as kaffir lime and lemongrass, Lingham's Malaysian Penang White Curry Paste makes it easy to cook authentic dishes at home.



THAI GREEN CURRY FISH

SERVES 6

PREP 15 MINUTES COOK 20 MINUTES

800g thick boneless, skinless firm white fish fillets

3 green onions, trimmed

1 tablespoon peanut oil

3 eschalots, cut into wedges

6cm piece fresh ginger, sliced

½ cup Valcom Thai Green Curry Paste

400ml can coconut milk

1 cup salt-reduced chicken stock

8 snake beans, trimmed, cut diagonally into 5cm lengths

6 kaffir lime leaves

1 tablespoon grated palm sugar

1 tablespoon fish sauce

1 tablespoon lime juice

1 cup fresh Thai basil leaves

1 long red chilli, thinly sliced diagonally

1 long green chilli, thinly sliced diagonally

Steamed jasmine rice, to serve

1 Cut fish into 8cm pieces. Chop white section of onions and thinly slice green section. Set aside.

2 Heat oil in a large saucepan or wok over medium-high heat. Cook eschalot and ginger for 5 minutes or until eschalot just softens. Add chopped onion. Stir to combine. Add curry paste. Cook for 1 minute or until fragrant. Add coconut milk and stock. Bring to a simmer.

3 Add fish. Cook for 5 minutes or until fish is almost cooked through. Add snake beans, lime leaves, sugar, fish sauce and lime juice. Cook for a further 5 minutes or until fish is cooked through and beans are just tender.

4 Meanwhile, combine Thai basil, chilli and sliced onion in a bowl.

5 Stir ½ the chilli mixture into curry. Top with remaining chilli mixture. Serve with rice.

NUTRITION: (per serve) 2499kJ; 23.1g fat; 11.5g sat fat; 34.5g protein; 59.8g carbs; 2g fibre; 88mg chol; 1258mg sodium. ■

THAI GREEN CURRY FISH

THE INFO

\$5.13
PER SERVE

35

S&B®

WASABI SECRETS
recipes at www.oriental.com.au

S&B
WASABI
PREPARED WASABI
IN TUBE

**MAJOR &
WEEKLY PRIZES
VALUED OVER
\$30,000**



Join taste.com.au for 5 amazing days in Bangkok including flights & accommodation



CNY 2017 COOK SNAP WIN

THAI CULINARY EXPERIENCE FOR 4

Welcome in the year of the rooster with your favourite Asian dish to **WIN** a once-in-a-lifetime culinary experience in Bangkok.

Join taste.com.au for an amazing Thai food adventure including a cooking class with an expert chef and local market tours. You and your winning dish will also be featured in the magazine.

PLUS Weekly Prizes to be won.

HOW TO ENTER



COOK

Cook your favourite Asian dish using 1 or more participating products.



SNAP

Snap an original, beautifully plated-up photo of your dish.



WIN

Win... just send your photo and recipe via our website for your chance to win!

asianinspirations.com.au

Purchase 2 products from participating brands in 1 transaction. At least 1 of the purchased products must be used in the recipe submitted. Entrants must retain their original purchase receipts and barcodes for all entries as proof of purchase. Limited to Australian residents 18+. Competition runs 02/01/2017 – 26/02/2017. Conditions apply. For full details visit asianinspirations.com.au/cny2017 or Asian Inspirations on Facebook.



PARTICIPATING BRANDS

Lee Kum Kee, ABC, TCC, Valcom, Squid Brand Fish Sauce, Yeo's, Yoosh & Lingham's

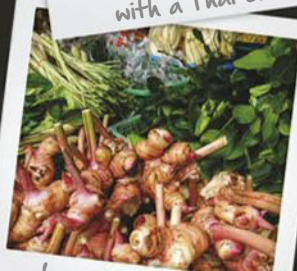


**asian
inspirations**

Discover the Authentic



Authentic cooking class with a Thai chef



Local markets & historical culinary tours



what a winner!



PLUS Feature in
taste COM AU
magazine





Dinner's ready.



Cook authentic Asian meals in minutes.
Find Lee Kum Kee Ready Sauce pouches in the Asian food aisle
of supermarkets and at leading Asian grocery stores.



www.LKK.com