

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS

# *super* Food Ideas

*Everyday  
healthy*

- \* No-pasta cannelloni
- \* 5 serves of veg
- \* Just \$3.84 a serve
- \* New family fave!

**ON A BUDGET?**

**42** RECIPES UNDER  
\$4 A SERVE

**KID APPROVED!**

**MAINS AND SIDES  
FOR FUSSY EATERS**

**THINNER, THINNER**  
*chicken dinners!*

roll up, roll up!  
VEGIE-PACKED  
TWIST ON A  
CLASSIC DISH  
PAGE 36

5  
SERVES OF  
VEGIES

75

**tested & trusted**  
**recipes for all the family**

PASSIONFRUIT  
YOGHURT MOUSSE  
CAKE p92



VEGIE-PACKED  
PORCUPINE  
MEATBALLS p33



# IT'S WHAT WE'VE LEFT OUT THAT MATTERS



- ✓ **LESS SALT THAN THE  
MARKET LEADER\***
- ✓ **NO ARTIFICIAL PRESERVATIVES**



## IT'S NOT JUST BREAD, IT'S HELGA'S.

Find out more at [f Helga's Continental Bakehouse](#)

\*Helga's Traditional White Wraps contain less sodium (430mg/100g) than Mission Wraps Original (790mg/100g) (September 2016).



# when less IS MORE

Even healthy-looking foods, such as wraps, can contain high levels of sodium or artificial preservatives – but not all are made equal.

Wraps can be a quick and healthy lunch option but we have a tendency to judge their nutritional value by the foods we use to fill them, rather than the wraps themselves. It's important to check the label for levels of sodium and for the presence and type of artificial preservatives, as these things vary from product to product.

## Silly seasoning

Recent statistics show that Australians consume too much sodium. The National Health and Medical Research Council (NHMRC) has a suggested dietary target of 1600mg sodium (4g salt) per day for adults (aged 19 and over) and recommends staying below an upper daily intake level of 2300mg (6g salt or 1 teaspoon). The latest Australian Health Survey (2011-12) results indicate most of us exceed this, with an average daily intake of more than 2400mg for Australians aged two years and over. Importantly, these figures don't include salt added during cooking or at the dinner table – so actual intakes are likely to be even higher!

## Surprising sources

Most people know that snack foods and processed goods, including meats such as bacon, can be high-sodium culprits. However, condiments, commercially made sauces and some types of canned vegetables are not nearly as well known.

## How low can you go?

A good way to reduce our overall sodium intake is to focus on a diet of fresh fruit, vegetables, lean meats, fish, wholegrains, nuts, seeds, legumes and dairy foods. When choosing processed foods it is a good idea to consider lower-sodium options. Learning to check and understand food labels is essential in this process.

## Keeping it real

If you're concerned about artificial preservatives, you'll be pleased to know Helga's wraps contain *none* whatsoever. What's more, Helga's wraps have *40 per cent less sodium* than the market leader\*, making it easy for you to opt for a fantastic choice.

\*Helga's Traditional White and Mixed Grain Wraps contain less sodium (430mg/100g and 450mg/100g) than Mission Wraps Original (790mg/100g) – September 2016.

**SALT CONTENT CAN  
VARY WIDELY BETWEEN  
DIFFERENT BRANDS**





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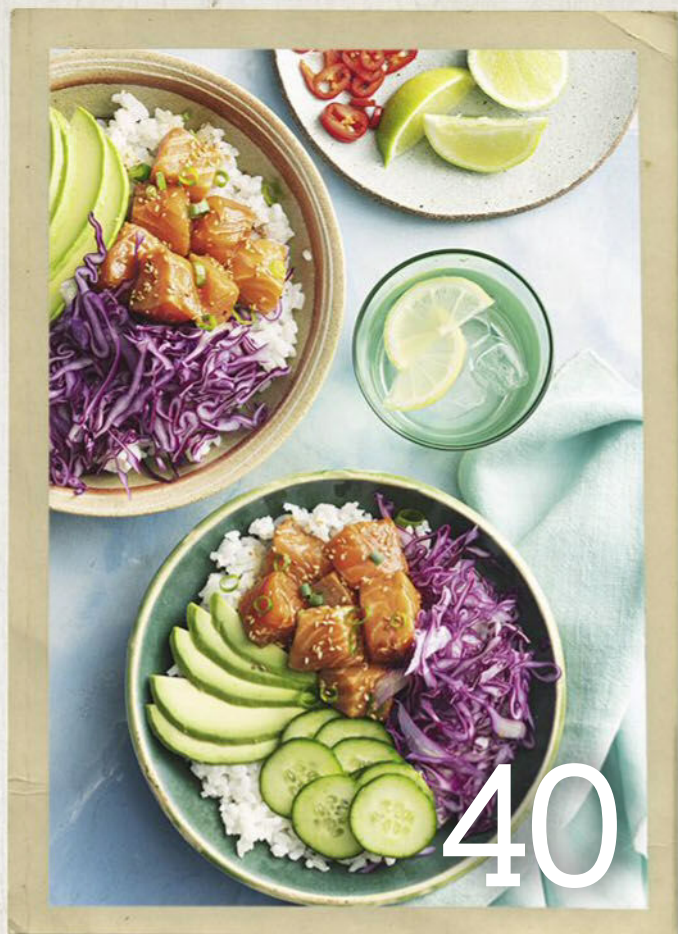
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### Don't forget!

**OUR APRIL 2017 ISSUE HITS STANDS ON MARCH 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](http://appstore.com/superfoodideas).



### Weekday cooking

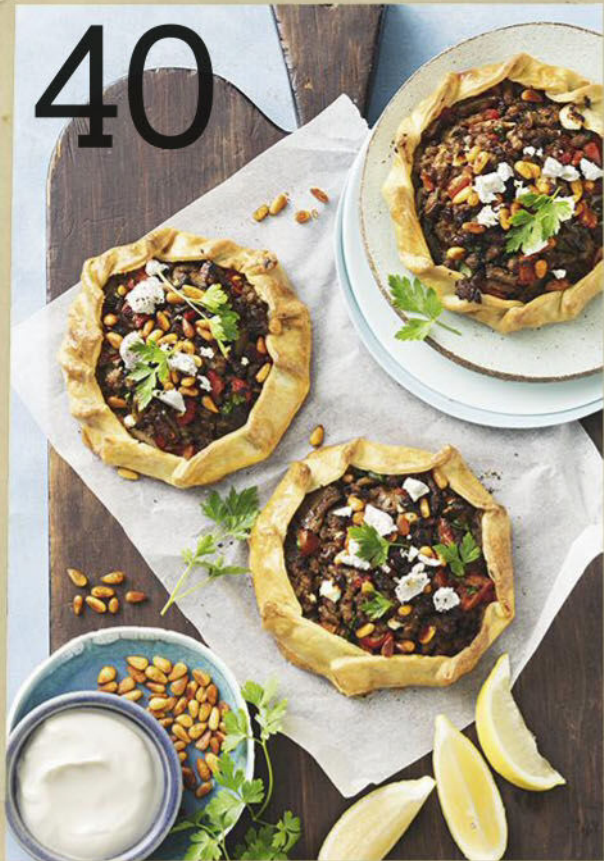
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## Kim says:

It's still super cheesy and a real crowd-pleaser, but this no-pasta cannelloni

is high in fibre, gluten free and vegetarian, and gives you your five-a-day in one delicious hit!

RECIPE Claire Brookman  
PHOTOGRAPHY Craig Wall  
STYLING Bhavani Konings  
FOOD PREP Amira Georgy





# TICK! TICK! TICK!

More expensive? Harder to make? Fewer happy and contented kids eating their dinner? If that's what healthy meals looks like to you, read on...



**W**hen people are asked if they plan to cook more healthily, they say yes but when they're asked whether they actually cook healthily, they say no. It's a conundrum. What stops people cooking healthier food for their family, particularly when they want to? We decided to get to the bottom of it. Our Facebook friends gave us their opinions,

we did on-the-spot surveys at the supermarket, and talked to all the family cooks we knew. The answers came through loud and clear: healthy recipes cost more, are complicated to make, and serving it to the family is too risky 'cos if the kids don't eat it, you'll have to cook something else, wasting more time and more money!

We took these three hurdles as the starting point for our Kid-approved Healthier Dinners (p24) and chose dishes we know kids love. We hid vegies in classic porcupine meatballs, mixed zoodles and noodles together, added crunch to honey soy chicken tenderloins so they're more like crispy wings, and even managed to make sausage rolls a healthier option! Then we asked real kids to taste-test them. Kid approved - tick! We checked the dockets to make sure they're under \$5 a serve - tick! And timed them so they're ready in an hour or less - tick! Simpler, great value and a good chance they'll eat them. Job done.

*Rebecca*

REBECCA COX, EDITOR



## We're excited about:

- #1 THINNER CHICKEN DINNERS** We're excited about these popular chicken recipes, Nagi helps us with our project to make meals we know kids love just a little bit healthier (p48).
- #2 GLUTEN-FREE** So many people are eliminating gluten from their diets because of coeliac disease, gluten intolerances and other special diets, and are looking for recipe ideas (p42).
- #3 SLUSHIES CRUSH** With all the lovely fresh fruit that's around as summer comes to an end, here are four fab ideas to blitz them up (p84)!

## AW, SO CUTE!

- + Like everyone, there's not much we get more excited about than super-cute ideas for sweet and savoury food, that also taste delicious.
- + Deputy Food Editor Claire is in charge of our cute food pages and she never disappoints, coming up with ideas that really put the 'aw' into awesome. Remember her Caramel Pupcakes?
- + This issue, it's these adorable sweet sham 'hamburgers', perfect replicas of the real thing.



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Council**



# OUR RECIPES...

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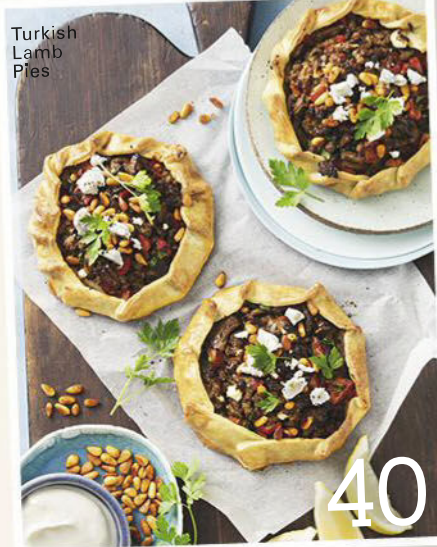
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## CHICKEN



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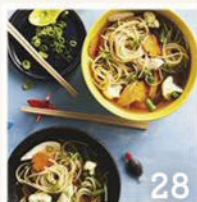
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## COVER RECIPE

*Budget-friendly? Tick. Gluten-free? Tick. Five portions of vegies in each serve? Tick, tick, tick! Our twist on classic cannelloni is the ultimate winner when it comes to healthier kids' dinners!*

COVER RECIPE

## DRINKS

Green Power Slushie; Orange and Beetroot Slushie; Mango and Raspberry Swirl Slushie; Refreshing Coconut and Mint Slushie; Strawberry and Watermelon Summer Slushie



84

*Super refreshing and good for you, too, these five fabulous slushies are whipped up in 10 minutes!*



**"MY FAMILY FINISHED  
IT ALL IN ONE GO!"**



## @ An instant hit

Having been raised in an Asian culture, I always love experimenting with different Asian flavours. As soon as I saw your recipe for Crispy Chinese Five-spice Fish in Plum Sauce (November 2016, p38), I ran to the shops. It was a big hit! I cooked the four portions with the intention of packing the rest for lunch, but my family finished it all! Thank you for the great recipe. *Christine Lee, via email*

## @ RECIPE SUCCESS

I made your Spiced Chicken Skewers with Tzatziki (December 2016, p99) and it was another recipe success. My 4- and 6-year-old girls had dibs on the grown-ups chicken before they had even finished their own! Thank you so much for a consistently fabulous magazine. *Claire Turvey, via email*

# your food ideas

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



## @ The gift of giving

The December 2016 issue just knocked my socks off! This cover is amazing. It has that 'wow' factor you were after. I loved it so much I bought five copies and gave four away just so others could bask in the beauty of it. It sounds silly but the beauty and joy of this cover brought me happiness. *Karen Harrison, via email*

*get in  
touch*



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## 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**

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onwards, for only \$2.99 on iTunes.  
Visit [appstore.com/superfoodideas](http://appstore.com/superfoodideas).

## Write in and win:

This month's readers each win a Kambrook Air Chef Air Fryer, \$169.95. Using little to no oil, the air fryer is the better-for-you option for homemade hot chips, crispy chicken and fried fish. Visit [kambrook.com.au](http://kambrook.com.au).



Next month's 'write in and win' opens 6/3/2017 and closes 2/4/2017. Australian residents only. Winners selected on 9/4/17 at NewsLifeMedia. For Terms & Conditions, visit [superfoodideas.com.au](http://superfoodideas.com.au). For the NewsLifeMedia Privacy Policy, see p98.



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# S&B®

# KABUKI CHICKEN

Wasabi goes way beyond a sushi topping, so we're sharing our secret recipes with you. Shh, don't tell anyone!

**WASABI SECRET No.3**



## Kabuki Chicken Serves 4

### Ingredients

- 4 chicken maryland fillets, skin on
- 800g desiree potato, peeled & chopped
- 150ml cream
- 30g butter
- S&B Wasabi Paste, to taste
- Salt, to taste

### Marinade

- 100ml soy sauce
- 100ml mirin seasoning
- 100ml cooking sake
- 3 lemon slices
- 3 orange slices
- S&B Wasabi Paste, to taste

### Method

1. Combine marinade ingredients in a bowl. Add chicken & marinate in the fridge for up to 4 hours.
2. Boil potatoes until soft. Meanwhile, place cream & butter in a separate pot, bring to boil. Mash potatoes, add cream mixture. Stir in wasabi & salt to taste. Keep warm.
3. Preheat grill to medium. Grill chicken, skin-side down, until browned. Increase heat to high, turn chicken & cook skin-side up until meat is cooked through & skin is crisp.
4. Serve mash & chicken with extra wasabi.

Available in the Asian food section of selected leading supermarkets & Asian grocery stores.  
[oriental.com.au](http://oriental.com.au) or [sbfoods-worldwide.com](http://sbfoods-worldwide.com)







# *IN SEASON* **MARCH**

**While it's sad to say goodbye to summer produce,  
take solace in the bountiful supply that autumn  
has to offer, from sweet nashi to stunning plums**



## THIS IS JUST TO SAY

*"I have eaten  
the plums  
that were in  
the icebox*

*and which  
you were probably  
saving  
for breakfast*

*Forgive me  
they were delicious  
so sweet  
and so cold."*

WILLIAM CARLOS WILLIAMS,  
POET

**Plums** These beautiful stonefruit vary in colour from light yellow to pink and even black, each having their own distinct sweetness and texture. Plums have a low glycaemic index, so they fill you up and help control blood sugar levels. Cook them in crumbles and cobblers, or use in savoury dishes such as salads or salsas, or turn them into glazes. With a high pectin content, they're perfect for making jam, too.

**TO STORE:** Store unripe plums in a brown paper bag at room temperature for up to 2 days. Once ripe, store in the crisper section of the fridge for up to 3 days.

**PERFECT PARTNERS:** Vanilla, pork, cinnamon, ginger, duck, hazelnuts, custard, almonds.

**QUICK IDEA:** Cook halved plums with a little water, sugar and vanilla until tender. Allow to cool, then layer in glasses with whipped cream and crushed meringue.

## AND LOOK OUT FOR

**Guava | Mangosteen | Capsicum  
| Pawpaw | Chestnuts | Nashi**

**Guava** Boasting four times the vitamin C of oranges and with more potassium than bananas, guava is a superstar when it comes to nutrition. When ripe, eat fresh or turn into sorbets, jams and sauces. They're not around for long, so pick them up from speciality fruit shops while you can.

**PERFECT PARTNERS:** Banana, coconut, grilled chicken, cinnamon, star anise, mango.

**QUICK IDEA:** Cook diced guava in water, coconut sugar, cinnamon and cloves until just softened. Serve over vanilla ice-cream.

**Mangosteen** Legend has it Queen Victoria offered a knighthood to anyone who could bring her a mangosteen in edible condition. And is it any wonder, with its luscious sweet-tart flavour and juicy flesh. Add this 'queen' of tropical fruits to fruit salads and Asian-style dishes.

**PERFECT PARTNERS:** Lemongrass, lime, lemon, mango, banana, ginger.

**QUICK IDEA:** For a refreshing drink, blitz mangosteen with kiwi, strawberries, passionfruit and fresh orange juice (some sparkling wine wouldn't go amiss, either!).

**Capsicum** A member of the potato family, capsicum is available all year round, but its flavour and value for money is best from late summer to mid autumn. A great source of vitamin C, the red and yellow varieties are sweeter than the green.

**PERFECT PARTNERS:** Corn, tomato, spinach, fetta, rice, chilli, garlic, fish, beef, chicken.

**QUICK IDEA:** Chargrill strips of capsicum with olive oil, sliced chicken, smoked paprika, chopped garlic and ground cumin. Toss with baby spinach leaves and serve with fresh coriander and lime juice.

**Pawpaw** Rich in vitamin A and C, and high in fibre, this sweet-fleshed fruit is great added to savoury salsas or fruit salads. Choose fruit with a sweet smell and skin that's free of black spots and blemishes. Handle carefully as they bruise easily.

**PERFECT PARTNERS:** Chilli, seafood, pork, chicken, lime, mint, passionfruit, Thai basil.

**QUICK IDEA:** Toss chopped pawpaw with basil, lime, red onion, chilli and capsicum, and serve over grilled chicken or haloumi.

**Chestnuts** Nothing beats roasting these little gems on an open fire and eating them as is, but they also make a welcome addition in both sweet and savoury dishes. When buying chestnuts, select nuts with smooth, glossy skins and avoid any that are cracked or rattle in their shell when shaken – this means they have started to dry out.

**PERFECT PARTNERS:** Chocolate, chicken, apple, vanilla, mushrooms, brussels sprouts.

**QUICK IDEA:** Cook bacon and onion in butter until browned. Add peeled chestnuts and thyme sprigs, and cook until browned. Serve over pan-fried chicken breast or roasted chicken marylands.

**Nashi** This Asian variety of pear has juicy white flesh and crisp yellow-green skin, with a sweet taste. Nashi is great fresh as a snack and also holds its shape well, so is perfect to poach, bake or roast. Select unblemished fruit with a smooth, round shape that feels heavy for its size.

**PERFECT PARTNERS:** Duck, star anise, five spice, smoked trout, cheddar cheese.

**QUICK IDEA:** For an Asian slaw, cut nashi into sticks. Mix with carrot, chilli, wombok, vinegar, onion and sesame oil. ■



# Healthy kitchen



**Claire says:** Cooking gluten-free doesn't have to be daunting. There is such a wide array of ingredients available these days in the supermarket and inspiring recipes like the ones in this issue



**SPINACH AND RICOTTA ZUCCHINI CANNELLONI**

p36



**MINI PORK SCHNITZELS WITH POTATO SALAD**

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**MIDDLE EASTERN RICE-STUFFED EGGPLANTS**

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**CHILLI PLUM CHICKEN WITH ASIAN COLESLAW**

p28

## Goodbye gluten

Coeliac disease, unlike a gluten intolerance or allergy, is an immune disease caused by gluten, which is found in wheat, rye, barley and oats, and stops the body from absorbing nutrients. If left untreated, it can cause a range of serious health problems. This issue, we've included lots of versatile and flavoursome gluten-free recipes that you can make for the whole family - these four meals will get rave reviews.



**AMARANTH** is an ancient protein-packed seed. It is classified as a 'pseudo-cereal' as it is nutritionally similar to cereal grains despite not being in the same botanical family. Amaranth is gluten-free and high in protein, dietary fibre and iron. The seeds can be added to crackers (see our recipe on p82) or used to make gluten-free porridge. Amaranth flour can be used to make pancakes, biscuits and pasta.

## 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-20th

of March is Coeliac Awareness Week.

**SHOP** beyond speciality stores or the health food aisle by learning to read ingredient labels on products. Steer clear of anything containing wheat, rye, barley and oats.

**PICK** foods that are naturally free of gluten, such as fresh fruit and vegetables, meat, eggs, nuts, legumes, as well as grains such as rice, buckwheat, quinoa and corn.

**CREATE** your favourite meals by using gluten-free alternatives. Love schnitty? Use quinoa flakes instead of breadcrumbs. Or try zoodles in place of pasta.

## 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](mailto:superfoodideas@news.com.au)





## NEXT MONTH

Can you believe Easter is hopping around the corner? Days off give us more time to get creative in the kitchen and our chocolate desserts will keep you cooking. But that's not all...

### Don't miss:

- + Keeping the kids entertained over the holidays needn't be an expensive extravaganza. Our cute hatching chick biscuits will crack them up!
- + Catching up with family and friends is easy with our entertaining mains and Easter-themed sweets.
- + PLUS, healthier nachos, speedy weeknight wonders, dairy-free Easter eggs and five new potato salads.

# S&B®

## GOLDEN CURRY JAPAN'S SOUL FOOD

Since the late 1800's, curry has been a hugely popular dish in Japan. With S&B Golden Curry you can create a unique and delicious Japanese favourite.



### Curry Soba Tsukemen Serves 4

#### Ingredients

- 1 chicken breast, poached & sliced
- 400g soba noodles
- Salad (lettuce, cucumber, tomato & radish), to serve
- 300ml chicken stock
- 50g S&B Golden Curry

#### Soup

- 1 cup (250ml) dashi stock
- 1 tbsp cooking sake
- 1 tbsp mirin seasoning
- 1 tbsp light soy sauce

#### Curry Sauce

- 1 tbsp sunflower oil
- 1 onion, sliced

#### Method

1. Curry Sauce: heat oil in a pan over medium heat. Add onion & cook, stirring for 4-5 mins until soft. Stir in stock & curry, simmer until thickened.
2. Soup: in another saucepan, bring soup ingredients to the boil. Remove from heat & set aside.
3. Cook noodles as per packet instructions. Refresh in cold water, drain well, divide noodles & salad among 4 bowls.
4. In 4 separate bowls combine 1 tbsp curry sauce & 1/3 cup soup. Serve with noodles & salad for dipping.

Available in the Asian food section of selected leading supermarkets & Asian grocery stores.  
[oriental.com.au](http://oriental.com.au) or [sbfoods-worldwide.com](http://sbfoods-worldwide.com)





# 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... *packing a healthy, happy lunchbox*

**1 HELPING HAND** The lunchbox is a critical part of your child's school day and not just because it breaks up the learning. Kids who eat well at school are better at concentrating and staying 'on task' than those who don't, and it can even help improve behaviour.

**2 GET PLANNING** To keep things nutritionally sound while still including a little variety, have a lunchbox planner. To simplify things even further, use a standard lunchbox framework (2 grains, 1 dairy, 2 fruit, 2 vegetables etc) to determine which foods to pack.

**3 FACT CHECK** Take the time to read nutrition panels and ingredient lists on prepared snacks and food. For example, wraps are a lunchbox favourite but the amount of sodium can vary widely between similar-looking products and exceed your child's recommended daily intake.

**4 SMART SHORTCUT** You might need to pack a lunchbox Monday to Friday, but that doesn't mean you have to make lunches every day. Do a big cook up and freeze in individual portions. In the morning, pop them into the lunchbox and by midday they'll be ready to eat.

**5 TEAM EFFORT** There is no point packing healthy food if most of it comes back untouched. Talk to your kids about their favourite foods and include them in the lunchbox. You may also find if they help to plan what's in there, then they won't complain as much.



KEEP THE KIDS HAPPY  
AND HEALTHY WITH A  
LITTLE LUNCHBOX LOVE.

We asked the helpful Kidspot  
community how it makes  
school lunchboxes special?

**Q&A**

+ "To break the monotony of lunches without making more work for myself, I make pinwheel sandwiches or even just cut them into little fingers." **Jessica**

+ "I include a message in the lunchbox, just so they know I'm thinking of them even when I'm not there. It's the simple things that make a big difference." **Lorraine**

+ "I pack different parts of the lunch at the beginning of the week and let my child choose how they combine them each day." **Jo**

+ "Veggies get smuggled into lunchboxes at my house via muffins, which are loaded with carrot and zucchini." **Marie**



**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](http://kidspot.com.au) and be one of the two million mums that visit us each month.



~ Finally ~

# A TASTY GLUTEN FREE SANDWICH

...

*Your mouth and stomach  
can agree on*

**We call it a little ray of breadliness**  
Gluten free life is full of tough moments. That's why we raise our bread soft, big and tasty – tasty enough to enjoy without smothering in jam. 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.





# tips and tricks from the TEST KITCHEN



**Kim says:** From confiscated contraband in customs to salmon fishing in Tassie, we've been busy this past month!



**SOME KIDS' DINNERS COME AND GO, BUT OUR WINNERS ARE SURE TO STICK AROUND!**

## FAMILY FAVES

Check out our most memorable childhood meals (the good and bad!):

- ✦ **Reb:** Lamb loin chops cooked in the vertical grill until the fat was rendered.
- ✦ **Claire:** Tuna and corn pasta bake with cornflakes and cheese on top.
- ✦ **Rosie:** Savoury mince – sooo good!
- ✦ **Kim:** Mum's Chinese beef stir-fry made in the 'trendy' electric frying pan.

- ✦ **Chloe:** My dad's famous slow-cooked apricot chicken. I was a big sucker for fruit in my food. Hawaiian pizza, anyone?
- ✦ **Sarah:** Porcupine meatballs. We even have a recipe in this issue on page 33.
- ✦ **Steph:** My mum's noodle stir-fry loaded with veggies and barbecue pork.
- ✦ **Amira:** Stuffed vine leaves, especially the ones at the bottom of the pot that soak up all the juice.

## BEHIND THE SCENES



**1** Editor Rebecca had to take a quick pic of this pop-secret popcorn she had confiscated at the airport after a trip to the States. She used it as evidence to prove to her son she did actually get him the popcorn.



**2** We celebrated Senior Designer Chloe's last day with the *SFI* team as per her request – with a beer in hand (or in Chloe's case, a beer in both hands!) We'll miss you, Chloe!



**3** Chloe also loved the banana bread makeovers in the last issue so much, she cooked all three recipes! Here, she topped the Lumberjack Bread with yoghurt, mango and blueberries.



**4** There's cake and there's cheesecake. Then there's a cake made of cheese and it's all Chief Sub-editor Rosie wanted for her birthday! And with layers of brie, cheddar and quince paste, who wouldn't?



**5** Deputy Food Editor Claire was invited to be part of Huon Tasmania salmon's 30th year celebrations. She toured its salmon farm in Hideaway Bay, south of Hobart, and enjoyed lots of delicious salmon.

## REWIND March 2007 Here's what we were cooking 10 years ago

➤ **ASIAN**  
It was our annual Asian issue and we were cooking everything from stir-fries to curries to quick and easy salads, including this chilli beef salad.



➤ **GET LOW**  
We dished up our best-ever low-kilojoule meals, from tuna patties to glazed vanilla plums, to prove eating well doesn't have to mean missing out on delicious food.



➤ **SWEET LIFE**  
Whether it was drizzled on Pineapple Coconut Fritters, like we did here, or added to cheesecake, creamy caramel makes all things delectable! Find this recipe on [taste.com.au](http://taste.com.au).





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# INSIDEOUT

**DREAM IT. DESIGN IT. DO IT.**



# SUPER SPY

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

1



2

## 1 Basket case

Cones and cups are so last year – our new favourite way to eat ice-cream is in an edible waffle basket! Also great for Greek yoghurt and fruit salad, we love that there's no sticky fingers to clean or bowls to wash up. Find the **waffle baskets**, **\$4.50** for eight, at Coles.

## 2 Kid-friendly winners

We're no strangers to fussy kids – in fact, this issue is dedicated to them – so when the UK's top-selling children's cookery author, Annabel Karmel, released her range of healthy **toddler meals**, **\$4.40**, we breathed a sign of relief. For her new range, Annabel went on a hunt to find four Aussie tots to feature on the packs – aren't they cute! Find the range at Coles and selected Woolworths.

## 3 Want fries with that?

No need to head to the chippo for your fries – make your own at home with a **Savannah DUO Chipper**, **\$34.95**. Whether you like your chips big and chunky or thin and crispy, the chipper will slice whole potatoes into the thickness of your choice in one easy action. For a healthier option, bake them in the oven. Get yours from [everten.com.au](http://everten.com.au).

## 4 Lunchbox heroes

There's no denying kids love a sugary treat but finding a snack they'll enjoy that isn't loaded with sugar is tough. Thankfully, the new **LCMs Oaty Bubble Bars**, **\$4**, have 25 per cent less sugar than the original bar, with only 5g of sugar (around a teaspoon) in each. Available in two flavours, find them at Woolworths and Coles.

## 5 Helping hand

We all have days when we can't decide what to cook, so let someone else do the hard work for you. **Marion's Kitchen Fresh Wrap Kits**, **\$5.79**, include a stir-fry sauce and garnish, so all you need to do is follow the instructions and add a few fresh ingredients. Available in three Asian-inspired flavours from Woolworths.

## 6 Wake up call

Relive the night before the morning after with the new cocktail-inspired **Beerenberg Artisan Preserves**, **\$6.50**. Spread on scones, dollop on cheese boards or add to desserts for a boozy kick. Choose from Blood Orange & Cognac Jelly, Apricot & Amaretto Jam or Strawberry & Champagne Jam. Find them at independent supermarkets.

3



4



5



6





# CRACKED IT!

We crunched and munched to find five of the best gluten-free crackers



## 1 Damora Brown Rice Crackers

**Original, 100g, \$1.29** Choose these crackers if you're looking for a brown rice version that doesn't skimp on flavour. They're crispy, thin and salty, and are our favourite pick for a budget-friendly option.



## 2 Mary's Gone Crackers Original, 184g, \$8.25

Bursting with seeds, rice and grains, these organic crackers have a slightly toasty, smoky flavour and can be eaten just as they are. They're pricey so aren't an everyday choice.



## 3 Peckish Original Rice Crackers, 100g, \$2.42

A perennial favourite with the team, Peckish have a different texture to regular rice crackers. They're more delicate, with an airy texture that melts in your mouth when you take a bite.



## 4 Fantastic Original Rice Crackers, 100g, \$2.53

The shiny finish and bubble-like surface are what gives these crackers serious bite. They are also thicker in size making them the perfect base for antipasto, dips and cheeses.



## 5 Sakata Seaweed Rice Crackers, 90g, \$2.56

Combining the flavours of sweet soy with seaweed, these crackers have a definite zing without being too overpowering. They're also flecked with pieces of seaweed for that sweet salty combo kids will love.





# SUBSCRIBE NOW

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS

## *super* Food Ideas

### Everyday healthy

- \* No-pasta cannelloni
- \* 5 serves of veg
- \* Just \$3.84 a serve
- \* New family fave!

### ON A BUDGET?

**42** RECIPES UNDER \$4 A SERVE

**KID APPROVED!**  
MAINS AND SIDES  
FOR FUSSY EATERS

**THINNER, THINNER**  
chicken dinners!

roll up, roll up!  
VEGIE-PACKED  
TWIST ON A  
CLASSIC DISH  
PAGE 36

**75**

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recipes for all the family

PASSIONFRUIT  
YOGHURT MOUSSE  
CAKE p32

VEGIE-PACKED  
PORCUPINE  
MEATBALLS p33

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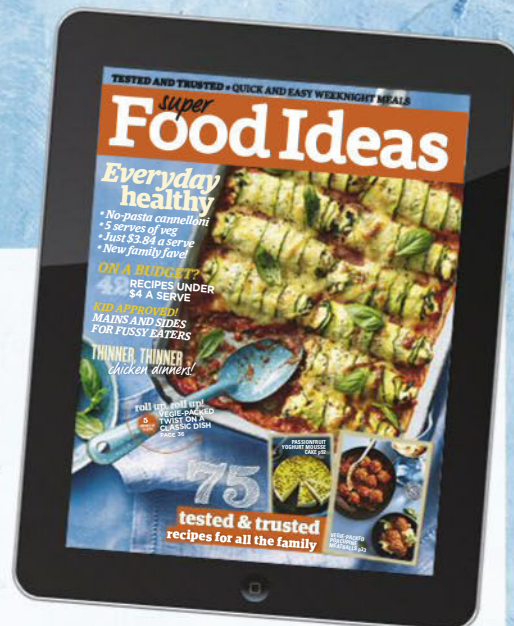
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FISH FINGERS WITH  
VEGIE CHIPS, p30

#### THE INFO

- + CLASSIC UPDATE
- + HIGH FIBRE
- + LOW FAT
- + LOW SATURATED FAT

**\$3.50**  
PER SERVE

**4**  
VEGIES PER  
SERVE







BEEF AND HIDDEN  
VEGETABLE RISSOLES,  
p30

THE INFO

\$3.58  
PER SERVE



# healthier dinners

Kids can be the toughest critics, especially when it comes to healthy dinners. So we took nine classic meals, gave them a better-for-them makeover and asked kids to give us their feedback. The verdict? Thumbs up and empty plates!

KID APPROVED





CHICKEN, RAMEN AND  
VEGETABLE SOUP, p28

### THE INFO

- + ASIAN
- + LOW FAT
- + LOW KILOJOULE
- + LOW SATURATED FAT
- + ONE POT

**\$3.83**  
PER SERVE

**35**

**2**  
VEGIES PER  
SERVE







PORK AND VEAL  
PORCUPINE MEATBALLS  
WITH MIXED POTATO  
MASH, p33

### THE INFO

+ CLASSIC UPDATE

**\$4.49**  
PER SERVE

**5.5**  
VEGIES PER  
SERVE



## CHICKEN, RAMEN AND VEGETABLE SOUP

**SERVES** 4

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

1 litre salt-reduced chicken stock  
2 tablespoons salt-reduced soy sauce  
5cm piece fresh ginger, sliced  
1 garlic clove, halved  
400g chicken breast fillets, halved  
diagonally  
1 large carrot  
270g packet Hakubaku Organic  
Ramen Noodles  
2 cups small cauliflower florets  
200g green beans, cut into 2cm lengths  
2 green onions, thinly sliced

1 Place stock, soy sauce, ginger, garlic and 3 cups water in a large saucepan over medium-high heat. Bring to the boil. Add chicken. Reduce heat to low. Simmer, covered, for 5 minutes. Remove from heat. Stand, covered, for 5 to 7 minutes or until chicken is cooked through.

2 Meanwhile, cut carrot into flowers. Using a sharp knife, cut out 5 thin wedges along the length of the carrot and discard. Cut carrot into 5mm-thick slices.

3 Transfer chicken to a plate. Cover to keep warm. Strain stock. Return stock to pan. Discard solids. Bring stock to the boil over medium-high heat. Add noodles and carrot. Boil, partially covered, for 2 minutes. Add cauliflower and beans. Boil, partially covered, for 4 to 5 minutes or until noodles and vegetables are tender.

4 Thinly slice chicken. Using tongs, divide noodles and vegetables among serving bowls. Ladle over hot soup. Serve topped with sliced chicken and onion.

**NUTRITION:** (per serve) 1733kJ; 3g fat; 0.8g sat fat; 36.8g protein; 55.2g carbs; 6g fibre; 61mg chol; 1660mg sodium.

### Taste-tester Fergus says:

"My mum gave me a small bowl of this soup as a snack before I went to footy training. It definitely gave me lots of energy to run around. I like how it tastes – similar to two-minute noodles – and it really filled me up. I hope Mum makes it again."



CHICKEN, RAMEN AND VEGETABLE SOUP

### THE INFO

+ ASIAN  
+ LOW FAT  
+ LOW KILOJOULE  
+ LOW SATURATED FAT  
+ ONE POT

**\$3.83**  
PER SERVE

**35**

**2**  
VEGIES PER SERVE

**1**  
POT

## CHILLI PLUM CHICKEN WITH ASIAN COLESLAW

**SERVES** 4

**PREP** 15 MINUTES (PLUS 1 HOUR  
REFRIGERATION) **COOK** 45 MINUTES

¼ cup gluten-free plum sauce  
2 tablespoons gluten-free oyster sauce  
1 tablespoon gluten-free fish sauce  
1 garlic clove, crushed  
½ long red chilli, finely chopped  
2 tablespoons peanut oil  
2 tablespoons lime juice  
6 chicken thigh fillets, trimmed  
Pinch of brown sugar  
2 carrots, shredded (see note)  
1 continental cucumber, shredded (see note)  
1 small nashi, cut into matchsticks  
¾ cup fresh coriander leaves  
½ cup finely chopped roasted salted peanuts  
Lime halves, to serve

1 Combine plum sauce, oyster sauce, fish sauce, garlic, chilli, ½ the oil and ½ the lime juice in a jug. Place chicken in a shallow glass or ceramic dish. Pour over ½ the sauce mixture. Turn to coat. Cover. Refrigerate for 1 hour to allow flavours to develop, if time permits. Reserve remaining sauce mixture.

2 Heat a barbecue grill or chargrill pan on medium heat. Cook chicken for 4 to 5 minutes each side or until charred and cooked through.

3 Meanwhile, place reserved sauce mixture and ¼ cup water in a small saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 2 to 3 minutes or until slightly thickened.

4 Combine remaining oil and lime juice with the sugar in a large bowl. Add carrot, cucumber, nashi, coriander and ½ the peanuts. Toss to combine.

5 Transfer chicken to a large bowl. Add thickened sauce and remaining peanuts. Turn chicken to coat in sauce. Serve chicken with coleslaw and lime halves.

**NUTRITION:** (per serve) 1996kJ; 25g fat; 5.4g sat fat; 39.1g protein; 22g carbs; 5.2g fibre; 148mg chol; 1358mg sodium.

### Cook's note:

If you don't have a julienne peeler, use a vegetable peeler to cut carrot and cucumber into long thin ribbons, then thinly slice ribbons using a sharp knife.



CHILLI PLUM CHICKEN  
WITH ASIAN COLESLAW

## THE INFO

+ BARBECUE  
+ GLUTEN FREE  
+ LOW SATURATED FAT

\$4.09  
PER SERVE

CURRIED BEEF  
AND VEGETABLE  
SAUSAGE ROLLS

## THE INFO

+ HEALTHY  
+ LOWER SODIUM  
+ LOW SATURATED FAT

\$5.03  
PER SERVE

4  
VEGIES PER  
SERVE

CURRIED BEEF AND  
VEGETABLE SAUSAGE ROLLS

SERVES 4 (MAKES 12)

PREP 15 MINUTES COOK 35 MINUTES

- 1 tablespoon vegetable oil
- 1 brown onion, finely chopped
- 1 garlic clove, crushed
- 300g lean beef mince
- 2 teaspoons curry powder
- 1 small carrot, grated
- 1 small red capsicum, finely chopped
- 1 small ripe tomato, finely chopped
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon lemon juice
- 40g baby spinach, chopped
- $\frac{3}{4}$  cup finely shredded green cabbage
- 12 sheets filo pastry
- Olive oil cooking spray
- 1 tablespoon sesame seeds
- Salt-reduced tomato sauce, to serve
- No-cutlery Salad**
- 100g green beans, trimmed
- 1 small gem lettuce, leaves separated
- 200g tomato medley, halved
- 3 baby cucumbers, quartered lengthways
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice

- 1 Heat vegetable oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook, stirring, for 1 minute. Add mince. Cook, stirring with a wooden spoon to break up mince, for 3 to 4 minutes or until browned. Add curry powder. Cook, stirring, for 1 minute or until fragrant.
- 2 Add carrot, capsicum, tomato, tomato paste, Worcestershire sauce and  $\frac{1}{4}$  cup water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 5 minutes or until sauce has thickened. Stir in lemon juice, spinach and cabbage. Cook for 1 minute or until spinach wilts. Remove from heat. Set aside for 10 minutes to cool.
- 3 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with baking paper.
- 4 Place 1 sheet of filo on a flat surface. Spray with oil. Fold in half lengthways. Leaving a 3cm border, spoon  $\frac{1}{4}$  cup of mince mixture across one short end of filo. Starting at short end, fold pastry edge over mince mixture. Fold in sides. Roll up pastry to enclose filling. Place, seam-side down, on prepared tray. Repeat with remaining pastry and mince mixture to make 12 rolls. Spray rolls with oil. Sprinkle with sesame

seeds. Bake for 12 to 15 minutes or until pastry is golden and crisp.

**5 Meanwhile, make No-cutlery Salad**

Cook beans in a small saucepan of boiling water for 2 minutes or until just tender. Drain. Refresh under cold water. Drain well. Arrange lettuce, beans, tomato and cucumber in a bowl. Whisk olive oil and lemon juice together in a jug. Season with salt and pepper. Drizzle over salad.

**6** Serve sausage rolls with salad and tomato sauce.

NUTRITION: (per serve) 1916kJ; 23.3g fat; 4.6g sat fat; 24.1g protein; 33.9g carbs; 7.7g fibre; 38mg chol; 537mg sodium. >



## FISH FINGERS WITH VEGIE CHIPS

**SERVES 4**

**PREP** 20 MINUTES (PLUS 20 MINUTES REFRIGERATION) **COOK** 45 MINUTES

- 400g cream delight potatoes, peeled, chopped
- 250g firm white fish fillets, roughly chopped
- ½ cup frozen peas
- 2 green onions, finely chopped
- 400g butternut pumpkin, cut into batons
- Olive oil cooking spray
- 1 large zucchini, cut into batons
- 1 red capsicum, cut into batons
- ¾ cup plain flour
- 1 egg
- ¼ cup milk
- 2½ cups fresh wholemeal breadcrumbs
- ¼ cup finely grated parmesan
- Lemon wedges, to serve
- Yoghurt Tartare**
- ½ cup plain reduced-fat Greek-style yoghurt
- 1 tablespoon finely chopped gherkin
- 1 tablespoon chopped fresh flat-leaf parsley leaves
- 2 teaspoons chopped fresh dill
- 1 teaspoon chopped capers

1 Place potato in a large saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 8 to 10 minutes or until just tender. Drain. Return to pan. Mash until smooth. Season with salt and pepper.

2 Place fish in a food processor. Process until finely chopped. Transfer to a large bowl. Add mashed potato, peas and onion. Mix well. Shape 2 level tablespoons of mixture into a 2cm x 8cm finger shape. Repeat with remaining mixture to make 12 fish fingers. Place on a baking tray lined with baking paper. Refrigerate for 20 minutes.

**3 Meanwhile, make Yoghurt Tartare** Combine yoghurt, gherkin, parsley, dill



FISH FINGERS WITH VEGIE CHIPS

### THE INFO

- + CLASSIC UPDATE
- + HIGH FIBRE
- + LOW FAT
- + LOW SATURATED FAT

**\$3.50**  
PER SERVE

**4**  
VEGIES PER SERVE



and capers in a small bowl. Season with salt and pepper.

**4** Preheat oven to 220°C/200°C fan-forced. Line 2 baking trays with baking paper. Place pumpkin on 1 prepared tray. Spray with oil. Season with salt and pepper. Roast for 10 minutes. Add zucchini and capsicum to pumpkin on tray. Spray with oil. Roast for a further 20 to 25 minutes or until vegetables are golden and tender.

**5** Meanwhile, spray remaining baking paper-lined tray with oil. Place flour on a plate. Whisk egg and milk together in a shallow bowl until combined. Combine breadcrumbs and parmesan on another plate. Roll 1 fish finger in flour mixture, shaking off excess. Dip in egg mixture. Coat in breadcrumbs. Place on prepared tray. Repeat with remaining fish fingers. Spray with oil.

**6** Bake fish fingers, turning halfway through cooking, for 15 minutes or until cooked through, and golden and crisp.

**7** Serve fish fingers and veggie chips with lemon wedges and yoghurt tartare.

**NUTRITION:** (per serve) 1989kJ; 8.9g fat; 3.4g sat fat; 30.7g protein; 63.3g carbs; 9.6g fibre; 95mg chol; 578mg sodium.

## BEEF AND HIDDEN VEGETABLE RISSOLES

**SERVES 4**

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

- 2 cups chopped leftover cooked vegetables (see notes)
- 600g lean beef mince
- 1 egg, lightly beaten
- 2 tablespoons salt-reduced barbecue sauce, plus extra to serve
- 2 teaspoons wholegrain mustard
- 1 garlic clove, crushed
- 1½ cups fresh wholemeal breadcrumbs
- 2 tablespoons extra virgin olive oil
- Apple and Grape Salad**
- 80g mixed salad leaves
- 100g reduced-fat tasty cheese, cut into 1cm cubes
- 1 cup green grapes
- 1 small pink lady apple, cut into thin wedges
- 2 tablespoons extra virgin olive oil
- 1 tablespoon white wine vinegar

1 Place vegetables in a food processor. Process until very finely chopped. Transfer to a large bowl. Add mince, egg, barbecue



BEEF AND HIDDEN  
VEGETABLE RISSOLE

THE INFO

\$3.58  
PER SERVECREAMY CHICKEN  
AND VEGETABLE  
PASTA BAKE

THE INFO

+ LOWER SODIUM  
+ LOW FAT  
+ LOW SATURATED FAT\$2.27  
PER SERVE

50



sauce, mustard, garlic and breadcrumbs. Season with salt and pepper. Mix well to combine. Shape mixture into 12 patties. Place on a baking paper-lined tray. Cover. Refrigerate for 30 minutes (see notes).

**2** Heat oil in a large frying pan over medium heat. Cook rissoles, in 2 batches, for 4 to 5 minutes each side or until browned and cooked through.

**3 Meanwhile, make Apple and Grape Salad** Place salad leaves, cheese, grapes and apple in a bowl. Whisk oil and vinegar in a small jug. Season with salt and pepper. Drizzle dressing over salad. Gently toss to combine.

**4** Serve rissoles with salad and extra barbecue sauce.

**NUTRITION:** (per serve) 2830kJ; 36.1g fat; 10.5g sat fat; 45.3g protein; 40.1g carbs; 6.2g fibre; 144mg chol; 761mg sodium.

### Cook's notes:

- + We used a mixture of steamed broccoli, carrot, peas and corn.
- + You can make the rissoles up to 1 day ahead. Cover with plastic wrap and refrigerate.

### CREAMY CHICKEN AND VEGETABLE PASTA BAKE

SERVES 6

PREP 15 MINUTES (PLUS 5 MINUTES  
STANDING) COOK 30 MINUTES

375g dried fusilli pasta

1½ cups small broccoli florets

1 cup frozen peas and corn

1½ tablespoons light margarine

¼ cup plain flour

2½ cups warm reduced-fat milk

1 cup reduced-fat grated tasty cheese

3 cups chopped cooked chicken

100g baby spinach

2 green onions, thinly sliced

¼ cup panko breadcrumbs

**1** Cook pasta in a large saucepan of boiling, salted water, following packet directions until tender, adding broccoli, and peas and corn in the last 2 minutes of cooking time. Drain well. Return pasta mixture to pan.

**2** Meanwhile, melt margarine in a medium saucepan over medium heat. Add flour. Cook, stirring, for 1 to 2 minutes or until mixture bubbles. Gradually stir in warm milk. Bring to the boil. Reduce heat

to low. Cook, stirring, for 4 to 5 minutes or until sauce thickens. Season with salt and pepper. Stir in ¼ cup cheese.

**3** Preheat oven to 200°C/180°C fan-forced. Grease a 6cm-deep, 2.5-litre (10-cup-capacity) ovenproof dish.

**4** Add sauce, chicken, spinach and onion to pasta. Stir to combine. Spoon mixture into prepared dish. Sprinkle with remaining cheese and breadcrumbs. Bake for 15 to 20 minutes or until golden. Stand for 5 minutes. Serve.

**NUTRITION:** (per serve) 2228kJ; 12.2g fat; 5.2g sat fat; 40.7g protein; 61.5g carbs; 4.7g fibre; 71mg chol; 332mg sodium. >

### Taste-tester Remy says:

"I loved the creamy pasta bake and couldn't wait to eat more – it was so cheesy! I didn't even pick out the vegies like my brother, Teyo, did. The beef rissoles were really yummy, too. I had to wrestle Teyo for the last one."





## TERIYAKI BEEF SKEWERS WITH JAPANESE FRIED RICE

**SERVES 4**

**PREP** 20 MINUTES (PLUS 1 HOUR REFRIGERATION) **COOK** 15 MINUTES  
*YOU'LL NEED 8 PRE-SOAKED BAMBOO SKEWERS FOR THIS RECIPE.*

2 teaspoons honey  
2 tablespoons salt-reduced soy sauce  
1 tablespoon mirin  
1 teaspoon sesame oil  
2 garlic cloves, crushed  
600g thick piece beef rump steak,  
trimmed, thinly sliced into long strips  
1 tablespoon canola oil  
1 red capsicum, finely chopped  
2cm piece fresh ginger, peeled,  
finely grated  
2 green onions, thinly sliced,  
plus extra to serve  
150g snow peas, trimmed, thinly sliced  
450g packet 90-second microwave  
brown rice or 3 cups cold  
cooked brown rice  
50g baby spinach  
Lemon wedges, to serve

1 Combine honey, soy sauce, mirin, sesame oil and ½ the garlic in a glass or ceramic bowl. Add beef. Toss to coat. Cover. Refrigerate for 1 hour.  
2 Drain beef, reserving marinade. Thread beef onto 8 skewers.  
3 Heat a greased barbecue grill or chargrill pan on medium-high heat. Cook skewers, brushing with reserved marinade halfway through cooking, for 3 minutes each side for medium, or until cooked to your liking.  
4 Heat a wok over high heat. Add canola oil. Swirl to coat. Stir-fry capsicum for 2 minutes. Add ginger, onion, snow peas and remaining garlic. Stir-fry for 1 minute or until fragrant. Add rice. Stir-fry for 2 minutes or until rice is heated through. Add spinach. Stir-fry for 1 minute or until spinach is just wilted.  
5 Serve skewers with fried rice and lemon wedges, sprinkled with extra green onion.

**NUTRITION:** (per serve) 2159kJ; 16.1g fat; 4g sat fat; 39.3g protein; 49g carbs; 6.1g fibre; 93mg chol; 473mg sodium.



TERIYAKI BEEF  
SKEWERS WITH  
JAPANESE FRIED RICE

### THE INFO

+ HEALTHY  
+ HEART FRIENDLY

**\$4.89**  
PER SERVE

## STICKY HONEY SOY CHICKEN WITH ZOODLE NOODLES

**SERVES 4**

**PREP** 15 MINUTES (PLUS 1 HOUR REFRIGERATION) **COOK** 40 MINUTES  
*YOU'LL NEED A VEGETABLE SPIRALISER FOR THIS RECIPE. YOU COULD ALSO USE A JULIENNE PEELER OR THE LARGE HOLES ON A VEGETABLE GRATER.*

½ cup reduced-fat milk  
1 tablespoon lemon juice  
800g chicken tenderloins  
½ x 400g packet shelf fresh  
wholegrain noodles  
1½ cups panko breadcrumbs  
Olive oil cooking spray  
¼ cup salt-reduced soy sauce  
2 tablespoons honey  
1 garlic clove, crushed  
2 zucchini, trimmed  
1 tablespoon canola oil  
1 green onion, thinly sliced diagonally  
1 bunch baby bok choy, leaves and  
stems separated, sliced  
1 cup frozen peas and corn  
Extra 2 teaspoons salt-reduced  
soy sauce  
2 teaspoons sweet chilli sauce

1 Combine milk and lemon juice in a bowl. Add chicken. Toss to coat. Cover. Refrigerate for 1 hour, if time permits.  
2 Prepare noodles following packet directions. Drain well. Set aside.  
3 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.  
4 Drain chicken from milk mixture. Toss lightly in breadcrumbs (chicken doesn't need to be completely covered in crumbs). Place on prepared tray. Spray with oil. Bake for 10 minutes. Turn. Spray with oil. Bake for a further 10 minutes.  
5 Meanwhile, combine soy sauce, honey, garlic and 1 tablespoon warm water in a shallow bowl.  
6 Working quickly, dip each piece of chicken in soy mixture and return to tray. Bake for a further 5 to 10 minutes or until chicken is crispy.  
7 Meanwhile, using a vegetable spiraliser, cut zucchini into noodles. Heat oil in a wok or deep frying pan over medium-high heat. Add onion, zucchini, bok choy stems, and peas and corn. Toss for 2 minutes or until just tender. Add noodles, bok choy leaves, extra soy sauce and sweet chilli sauce.





STICKY HONEY SOY  
CHICKEN WITH  
ZOODLE NOODLES

### THE INFO

+ ASIAN  
+ LOW SATURATED FAT

\$5.34  
PER SERVE

2.5  
VEGIES PER  
SERVE



PORK AND VEAL  
PORCUPINE  
MEATBALLS WITH  
MIXED POTATO MASH

### THE INFO

+ CLASSIC UPDATE

\$4.49  
PER SERVE

5.5  
VEGIES PER  
SERVE

Toss for 1 minute or until heated through.  
Serve zoodle noodles with chicken.

NUTRITION: (per serve) 2697kJ; 10.5g fat;  
2.3g sat fat; 59.1g protein; 75.7g carbs;  
5.6g fibre; 160mg chol; 1094mg sodium.

### PORK AND VEAL PORCUPINE MEATBALLS WITH MIXED POTATO MASH

**SERVES 4**

**PREP 15 MINUTES**

**COOK 50 MINUTES**

- 1 tablespoon extra virgin olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 700g jar tomato pasta sauce
- ¼ cup shredded fresh basil leaves,  
plus extra leaves to serve
- 500g pork and veal mince
- 1 small carrot, grated
- 1 small zucchini, finely chopped
- ¼ small cauliflower, finely chopped
- ½ cup white doongara rice

#### Mixed Potato Mash

- 500g sweet potato, peeled, chopped
- 2 tablespoons canola spread
- ½ cup reduced-fat milk
- 500g desiree potatoes, peeled, chopped

- 1 Heat oil in a large saucepan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook, stirring, for 1 minute or until fragrant. Add pasta sauce, basil and 1 cup water. Season with salt and pepper. Bring to the boil.
- 2 Meanwhile, combine mince, carrot, zucchini, cauliflower and rice in a bowl. Season with salt and pepper. Roll 2 level tablespoons of mixture into balls.
- 3 Place meatballs into hot sauce. Reduce heat to low. Gently simmer, covered, for 35 to 40 minutes or until rice is tender and meatballs are cooked through (add a little more water if sauce becomes too thick).
- 4 Meanwhile, make Mixed Potato Mash Place sweet potato in a saucepan. Cover with cold water. Bring to the boil over high heat. Cook for 10 to 12 minutes or until tender. Drain. Transfer to a bowl. Mash until smooth. Add ½ the canola spread and ½ the milk. Season with salt and pepper. Mash until light and fluffy. Cover to keep warm. Repeat with potato and remaining canola spread and milk. Return mashes to saucepan. Fold to combine.

5 Serve meatballs with mashed potato, sprinkled with extra basil.

NUTRITION: (per serve) 2709kJ; 25.4g fat;  
6.4g sat fat; 38.2g protein; 61.8g carbs;  
8g fibre; 89mg chol; 1135mg sodium. ■

### Taste-tester Emma says:

"Mmm... the meatballs are so tasty and definitely my favourite. I gave them 20 out of 20 and two thumbs up. The meatballs even look like porcupines!"

Emma's mum says: "Always a bonus when you can cook something the whole family will enjoy! Will definitely give these another go since Emma loved them so much."





# THE OZHARVEST COOK BOOK



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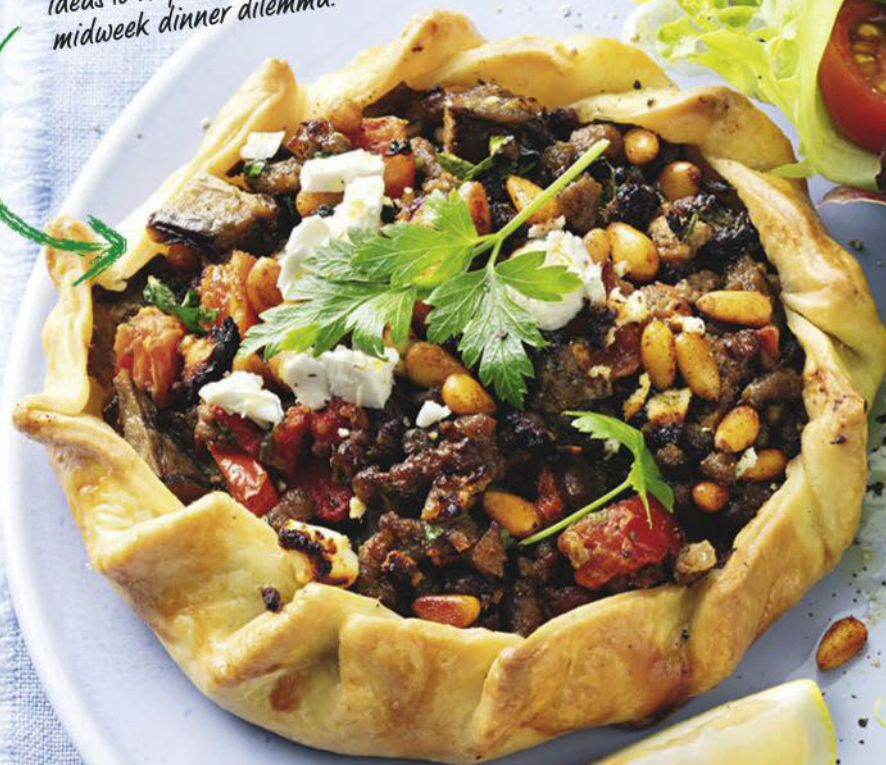


# MIDWEEK

**MIDWEEK MARVELS** » GLUTEN-FREE MAINS »  
HEALTHIER **KIDS' CHICKEN** » MANU'S FAMILY  
FAVOURITES » SIZZLING **BARBECUE SIDES** »  
**EASY DISHES** FROM AROUND THE WORLD



Turn the page for lots of  
ideas to help solve the  
midweek dinner dilemma!



*"My life at home gives me absolute joy.  
There are some days when, as soon  
as you've finished cooking breakfast  
and cleaning up the kitchen, it's time  
to start lunch, and by the time you've  
done that, you're doing dinner and  
thinking, 'There has to be a menu  
we can order from.'"*

JULIA ROBERTS, ACTRESS

TURKISH LAMB  
PIES, p40

**THE INFO**

**\$4.83**  
PER SERVE



# FAB & FAST MIDWEEK MEALS

If you're struggling to find your rhythm in the kitchen, leave it to us to sort your week of meals. You'll be adding these to your family's playlist and have your groove back in no time!



## Get ahead:

**+ FOR MONDAY'S DINNER:**

Make steps 2, 3 and 4 of the Spinach and Ricotta Zucchini Cannelloni. Cover dish with

plastic wrap and refrigerate for up to 1 day.

**+ FOR TUESDAY'S DINNER:** Make step 3 of the Sticky Honey-lime Chicken with Orange and Pistachio Couscous, adding shredded mint leaves just before serving. Cover and refrigerate for up to 2 days.

**+ FOR FRIDAY'S DINNER:** Make step 2 of the Turkish Lamb Pies. Transfer to an airtight container and refrigerate for up to 2 days.

## SPINACH AND RICOTTA ZUCCHINI CANNELLONI

**SERVES 4**

**PREP 35 MINUTES COOK 35 MINUTES**

500g jar gluten-free red wine and garlic pasta sauce

80g broccoli leaf, spinach and beet leaves salad mix (see notes)

4 large zucchini, trimmed

450g fresh ricotta

1 egg yolk

1 garlic clove, crushed

1 teaspoon finely grated lemon rind

¼ cup finely shredded fresh basil leaves, plus extra leaves to serve

¼ cup grated mozzarella

2 tablespoons finely grated parmesan

Olive oil cooking spray

Salad leaves, to serve

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

2 Grease a 4cm-deep, 20cm x 23cm (base) metal baking dish. Spread pasta sauce evenly over base of dish.

3 Place salad mix in a microwave-safe bowl. Cover. Microwave on HIGH (100%) for 1 minute 30 seconds or until wilted. Cool for 5 minutes. Roughly chop. Meanwhile, using a vegetable peeler, cut 1 side of zucchini from top to bottom into long ribbons until you reach the core. Turn zucchini over. Continue cutting zucchini into ribbons until about 1cm of core is left. Discard core. Repeat with remaining zucchini.

4 Place ricotta, egg yolk, garlic, lemon rind, basil and chopped leaves in a bowl. Season with salt and pepper. Stir well

to combine. Using the wide zucchini ribbons, layer 4 ribbons on a work surface slightly overlapping (see notes). Place 2 level tablespoons of ricotta mixture along short end closest to you. Roll up to enclose filling. Place, seam-side down, over sauce in dish. Repeat with remaining zucchini ribbons and ricotta mixture to make 12 cannelloni.

5 Sprinkle with mozzarella and parmesan. Spray with oil. Bake for 25 to 30 minutes or until golden. Sprinkle with extra basil leaves and serve with salad leaves.

**NUTRITION:** (per serve) 1310kJ; 16.6g fat; 10.1g sat fat; 17.9g protein; 18.5g carbs; 7.0g fibre; 73mg chol; 788mg sodium. ➤

## Cook's notes:

**+ You can find this leaf mix with the salad mixes in the fruit and vegetable section of the supermarket. You could use baby spinach instead, if you prefer.**

**+ Discard any of the small ribbons from the outer edges of the zucchini.**



MEAT-FREE MONDAY  
FILLING, HEALTHY AND CHEAP,  
THIS CANNELLONI IS BELLISSIMO!

COVER  
RECIPE

SPINACH AND RICOTTA  
ZUCCHINI CANNELLONI

THE INFO

- + CLASSIC MAKEOVER
- + GLUTEN FREE
- + HIGH FIBRE
- + VEGETARIAN

\$3.84  
PER SERVE

5  
VEGIES PER  
SERVE





**CHICKEN TUESDAY**  
**HONEY CHICKEN GETS A FRESH**  
**NEW LOOK WITH ZESTY FLAVOURS**

**STICKY HONEY-LIME CHICKEN WITH ORANGE AND PISTACHIO COUSCOUS**

**THE INFO**

+ HEALTHY  
 + HEART FRIENDLY  
 + HIGH FIBRE  
 + LOWER SODIUM  
 + LOW SATURATED FAT

**\$3.90**  
PER SERVE

**STICKY HONEY-LIME CHICKEN WITH ORANGE AND PISTACHIO COUSCOUS**

**SERVES 4**

**PREP 15 MINUTES**

**COOK 50 MINUTES**

**¼ cup lime marmalade**  
**2 tablespoons honey**  
**1 tablespoon finely chopped fresh mint**  
**4 large skinless chicken thigh cutlets**  
**1 cup wholemeal couscous**  
**1 bunch asparagus, trimmed, halved lengthways and crossways**  
**½ cup orange juice**  
**½ cup boiling water**  
**1 tablespoon extra virgin olive oil**  
**1 teaspoon finely grated orange rind**  
**⅓ cup dried apricots, chopped**  
**¼ cup pistachio kernels, toasted, chopped**  
**½ small red onion, thinly sliced**  
**Extra ¼ cup fresh mint leaves, shredded, plus extra leaves to serve**

**½ cup plain reduced-fat Greek-style yoghurt, to serve**

**1** Preheat oven to 200°C/180°C fan-forced. Line a small roasting pan with baking paper.  
**2** Combine the marmalade, honey and mint in a small bowl. Season with salt and pepper. Place chicken in prepared pan. Spoon ⅓ of the marmalade mixture over chicken, spreading to coat. Roast for 45 to 50 minutes, basting with remaining marmalade mixture every 15 minutes, or until chicken is golden and cooked through.  
**3** Meanwhile, place couscous and asparagus in a large heatproof bowl. Pour over orange juice and boiling water. Cover. Stand for 5 minutes. Using a fork, fluff couscous to separate grains. Add oil, orange rind, apricot, pistachio, onion and mint. Season with salt and pepper. Stir to combine.

**4** Divide couscous mixture among serving plates. Top with chicken. Serve with yoghurt and extra mint leaves.

**NUTRITION:** (per serve) 2585kJ; 19.7g fat; 4.6g sat fat; 41.5g protein; 64.5g carbs; 9.8g fibre; 127mg chol; 260mg sodium.

**SPEEDY SHIITAKE AND PORK MINCE STIR-FRY**

**SERVES 4**

**PREP 10 MINUTES COOK 25 MINUTES**

**1½ tablespoons salt-reduced soy sauce**  
**1½ tablespoons oyster sauce**  
**¼ cup shao hsing (Chinese rice wine)**  
**2 tablespoons brown sugar**  
**1 teaspoon sesame oil**  
**1½ tablespoons peanut oil**  
**500g pork mince**  
**1 brown onion, finely chopped**  
**2 garlic cloves, finely chopped**  
**2cm piece fresh ginger, finely grated**  
**1 long red chilli, finely chopped, plus extra sliced chilli to serve**  
**100g fresh shiitake mushrooms, trimmed, chopped**  
**1 bunch baby choy sum, trimmed, leaves separated, stems chopped**  
**1 bunch baby pak choy, trimmed, leaves separated**  
**Steamed jasmine rice and coriander sprigs, to serve**

**1** Place soy sauce, oyster sauce, shao hsing, sugar and sesame oil in a small bowl. Stir until sugar dissolves.  
**2** Heat a wok over high heat. Add 2 teaspoons peanut oil. Swirl to coat. Add ½ the mince. Stir-fry, breaking up lumps, for 6 minutes or until browned. Transfer to a bowl, draining any excess fat. Repeat with 2 teaspoons remaining peanut oil and remaining mince.  
**3** Add remaining peanut oil to wok. Swirl to coat. Add onion, garlic, ginger and chilli. Stir-fry for 2 minutes. Add mushroom. Stir-fry for 2 minutes or until just tender. Return mince to pan with sauce mixture. Stir-fry for 2 to 3 minutes or until hot. Transfer to a heatproof bowl. Cover to keep warm.  
**4** Add choy sum and pak choy to wok. Stir-fry for 2 to 3 minutes or until bright green and tender. Divide rice among bowls. Top with mince mixture and greens. Sprinkle with coriander and extra chilli. Serve.  
**NUTRITION:** (per serve) 2440kJ; 20.7g fat; 6.2g sat fat; 34.4g protein; 58.8g carbs; 3.7g fibre; 67mg chol; 715mg sodium. ➤



SPEEDY SHIITAKE  
AND PORK MINCE  
STIR-FRY

THE INFO

+ ASIAN

\$4.27  
PER SERVE

25

2  
VEGIES PER  
SERVE

WOK-ON WEDNESDAY  
SPEED THROUGH HUMP DAY WITH  
THIS TIME-BUSTING STIR-FRY





## HAWAIIAN SALMON POKE BOWL

### THE INFO

**\$4.20**  
PER SERVE

**TROPICAL THURSDAY**  
DO AS THE HAWAIIANS DO  
AND SERVE SUSHI IN A BOWL!

## HAWAIIAN SALMON POKE BOWL

**SERVES 4**

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

- 1½ cups sushi rice
- 2 teaspoons white sugar
- ¼ cup rice wine vinegar
- ¼ cup salt-reduced soy sauce
- 1 teaspoon S&B Wasabi Paste
- 2 teaspoons honey
- 300g sashimi-grade salmon, cut into 2cm cubes
- 2 green onions, thinly sliced
- 1 tablespoon sesame seeds, toasted
- 1 large avocado, thinly sliced
- 1 Lebanese cucumber, very thinly sliced
- 2 cups shredded red cabbage
- Sliced red chilli and lime wedges, to serve

1 Cook rice following packet directions. Spread over a baking tray. Cool for 5 minutes. Combine sugar and ½ the vinegar in a bowl. Drizzle over rice. Using

a spatula, lift and turn rice until combined. Cool for 20 minutes.

2 Meanwhile, combine soy sauce, wasabi, honey and remaining vinegar in a large ceramic bowl, stirring until honey dissolves. Add salmon. Gently toss to coat. Cover with plastic wrap. Refrigerate for 15 minutes, tossing halfway.

3 Add onion and sesame seeds to salmon. Toss to combine. Divide rice among bowls. Top with salmon mixture, avocado, cucumber and cabbage. Serve with chilli and lime.

**NUTRITION:** (per serve) 2447kJ; 20.9g fat; 4.7g sat fat; 25.1g protein; 71g carbs; 3.8g fibre; 49mg chol; 630mg sodium.

### SFI recommends:

S&B's naturally green real Japanese wasabi paste comes in an easy-to-use squeeze tube. Try it with steak, or to add some heat to dips and dressings.



## TURKISH LAMB PIES

**SERVES 4**

**PREP** 25 MINUTES **COOK** 45 MINUTES

- 2 teaspoons extra virgin olive oil
- 1 brown onion, finely chopped
- 500g lamb mince
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 large tomato, diced
- ½ cup chargrilled eggplant, chopped
- ½ cup chargrilled red capsicum, chopped
- ¼ cup chopped fresh flat-leaf parsley leaves, plus extra to serve
- ¼ cup chopped fresh mint leaves
- 4 sheets frozen reduced-fat shortcrust pastry, partially thawed
- 2 eggs, lightly beaten
- 50g fetta, crumbled
- 2 tablespoons pine nuts
- ¼ teaspoon sumac
- ⅓ cup reduced-fat plain Greek-style yoghurt and lemon wedges, to serve

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

2 Heat oil in a large frying pan over medium-high heat. Add onion. Cook for 5 minutes or until softened. Add mince. Cook, breaking up mince with a wooden spoon, for 8 to 10 minutes or until browned and liquid has evaporated. Add garlic, cumin and coriander. Cook for 1 minute or until fragrant. Add tomato, eggplant, capsicum, parsley and mint. Stir to combine. Remove from heat.

3 Place 1 pastry sheet on a board. Cut an 18cm round from pastry. Discard trimmings. Spoon ¼ of mince mixture onto the centre of the round, leaving a 4cm edge. Using the picture as a guide, fold and pleat the pastry edge to form a border around filling. Transfer to prepared baking tray. Repeat with remaining pastry sheets and mince mixture. Brush pastry with egg. Pour remaining egg over filling. Sprinkle with ½ the fetta. Bake for 20 to 25 minutes or pastry is golden.

4 Meanwhile, place pine nuts in a small frying pan over medium heat. Cook for 2 to 3 minutes or until beginning to toast. Add sumac. Cook for a further 1 minute or until fragrant. Transfer to a small bowl.

5 Sprinkle pies with remaining fetta, pine nut mixture and extra parsley. Serve with yoghurt and lemon wedges.

**NUTRITION:** (per serve) 3785kJ; 47.3g fat; 17.8g sat fat; 42.4g protein; 73.7g carbs; 7g fibre; 216mg chol; 1176mg sodium. ■



**'FAKEAWAY' FRIDAY**  
**CANCEL YOUR PLANS - YOU'LL**  
**WANT TO STAY IN FOR THIS MEAL**



TURKISH LAMB  
PIES

**THE INFO**

**\$4.83**  
PER SERVE



# GLUTEN-FREE MIDWEEK MAINS

Gluten-free cooking doesn't have to mean buying specialised ingredients or preparing separate meals. These four filling dinners are free of gluten and loaded with flavour, so no-one has to miss out

GLUTEN-FREE MINI  
PORK SCHNITZELS  
WITH POTATO AND  
ORANGE SALAD

## THE INFO

+ GLUTEN FREE  
+ LOW SATURATED FAT

**\$4.89**  
PER SERVE

**2.5**  
VEGIES PER  
SERVE

### GLUTEN-FREE MINI PORK SCHNITZELS WITH POTATO AND ORANGE SALAD

**SERVES 4**

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

**2½ cups fresh gluten-free breadcrumbs**  
(see notes)

**1 small bunch chives, thinly sliced**

**1 tablespoon gluten-free all-purpose  
pepper seasoning**

**2 eggs**

**300g pork fillet, thinly sliced**

**500g packet baby red potatoes, halved**

**200g green beans, trimmed**

**¼ cup extra virgin olive oil**

**1 cup seedless red grapes, halved**

**2 oranges, peeled, sliced into rounds**

**Lemon wedges and fresh flat-leaf parsley  
leaves, to serve**

#### Mustard Dressing

**1 tablespoon gluten-free wholegrain  
mustard**

**2 tablespoons plain Greek-style yoghurt**

**2 tablespoons apple cider vinegar**

**2 tablespoons extra virgin olive oil**

**1 Make Mustard Dressing** Place mustard, yoghurt, vinegar and oil in a large bowl. Season with salt and pepper. Whisk well to combine. Set aside.

**2 Combine breadcrumbs, chives and seasoning together on a large plate.** Season with salt and pepper.

**3 Whisk eggs with 1 tablespoon water in a large shallow bowl.** Season with salt and pepper. Whisk to combine. Dip 1 piece of pork in egg mixture. Coat in breadcrumb

mixture, pressing firmly to secure. Repeat with remaining pieces of pork. Place on a large baking paper-lined tray. Refrigerate for 15 minutes.

**4** Meanwhile, place potato in a large saucepan of water. Bring to the boil over high heat. Boil for 12 minutes, adding beans in the last 1 minute of cooking time. Drain well. Add to dressing in bowl. Toss well to combine.

**5** Heat oil in a large non-stick frying pan over medium-high heat. Cook pork, in 2 batches, for 3 minutes each side or until golden and cooked through. Drain on paper towel.

**6** Add grape and orange to potato salad. Gently toss to combine. Serve with lemon wedges and schnitzels, sprinkled with parsley leaves.

**NUTRITION:** (per serve) 2550kJ; 31.6g fat; 5.4g sat fat; 28.2g protein; 48g carbs; 9g fibre; 177mg chol; 1222mg sodium. >

### Cook's notes:

+ We made our own gluten-free breadcrumbs by processing sliced gluten-free white bread in a food processor.

+ It's important to check all the ingredients to ensure they do not contain gluten.







GLUTEN-FREE  
CHICKEN PANZANELLA  
PASTA, p46

## THE INFO

+ GLUTEN FREE

\$3.86  
PER SERVE

30







GLUTEN-FREE PAPRIKA  
FISH WITH BROCCOLI  
TABOULEH, p47

### THE INFO

+ GLUTEN FREE  
+ HEART FRIENDLY  
+ LOWER GI

\$6.00  
PER SERVE

45

3  
VEGIES PER  
SERVE



## GLUTEN-FREE CHICKEN PANZANELLA PASTA

**SERVES 4**

**PREP 15 MINUTES**

**COOK 15 MINUTES**

- ½ cup extra virgin olive oil**
- 2 tablespoons red wine vinegar**
- 1 cup small fresh basil leaves, plus extra to serve**
- 4 ripe roma tomatoes, chopped**
- 2 teaspoons sea salt flakes**
- 1 small garlic clove, crushed**
- 250g packet dried gluten-free shell pasta**
- 2 slices day-old gluten-free white bread, torn**
- ⅔ cup finely grated parmesan**
- 500g chicken tenderloins, each cut diagonally into 3 pieces (see notes)**

- 1 Place ⅓ cup oil, vinegar, basil, tomato, sea salt and garlic in a large heatproof bowl. Season with pepper. Using a potato masher, squash tomato in the mixture. Cover bowl. Stand at room temperature for 15 minutes to allow flavours to develop.
- 2 Meanwhile, cook pasta following packet directions. Drain.
- 3 Place bread in a small food processor. Process until large crumbs form. Transfer to a bowl. Add parmesan. Toss to combine.
- 4 Heat a large, non-stick frying pan over medium-high heat. Add crumb mixture. Cook, tossing constantly, for 2 to 3 minutes or until crumbs are golden. Transfer to a heatproof bowl.
- 5 Heat remaining oil in pan over high heat. Add chicken. Cook, turning occasionally, for 5 to 8 minutes or until chicken is browned and cooked through. Transfer chicken to tomato mixture in bowl. Toss well to combine.
- 6 Add pasta to tomato mixture. Toss well to combine. Serve pasta sprinkled with parmesan crumbs and topped with extra basil.

**NUTRITION:** (per serve) 3007kJ; 36.3g fat; 7.8g sat fat; 38.4g protein; 58.6g carbs; 4g fibre; 114mg chol; 1131mg sodium.



GLUTEN-FREE CHICKEN PANZANELLA PASTA

### THE INFO

+ GLUTEN FREE

**\$3.86**  
PER SERVE

30

## GLUTEN-FREE ROGAN JOSH STEAK SANDWICHES

**SERVES 4**

**PREP 15 MINUTES COOK 10 MINUTES**

- ¼ cup gluten-free rogan josh curry paste (see notes)**
- 2 tablespoons canola oil**
- 8 beef sizzle steaks**
- 8 slices Abbott's Village Bakery Gluten-free Mixed Seeds Loaf**
- ½ cup plain Greek-style yoghurt**
- 1 small red onion, very thinly sliced into rounds**
- 2 small carrots, peeled into long thin ribbons**
- 2 Lebanese cucumbers, peeled into long thin ribbons**
- 1 cup small fresh coriander sprigs**

- 1 Preheat a large, non-stick chargrill pan over medium-high heat.
- 2 Combine curry paste and ½ the oil in a large bowl. Add the steaks, rubbing to coat all over.
- 3 Chargrill steaks, 2 at a time, for 1 minute each side or until browned

and just cooked through. Transfer to a plate. Cover loosely with foil. Stand for 2 minutes to rest.

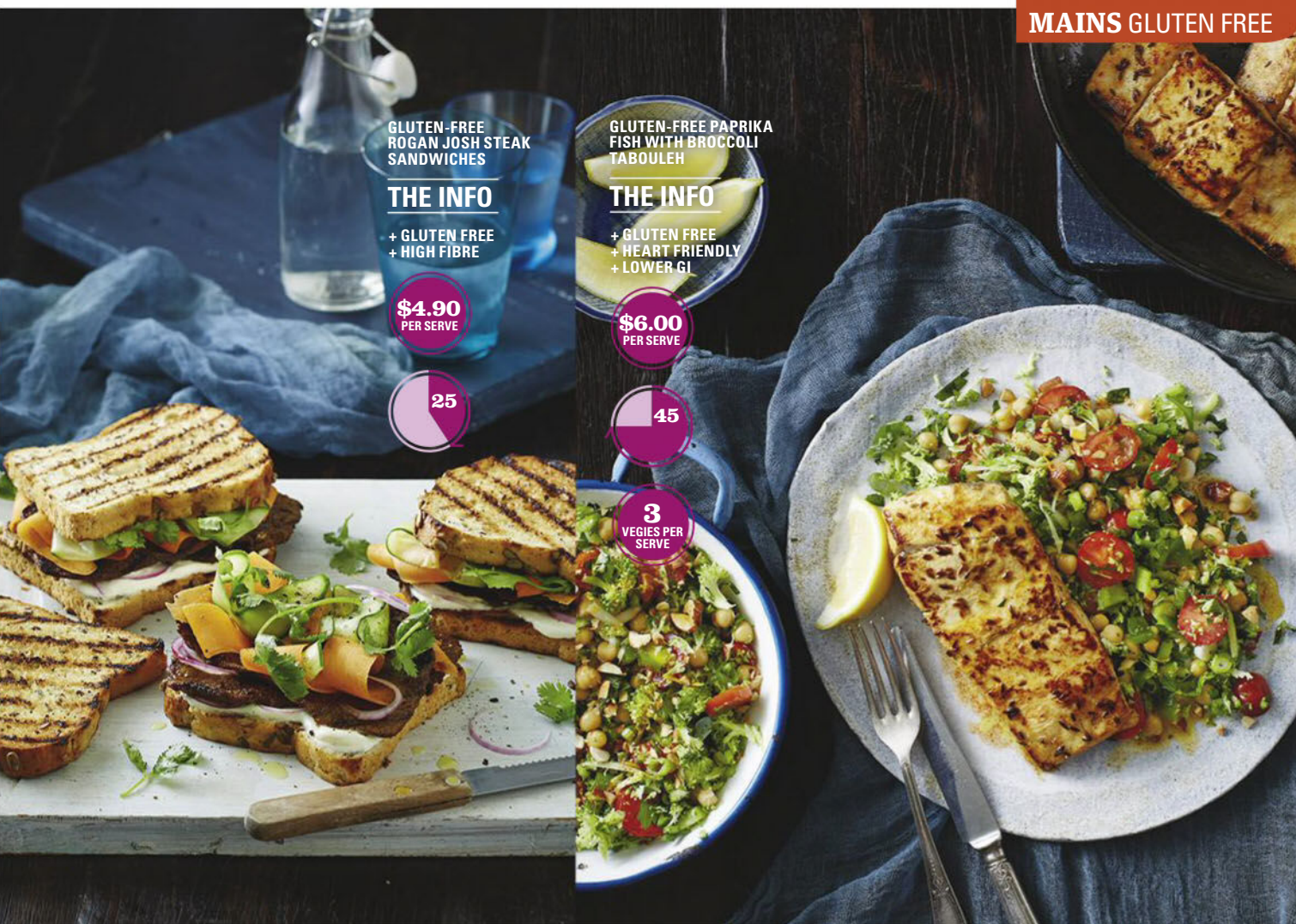
- 4 Meanwhile, drizzle bread slices with remaining oil. Chargrill, in 2 batches, for 1 minute each side or until charred.
  - 5 Spread 4 slices of grilled bread with yoghurt. Top with onion, steak, carrot, cucumber and coriander sprigs. Top with remaining grilled bread slices. Serve.
- NUTRITION:** (per serve) 2433kJ; 25.5g fat; 4.3g sat fat; 40.3g protein; 11.4g carbs; 8.3g fibre; 52mg chol; 606mg sodium.

### SFI recommends:

The Abbott's Village Bakery Gluten Free range is ideal for those who can't eat gluten and are looking for a product that has the same taste as regular bread.







GLUTEN-FREE  
ROGAN JOSH STEAK  
SANDWICHES

### THE INFO

+ GLUTEN FREE  
+ HIGH FIBRE

\$4.90  
PER SERVE

25

GLUTEN-FREE PAPRIKA  
FISH WITH BROCCOLI  
TABOULEH

### THE INFO

+ GLUTEN FREE  
+ HEART FRIENDLY  
+ LOWER GI

\$6.00  
PER SERVE

45

3  
VEGIES PER  
SERVE

## GLUTEN-FREE PAPRIKA FISH WITH BROCCOLI TABOULEH

**SERVES 4**

**PREP** 20 MINUTES (PLUS 15 MINUTES REFRIGERATION) **COOK** 10 MINUTES

**3 teaspoons sweet paprika**

**1 tablespoon finely grated lemon rind**

**½ cup lemon juice**

**¼ cup extra virgin olive oil, plus extra for greasing**

**2 teaspoons cumin seeds**

**4 x 150g skinless, boneless firm white fish fillets (see notes)**

**Lemon wedges, to serve**

### Broccoli Tabouleh

**½ bunch fresh flat-leaf parsley**

**1 head (350g) broccoli, coarsely grated (see notes)**

**400g can chickpeas, drained, rinsed**

**200g grape tomatoes, sliced into rounds**

**1 small green capsicum, finely chopped**

**2 green onions, thinly sliced**

**½ cup gluten-free dry-roasted almonds, finely chopped**

- 1 Combine the paprika, lemon rind, lemon juice and oil in a small jug. Season with salt and pepper. Transfer 2 tablespoons of mixture to a glass or ceramic dish. Add cumin seeds. Stir to combine. Reserve remaining paprika mixture in jug.
  - 2 Add fish to cumin mixture in dish. Turn to coat. Cover. Refrigerate for 15 minutes to allow flavours to develop.
  - 3 Heat a large greased non-stick frying pan on medium-high heat. Cook fish for 3 to 4 minutes each side or until browned and just cooked through.
  - 4 **Meanwhile, make Broccoli Tabouleh** Finely chop parsley stems and roughly chop leaves. Place broccoli, parsley, chickpeas, tomato, capsicum, onion and almonds in a large bowl. Toss to combine. Add reserved paprika mixture. Toss to combine.
  - 5 Divide tabouleh among serving plates. Top with fish. Serve with lemon wedges.
- NUTRITION:** (per serve) 2204kJ; 29.4g fat; 3.6g sat fat; 44.1g protein; 14.3g carbs; 11.5g fibre; 81mg chol; 384mg sodium. ■

## Cook's notes:

- + **FOR THE GLUTEN-FREE CHICKEN PANZANELLA PASTA:** You could also use a 425g can of tuna instead of the chicken, if you prefer, adding it at the end of step 1.
- + **FOR THE GLUTEN-FREE ROGAN JOSH STEAK SANDWICHES:** You could use tikka masala or tandoori curry paste instead of the rogan josh, if you prefer, just make sure it's gluten-free.
- + **FOR THE GLUTEN-FREE PAPRIKA FISH WITH BROCCOLI TABOULEH:** You could also use single chicken breast fillets instead of the fish to reduce the cost, if you prefer. Cook on medium heat for 6 to 8 minutes each side or until browned and cooked through.
- + **Make sure you grate both the broccoli florets and stem.**



# THINNER, THINNER CHICKEN DINNER

Tired of spending lots of money and time making healthier dinners for the kids and suddenly they're "not hungry"? Just cook Nagi's better-for-you meals, all made with kid-friendly chicken, and watch the plates empty.

BAKED CHICKEN  
NUGGETS WITH SWEET  
POTATO CHIPS, p50

## THE INFO

+ CLASSIC MAKEOVER  
+ LOW SATURATED FAT

**\$3.74**  
PER SERVE





## COOKING FOR YOUNG (AND OLD)!

As I made each of these chicken dinners, I had a sparkle in my eye and couldn't wait to get stuck into them. This is the sort of food I love. Then I remembered who I was supposed to be cooking for - kids! Oh dear! Thirty-something-years-old and still a total kid at heart.



**RecipeTin** *Eats*

CHICKEN  
ALFREDO, p52

### THE INFO

+ CLASSIC MAKEOVER  
+ LOWER SODIUM

**\$2.34**  
PER SERVE

15







BAKED CHICKEN NUGGETS WITH SWEET POTATO CHIPS

#### THE INFO

+ CLASSIC MAKEOVER  
+ LOW SATURATED FAT

\$3.74  
PER SERVE



»» Nagi says: A split second after I snapped the photo, I was digging right into this delicious combo. Judge me all you want, but I'd happily have this every night of the week! This is made with chicken breast, which reduces the saturated fat, and is baked, not fried, which is better for you. The key to keeping the meat moist is the brining - even just 15 minutes makes a huge difference.

### BAKED CHICKEN NUGGETS WITH SWEET POTATO CHIPS

**SERVES 4**

**PREP** 20 MINUTES (PLUS COOLING AND REFRIGERATION) **COOK** 35 MINUTES

600g chicken breast fillets

1½ tablespoons salt

2 cups panko breadcrumbs

Olive oil cooking spray

800g sweet potato, peeled

1 tablespoon extra virgin olive oil

1 tablespoon cornflour

2 eggs

½ cup plain flour

200g green beans, trimmed, steamed

Chopped fresh curly parsley, to serve

#### Sweet and Sour Sauce

1 teaspoon cornflour

¼ cup apple cider vinegar

¼ cup brown sugar

1 tablespoon tomato ketchup

1 teaspoon soy sauce

**1** Cut chicken into 3cm x 4cm pieces.

Combine salt and ¼ cup hot water in a bowl, stirring until salt has dissolved. Add 1½ cups cold water. Stir well. Add chicken. Stir to combine. Cover. Refrigerate for 15 minutes. Drain mixture. Transfer chicken to a large plate. Pat dry with paper towel.

**2** Meanwhile, preheat oven to 200°C/180°C fan-forced. Spread breadcrumbs evenly over a large tray. Spray generously with oil. Season with salt. Bake for 3 minutes. Shake tray. Bake for a further 1 minute or until breadcrumbs are golden. Transfer to a bowl. Set aside to cool completely.

**3** Cut sweet potato into 1cm x 7cm chips. Place in a large bowl. Drizzle with oil. Toss to coat. Sprinkle with cornflour and season with salt and pepper. Toss to coat evenly. Spread chips onto a large baking tray. Place tray on the highest oven shelf. Bake for 15 minutes.

**4** Meanwhile, whisk eggs in a shallow bowl. Place flour in a separate bowl. One at a time, dip chicken in flour, shaking off excess. Dip in egg, then toss in breadcrumb mixture, pressing to secure. Place on a large baking tray. Spray liberally with oil. **5** Turn chips and transfer tray to the lowest oven shelf. Place chicken on the highest shelf. Bake for 10 minutes. Turn chicken. Bake for a further 5 minutes or until chicken is cooked through and chips are well-browned.

**6** Meanwhile, make Sweet and Sour Sauce Blend cornflour with 1 tablespoon water in a small saucepan until smooth. Add vinegar, sugar, ketchup and soy sauce. Bring to a simmer over medium heat. Simmer, stirring occasionally, for 1 to 2 minutes or until sauce thickens. Season with salt and pepper (see Nagi's tip). Remove from heat.

**7** Serve chicken nuggets with chips, green beans and sauce, sprinkled with parsley.

**NUTRITION:** (per serve) 3032kJ; 12g fat; 2.6g sat fat; 51.3g protein; 98.1g carbs; 8.1g fibre; 192mg chol; 823mg sodium.

#### Nagi says:

If you need to, add a little extra sugar or vinegar at this stage, to taste. If sauce is too thick, stir in 1 to 2 teaspoons water.



PIZZA CHICKEN  
ROLL UPS

THE INFO

+ ENTERTAINING

\$3.23  
PER SERVE

35

2  
VEGIES PER  
SERVE



»» Nagi says: Yes, these roll ups are a kids' favourite but I guarantee you, the grown-ups will go nuts over them, too!

PIZZA CHICKEN ROLL UPS

SERVES 4

PREP 15 MINUTES COOK 20 MINUTES

2 chicken breast fillets  
50g sliced black olives  
100g sliced salami, chopped  
100g button mushrooms, sliced  
½ cup grated mozzarella  
1 tablespoon extra virgin olive oil  
Mixed salad leaves and 4 small white bread rolls, to serve

Pizza Sauce

1 tablespoon extra virgin olive oil  
¼ brown onion, finely chopped  
2 garlic cloves, crushed  
500g tomato passata

2 teaspoons dried basil leaves  
1 teaspoon white sugar

**1 Make Pizza Sauce** Heat oil in a saucepan over high heat. Add onion and garlic. Cook, stirring, for 1 minute or until onion softens. Add passata, basil and sugar. Season with salt and pepper. Bring to a simmer. Reduce heat to medium. Simmer for 1 minute. Remove from heat.  
**2** Preheat oven to 200°C/180°C fan-forced.  
**3** Cut each chicken breast in half horizontally. Place 1 chicken piece between 2 sheets of plastic wrap. Using a rolling pin or meat mallet, pound chicken until 7mm thick. Repeat with remaining chicken. Remove and discard plastic wrap. Season both sides of chicken with salt and pepper.  
**4** Combine olives, salami, mushroom and cheese in a bowl. Spread 2 tablespoons

sauce mixture over 1 side of each chicken piece. Spoon ¼ of the olive mixture onto pointed end of each chicken piece. Roll up to enclose filling. Secure with a toothpick.  
**5** Heat oil in a non-stick ovenproof frying pan over high heat. Add chicken. Cook, turning, for 3 minutes or until browned. Transfer to oven. Bake for 12 minutes. Remove pan from oven. Cover with foil. Stand for 5 minutes.  
**6** Meanwhile, heat remaining sauce mixture over medium-high heat. Cook for 2 to 3 minutes or until heated through.  
**7** Remove and discard toothpicks from chicken. Divide sauce among serving plates. Top with chicken. Serve with salad leaves and bread rolls.  
NUTRITION: (per serve) 2317kJ; 27.9g fat; 8.4g sat fat; 44.3g protein; 30.3g carbs; 6.2g fibre; 107mg chol; 1009mg sodium. ➤





## CHICKEN ALFREDO

### THE INFO

+ CLASSIC MAKEOVER  
+ LOWER SODIUM

**\$2.34**  
PER SERVE

**15**



»» *Nagi says: Creamy pastas have a bad reputation for being super unhealthy because they're typically made with lots of cream and butter. I'm here to bust that myth! The key is to emulsify the sauce with the pasta cooking water. Watch and be amazed how a bit of cream thickens and coats every strand of pasta!*

### CHICKEN ALFREDO

**SERVES 4**

**PREP 5 MINUTES**

**COOK 10 MINUTES**

375g dried fettuccine

25g unsalted butter

1 eschalot, very finely chopped

$\frac{3}{4}$  cup light thickened cream for cooking

1 cup finely grated parmesan (see Nagi's tips), plus extra to serve

1 cooked chicken breast fillet, shredded  
Shredded fresh flat-leaf parsley leaves, to serve

**1** Cook pasta in a large saucepan of boiling, salted water, following packet directions (see Nagi's tips). Reserve 1 cup of cooking water. Drain pasta and set aside.

**2** Meanwhile, melt butter in a large frying pan over medium-high heat. Add eschalot. Cook, stirring, for 2 minutes or until soft. Add cream. Bring to a simmer. Reduce heat to medium-low. Simmer for 3 minutes. Remove from heat. Add parmesan. Stir until smooth. Season with salt and pepper.

**3** Increase heat to medium. Return pan to heat. Add pasta, chicken and  $\frac{1}{2}$  the reserved pasta water. Toss gently for 2 minutes or until the sauce thickens and coats the pasta (sauce should not be pooled in the bottom of the pan), adding more reserved pasta water, if needed.

**4** Remove from heat. Sprinkle with extra parmesan and parsley. Serve.

**NUTRITION:** (per serve) 2769kJ; 24.3g fat; 14.3g sat fat; 39.8g protein; 68.9g carbs; 2.8g fibre; 105mg chol; 435mg sodium.

### Nagi says:

+ It is best to use freshly grated parmesan as the cheese will melt more easily into the sauce than the pre-grated variety.

+ I cook my pasta 1 minute less than the packet directions so that it doesn't over-cook when added to the sauce.



»» Nagi says: These wings are so crispy, you'd swear they were deep-fried. No false promises here! This technique is genius.

## TRULY CRISPY BAKED WINGS WITH HONEY MUSTARD SAUCE

**SERVES 6**

**PREP 10 MINUTES**

**COOK 1 HOUR 20 MINUTES**

Olive oil cooking spray

2kg chicken wings

2 tablespoons baking powder

$\frac{3}{4}$  teaspoon salt

**Honey Mustard Dipping Sauce**

2 tablespoons honey

2 tablespoons Dijon mustard

2 tablespoons whole-egg mayonnaise

- 1 Line a large baking tray with foil (you'll thank me later). Place a wire rack on tray. Spray rack generously with oil (again, you'll thank me later!).
  - 2 Cut each chicken wing into 3 pieces at joints. Discard wing tips. Place wings, top-side up, on prepared tray (it'll be a snug fit). Refrigerate for 4 hours or overnight, if time permits, to dry out (see Nagi's tip).
  - 3 Adjust oven shelves to upper-middle and lower-middle positions. Preheat oven to 140°C/120°C fan-forced.
  - 4 Place wings in a large snap-lock bag. Add baking powder and salt. Twist bag to seal and shake well to coat chicken evenly. Return wings to rack over tray. Place tray on the lower-middle oven shelf. Bake for 30 minutes.
  - 5 Transfer tray to the upper-middle shelf. Increase oven temperature to 240°C/220°C fan-forced. Bake for 40 to 50 minutes or until the wings are deep golden and crispy.
  - 6 **Meanwhile, make Honey Mustard Dipping Sauce** Combine honey, mustard and mayonnaise in a bowl. Season.
  - 7 Serve wings with dipping sauce.
- NUTRITION:** (per serve) 1959kJ; 35.5g fat; 9.6g sat fat; 27.8g protein; 10.7g carbs; 0g fibre; 150mg chol; 1355mg sodium. ■

### Nagi says:

If you don't have time to refrigerate the chicken wings, simply pat dry with paper towel.

TRULY CRISPY BAKED WINGS WITH HONEY MUSTARD SAUCE

### THE INFO

**\$2.42**  
PER SERVE





# Manu Feidel's **MORE PLEASE!**

Lovable French chef Manu Feidel has created and tasted dishes the world over, but it's the food he makes at home for his family that's closest to his heart. These four recipes from his latest book, *More Please!*, will have everyone coming back for seconds



This is an edited extract from *More Please!* (\$39.99, Murdoch) by Manu Feidel with Clarissa Weerasena. On sale nationally at bookshops.

»» *Manu says: This is probably every kid's favourite meal and it's no different for my son Jonti - he just loooves it. It does take a little longer to cook but I think that is the secret to its success: the longer you cook it, the better it will taste. I usually make a big batch and freeze the leftovers for an easy weeknight meal.*

## MY SPAGHETTI BOLOGNESE

**SERVES 4**

**PREP 10 MINUTES**

**COOK 2 HOURS 20 MINUTES**

½ cup extra virgin olive oil

250g beef mince

250g pork mince

⅔ cup white wine

100g speck or pancetta,

finely diced

1 brown onion, finely chopped

1 carrot, finely diced

1 celery stalk, finely diced

3 garlic cloves, finely chopped

400g can chopped tomatoes

400ml beef stock

⅔ cup milk

Sea salt and freshly ground

black pepper, to taste

400g dried spaghetti or other pasta

Grilled bread, to serve (optional)

1 Heat ½ the oil in a large frying pan over medium-high heat. Add beef and pork mince. Cook, stirring with a wooden spoon to break up any lumps, for 3 to 5 minutes or until caramelised. Add wine. Bring to the boil. Reduce heat to low. Simmer until wine has almost evaporated.

2 Meanwhile, heat remaining oil in a large frying pan over medium-high heat. Add the speck or pancetta. Cook for 1 to 2 minutes or until just starting to brown.

Add onion, carrot and celery. Cook for 4 minutes. Add garlic. Cook for 1 minute.

3 Add the vegetable mixture to the mince. Add tomatoes and stock. Stir to combine. Bring to the boil over medium-high heat. Reduce heat to low. Cook, covered, stirring occasionally, for 1 hour. Remove lid. Cook for a further 1 hour or until sauce thickens and has reduced by one-third.

4 Stir in milk. Season with salt and pepper, if needed. Simmer for a further 10 to 15 minutes (see note).

5 Meanwhile, cook pasta following packet directions until al dente. Drain. Serve pasta with a generous helping of sauce and grilled bread, if using.

**NUTRITION:** (per serve) 3813kJ; 39.7g fat; 10.3g sat fat; 49.4g protein; 87.3g carbs; 7g fibre; 90mg chol; 1305mg sodium. >

## Cook's note:

If you have the time, simmer the sauce for even longer, as it will only get better with long, slow cooking!

MY SPAGHETTI  
BOLOGNESE

## THE INFO

+ KID FRIENDLY

**\$3.21**  
PER SERVE

**2**  
VEGIES PER  
SERVE









»» *Manu says: I know that there are hundreds of versions of fried rice out there but this version, not surprisingly, has a little French influence: butter! There is a reason this simple ingredient is a chef's secret weapon.*

## OUR FRIED RICE

**SERVES** 4

**PREP** 15 MINUTES (PLUS COOLING)

**COOK** 20 MINUTES

1½ cups jasmine or long-grain white rice

4 eggs

Pinch of sugar

1 teaspoon ground white pepper

½ cup peanut oil

1 large brown onion, finely chopped

3 Chinese sausages (lap cheong),  
cut into cubes (see notes)

8 medium green prawns, peeled,  
deveined, each cut into 3 pieces

1 tablespoon sea salt

2 teaspoons soy sauce, to taste

3 green onions, white and green parts  
separated, thinly sliced diagonally

20g butter

Fish sauce (optional)

1 Place rice in a large sieve. Wash 4 to 5 times until water runs clear. Transfer to a medium saucepan. Add 3 cups water, ensuring the rice is level so it cooks evenly. Bring to the boil over high heat. Reduce heat to medium. Cook for about 5 minutes or until tunnels form in the rice and most of the water has been absorbed. Remove from heat. Set aside, covered, for 10 minutes to allow the rice to steam through and become fluffy. Remove lid. Run a fork through the rice.

2 Spread the cooked rice on a baking tray lined with baking paper. Set aside to cool completely (see notes).

3 Whisk eggs, sugar and a pinch of the white pepper together in a bowl.

4 Heat a large wok over high heat. Add 1 tablespoon oil. When the oil is smoking hot, carefully pour in the egg mixture. As soon as it starts to sizzle, start stirring as if you are making scrambled eggs. Remove egg from wok as soon as it's cooked and set aside.

5 Heat remaining oil in wok and wait until it is smoking again. Add brown onion. Stir-fry until it starts to become translucent. Add sausage. Stir-fry for 1 to 2 minutes. Sprinkle over remaining pepper. Add prawns. Stir-fry for 1 minute. Season with sea salt. Add cooked rice. Spread rice around the wok, then let it sit for a few minutes (see notes).

6 Add soy sauce, to taste. If the rice looks a little dry, add hot water, 1 tablespoon at a time, until it reaches your desired consistency. Add the white part of the green onion and the egg. Toss to combine. Remove from heat. Sprinkle over green part of the green onion. Add butter and quickly toss through to give the rice a flavour boost and a good shine. Season with a dash of fish sauce, if using. Serve.

**NUTRITION:** (per serve) 2965kJ; 38.2g fat; 11.4g sat fat; 22.9g protein; 68g carbs; 1.5g fibre; 274mg chol; 2281mg sodium.

### Cook's notes:

+ You can find these sausages in the Asian aisle of the supermarket.

+ Spreading the rice out in this way helps it cool faster and also soak up any excess moisture. You can make steps 1 and 2 the day before and store in the fridge.

+ Don't over-stir the rice at this point – you want it to stick to the wok and crisp up, adding a delicious texture to the dish.



OUR FRIED RICE

### THE INFO

+ ASIAN  
+ KID FRIENDLY

**\$3.14**  
PER SERVE





»» *Manu says: What's not to like in this crowd-pleasing recipe? Easy to cook and even easier to eat, it's everything you want in a noodle dish. As with all stir-fries, make sure you have all the ingredients and sauces prepared and close to your wok before you start cooking.*

## HOKKIEN NOODLES WITH PORK AND PRAWNS

**SERVES** 6

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

**COOK** 20 MINUTES

250g pork scotch fillet, thinly sliced

1 bunch choy sum

1kg hokkien noodles

½ cup peanut or vegetable oil

3 small garlic cloves, finely chopped

12 medium green prawns, peeled (tails intact), deveined

1 cup chicken stock

1 tablespoon soy sauce, plus extra to taste

1 large brown onion, diced

Sea salt, to taste

2 long red chillies, thinly sliced (optional)

### Marinade

1 tablespoon shao hsing (Chinese rice wine)

1 teaspoon ground white pepper

½ teaspoon sea salt

¼ teaspoon sugar

2 tablespoons oyster sauce

2 tablespoons cornflour

**1 Make Marinade** Combine shao hsing, white pepper, sea salt, sugar, oyster sauce and cornflour in a bowl. Add pork. Stir to coat. Cover. Refrigerate for 30 minutes.

**2** Meanwhile, wash the choy sum. Separate the leaves from the stalks and cut into 5cm pieces.

**3** Place noodles in a colander set over a large heatproof bowl. Pour over boiling water to rinse. Drain thoroughly. Set aside.

**4** Heat a large wok over high heat. Add ½ the oil. When the oil is starting to smoke, carefully add the pork and marinade. Stir-fry for 2 minutes. Add garlic and prawns. Stir-fry for 1 minute. Add the choy sum stalks and toss to combine. Pour in the stock and ½ the soy sauce. Stir-fry for 2 minutes. Add the choy sum leaves. Stir-fry until wilted. Transfer to a bowl and set aside.



**5** Heat remaining oil in the wok over high heat. When the oil is smoking, add the onion. Stir-fry for 3 to 4 minutes or until light golden. Add noodles, spreading them evenly across the wok. Cook, without stirring, until slightly crisp on the bottom. Drizzle noodles with remaining soy sauce. Stir-fry for a few seconds to coat.

**6** Add the pork and prawn mixture to wok. Toss to combine. Season with salt and extra soy sauce, to taste. Serve sprinkled with chilli, if using.

**NUTRITION:** (per serve) 2022kJ; 18.5g fat; 4.3g sat fat; 23.8g protein; 53.7g carbs; 4.2g fibre; 83mg chol; 1524mg sodium. >

### HOKKIEN NOODLES WITH PORK AND PRAWNS

#### THE INFO

+ ASIAN  
+ KID FRIENDLY

**\$3.59**  
PER SERVE









THIN APPLE AND  
ALMOND TARTS

## THE INFO

\$4.44  
PER SERVE

50

»» *Manu says: I must have made thousands of these in my early days as a chef, and no wonder. The buttery puff pastry is topped with a luscious almond cream and thinly sliced apple, then baked until crisp and caramelised. Served with a simple scoop of vanilla ice-cream, it's hard to imagine a more delicious dessert.*

THIN APPLE AND  
ALMOND TARTS

SERVES 4

PREP 30 MINUTES

COOK 20 MINUTES

- 2 pink lady apples
- 1 teaspoon lemon juice
- 375g packet Carême puff pastry, thawed in the fridge (see notes)
- 15g unsalted butter, melted
- 1 to 2 tablespoons caster sugar
- Vanilla ice-cream, to serve (optional)
- Calvados Frangipane**
- 100g unsalted butter, softened
- $\frac{2}{3}$  cup caster sugar
- 1 egg
- 1 egg yolk
- $\frac{3}{4}$  cup almond meal
- $\frac{1}{4}$  cup plain flour
- $1\frac{1}{2}$  tablespoons Calvados (apple liqueur)

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

2 **Make Calvados Frangipane** Using an electric mixer, beat butter and sugar together until pale and fluffy. Add egg and egg yolk. Beat until combined. Add almond meal, flour and Calvados, vigorously stirring until smooth. Set aside.

3 Peel, halve and core the apples. Cut into 2mm-thick slices. Place in a bowl with lemon juice and 2 cups cold water. Stir once. Drain apple from water. Place on a clean tea towel to drain well.

4 On a lightly floured surface, roll out the pastry to create a large rectangle. Using an 18cm round plate or cake tin as a guide,

cut two rounds from the pastry (see notes). Place on prepared baking tray and prick all over with a fork to stop it puffing up too much during cooking.

5 Spread 1 to 2 heaped tablespoons of frangipane evenly on each pastry disc (see notes). Arrange the apple slices, overlapping, in a circle on top of the frangipane, placing two or three half-slices in the middle to finish. Brush the apple with melted butter and sprinkle with  $\frac{1}{2}$  the sugar. Bake for 10 minutes. Remove from oven and sprinkle with remaining sugar. Return to oven and bake for a further 10 minutes, or until the pastry is puffed in the centre and the apple slices are pale golden.

6 Serve hot or warm with a scoop of vanilla ice-cream, if using.

NUTRITION: (per serve) 4359kJ; 60.4g fat; 33g sat fat; 13.9g protein; 107.5g carbs; 4.7g fibre; 174mg chol; 141mg sodium. ■

**Cook's notes:**

+ Carême is a brand of puff pastry. It can be found at independent grocery stores, large delicatessens and some greengrocers. You can use 2 sheets frozen puff pastry instead.

+ Any pastry trimmings can be pressed back together, wrapped in plastic wrap and stored in the freezer for another use.

+ Any leftover frangipane will keep in an airtight container in the fridge for up to a week, or in the freezer for up to 6 months.



# YOU'RE INVITED

to the *Country Style* stand at the Sydney Royal Easter Show, on April 6–19th

Pick up your exclusive **Country Style** show bag, filled with goodies, at the stand.

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# A BIT ON THE SIDE

Baking-paper packages tied up with string and done on the barbie, these are a few of our favourite things. Our brilliant sides will have your dinners singing!

## BARBECUE-ROASTED MEDITERRANEAN VEGETABLES

### THE INFO

+ GLUTEN FREE  
+ HIGH FIBRE

**\$5.63**  
PER SERVE

45

**2.5**  
VEGIES PER  
SERVE

## BARBECUE-ROASTED MEDITERRANEAN VEGETABLES

**SERVES 4**

**PREP 20 MINUTES COOK 25 MINUTES**

½ x 350g tub marinated fetta  
1 small red capsicum, halved,  
cut into 8 wedges  
4 baby eggplant, halved lengthways  
2 small zucchini, quartered lengthways  
250g cherry tomatoes  
4 garlic cloves, unpeeled  
½ cup mixed marinated olives  
4 x 5cm strips lemon rind  
8 sprigs fresh oregano, plus extra  
leaves to serve  
2 tablespoons lemon juice  
Lemon wedges, to serve

1 Preheat a barbecue hotplate on high heat.  
2 Drain fetta, reserving ⅓ cup marinating oil. Place capsicum, eggplant, zucchini, tomato, garlic, olives, lemon rind and oregano sprigs in a bowl. Add lemon juice and reserved marinating oil. Season with salt and pepper. Toss to combine.  
3 Cut 4 x 50cm pieces of foil. Top each with a 20cm piece of baking paper. Spoon ¼ of the vegetable mixture onto the centre of each stack. Fold up edges of foil to enclose vegetables, scrunching foil at the top to seal. Place on hotplate. Cook for 20 to 25 minutes or until tender and beginning to char.  
4 Place parcels on serving plates. Carefully open (steam will escape from parcels). Sprinkle with fetta and extra oregano. Serve with lemon wedges.  
**NUTRITION:** (per serve) 1524kJ; 33.1g fat; 8.9g sat fat; 8g protein; 6.6g carbs; 5g fibre; 12mg chol; 691mg sodium. >



BARBECUED PUMPKIN  
WEDGES WITH KALE

THE INFO

+ ENTERTAINING  
+ GLUTEN FREE

\$1.99  
PER SERVE

45

3  
VEGIES PER  
SERVE

BARBECUED PUMPKIN  
WEDGES WITH KALE

SERVES 4

PREP 15 MINUTES

COOK 30 MINUTES

- 1kg piece kent pumpkin,  
unpeeled, seeded
- ¼ cup maple syrup
- 1 teaspoon fennel seeds, crushed
- 1 teaspoon ground coriander
- 4 kale stalks, stems removed,  
leaves roughly chopped
- 60g goat's cheese, crumbled
- 2 tablespoons roughly  
chopped walnuts

- 1 Preheat a barbecue hotplate on medium-high heat.
- 2 Cut pumpkin into 4 wedges. Combine maple syrup, fennel seeds and ground coriander in a large bowl. Season with salt and pepper. Add pumpkin. Toss to coat.
- 3 Cut 4 x 50cm pieces of foil. Top each with a 20cm piece of baking paper. Place 1 pumpkin wedge, skin-side down, in the centre of each stack. Drizzle evenly with maple syrup mixture. Fold up edges of foil to enclose pumpkin, scrunching foil at the top to seal.
- 4 Place foil parcels on hotplate. Cook for 25 minutes or until pumpkin is tender.

- 5 Transfer parcels to a baking tray. Carefully open parcels (steam will escape from parcels). Baste pumpkin with syrup mixture in parcels. Place kale in the centre of each wedge. Fold up and re-scrunch foil to seal. Return parcels to hotplate. Cook for a further 5 minutes or until kale is bright green and tender.
  - 6 Place parcels on serving plates. Carefully open (steam will escape from parcels). Sprinkle with goat's cheese and chopped walnuts. Serve.
- NUTRITION: (per serve) 822kJ; 7g fat; 2.5g sat fat; 6.1g protein; 30.8g carbs; 2.3g fibre; 11mg chol; 132mg sodium.



CIDER AND  
BALSAMIC  
CARAMELISED  
ONIONS

## THE INFO

+ GLUTEN FREE  
+ LOWER SODIUM  
+ LOW FAT  
+ LOW SATURATED FAT

**\$2.16**  
PER SERVE

**3**  
VEGIES PER  
SERVE

## CIDER AND BALSAMIC CARAMELISED ONIONS

**SERVES 4**

**PREP 15 MINUTES (PLUS 1 HOUR  
STANDING) COOK 30 MINUTES**

**6 small red onions, halved lengthways**

**330ml bottle apple cider**

**¼ cup white balsamic vinegar**

**2 tablespoons brown sugar**

**8 sprigs fresh thyme, plus extra to serve**

**4 dried bay leaves**

**1** Place onion in a large glass or ceramic bowl. Pour over apple cider. Set aside for 1 hour to soak.

**2** Preheat a barbecue hotplate on medium-high heat.

**3** Drain onions, reserving ¼ cup cider. Combine balsamic vinegar, sugar and reserved cider in a jug. Stir until sugar has dissolved.

**4** Cut 4 x 50cm pieces of foil. Top each with a 20cm piece of baking paper. Place 3 onion halves, cut-side down, on the centre of each stack. Top each with thyme and bay leaves. Season with salt and pepper. Fold up edges of foil to enclose onions, scrunching foil at the top, but still leaving the top open. Carefully pour ¼ of the reserved cider into each parcel. Scrunch foil together at top to seal.

**5** Place a wire rack on 1 half of hotplate. Place parcels on rack. Cook for 20 minutes. Carefully transfer parcels to hotplate. Cook for a further 10 minutes or until onion is very tender (but still holding its shape) and caramelised. Place parcels on plates. Carefully open (steam will escape from parcels). Serve sprinkled with extra thyme.

**NUTRITION:** (per serve) 422kJ; 0.1g fat; 0.01g sat fat; 1.4g protein; 22.5g carbs; 1.5g fibre; 0mg chol; 80mg sodium. >





## MIDDLE EASTERN RICE-STUFFED EGGPLANTS

**SERVES 4**

**PREP 15 MINUTES COOK 45 MINUTES**

**2 (320g each) small eggplants,  
halved lengthways**

**2½ tablespoons extra virgin olive oil**

**1 small brown onion, finely chopped**

**2 garlic cloves, crushed**

**3 teaspoons ground cumin**

**1½ teaspoons ground coriander**

**250g packet 90-second white  
long-grain microwave rice**

**3 teaspoons finely grated lemon rind**

**2 tablespoons dried cranberries**

**2 tablespoons roughly chopped fresh mint  
leaves, plus extra leaves to serve**

**⅓ cup plain Greek-style yoghurt**

**2 tablespoons flaked almonds, toasted**

**1** Using a teaspoon, remove the flesh from the eggplant halves, leaving a 1cm-thick border. Finely chop eggplant flesh.

**2** Heat 1 tablespoon oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add chopped eggplant. Cook for 5 minutes or until softened. Add garlic, cumin and ground coriander. Cook for 1 minute or until fragrant. Add rice, lemon rind, cranberries and mint. Season with salt and pepper. Stir to combine. Remove from heat.

**3** Preheat a barbecue hotplate on medium-high heat.

**4** Cut 4 x 50cm pieces of foil. Top each with a 20cm piece of baking paper.

Place 1 eggplant half in the centre of each stack. Spoon rice mixture into eggplant. Drizzle each parcel with 1 teaspoon of the remaining oil. Fold up edges of foil to enclose eggplant, scrunching foil at the top to seal. Place on hotplate. Cook for 25 to 30 minutes or until eggplant is tender.

**5** Place parcels on serving plates.

Carefully open (steam will escape from parcels). Top with yoghurt, almonds, extra mint and remaining oil.

**NUTRITION:** (per serve) 1478kJ; 19g fat; 3.4g sat fat; 6.3g protein; 36.5g carbs; 6.1g fibre; 8mg chol; 83mg sodium.

MIDDLE EASTERN  
RICE-STUFFED  
EGGPLANTS


### THE INFO

+ GLUTEN FREE  
+ LOWER SODIUM

**\$2.99**  
PER SERVE

**2**  
VEGIES PER  
SERVE




 ROAST SWEET POTATOES WITH JALAPEÑO BUTTER

## THE INFO

+ GLUTEN FREE  
+ HIGH FIBRE\$2.47  
PER SERVE4.5  
VEGIES PER  
SERVEROAST SWEET POTATOES  
WITH JALAPEÑO BUTTER

SERVES 4

PREP 10 MINUTES COOK 1 HOUR

4 (280g each) small sweet potatoes,  
scrubbed

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

¼ teaspoon freshly cracked black pepper

1½ teaspoons finely grated lime rind

60g butter, softened

1 teaspoon lime juice

2 teaspoons chopped pickled jalapeños

¼ small red cabbage, finely shredded

125g cherry tomatoes, quartered

1 green onion, thinly sliced

1 tablespoon roughly chopped  
fresh coriander leaves, plus  
extra sprigs to serve

Lime wedges, to serve

1 Preheat a barbecue hotplate on medium-high heat (see note).

2 Using a fork, prick each potato 6 times. Combine oil, salt, pepper and 1 teaspoon lime rind in a large bowl. Add potatoes. Rub to coat.

3 Cut 4 x 50cm pieces of foil. Top each with a 20cm piece of baking paper. Place 1 potato on the centre of each stack. Fold up edges of foil to enclose potatoes, scrunching foil at the top to seal.

4 Place a wire rack on hotplate. Place parcels on rack. Cook, with hood down, for 1 hour or until tender.

5 Meanwhile, place butter, lime juice, jalapeños and remaining lime rind in a bowl. Season with salt and pepper. Mash with a fork to combine. Place cabbage, tomato, onion and chopped coriander in a separate bowl. Toss to combine.

6 Carefully open parcels (steam will escape from parcels). Cut a slit down the length of each potato, being careful not to cut the whole way through. Place parcels on serving plates. Dollop potatoes with ½ of the butter mixture. Top with cabbage mixture. Dollop with remaining butter mixture. Sprinkle with coriander sprigs. Serve with lime wedges.

NUTRITION: (per serve) 1675kJ; 21.8g fat; 9.4g sat fat; 6.6g protein; 41.6g carbs; 7.2g fibre; 22mg chol; 658mg sodium. ■

## Cook's note:

We used a barbecue with a hood. If you don't have a hooded barbecue, use a large roasting pan to cover the potatoes and create an oven-like effect.



ANTIPASTO  
PIZZA

## THE INFO

\$3.92  
PER SERVE



# *good enough* **FOR GUESTS**

Inspired by flavours from around the world, these easy dishes bring something special to the table. So next time you're catching up with friends, skip the restaurant in favour of staying in



## ANTIPASTO PIZZA

**SERVES** 4

**PREP** 15 MINUTES (PLUS 30 MINUTES PROVING) **COOK** 15 MINUTES

½ cup tomato pasta sauce  
6 slices prosciutto, torn  
4 marinated artichoke hearts, drained, quartered  
100g chargrilled capsicum, thickly sliced  
½ cup green Sicilian olives  
½ cup drained semi-dried tomatoes  
180g tub bocconcini, drained, roughly torn  
Baby rocket, to serve

### Pizza Dough

1 teaspoon dried yeast  
½ teaspoon caster sugar  
2 tablespoons extra virgin olive oil  
2 cups plain flour, plus extra for dusting  
½ teaspoon salt

**1 Make Pizza Dough** Combine ¾ cup warm water, yeast and sugar in a jug. Set aside for 5 minutes or until foamy. Add oil. Stir to combine. Combine flour and salt in a separate bowl. Make a well. Add yeast mixture. Using a butter knife, mix until well combined. Turn out onto a lightly floured surface. Knead for 10 minutes or until smooth and elastic. Place in a bowl and cover with plastic wrap. Set aside for 30 minutes or until dough rises by one-third.

**2** Meanwhile, preheat oven to 240°C/220°C fan-forced.

**3** Divide dough into 2 equal portions. Roll out 1 portion on a lightly floured surface to form a 40cm round. Place on a lightly greased baking tray. Repeat with remaining dough, placing on a separate greased tray.

**4** Spread pasta sauce over each pizza base. Arrange prosciutto, artichoke, capsicum, olives and tomatoes over each pizza. Top with bocconcini. Bake for 12 to 15 minutes, swapping position of trays halfway through cooking, or until golden brown and cooked through. Serve pizzas topped with rocket.

**NUTRITION:** (per serve) 2352kJ; 24.8g fat; 7.3g sat fat; 21.1g protein; 59.6g carbs; 5.1g fibre; 15mg chol; 1897mg sodium.

CHICKEN  
CACCIASTORE

## THE INFO

+ FREEZER FRIENDLY  
+ ONE PAN

**\$4.35**  
PER SERVE

**2**  
VEGIES PER  
SERVE



## CHICKEN CACCIASTORE

**SERVES** 4

**PREP** 10 MINUTES

**COOK** 40 MINUTES

2 tablespoons extra virgin olive oil  
8 chicken thigh cutlets  
200g button mushrooms  
1 brown onion, finely chopped  
4 slices pancetta, roughly chopped  
2 garlic cloves, crushed  
3 anchovy fillets, drained, finely chopped  
½ cup dry white wine  
2 cups tomato pasta sauce  
1 cup kalamata olives  
2 tablespoons baby capers, rinsed, drained  
¼ cup fresh oregano leaves

**1** Heat 1 teaspoon oil in a large deep frying pan over high heat. Add ½ the chicken. Cook, turning occasionally, for 5 minutes or until golden brown. Transfer to a bowl. Repeat with the remaining chicken.

**2** Add ½ the remaining oil to the pan. Add mushrooms. Cook, stirring occasionally, for 2 to 3 minutes or until golden. Transfer to bowl with chicken.

**3** Reduce heat to medium. Add remaining oil to pan. Add onion and pancetta. Cook, stirring occasionally, for 5 minutes or until onion softens. Add garlic and anchovy. Cook, stirring, for 1 to 2 minutes or until anchovy has dissolved.

**4** Return chicken and mushrooms to pan. Add wine. Bring to the boil. Add pasta sauce. Stir to combine. Cover. Reduce heat to medium-low. Cook, turning chicken occasionally, for 20 minutes or until chicken is cooked through and sauce thickens slightly.

**5** Add olives, capers and ½ the oregano. Stir to combine. Remove from heat. Sprinkle with remaining oregano. Serve.

**NUTRITION:** (per serve) 2549kJ; 33.8g fat; 6.4g sat fat; 52.5g protein; 15g carbs; 6g fibre; 184mg chol; 1997mg sodium. >



ONE-PAN  
MEXICAN RICE

THE INFO

+ ONE POT

\$3.85  
PER SERVE

55

2  
VEGIES PER  
SERVE



ONE-PAN MEXICAN RICE

**SERVES** 4

**PREP** 20 MINUTES (PLUS 5 MINUTES  
STANDING) **COOK** 30 MINUTES

**1** corn cob, husk and silk removed

**2** chorizo, roughly chopped

**2** chicken thigh fillets, trimmed,  
roughly chopped

**1** red onion, finely chopped

**1** red capsicum, finely chopped

**1** green capsicum, finely chopped

**1** garlic clove, crushed

**1** tablespoon sweet paprika

**1** cup medium-grain white rice

**½** cup dry white wine

**1** cup tomato passata

**1½** cups chicken stock

Sour cream, fresh coriander leaves  
and lime wedges, to serve

- 1 Using a sharp knife, cut kernels from corn cob. Place in a bowl and set aside.
- 2 Heat a frying pan over medium heat. Add chorizo. Cook, stirring occasionally, for 5 minutes or until browned. Using a slotted spoon, transfer to a medium bowl.

**3** Add chicken to pan. Cook, stirring occasionally, for 5 minutes or until browned all over. Transfer to bowl with chorizo.

**4** Add onion, capsicums, corn and garlic to pan. Cook, stirring, for 5 minutes or until onion softens. Add paprika. Cook for 1 minute or until fragrant. Add rice, wine, passata, stock, chorizo and chicken. Bring to the boil. Reduce heat to low. Cover loosely with foil. Cook for 15 minutes or until rice is tender and liquid has absorbed. Remove from heat. Set aside, covered, for 5 minutes.

**5** Top with sour cream and coriander. Serve with lime wedges.

**NUTRITION:** (per serve) 2725kJ; 29.5g fat; 12.5g sat fat; 31.4g protein; 56.5g carbs; 5g fibre; 100mg chol; 1372mg sodium.

CHICKEN, CASHEW AND  
CHILLI JAM STIR-FRY

**SERVES** 4

**PREP** 10 MINUTES

**COOK** 15 MINUTES

**1** tablespoon peanut oil

**½** cup raw cashews

**600g** chicken thigh fillets, trimmed,  
thinly sliced

**4** purple shallots or eschalots,  
thinly sliced

**1** red capsicum, thinly sliced

**100g** snow peas, trimmed,  
thinly sliced lengthways

**4cm** piece fresh ginger, finely grated

**⅓** cup chilli jam

**¼** cup finely grated palm sugar

**2** tablespoons lime juice

**1** tablespoon fish sauce

**½** cup fresh Thai basil leaves

Steamed jasmine rice, to serve

- 1 Heat 1 teaspoon oil in a wok over medium heat. Add cashews. Stir-fry for 1 to 2 minutes or until toasted. Using a slotted spoon, transfer to a bowl.



CHICKEN, CASHEW  
AND CHILLI JAM  
STIR-FRY

### THE INFO

+ ASIAN  
+ SUPER EASY

**\$4.51**  
PER SERVE

25

BEEF AND BLACK  
BEAN WITH RICE  
NOODLES

### THE INFO

+ LOW FAT  
+ LOW SATURATED FAT  
+ SUPER FAST

**\$5.33**  
PER SERVE

20

2 Heat  $\frac{1}{2}$  the remaining oil in wok over high heat. Add  $\frac{1}{3}$  of the chicken. Stir-fry for 1 to 2 minutes or until browned. Transfer to a separate bowl. Repeat with remaining chicken in 2 batches.

3 Heat remaining oil in wok over high heat. Add shallot, capsicum, snow peas and ginger. Stir-fry for 2 minutes or until heated through. Add chicken, cashews, chilli jam, sugar, lime juice and fish sauce. Stir-fry for 1 minute or until heated through. Remove from heat. Sprinkle with basil. Serve with steamed rice.

NUTRITION: (per serve) 2852kJ; 24.7g fat; 5.2g sat fat; 38.2g protein; 73.3g carbs; 3.3g fibre; 118mg chol; 647mg sodium.

## BEEF AND BLACK BEAN WITH RICE NOODLES

**SERVES 4**

**PREP 10 MINUTES**

**COOK 10 MINUTES**

**500g thick fresh rice noodles**  
(see note)

**500g beef rump steak, thinly sliced**

**2 red onions, halved, cut into thick wedges**

**2 garlic cloves, crushed**

**4cm piece fresh ginger, finely grated**

**2 teaspoons peanut oil, plus extra if needed**

**1 bunch baby choy sum, trimmed, roughly chopped**

**$\frac{1}{3}$  cup black bean sauce**

**2 tablespoons shao hsing**  
(Chinese rice wine)

**$\frac{1}{2}$  bunch fresh coriander, leaves picked**

1 Place noodles in a large heatproof bowl. Cover with boiling water. Set aside for 5 minutes to soak. Drain well. Set aside.

2 Meanwhile, combine beef, onion, garlic and ginger in a large bowl.

3 Heat oil in a wok over high heat. Add  $\frac{1}{4}$  of the beef mixture. Stir-fry for 1 to 2 minutes or until browned. Transfer to a large bowl. Repeat with remaining beef mixture in 3 batches, adding extra oil between each batch, if necessary.

4 Return beef mixture to wok. Add choy sum, black bean sauce and shao hsing. Stir-fry for 1 minute or until choy sum begins to wilt. Add noodles. Stir-fry for 1 minute or until noodles are coated in sauce. Serve sprinkled with coriander leaves.

NUTRITION: (per serve) 1683kJ; 11.8g fat; 3.3g sat fat; 32.3g protein; 37.1g carbs; 3.2g fibre; 77mg chol; 1485mg sodium. ■

### Cook's note:

Thick fresh rice noodles are available from Asian supermarkets. If they're unavailable, use wok-ready thin rice noodles, which are available in the pasta aisle of supermarkets.



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TWIST ON A  
CLASSIC DISH  
PAGE 56

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RASPBERRY AND  
DARK CHOCOLATE  
COOKIES, p95

## THE INFO

+ KID FRIENDLY

\$0.37  
EACH



# WEEKEND

**CROWD-PLEASING MEALS** FROM BRUNCH TO  
DESSERT » GLUTEN-FREE **CRACKERS 'N' DIP**  
» GOOD-FOR-YOU **SLUSHIES** » SWEET MINI  
BURGERS » GORGEOUS **YOGHURT SWEETS**



*"I think cookies are sort of the unsung sweet, you know? They're incredibly popular. But everybody thinks of cakes and pies and fancier desserts before they think cookies. A plate of cookies is a great way to end dinner and really nice to share at the holidays."*

BOBBY FLAY, CELEBRITY CHEF



# SPICE WORLD

If you thought hummus couldn't get any better, wait until you try this Moroccan-inspired variation. Served with simple homemade crisps, it's impossible not to double dip!

CUMIN AND SESAME  
SEED OLIVE OIL CRISPS

## THE INFO

+ EASY  
+ VEGETARIAN

\$0.63  
EACH



## CUMIN AND SESAME SEED OLIVE OIL CRISPS

**MAKES 16**

**PREP 30 MINUTES COOK 50 MINUTES**

*THESE CRISPS ARE DELICATE AND ALMOST  
PASTRY-LIKE IN TEXTURE.*

- 2 tablespoons cumin seeds
- 2 tablespoons sesame seeds
- 1 tablespoon sea salt
- 2 cups plain bread and pizza flour,  
plus extra for dusting
- 2 teaspoons caster sugar
- ½ cup extra virgin olive oil, plus extra  
for frying

- 1 Combine cumin seeds, sesame seeds and salt in a small bowl.
- 2 Combine flour and sugar in a bowl. Make a well. Add oil and ½ cup warm water. Using a butter knife, mix until combined. Divide mixture into 16 equal portions. Cover loosely with plastic wrap.
- 3 Dust a flat surface with extra flour. Roll out 1 dough portion to form an oval shape. Sprinkle with a little of the cumin mixture. Season with pepper. Using the rolling pin, roll over the dough to secure topping. Repeat with another dough portion.
- 4 Heat a little oil in a large frying pan over medium heat. Place breads, topping-side down, in pan. Cook for 2 to 3 minutes or until golden. Turn. Cook for a further 2 to 3 minutes or until golden and cooked through. Carefully, transfer to a wire rack. Repeat process with remaining dough and cumin mixture, adding a little oil to the pan between each batch. Serve crisps warm or cold with spinach and harissa hummus (see recipe, right).

**NUTRITION:** (each) 1310kJ; 19.6g fat;  
2.7g sat fat; 5.5g protein; 28.4g carbs;  
2.9g fibre; 0mg chol; 985mg sodium.

## SPINACH AND HARISSA HUMMUS WITH SMOKY PINE NUTS

**SERVES 8**

**PREP 10 MINUTES**

**COOK 5 MINUTES**

- 2 x 400g cans chickpeas, drained, rinsed
  - 1 bunch English spinach, trimmed,  
leaves chopped
  - ¼ cup tahini
  - ½ cup lemon juice
  - 1 garlic clove, quartered
  - 1 tablespoon harissa paste
  - ½ cup plain Greek-style yoghurt
- Smoky Pine Nuts**
- 2 tablespoons extra virgin olive oil
  - 2 tablespoons pine nuts
  - 1 teaspoon smoked paprika

- 1 Place chickpeas, spinach, tahini, lemon juice, garlic, harissa paste and yoghurt in a food processor. Process until mixture is smooth and combined. Season with salt and pepper.
  - 2 **Make Smoky Pine Nuts** Heat oil in a small frying pan over medium heat. Cook pine nuts, tossing, for 3 to 4 minutes or until lightly golden. Add smoked paprika. Cook for 20 seconds. Remove from heat.
  - 3 Spread hummus on a serving plate. Drizzle with pine nut mixture. Serve with olive oil crisps (see recipe, left).
- NUTRITION:** (per serve) 937kJ; 14.9g fat;  
2.5g sat fat; 8.2g protein; 11.4g carbs;  
4g fibre; 3mg chol; 287mg sodium. >



SPINACH AND HARISSA  
HUMMUS WITH SMOKY  
PINE NUTS

# THE INFO

+ MAKE AHEAD  
+ VEGETARIAN

\$1.58  
PER SERVE

15



# PICK & STICK

Say 'no' to smashed avocado on toast with these two snazzy brunch ideas. Combining bruschetta and skewers, guests can indulge in sweet or savoury options. But first, coffee!

CHARGILLED  
STRAWBERRY SKEWERS  
WITH ORANGE  
MASCARPONE

## THE INFO

+ BARBECUE

\$3.87  
PER SERVE

40

## CHARGILLED STRAWBERRY SKEWERS WITH ORANGE MASCARPONE

SERVES 6

PREP 25 MINUTES COOK 15 MINUTES

YOU'LL NEED 12 SMALL METAL SKEWERS OR PRE-SOAKED BAMBOO SKEWERS.

375g mascarpone

1 teaspoon ground cinnamon

1 tablespoon finely grated orange rind, plus orange zest to serve

3 x 250g punnets strawberries, hulled

12 slices sourdough

2 tablespoons extra virgin olive oil

½ cup pepitas and sunflower kernels seed mix

⅓ cup maple syrup, plus extra to serve

1 Combine mascarpone, cinnamon and orange rind in a bowl.

2 Thread strawberries onto 12 skewers. Brush both sides of sourdough with oil.

3 Heat a barbecue grill or chargrill pan on medium-high heat. Cook skewers and sourdough, in 2 batches, for 3 minutes each side or until charred.

4 Meanwhile, toast seed mix in a frying pan over medium-high heat. Reduce heat to low. Add ⅓ cup maple syrup and 1 tablespoon water. Cook for 30 seconds or until mixture caramelises. Remove from heat. Stir in remaining maple syrup.

5 Place sourdough on serving plates. Dollop with mascarpone mixture. Top with skewers and seed mixture. Drizzle with extra maple syrup and top with orange zest. Serve.

NUTRITION: (per serve) 3337kJ; 43.5g fat; 20.3g sat fat; 20.1g protein; 77.7g carbs; 8.8g fibre; 61mg chol; 970mg sodium.



## CHARGRILLED TOMATO SKEWERS WITH PISTACHIO PESTO

**SERVES 6**

**PREP 25 MINUTES COOK 15 MINUTES**

**YOU'LL NEED 12 SMALL METAL SKEWERS OR PRE-SOAKED BAMBOO SKEWERS.**

**350g packet tomato medley**

**250g cherry tomatoes**

**12 slices sourdough**

**¼ cup extra virgin olive oil**

**500g tub smooth ricotta**

### Pistachio Pesto

**¾ cup fresh basil leaves, plus extra leaves to serve**

**¾ cup fresh flat-leaf parsley leaves, plus extra leaves to serve**

**⅔ cup fresh dill sprigs**

**1 garlic clove, halved**

**¼ cup pistachio kernels, toasted**

**¼ cup lemon juice**

**1 tablespoon drained capers**

**½ cup extra virgin olive oil**

**1 tablespoon red wine vinegar**

**1 Make Pistachio Pesto** Place basil, parsley, dill, garlic, pistachio, lemon juice and capers in a small food processor. Process until finely chopped. Add ½ the oil. Process until combined.

Add remaining oil. Process until mixture is smooth. Transfer to a bowl. Stir in vinegar. Season with salt and pepper.

**2** Thread tomatoes alternately onto 12 skewers. Brush both sides of sourdough and skewers with oil. Season with salt and pepper.

**3** Heat a barbecue grill or chargrill pan on medium-high heat. Cook sourdough and skewers, in 2 batches, for 3 minutes each side or until charred.

**4** Place sourdough on serving plates. Dollop with ricotta and pesto. Top with skewers. Serve sprinkled with extra basil and parsley leaves.

**NUTRITION:** (per serve) 3113kJ; 41.4g fat; 10.3g sat fat; 23.4g protein; 66g carbs; 6g fibre; 37mg chol; 1275mg sodium. >

CHARGRILLED TOMATO SKEWERS WITH PISTACHIO PESTO

### THE INFO

+ BARBECUE  
+ VEGETARIAN

**\$5.39**  
PER SERVE

**40**





MELTING  
POTATOES

## THE INFO

+ HIGH FIBRE  
+ VEGETARIAN

**\$1.26**  
PER SERVE

**3**  
VEGIES PER  
SERVE





# SUPER SIDEKICK

Budget-minded, kid-friendly and versatile, the humble spud is an all-rounder! Here, we've roasted potato slices in butter and chicken stock, for a winning combo of crunchy and melt in the mouth

## MELTING POTATOES

**SERVES** 8 (AS A SIDE)

**PREP** 15 MINUTES **COOK** 50 MINUTES

2kg sebago potatoes, washed (see notes)

6 sprigs fresh rosemary

100g butter

2 tablespoons extra virgin olive oil

2 garlic cloves, sliced

2 cups chicken stock

2 tablespoons chopped fresh flat-leaf parsley

1 Preheat oven to 250°C/230°C fan-forced.

2 Slice potatoes into 1cm-thick rounds. Place potato, in a single layer, on 2 large baking trays with sides (see notes). Top evenly with rosemary.

3 Place butter and oil in a small saucepan over medium-high heat. Cook, stirring occasionally, for 5 minutes or until butter is melted. Pour evenly over potato on trays. Turn potato to coat. Season well with salt and pepper. Roast for 15 minutes.

4 Turn potato. Roast for 20 minutes, turning potato and sprinkling with garlic halfway through cooking. Turn potato. Pour stock evenly over potato. Roast for a further 10 minutes or until potato has soaked up the stock. Sprinkle with parsley. Transfer to a serving plate. Serve.

**NUTRITION:** (per serve) 1305kJ; 15.1g fat; 7.4g sat fat; 6.6g protein; 33.9g carbs; 5.4g fibre; 19mg chol; 415mg sodium. >

## Cook's notes:

+ We used sebago potatoes, but you can use any variety you like such as desiree, pontiac or golden delights.

+ Make sure the potatoes sit in a single layer on the baking trays, so they cook evenly and brown up properly.



# SNAPPY IDEA

When you're feeding a crowd, cooking a whole fish is so easy. This Greek-style snapper has just 20 minutes prep, so you can have a retsina with your friends. Opa!

## WHOLE BAKED SNAPPER WITH GREEK POTATO SALAD

**SERVES 8**

**PREP 20 MINUTES COOK 50 MINUTES**

1.5kg whole cleaned snapper  
1 red onion, sliced into rounds  
2 lemons, sliced  
1 garlic clove, thinly sliced  
4 sprigs fresh dill, plus extra to serve  
4 sprigs fresh oregano, plus extra to serve  
½ cup dry white wine  
1 tablespoon extra virgin olive oil  
Tzatziki and crusty bread, to serve  
**Greek Potato Salad**  
1kg chat potatoes  
2 Lebanese cucumbers, quartered, chopped  
250g cherry tomatoes, halved  
1 small red onion, thinly sliced into rings  
1 large red capsicum, cut into 2cm pieces  
1 cup kalamata olives  
200g fetta, thinly sliced  
½ cup extra virgin olive oil  
¼ cup red wine vinegar  
1 teaspoon dried oregano

1 Preheat oven to 200°C/180°C fan-forced (see notes).  
2 Pat fish dry with paper towel. Make 5 shallow cuts into the thickest part of both sides of the fish.

3 Place a large sheet of foil on a large baking tray, allowing sides to overhang (see notes). Top with a large sheet of baking paper. Place onion, ½ the lemon slices, garlic, dill and oregano in the centre of baking paper. Top with fish. Fill cavity of fish with remaining lemon slices. Drizzle with wine and oil. Season well with salt and pepper. Fold up baking paper and foil to enclose fish, scrunching foil to secure. Bake for 50 minutes or until fish is cooked through.

### 4 Meanwhile, make Greek Potato Salad

Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over high heat. Reduce heat to medium-high. Cook for 8 to 10 minutes or until just tender. Drain well. Cool for 15 minutes. Cut potatoes in half, quartering any large potatoes.

5 Place cucumber, tomato, onion, capsicum, potato and olives in a large serving bowl. Toss gently to combine. Arrange fetta on top of salad. Whisk oil, vinegar and oregano in a small jug. Season. Drizzle over salad.

6 Carefully transfer fish, onion and lemon slices to a serving plate. Top with extra dill and oregano. Serve with potato salad, tzatziki and crusty bread.

**NUTRITION:** (per serve) 2045kJ; 25.2g fat; 7.4g sat fat; 36.1g protein; 23.2g carbs; 5.3g fibre; 95mg chol; 788mg sodium.

### Cook's notes:

+ You can also cook the snapper on the barbecue. Place wrapped snapper on a baking tray and cook on medium-high, using indirect heat, for 30 to 40 minutes or until fish is cooked through.

+ The baking paper and foil need to be large enough to fold over and enclose the fish.



## FRIENDS OVER WHOLE SNAPPER

WHOLE BAKED SNAPPER  
WITH GREEK POTATO  
SALAD

### THE INFO

**\$6.99**  
PER SERVE

**2.5**  
VEGIES PER  
SERVE







CHOC-TOP  
HONEYCOMB

THE INFO

+ GIFT

\$0.56  
PER SERVE





# HONEY, HONEY

Don't get us wrong, we know honeycomb is good, but when it's combined with caramel popcorn, drizzled with dark chocolate and sprinkled with coconut, it is soooo much better

## CHOC-TOP HONEYCOMB

**SERVES** 16

**PREP** 10 MINUTES (PLUS 4 HOURS

STANDING) **COOK** 35 MINUTES

*YOU'LL NEED A CANDY THERMOMETER FOR THIS RECIPE.*

**1 ¼ cups** caster sugar

**¼ cup** golden syrup

**¼ cup** honey

**2 teaspoons** bicarbonate of soda

**2 cups** nutty caramel popcorn

**200g** block dark chocolate, chopped

**15g** butter

**¼ cup** coconut flakes

**1** Grease an 18cm x 28cm (base) slice pan. Line base and sides with baking paper, extending paper 2cm above edges on all sides.

**2** Place sugar, golden syrup, honey and ¾ cup water in a medium heavy-based saucepan over medium-low heat. Cook, stirring occasionally, for 10 minutes or until sugar has dissolved (do not boil).

**3** Increase heat to medium-high. Bring to the boil. Boil, without stirring, for 18 to 20 minutes or until temperature reaches hard crack on a candy thermometer (146°C to 150°C). Remove from heat. Stand for 1 minute to allow bubbles to subside.

**4** Working quickly and carefully, sift bicarbonate of soda over mixture. Stir to combine. Add popcorn. Fold to combine. Pour mixture evenly into prepared pan, spreading quickly with a spatula to level (mixture will begin to set quite fast). Set aside for 3 hours or until firm.

**5** Place chocolate and butter in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds with a metal spoon, for 1 to 2 minutes or until smooth. Stand for 5 to 10 minutes to cool. Spread chocolate mixture over honeycomb. Sprinkle with coconut. Set aside for 1 hour or until set. Roughly cut honeycomb into pieces. Serve (see note).

**NUTRITION:** (per serve) 858kJ; 4.7g fat; 3.3g sat fat; 1.2g protein; 38.6g carbs; 0.4g fibre; 2mg chol; 233mg sodium. ■

### Cook's note:

You can make this recipe ahead of time. Store in an airtight container in a cool, dry place for up to 2 days.





# GLUTEN-FREE CRACKERS 'N' DIP



**Claire says:** If you're after a seeded crunchy cracker or an oat-style biscuit for cheese, and can't stomach gluten, these are for you. We've even got a dip that's gluten *and* dairy free

## GLUTEN-FREE MIXED SEED CRACKERS

**MAKES 20**

**PREP** 10 MINUTES (PLUS 20 MINUTES STANDING AND COOLING) **COOK** 1 HOUR

- ½ cup sunflower seeds
- 2 tablespoons black chia seeds
- 1 tablespoon sesame seeds
- ¼ cup brown flaxseeds
- ¼ cup pepitas
- ¼ cup amaranth (see note)
- ¾ cup warm water
- 1 teaspoon sea salt

1 Combine seeds, pepitas and amaranth in a bowl. Add warm water. Set aside, stirring occasionally, for 20 minutes or until water is absorbed. Stir in salt. Season with pepper.  
2 Preheat oven to 160°C/140°C fan-forced. Line a large baking tray with baking paper.  
3 Spoon mixture onto prepared tray, spreading until 5mm-thick. Bake for 1 hour or until golden and crisp. Cool on tray. Break into 20 pieces. Serve.  
NUTRITION: (each) 255kJ; 4.4g fat; 0.5g sat fat; 2.5g protein; 2.1g carbs; 2g fibre; 0mg chol; 107mg sodium

## GLUTEN-FREE ALMOND AND QUINOA NO-OAT CAKES

**MAKES 20**

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

- 1½ cups almond meal
- ½ cup gluten-free quinoa flakes
- 1 cup finely grated parmesan
- 2 teaspoons chopped fresh thyme
- 1 egg
- 2 tablespoons extra virgin olive oil
- 1 teaspoon sea salt

1 Place almond meal, quinoa, parmesan and thyme in a bowl. Season with pepper. Make a well. Whisk egg and oil together in a jug. Add to almond mixture. Stir with a butter knife until a soft dough forms. Divide dough into 2 equal portions. Shape each portion into a disc. Cover with plastic wrap. Refrigerate for 20 minutes to rest.  
2 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.  
3 Roll out 1 dough disc between 2 sheets of baking paper until 5mm-thick. Using a 6cm round cutter, cut 10 rounds from dough, re-rolling and cutting trimmings. Place, 2cm apart, on prepared tray. Sprinkle with ½ the salt. Bake for 12 to 15 minutes or until golden. Stand for 5 minutes. Transfer to a wire rack to cool completely. Repeat with remaining dough and salt. Serve.

NUTRITION: (each) 406kJ; 8.1g fat; 1.5g sat fat; 3.9g protein; 2.1g carbs; 0.9g fibre; 14mg chol; 162mg sodium.

## CREAMY DAIRY-FREE CASHEW AND ROASTED CAPSICUM DIP

**SERVES 8 (MAKES 1 CUP)**

**PREP** 20 MINUTES (PLUS OVERNIGHT SOAKING AND COOLING)

**COOK** 35 MINUTES

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

- 1 cup raw cashew nuts
- 1 large red capsicum
- 1 tablespoon extra virgin olive oil, plus extra to serve
- 2 garlic cloves, unpeeled
- ¼ cup almond milk
- 1 teaspoon ground coriander
- 2 tablespoons lemon juice

¼ teaspoon dried chilli flakes, plus extra to serve

2 tablespoons finely chopped fresh flat-leaf parsley leaves, plus extra to serve  
Crackers and no-oat cakes (see left), to serve

1 Place cashews in a glass or ceramic bowl. Cover with water. Cover with plastic wrap. Stand in a cool place overnight to soak.  
2 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.  
3 Halve and quarter capsicum. Discard seeds and membrane. Place, skin-side up, on prepared tray. Drizzle with oil. Season with salt and pepper. Roast for 30 to 35 minutes, adding garlic for the last 15 minutes of cooking time, or until capsicum is browned and beginning to blister and garlic is tender. Transfer capsicum and garlic to a heatproof bowl. Cover with plastic wrap. Set aside for 10 minutes. Peel and discard skins from capsicum and garlic. Cool completely.  
4 Drain cashews. Rinse well under cold running water. Transfer to a blender. Add capsicum, garlic, almond milk, coriander and lemon juice. Blend on high speed until smooth. Transfer to a bowl. Add chilli and parsley. Season with salt and pepper. Stir to combine. Drizzle with extra oil. Sprinkle with extra chilli and parsley. Serve with crackers.  
NUTRITION: (per serve) 582kJ; 11.6g fat; 1.9g sat fat; 3.6g protein; 4.5g carbs; 1.2g fibre; 0mg chol; 60mg sodium. ■

## Cook's note:

+ FOR THE MIXED SEED CRACKERS: Amaranth can be found in the health food section of supermarkets or at health food stores.





GLUTEN-FREE MIXED  
SEED CRACKERS

**THE INFO**

+ GLUTEN FREE  
+ SUPER EASY

**\$0.14**  
EACH

CREAMY  
DAIRY-FREE  
CASHEW  
AND ROASTED  
CAPSICUM DIP

**THE INFO**

+ DAIRY FREE  
+ GLUTEN FREE  
+ LOWER SODIUM

**\$0.82**  
PER SERVE

GLUTEN-FREE  
ALMOND AND QUINOA  
NO-OAT CAKES

**THE INFO**

+ GLUTEN FREE  
+ MAKE AHEAD

**\$0.44**  
EACH



# SLUSHIES



**Claire says:** Using fruit and vegetables to whiz up slushies instead of juice, makes these super-cool drinks delicious and nutritious

## GREEN POWER SLUSHIE

**SERVES 2**

**PREP 10 MINUTES**

- ¼ (450g) pineapple
- 1 cup firmly packed baby spinach
- ¼ cup firmly packed fresh mint leaves
- 2 tablespoons lemon juice
- 3 cups ice cubes

1 Remove and discard skin from pineapple and roughly chop. Place in a blender with the spinach, mint, lemon juice and ice cubes. Blend until smooth.

2 Pour into 2 x chilled 2-cup-capacity glasses. Serve immediately.

**NUTRITION:** (per serve) 322kJ; 0.3g fat; 0.02g sat fat; 2.3g protein; 13.2g carbs; 3g fibre; 0mg chol; 9mg sodium.

## ORANGE AND BEETROOT SLUSHIE

**SERVES 2**

**PREP 10 MINUTES**

- 1 medium (190g) trimmed beetroot
- 2 oranges, peeled, roughly chopped
- 1 cup passionfruit sorbet
- 3 cups ice cubes

1 Wearing disposable gloves, peel and cut beetroot into 2cm pieces. Place in a blender with the orange, sorbet and ice cubes. Blend until smooth.

2 Pour into 2 x chilled 2-cup-capacity glasses. Serve immediately.

**NUTRITION:** (per serve) 920kJ; 0.2g fat; 0g sat fat; 3.3g protein; 47.2g carbs; 4g fibre; 0mg chol; 45mg sodium.

## MANGO AND RASPBERRY SWIRL SLUSHIE

**SERVES 2**

**PREP 10 MINUTES**

- 410g can peach slices in juice
- 2 cups frozen chopped mango (see notes)
- 1 cup ice cubes
- 1 cup frozen raspberries

1 Drain peaches, reserving juice (you'll need ⅓ cup juice). Place mango, peach slices, ice cubes and 1 tablespoon reserved juice in a blender. Blend until smooth. Transfer mixture to a jug.

2 Add raspberries and remaining juice to blender. Blend until smooth. Spoon mango and raspberry mixtures, alternately, into 2 x chilled 2-cup-capacity glasses. Serve immediately.

**NUTRITION:** (per serve) 995kJ; 0.9g fat; 0g sat fat; 4.4g protein; 46g carbs; 8g fibre; 0mg chol; 15mg sodium.

## REFRESHING COCONUT AND MINT SLUSHIE

**SERVES 2**

**PREP 10 MINUTES**

- ½ (600g) honeydew melon
- ¼ cup firmly packed fresh mint leaves
- 2 cups pineapple, coconut and lime sorbet
- 3 cups ice cubes

1 Remove and discard rind from honeydew melon and roughly chop. Place in a blender with the mint, sorbet and ice cubes. Blend until smooth.

2 Pour into 2 x chilled 2-cup-capacity glasses. Serve immediately.

**NUTRITION:** (per serve) 1601kJ; 15.7g fat; 13.6g sat fat; 3.7g protein; 65.4g carbs; 2g fibre; 0mg chol; 116mg sodium.

## STRAWBERRY AND WATERMELON SUMMER SLUSHIE

**SERVES 2**

**PREP 10 MINUTES**

- 500g piece seedless watermelon
- 2 cups frozen strawberries (see notes)
- 2 tablespoons lime juice
- 2 cups ice cubes

1 Remove and discard rind from watermelon and roughly chop. Place in a blender with the strawberries, lime juice and ice cubes. Blend until smooth.

2 Pour into 2 x chilled 2-cup-capacity glasses. Serve immediately.

**NUTRITION:** (per serve) 422kJ; 0.7g fat; 0g sat fat; 4.7g protein; 15.2g carbs; 4g fibre; 0mg chol; 17mg sodium. ■

## Cook's notes:

+ **FOR THE MANGO AND RASPBERRY SWIRL SLUSHIE:** You can use fresh mango instead, just add an extra cup of ice cubes.

+ **FOR THE STRAWBERRY AND WATERMELON SLUSHIE:** You can use fresh strawberries instead, just add an extra 2 cups of ice cubes.





ORANGE AND  
BEETROOT SLUSHIE

**\$2.60**  
PER SERVE

GREEN POWER  
SLUSHIE

**\$1.73**  
PER SERVE

MANGO AND  
RASPBERRY SWIRL  
SLUSHIE

**\$2.80**  
PER SERVE

REFRESHING  
COCONUT AND  
MINT SLUSHIE

**\$3.81**  
PER SERVE

STRAWBERRY AND  
WATERMELON  
SUMMER SLUSHIE

**\$2.17**  
PER SERVE



# CUTE AS!



**Claire says:** They might look like the real deal, but these sweet mini cake versions, complete with fries, prove the burgers are better at *SFI*!



## MINI SWEET CAKE BURGERS AND FRIES

**MAKES** 24

**PREP** 1 HOUR 30 MINUTES  
(PLUS 50 MINUTES STANDING)

**COOK** 50 MINUTES

125g butter, softened  
¾ cup raw caster sugar  
2 teaspoons vanilla extract  
1 egg  
2½ cups plain flour  
1 teaspoon bicarbonate of soda  
1¼ cups milk  
2 tablespoons sesame seeds  
250g white ready to roll icing  
Yellow food colouring gel  
2 x 200g packets caramel crown biscuits  
1 egg white  
1½ cups pure icing sugar, sifted  
Red food colouring gel  
12 green lolly snakes, thinly sliced diagonally  
French fries crunchy straws, to serve

1 Preheat oven to 180°C/160°C fan-forced. Line 4 large baking trays with baking paper.  
2 Using an electric mixer, beat butter, caster sugar and vanilla until light and fluffy. Add egg. Beat until combined. Sift over ½ the flour and ½ the bicarbonate of soda. Add ½ the milk. Beat on low speed until just combined. Sift over remaining flour and bicarbonate of soda. Add remaining milk. Beat on low speed until combined.  
3 Spoon mixture into a large snap-lock bag. Snip off 1 corner. Pipe 5cm rounds, 6cm apart, on prepared trays. Sprinkle well with sesame seeds (see note). Bake, 1 tray at a time, for 12 minutes or until cakes are golden and spring back when lightly pressed. Stand on tray for 5 minutes. Transfer to a wire rack lined with baking paper to cool completely.  
4 On a flat surface, knead white icing until smooth. Using food colouring, tint yellow. Roll icing between 2 sheets of baking paper until 2mm thick. Using a ruler and sharp knife, cut 4.5cm squares from yellow icing, re-rolling and cutting trimmings to make 24 cheese slices. Place 1 cheese slice

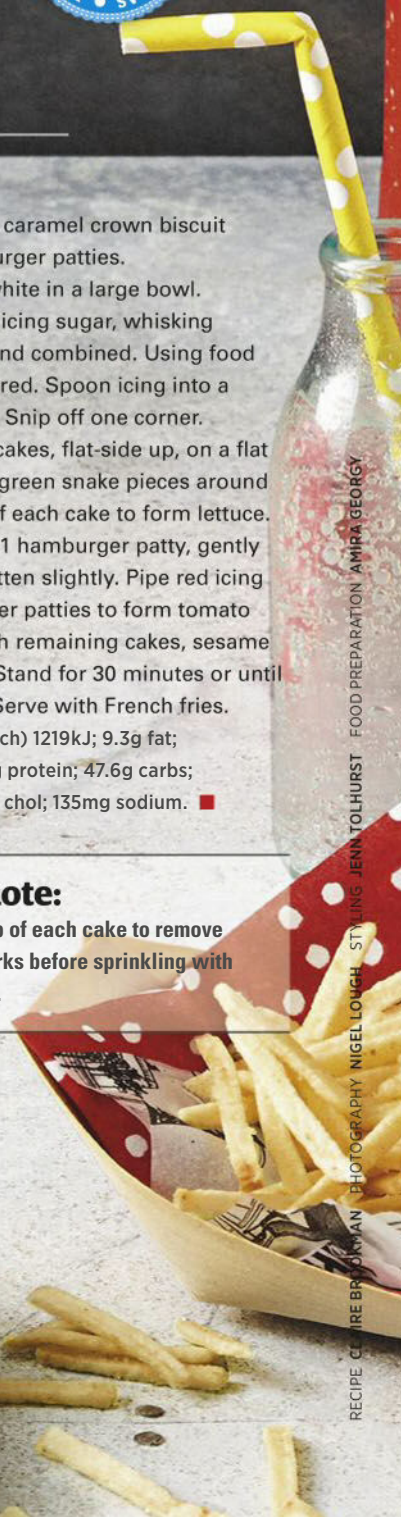
on top of each caramel crown biscuit to form hamburger patties.

5 Whisk egg white in a large bowl. Gradually add icing sugar, whisking until smooth and combined. Using food colouring, tint red. Spoon icing into a snap-lock bag. Snip off one corner.  
6 Place ½ the cakes, flat-side up, on a flat surface. Place green snake pieces around the top edge of each cake to form lettuce. Top each with 1 hamburger patty, gently pressing to flatten slightly. Pipe red icing onto hamburger patties to form tomato sauce. Top with remaining cakes, sesame seed-side up. Stand for 30 minutes or until icing has set. Serve with French fries.

**NUTRITION:** (each) 1219kJ; 9.3g fat; 5.6g sat fat; 3.7g protein; 47.6g carbs; 0.8g fibre; 18mg chol; 135mg sodium. ■

### Cook's note:

Smooth the top of each cake to remove any piping marks before sprinkling with sesame seeds.





MINI SWEET CAKE  
BURGERS AND FRIES

THE INFO

+ KID FRIENDLY

\$0.61  
EACH





# TOO GOOD TO ONLY ENJOY AT BREAKFAST



## THE LITTLE TASTE OF TASSIE

Home cooking, entertaining or a simple snack—enjoy the natural, creamy taste of Tamar Valley Dairy with the purity of 100% locally sourced Tasmanian milk.



# CULTURE CLUB

From a drizzly lemon loaf to fro-yo bark, there's so much more you can do with yoghurt than just dollop it on your morning cereal. Here, we use this fridge staple to make gorgeous sweets you can feel better about

PASSIONFRUIT AND  
YOGHURT MOUSSE  
CAKE, p92

## THE INFO

+ ENTERTAINING  
+ MAKE AHEAD

**\$1.86**  
PER SERVE





### Kim says:

+ You can find freeze-dried fruit in the health food or dried fruit aisles at major supermarkets.

+ The bark is great for afternoon snacking or as a sweet treat to serve after dinner when entertaining.

+ The bark will thaw quickly, so remove it from the freezer just before serving.

+ Bark can be made up to 1 month in advance. Break frozen bark into pieces and layer between sheets of baking paper in an airtight container. Return to the freezer immediately.

## MANGO COCONUT FRO-YO BARK

**SERVES 8**

**PREP 15 MINUTES**

**(PLUS OVERNIGHT FREEZING)**

**½ cup diced fresh or frozen thawed mango**

**1 ¼ cups plain Greek-style yoghurt**

**10g packet freeze-dried mango (see Kim's tips)**

**¼ cup coconut flakes, toasted**

**1** Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

**2** Place mango in a small food processor. Process until puréed. Spread yoghurt thinly over base of prepared pan. Using a small teaspoon, dollop mango purée over yoghurt. Using a butter knife, swirl mango purée through yoghurt to create a marbled effect.

**3** Break dried mango into small pieces. Sprinkle mango and coconut over yoghurt. Freeze, uncovered, for 6 hours or overnight. Roughly break into pieces. Serve immediately.

**NUTRITION:** (per serve) 356kJ; 5.3g fat; 3.9g sat fat; 2.2g protein; 4.8g carbs; 0.3g fibre; 15mg chol; 27mg sodium.

## BERRY GRANOLA FRO-YO BARK

**SERVES 8**

**PREP 15 MINUTES**

**(PLUS OVERNIGHT FREEZING)**

**½ cup frozen mixed berries, thawed**

**1 ¼ cups plain Greek-style yoghurt**

**½ cup crispy oat clusters with strawberries**

**½ x 10g packet freeze-dried strawberries**

**1** Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

**2** Place berries in a small food processor. Process until puréed. Spread yoghurt thinly over base of prepared pan. Using a small teaspoon, dollop berry purée over yoghurt. Using a butter knife, swirl berry purée through yoghurt to create a marbled effect. Sprinkle with oat clusters.

**3** Crumble about 1 tablespoon dried strawberries into a bowl to form a fine powder. Sprinkle remaining dried strawberries over yoghurt mixture (break any large strawberries in half). Dust with strawberry powder. Freeze, uncovered, for 6 hours or overnight. Roughly break into pieces. Serve immediately.

**NUTRITION:** (per serve) 388kJ; 4.8g fat; 2.9g sat fat; 2.5g protein; 7.5g carbs; 0.6g fibre; 15mg chol; 27mg sodium.

## HAZELNUT COFFEE FRO-YO BARK

**SERVES 8**

**PREP 15 MINUTES (PLUS COOLING AND OVERNIGHT FREEZING)**

**1 teaspoon instant coffee powder**

**¼ cup boiling water**

**1 ¼ cups plain Greek-style yoghurt**

**120g packet skinless hazelnuts, toasted, roughly chopped**

**2 tablespoons dark chocolate chips, roughly chopped**

**¼ teaspoon cocoa powder**

**1** Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

**2** Place coffee and boiling water in a small bowl. Stir until dissolved. Set aside to cool completely.

**3** Place yoghurt in a bowl. Add cooled coffee to yoghurt. Stir to combine. Spread yoghurt mixture thinly over base of prepared pan. Sprinkle with hazelnuts and chocolate. Dust with cocoa powder. Freeze, uncovered, for 6 hours or overnight. Roughly break into pieces. Serve immediately.

**NUTRITION:** (per serve) 769kJ; 14.5g fat; 3.9g sat fat; 4.4g protein; 6.4g carbs; 0.5g fibre; 15mg chol; 29mg sodium. ➤



MANGO COCONUT  
FRO-YO BARK

THE INFO

- + GLUTEN FREE
- + NO COOK
- + SUPER EASY

\$0.81  
PER SERVE



HAZELNUT COFFEE  
FRO-YO BARK

THE INFO

- + NO COOK
- + SUPER EASY

\$0.86  
PER SERVE



BERRY GRANOLA  
FRO-YO BARK

THE INFO

- + NO COOK
- + SUPER EASY

\$0.50  
PER SERVE





## PASSIONFRUIT AND YOGHURT MOUSSE CAKE

### THE INFO

+ ENTERTAINING  
+ MAKE AHEAD

**\$1.86**  
PER SERVE

## PASSIONFRUIT AND YOGHURT MOUSSE CAKE

**SERVES 12**

**PREP 1 HOUR (PLUS COOLING AND  
REFRIGERATION) COOK 20 MINUTES**

**200g butternut snap biscuits**

**75g butter, melted**

**12 passionfruit, halved**

**600ml pure cream**

**$\frac{2}{3}$  cup caster sugar**

**$\frac{1}{2}$  cup boiling water**

**$1\frac{1}{2}$  tablespoons gelatine powder**

**$2\frac{1}{2}$  cups Tamar Valley Greek Style**

**All Natural Yoghurt**

**1 teaspoon vanilla bean paste**

### Passionfruit Sauce

**3 passionfruit, halved**

**$\frac{1}{2}$  cup caster sugar**

**1** Grease a 6cm-deep, 22cm (base) round springform pan. Line side with baking paper. Place biscuits in a food processor. Process until fine crumbs form. Add butter. Process until mixture is just combined. Press mixture over base of prepared pan. Refrigerate for 30 minutes or until required.

**2** Strain passionfruit pulp over a jug (you'll need  $\frac{1}{2}$  cup of juice). Discard solids. Combine  $\frac{1}{2}$  the cream and  $\frac{1}{2}$  the sugar in a small saucepan. Stir over low heat for 5 minutes or until sugar dissolves. Increase heat to medium. Bring to the boil. Remove from heat. Stir in passionfruit juice.

**3** Place  $\frac{1}{2}$  the boiling water in a small heatproof jug. Sprinkle with  $\frac{1}{2}$  the gelatine. Whisk with a fork until dissolved. Stir gelatine mixture into cream mixture. Set aside for 20 minutes to cool. Whisk in 1 cup of yoghurt. Pour mixture over base in prepared pan. Refrigerate for 3 hours or until set.

**4** Meanwhile, repeat steps 2 and 3, replacing passionfruit juice with vanilla bean paste and using remaining yoghurt. Stand yoghurt mixture at room temperature for 1 hour 30 minutes or until cool. Once

passionfruit layer is set, gently pour over vanilla yoghurt mixture. Refrigerate for 3 hours or overnight, or until set.

### **5** Meanwhile, make Passionfruit Sauce

Spoon passionfruit pulp (you'll need  $\frac{1}{3}$  cup pulp) into a small saucepan. Add sugar and  $\frac{1}{2}$  cup water. Stir over low heat for 3 minutes until sugar dissolves. Increase heat to medium. Bring to the boil. Boil for 8 to 10 minutes or until mixture is reduced by half. Remove from heat. Cool completely.

**6** Remove cake from pan and place on a serving plate. Drizzle with passionfruit sauce. Serve.

**NUTRITION:** (per serve) 2117kJ; 34.1g fat; 21.8g sat fat; 6.7g protein; 39.1g carbs; 4g fibre; 82mg chol; 200mg sodium.

## SFI recommends:

Tamar Valley sources its milk from local Tasmanian farms to create Greek-style yoghurt that is pure, simple and delicious.



## LEMON YOGHURT LOAF WITH YOGHURT DRIZZLE

**SERVES 8**

**PREP 30 MINUTES (PLUS 25 MINUTES  
STANDING AND COOLING) COOK 1 HOUR**

**175g butter, softened**

**1 cup caster sugar**

**$1\frac{1}{2}$  tablespoons finely grated lemon rind**

**2 teaspoons vanilla extract**

**3 eggs**

**$1\frac{3}{4}$  cups self-raising flour**

**$\frac{1}{4}$  cup lemon juice**

**$\frac{2}{3}$  cup plain Greek-style yoghurt**

**1 cup pure icing sugar, sifted**

**Extra 1 teaspoon lemon juice**

**Lemon zest, to serve**

**1** Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 11.5cm x 20cm loaf pan. Line base and sides with baking paper, extending paper 5cm above edges on all sides.

**2** Using an electric mixer, beat butter, caster sugar, lemon rind and vanilla together until light and fluffy. Add eggs, 1 at a time, beating until combined after each addition.



LEMON YOGHURT  
LOAF WITH  
YOGHURT DRIZZLE

## THE INFO

+ EASY

\$0.80  
PER SERVERASPBERRY AND  
DARK CHOCOLATE  
COOKIES

## THE INFO

+ KID FRIENDLY

\$0.37  
EACH

Add flour. Stir to combine. Add lemon juice and  $\frac{1}{2}$  cup yoghurt. Stir to combine.

**3** Pour mixture into prepared pan. Bake for 55 minutes to 1 hour or until a skewer inserted into the centre of loaf comes out clean (cover loosely with foil if over-browning during cooking). Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack lined with baking paper to cool completely.

**4** Combine icing sugar and remaining yoghurt in a medium bowl. Add enough extra lemon juice to form a drizzling consistency. Drizzle icing over loaf. Sprinkle with lemon zest. Stand for 15 minutes. Serve.

**NUTRITION:** (per serve) 2053kJ; 21.9g fat; 13.7g sat fat; 6.4g protein; 66.1g carbs; 1.2g fibre; 118mg chol; 419mg sodium.

RASPBERRY AND DARK  
CHOCOLATE COOKIES

MAKES 30

PREP 35 MINUTES COOK 45 MINUTES

**250g butter, softened****1½ cups firmly packed brown sugar****2 eggs****2 teaspoons vanilla extract****½ cup plain Greek-style yoghurt****2½ cups plain flour****½ cup self-raising flour****½ teaspoon bicarbonate of soda****200g dark chocolate, chopped****1 cup frozen raspberries**

**1** Preheat oven to 180°C/160°C fan-forced. Line 3 large baking trays with baking paper.

**2** Using an electric mixer, beat butter, sugar, eggs and vanilla extract together on medium-high speed until light and fluffy. Beat in yoghurt.

**3** Sift  $\frac{1}{2}$  the flours and  $\frac{1}{2}$  the bicarbonate of soda over mixture. Stir to combine. Sift over remaining flours and bicarbonate of soda. Stir to combine. Add chocolate and frozen raspberries. Stir to combine.

**4** Using a small (40ml capacity) ice-cream scoop or rounded tablespoons of mixture, place dough, 7cm apart, on prepared trays. Flatten slightly.

**5** Bake, one tray at a time, for 15 minutes or until golden. Stand on trays for 5 minutes. Transfer to a wire rack to cool. Serve warm or at room temperature (see note).

**NUTRITION:** (each) 830kJ; 8.9g fat; 5.8g sat fat; 2.4g protein; 26.1g carbs; 1g fibre; 14mg chol; 110mg sodium. >

## Cook's note:

Store the cookies in an airtight container at room temperature for 2 days or in the fridge for up to 4 days.



## VANILLA LABNE TART WITH SESAME SPRINKLE

**SERVES 8**

**PREP** 45 MINUTES (PLUS OVERNIGHT REFRIGERATION) **COOK** 10 MINUTES

*START THIS RECIPE THE DAY BEFORE SERVING. YOU'LL NEED A 40CM SQUARE PIECE OF MUSLIN CLOTH.*

950g tub vanilla Greek-style yoghurt

250g gingernut biscuits

½ cup blanched almonds

½ cup coconut oil, at room temperature

6 medjool dates, pitted

¼ cup chopped skinless hazelnuts

1 tablespoon pine nuts, chopped

3 teaspoons sesame seeds

2 tablespoons honey

**1** Line a large, fine sieve with muslin cloth, allowing sides to overhang. Place sieve over a large bowl. Spoon yoghurt into lined sieve. Bring edges of muslin together and fold over yoghurt to enclose. Refrigerate overnight to allow excess liquid to drain from yoghurt.

**2** Process biscuits, almonds, coconut oil and dates in a food processor until fine crumbs form and mixture starts to clump together. Press mixture over the base and sides of a 2.5cm-deep, 11cm x 34cm (base) rectangular loose-based fluted tart pan. Refrigerate for at least 1 hour or until required.

**3** Heat a small frying pan over medium-high heat. Add hazelnuts. Cook, stirring, for 3 minutes or until just starting to brown lightly. Add pine nuts and sesame seeds. Cook, stirring occasionally, for a further 3 minutes or until golden. Set aside to cool for 5 minutes.

**4** Transfer labne to a bowl, discarding liquid. Spoon labne into prepared tart case, spreading evenly. Refrigerate for 30 minutes.

**5** Sprinkle top of tart with seed mixture and drizzle with honey. Serve.

**NUTRITION:** (per serve) 2441kJ; 38.6g fat; 22.5g sat fat; 10g protein; 49.7g carbs; 2.2g fibre; 44mg chol; 143mg sodium. ■

VANILLA LABNE  
TART WITH SESAME  
SPRINKLE

### THE INFO

+ ENTERTAINING

**\$2.59**  
PER SERVE



Too good to only enjoy at breakfast

TASMANIAN  
**Tamar**  
Valley  
Dairy.



# COFFEE BREAK

SWEETEN YOUR DAY WITH THIS ESPRESSO-INFUSED GRANOLA SERVED WITH DOLLOPS OF TAMAR VALLEY GREEK STYLE ALL NATURAL YOGHURT

## COFFEE GRANOLA

**SERVES 8**

**PREP 5 MINUTES**

**COOK 2 HOURS**

**250g organic rolled oats**

**250g mixture of LSA, dried fruit and nuts**

**150g honey, warmed**

**150ml rice bran oil**

**150ml espresso coffee**

**1 teaspoon ground cinnamon**

**½ teaspoon ground fennel**

**Tamar Valley Greek Style All Natural Yoghurt  
and poached or fresh fruit to serve**

**1** Preheat oven to 130°C.

**2** Line 2 roasting dishes with baking paper and set aside.

**3** Place the oats and mixture of LSA, dried fruit and nuts in a large mixing bowl and set aside.

**4** Pour the honey, rice bran oil and coffee into a jug. Stir in the cinnamon and fennel until combined. Pour honey mixture over the dry ingredients and stir to coat.

**5** Spread mixture evenly over prepared roasting dishes. Bake 2 hours or until crunchy.

**6** Serve with yoghurt and poached or fresh seasonal fruit.

**TIP:** Coffee Granola can be stored in an airtight container for up to 1 month.

Enjoy a little taste of Tassie with gourmet Tamar Valley yoghurt.



## A NATURAL CHOICE

Enjoy a little taste of Tassie with the gourmet range of natural and Greek-style yoghurts created at Tamar Valley Dairy. The dairy sources 100 per cent of its milk from a selection of farms across Tasmania to make pure, simple and delicious yoghurts. For more information and recipe ideas, visit [tamarvalleydairy.com.au](http://tamarvalleydairy.com.au).

TASMANIAN  
**Tamar Valley**  
DAIRY.



# SUPER SHELF

Check out these great products in shops and supermarkets



## Dinner dash

Make no-fuss Japanese-style curry at home with S&B Golden Curry Sauce Mix, \$4.95, available in mild, medium-hot and hot. Quick and easy to prepare, just stir-fry meat and vegies of your choice, then add the sauce mix and water. Serve with rice for a dinner the whole family will love. Go to [oriental.com.au](http://oriental.com.au).



## Wrap me happy

Helga's Traditional White Wraps, \$5 for eight, contain no artificial colours, flavours or preservatives, and have less sodium than other leading brands. For a quick quesadilla, arrange barbecue chicken, corn, capsicum and cheese on half a wrap, fold over to enclose and cook in a sandwich press. Find them at supermarkets.



## Purr-fect gift

Treat your feline friend to the limited edition Fancy Feast Classic Collection, featuring a range of cat accessories and homewares designed by fashion designer, Leona Edmiston. Simply purchase any Fancy Feast Classic can from supermarkets, collect points and redeem at [fancyfeast.com.au](http://fancyfeast.com.au). TCs apply.



## Use your noodles

Indomie Mi Goreng Barbecue Chicken Instant Noodles, \$2.75 for a pack of five, combine the authentic flavours of Indonesia with a blend of spices and sauces. Cook them with leftover vegies and top with a fried egg for a dish that's ready in minutes. Go to [oriental.com.au](http://oriental.com.au).



## Sweet escape

New to Aussie supermarkets is Barker's Squeezed Fruit Botanical range of premium crafted cordials from New Zealand. They're gluten free, preservative free and contain no artificial flavours or sweeteners. We love them with soda water and slices of fresh fruit. For more info, go to [barkers.com.au](http://barkers.com.au).



## Lunchbox love

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 same taste and texture as regular bread. See how we use them in our Gluten-free Rogan Josh Steak Sandwiches on page 46. Visit [abbottsvillagebakery.com.au](http://abbottsvillagebakery.com.au).



## Barbecue galore

Fire up the barbie and cook a feast with the new American-inspired McCormick Grill Mates, \$1.99. Each sachet contains a blend of herbs and spices to create finger-licking good flavours, including Chipotle & Roasted Garlic, and Tennessee Smokehouse. Find them at supermarkets.



## Hot to handle

S&B Wasabi Paste, \$3.30, comes in a handy easy-to-use squeeze tube and is the perfect accompaniment to add a bit of zing to steaks, mayo, dips and salad dressings, as well as traditional sushi and sashimi. If you like it hot, look for it at Coles and Woolworths, and visit [oriental.com.au](http://oriental.com.au) for more info.



## Saucy stuff

Synonymous with tomato sauce, chutneys, jams and soups, Aussie food icon Rosella is giving its logo a new-year makeover after nearly 20 years. The updated rosella bird emblem will first appear on the 600ml tomato sauce bottle, \$2.90. Find the Australian-owned products at supermarkets.



**social  
TALK**

# HIDE AND SEEK!

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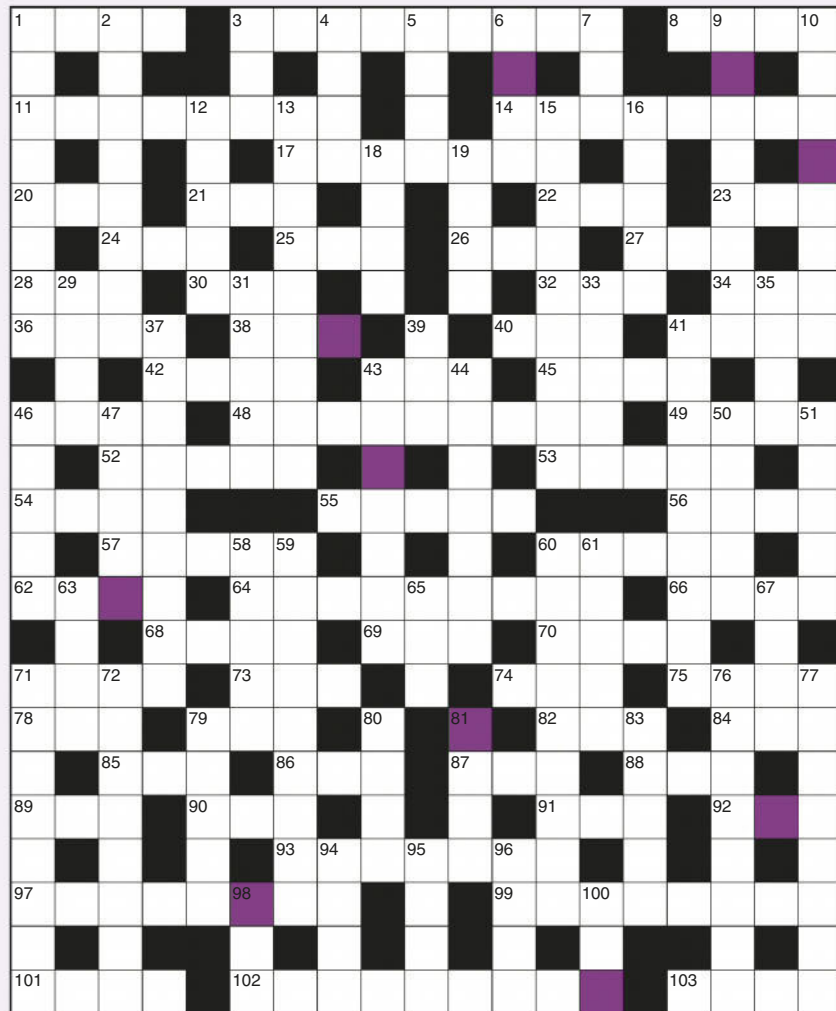
*Do you have a healthier  
dinner you know kids love?  
Take a pic and share it with  
us, so we can spread the veg!*





# PUZZLES

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



## ACROSS

- 1 12 months
- 3 Ship's right
- 8 Lose (fur)
- 11 Declare again
- 14 Jumping marsupial
- 17 Futile
- 20 Chinese lunch, yum ...
- 21 ... & flow
- 22 Earl Grey or jasmine
- 23 Shake (tail)
- 24 Bread grain
- 25 Scrounge
- 26 British award (1,1,1)
- 27 By that route
- 28 Tattoo
- 30 Film, Gone With ... Wind
- 32 Caviar
- 34 Lab rodent
- 36 Couturier, ... Saint Laurent
- 38 Lyrical verse
- 40 Khmer tyrant, ... Pot
- 41 Football arbiters
- 42 Infamous ruler of Rome
- 43 Pig
- 45 Petty (gossip)
- 46 News
- 48 Supplant
- 49 Undiluted
- 52 Thesaurus compiler
- 53 Smile derisively
- 54 Billy or nanny
- 55 Milk (products)
- 56 Tibetan monk
- 57 Lovelier
- 60 Quavering bird song
- 62 Remove
- 64 Eastenders
- 66 Is not (3'1)
- 68 Fodder tower
- 69 Slump
- 70 Onto
- 71 Mickey Mouse creator, ... Disney
- 73 Ostrich relative
- 74 Animated film, Monsters, ...
- 75 Gallivants (about)
- 78 Historical age
- 79 Tertiary education institution
- 82 Bottle top
- 84 Scarcely any
- 85 Israeli city, ... Aviv
- 86 French no
- 87 ... & aah
- 88 Ventilate
- 89 Velocity measure (2/1)
- 90 Cuba's revolutionary, ... Guevara
- 91 ... & bacon roll
- 92 Sci-fi thriller with Will Smith, ... Legend (1,2)

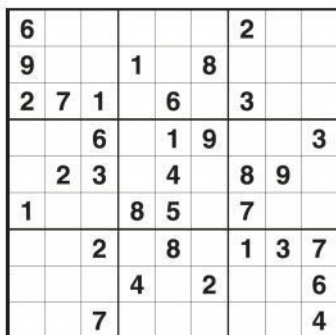
## DOWN

- 1 The Big Apple, New ... (4,4)
- 2 From the menu (1,2,5)
- 3 Island nation, ... Lanka
- 4 Plans
- 5 Cook in water
- 6 Demands
- 7 Row
- 9 Computer equipment
- 10 Long dry spells
- 12 Bus line's vehicles
- 13 Deleted (6,3)
- 15 Minor planets
- 16 Very serious
- 18 Fringe
- 19 Aloha actress, ... Stone
- 29 Direct-selling cosmetics company
- 31 Thoroughbred
- 33 Bygone (days)
- 35 A distance
- 37 Haughtiest
- 39 On behalf of
- 41 Fighting off
- 43 Messengers
- 44 Skimpy underwear (1-6)
- 46 Silver bar
- 47 Upfront
- 50 Russian mountains
- 51 Praise highly
- 58 Talk/variety show host, ... DeGeneres
- 59 Spaciousness
- 60 Cudgel
- 61 Pet welfare society (1,1,1,1,1)
- 63 Half-open
- 65 Porridge flake
- 67 Starkers
- 71 Mondays or Wednesdays
- 72 Foamed
- 76 Ugandans or Kenyans
- 77 Pool users
- 79 Mouth sore
- 80 Trim
- 81 Duty list
- 83 Calling device
- 94 Indiana's neighbour
- 95 Rip violently
- 96 IX
- 98 Good times
- 100 Chuck or sirloin, ... of beef

## SOLUTION:

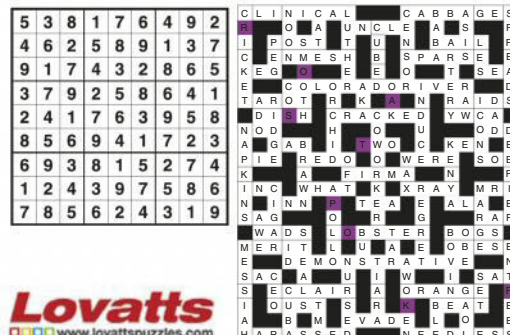
## SUDOKU

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



## JAN/FEB ISSUE'S SOLUTIONS

Issue 188, Sudoku (below left)  
Issue 188, Crossword (below right):  
Roast pork



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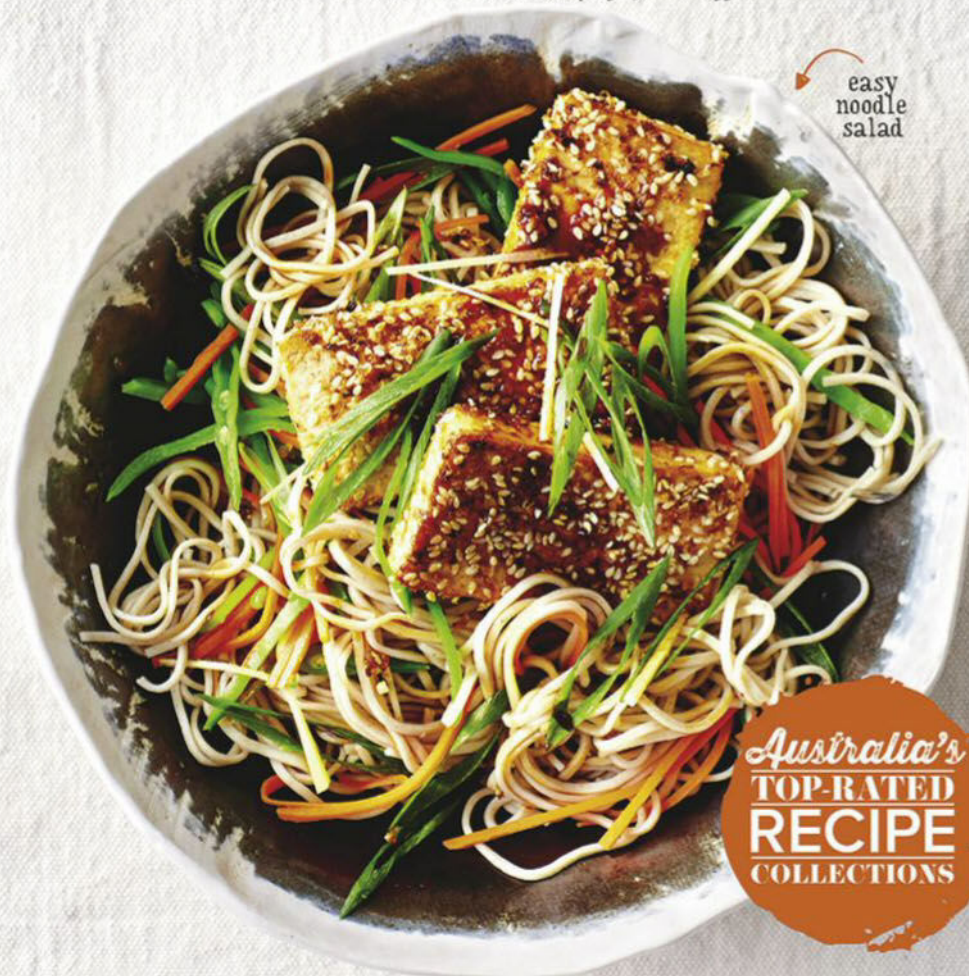


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