

BIG *Budget Issue*

MAG OF THE YEAR

taste

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.AU

MARCH 2017

86
Easy
RECIPES
& IDEAS

&

31

Budget

BUSTERS

FROM

\$2 PER SERVE

YUM!
Amazeballs
SLICE



Amazing
maltesers
cheesecake



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March 2017



figs

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Styling Michelle Noerianto
Food prep Kerrie Ray

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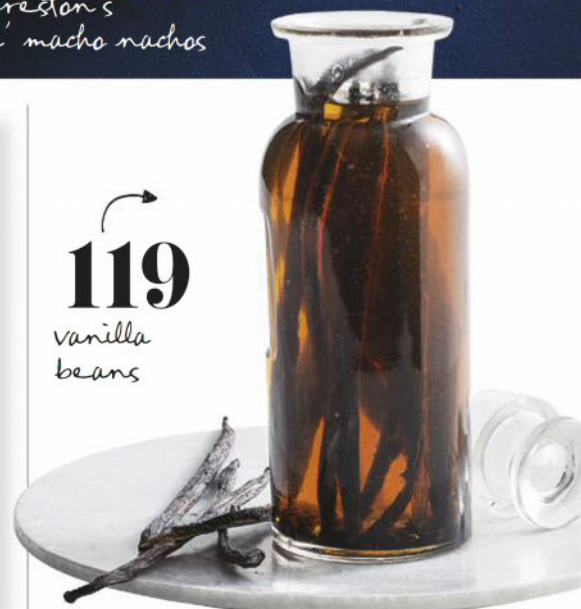
cook it now!



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subscribe now

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104 iPad/tablet Great price.



what's on taste COM .AU

Here are just some of the exciting website highlights

250+

healthy lunchbox
ideas for kids



easy dinners in
17 minutes or less



Quick smart!

Remember the old saying that time is the greatest luxury? How true that is. I'd choose a luscious half hour to do whatever I like over even a fairly substantial treat. That's why we all love hacks and shortcuts, right? Especially the ones that give us precious extra time every day – like dinnertime cheats!

My favourite time-slasher is swapping out the 6pm “what’s for dinner?” freak out (yes, it happens to me, too!) for a weekend cruise around the fridge and cupboards to see what we’ve already got, followed by a sneaky afternoon wine on the sunlounger while planning the weekly shopping list.

I wish I could say this happens every weekend, but when it does, I thank myself all week long. And if there was ever an issue of taste to flick through on the sunlounger, it's this one! We've packed it full of fast and fabulous dishes that will knock your socks off, and get your feet up earlier each night.

We've kept a close eye on your budget, too. Check out the cheat sheet, opposite, to see all the dinnertime recipes for under \$5 a serve. So, dive in and start saving time, plus a few dollars for other luxuries as well!

Brodie
EDITOR-IN-CHIEF

top chocolate recipes
for Valentine's Day



30 amazing new ways
with pancakes

WEB-EXCLUSIVE!

*Valentine's
Day
Dinner for 2*



FOR ALL THE LATEST FOOD
AT YOUR FINGERTIPS



budget busters

Here's your complete guide to the budget-friendly winners in this special issue.



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did you know?

Our iPad app puts all our recipes at your fingertips for easy reference. See page 104 for more info.



While we have taken care in the preparation of this magazine to try to make sure the recipes and dietary labels and information are accurate, not all recipes will suit all persons living with a particular allergy or other dietary restriction. We advise anyone with food allergies or special dietary requirements to always check food labels carefully. If you think we've mislabelled a recipe, please let us know. Nothing in this magazine should be taken as medical or health advice.



HUNGRY

FOR

HUMANE

FOOD?

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**CHOOSE
WISELY.**
PUTTING HUMANE FOOD ON THE MENU



choosewisely.org.au | [@RSPCAchoosewisely](https://www.instagram.com/RSPCAchoosewisely) | [#RSPCAchoosewisely](https://twitter.com/RSPCAchoosewisely)

An initiative of the **RSPCA** 

who's cooking

What's in store from the **taste** magazine foodies this month?



Michelle

Michelle Southan reveals how to make the perfect **Magic Cake**, p110, with three delicious layers: fudgy base, custard centre and sponge-cake top.



Katrina

Want a wholesome sweet treat for the lunchbox or to beat the 3pm slump? Katrina Woodman's **better-for-you treats**, p66, will hit the right spot.



Chrissy

Eating healthy on a budget just got much easier with nutritionist Chrissy Freer's **Low Cost Low Cal** meals, p44, that are low on cals and big on taste.



Georgia

Georgia Barnes' **Crispy Skin Lemon Chicken & Potatoes**, p38, is simple, family-friendly and loaded with flavour. Best of all, it comes in at only \$4.35 per serve.



Matt

Matt Preston has delivered **9 new ways with nachos**, p76, that you need now! With so many to choose from, the only problem will be deciding which dish to make first.



Justine

The **Blue Cheese & Fig Tart**, p106, from Justine Schofield, is a divine combo of sweet figs and caramelised onion with salty blue cheese.

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 or sbfoods-worldwide.com



this month

6 get healthy

Don't miss these **supercharged highlights** in this issue.

6 healthy new dinners to try

p32
low cal
GF



Pumpkin & kidney bean curry with prawns

p46
tasty
low fat



Maple sweet potato & black bean salad

p42
easy
vego



'Full of greens' noodles with tofu

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quick
vego



Soft tacos with grilled haloumi

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easy
low cal



Miso-glazed tofu & black rice bowl

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low
fat



Beef kibbeh with pumpkin hummus



banana

The original portable snack, bananas are a great source of potassium, vitamin B6, vitamin C and dietary fibre. This, combined with their high potassium content, makes them a fantastic snack, especially before or after a workout.

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p125



p46

VALUE MEALS

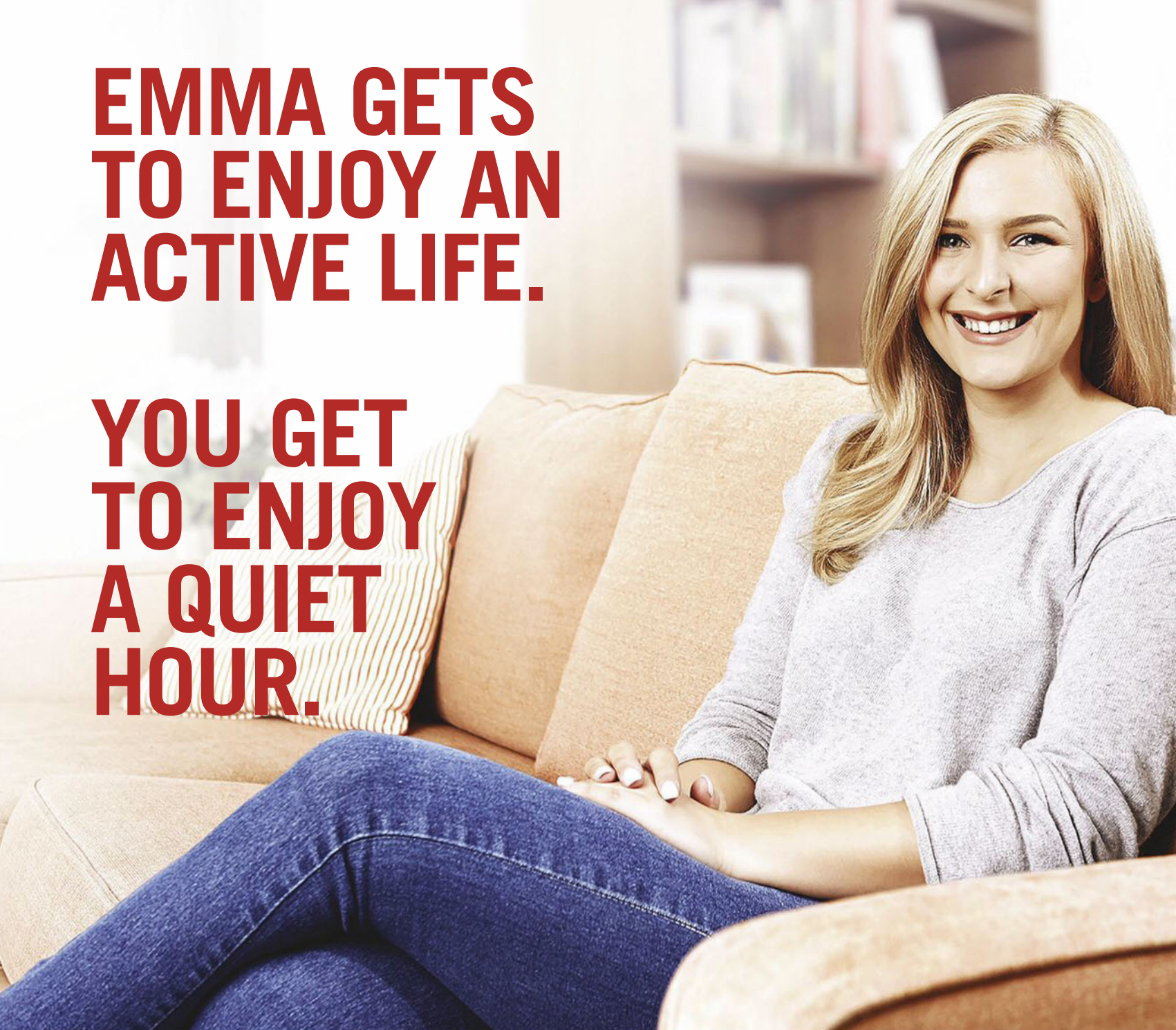
Chrissy Freer's mains are low-cost and healthy.

vanilla

Not everything tastes better fresh off the tree – vanilla beans require a lengthy curing process to bring out their flavour. After that, they'll be the star of any dish you add them to – cakes, biscuits, drinks or even savoury dishes, like roast lamb.

p119





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in season

Enjoy these delicious, **fresh in-season** experiences.

new

- borlotti beans
- chestnuts
- ginger
- limes
- sweet potato

now

- bananas
- corn
- eggplant
- figs
- green beans
- mushrooms
- plums
- pumpkin
- red onion
- squash

be quick

- blackberries
- capsicum
- Italian flat beans
- peaches
- peas

sticky maple wedges



eggplant chips with pesto mayo

Preheat oven to 200°C/180°C fan forced. Trim eggplant and cut into thick 'chips'. Dip in whisked egg and press into breadcrumbs. Place on lined trays. Spray with oil. Bake for 20 minutes or until golden. Swirl basil pesto through whole egg mayonnaise. Serve with chips.

maple pecan pumpkin wedges

Preheat oven to 200°C/180°C fan forced. Cut thick wedges of Kent pumpkin. Place on a lined baking tray. Drizzle with maple syrup. Roast for 30 minutes or until tender. Drizzle pecans with maple syrup and place on pumpkin. Roast for 10-20 minutes or until caramelised. Top with fried sage leaves.

peach bites

Preheat oven to 180°C/160°C fan forced. Halve ripe peaches and remove stones. Sandwich halves with blue cheese and a fresh rosemary sprig, then wrap in prosciutto. Place on a baking tray. Bake for 15 minutes. Top with toasted pine nuts.

Join the **Ginger** Revolution

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cook the cover

This sublime cheesecake slice is an **ode to Maltesers** in all their choc-malt glory.

I had loads of fun experimenting with these little balls of choc-malt goodness while concocting this decadent slice. I love the way they stud both the brownie base and cheesecake layer with surprise bursts of nougat-like nuggets.

Michelle Southan



let's go!

Malteser cheesecake slice

serves 16 | prep 30 mins (+ cooling & 6½ hours setting time) | cooking 50 mins

100g dark cooking chocolate, chopped
80g butter, chopped
1 egg, lightly whisked
100g (½ cup) caster sugar
100g (⅔ cup) plain flour
2 tbs cocoa powder
1 tbs milk
450g Dark Maltesers
Store-bought chocolate sauce,
to drizzle
white choc cheesecake
2 tbs hot water
1 tbs gelatine powder
2 x 250g pkts cream cheese, softened
250ml (1 cup) thickened cream
155g (¾ cup) caster sugar
150g white chocolate, melted, cooled
150g Maltesers, roughly chopped
chocolate ganache
150g dark cooking chocolate, chopped
80ml (⅓ cup) thickened cream

1 Preheat the oven to 160°C/140°C fan forced. Grease a 6.5cm-deep, 12 x 27cm (base measurement) straight-sided loaf pan and line with baking paper, allowing the long sides to overhang.

2 Place chocolate and butter in a large microwave-safe bowl. Microwave on High, stirring every minute, for 2-3 minutes or until melted and smooth. Set aside for 5 minutes to cool slightly.

3 Use a balloon whisk to whisk in the egg until combined. Add the sugar, flour, cocoa and milk. Whisk until combined. Stir in 200g Dark Maltesers. Pour the mixture into the prepared pan. Use the back of a spoon to smooth the surface and cover any exposed Maltesers. Bake for 30-40 minutes or until a skewer inserted in the centre comes out clean. Set aside to cool.

4 To make the cheesecake, place hot water in a small heatproof bowl. Sprinkle over the gelatine. Stir until combined. Place the bowl inside a larger heatproof bowl. Add enough

boiling water to reach three-quarters of the way up the side of the smaller bowl. Set aside, stirring occasionally, for 5 minutes or until the gelatine dissolves.

5 Meanwhile, process the cream cheese, cream and sugar in a food processor until smooth. Add the melted chocolate and process until well combined.

6 With the motor running, gradually add the gelatine mixture until combined. Transfer to a large bowl. Fold in chopped Maltesers. Spoon into the pan over cooled chocolate base. Place in fridge for 6 hours to set.

7 To make the ganache, place chocolate in a heatproof bowl. Heat the cream in a small saucepan over low heat until it just comes to the boil. Pour over the chocolate and set aside for 5 minutes or until the chocolate melts. Stir until combined. Cool slightly.

8 Pour ganache over the cheesecake to cover. Line the top with the remaining Dark Maltesers. Place in the fridge for 30 minutes to set. Serve drizzled with chocolate sauce.

*choc
malt
crunch*

*white
choc
filling*

*fudgy
brownie
base*



cook & win!

Recreate our Malteser Cheesecake Slice to enter our Cook the Cover competition. You could win one of three Whirlpool 435L Bottom Mount Refrigerators, valued at \$1099 each. For all the entry details, check out page 19.

here's how

These tips and tricks will ensure this decadent choc-malt slice tastes every bit as amazing as it looks.



tip 1

Let the baking paper extend over the longer sides, so they overhang. This will allow you to remove the slice easily. Simply hold the paper on either side and lift it out.



tip 2

It's important not to overheat the gelatine, as this can reduce its ability to set. Placing the mixture in a hot water bath allows the gelatine to dissolve without too much heat.



tip 3

Use a large metal spoon to fold the Maltesers into the cheesecake. We roughly chopped them, but they could be finely chopped for more of a swirled look if you prefer.



tip 4

After you've spooned the cheesecake into the prepared pan, press it into the sides to fill the pan completely and smooth the top. Tap on the bench a few times to remove air pockets.



tip 5

Work quickly when pouring the ganache over the chilled cheesecake, as it will start to set the ganache. Smooth it using a crank-handled palette knife or the back of a spoon.



tip 6

For the top, we sorted through the Maltesers to find ones of similar size, as it was easier to line them up. Neat rows make the slice easier to cut, too, as you can just cut between them.

Terms and conditions: Entries open 00:01 (AEDT) 09/02/17 and close 23:59 (AEDT) 15/03/17. Open to Australian residents only. Winners determined 14:00 (AEDT) 22/03/17 at NewsLifeMedia Pty Ltd, 2 Holt Street, Surry Hills, NSW 2010. Winners' names published in *Taste.com.au* magazine May 2017. Total prize pool valued at \$3297. Full terms and conditions available at taste.com.au/cookthecovercomp

COOK the cover & WIN

Make our Malteser Cheesecake Slice for your chance to win!

along with the joy of being crowd favourite, making our Malteser Cheesecake Slice could also win you a new fridge! There are three fabulous Whirlpool Full Style 435L Bottom Mount Refrigerators, valued at \$1099 each, up for grabs. From Whirlpool's new Full Style range, they have a sleek design with a fingerprint-resistant, stainless-steel finish and adjustable shelving so you can mix up the internal space to suit your needs. They're loaded with innovative technology features, too, like vents to feed cool air into every corner so food stays fresher for longer; an automatic freezer defrost cycle; a Super Cool setting, which quickly lowers the temperature; and a Super Freeze setting, which freezes food extra-fast to help retain its nutrients. There's even a Vacation Mode to reduce energy consumption!

**3
to win!**

PRIZE
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Bottom Mount
Refrigerator
\$1099

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ENTRIES
IN BY
15 MAR**



"I'll be looking for even rows, well-proportioned layers and Maltesers scattered throughout."

matt preston CELEBRITY JUDGE



two ways to enter



email it: Send a photo of your creation, with your name, address and telephone number to us at tastecookandwin@news.com.au

or

share it: Post the photo on Facebook, Instagram or Twitter, with **#tastemagcover** in the message, and make sure the post is public so we can see the picture!



you said it

With so many great entries, celebrity judge Matt Preston had a hard time picking his top five Choc-cherry Brownie Trifles. Each winner receives a KitchenAid baking pack valued at over \$1000, including an Artisan Stand Mixer and selection of baking pans.



Grace Beven

"Every Christmas table requires a show-stopping dessert like this masterpiece."

cook the cover
#tastemagcover



TO ENTER our Cook the Cover comp this month, see p19.

"Tough challenge this month; I was looking for distinct layers, generous fruit and sharp decoration. The winners nailed all these parameters in varying degrees. Nice work!"

Matt Preston
COOK THE COVER JUDGE



Laura Phair



Mery Ng



"The trifle was deliciously fudgy and more-ish - a huge hit with the family."

Lilly Parker



Belinda Jamieson



"A very enjoyable dessert to share with family. I'm so pleased my daughter encouraged me to have a go at making it!"

this month

Here's your **latest pics and feedback** from recent issues.

I made the **Tomato, Ricotta & Olive Spelt Tart with Basil**

(December 2016, p40) as a first attempt at an open-crust tart. I liked that it was spelt-based, as I don't like to use refined bleached flour. I paired it with a salad for a delicious light meal.



Caroline Covino



Erin David

I made the **White Velvet Cake** (December 2016, p98) for our work Christmas party and it went down a treat.

The recipe was a challenge, but pretty easy overall. The cake was light and fluffy, and perfect with the icing.



Alyse & Matt

Thanks for the amazing summer salads in the last few issues, like the **Sweet Potato & Corn Salad** (December 2016, p49), which was great alongside peppered kangaroo fillet.



Vicky Simao



The **Roast Pumpkin & Goat's Cheese Parcels** (November 2016, p43) were a no-brainer for a meat-free Monday. Along with being utterly delicious, they were super quick and easy, and made great lunches.



Megan Everitt



I made the **Cacao & Raspberry Ganache Tart** (November 2016, p74) and everyone who had some loved it! I'm really happy to see the inclusion of vegan/vegetarian recipes in recent issues.

EMAIL tastemag@news.com.au SHARE #cookedwithtaste



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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

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 tsp). 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 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, whole grains, 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 can rest assured Helga's wraps contain *none* whatsoever. What's more, Helga's wraps have *40 per cent lower 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**



IT'S WHAT WE'VE LEFT OUT THAT MATTERS



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



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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).

FIRST taste

Here's the **fun foodie stuff** that's good to know this month.



stick 'em up

HANDS FREE!

It's so much easier to follow a recipe when your iPad, phone or cookbook is propped up properly – enter the Salt & Pepper Hudson Utensil Holder & iPad/Cookbook Stand, \$29.95. Such a nifty idea, you'll wonder how you got along without it. Find it at Domayne.

super CORNY

For a piece of furniture that really pops (pop-corn, geddit?), you can't go past this Giant Corn Cob Stool, \$135, by Third Drawer Down. We love how realistic it looks and would be tempted to have a nibble if it wasn't made of resin!



dinner in 30!

QUICK TRICKS

Weeknights are sorted when you're armed with our latest cookbook *Fast & Fab*, \$9.99. Packed full of family meals ready in 30 minutes or less, including great new recipe ideas to try and useful shortcuts. For our exclusive extract, see page 48.





*what
the
fork?*

STEAM US UP

It's full steam ahead with V-ZUG's Combi-Steam MSLQ, \$10,999. More than just an oven, the Combi-Steam is like something out of the Jetsons with its futuristic functions combining heat, steam and microwave in one appliance. So if you need dinner on the table fast, just hit the 'power' button to cut cooking times by a third. Visit vzug.com/au



fork-gate

When we asked our Facebook friends their biggest peeve at the table, eating off a knife was up there. Oddly enough, the fork used to have the same stench about it. The story goes that when a Byzantine noblewoman first ate with a fork in Italy in 1004, there was the Middle Ages version of a Twitter storm. It didn't become acceptable table etiquette until the 18th century.



noosa!

Each May, food lovers and chefs flock to Noosa Main Beach for Noosa Food & Wine. One of the main attractions is the Noosa Long Table Feast on Hastings.

It will be held on 21 May, featuring a two-course menu with canapes and top Aussie wines. Tickets tend to sell out, so book now at noosafoodandwine.com.au

*here's
cheers*

big chill

According to our all-round entertaining guru, and man of taste, Matt Preston, this season we're seeing a big trend in alcoholic ice pops and slushies, and Pimm's takes to ice like a duck to water. But the best thing about this cool cocktail is that it's a breeze to make: just put Pimm's, dry ginger ale, strawberries and ice in a blender and blitz. We'll drink to that!



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Our updated site is *bigger* and *tastier* than ever!

cook it now!

Cook up a winner with these low-cost **family dinners**.

*gluten-free
beef parmigiana
rissoles*
see page 37

PARMIGIANA rissoles

For less than \$15, you can feed the family two of their faves all at once! Classic beef rissoles get a parmigiana makeover with tomato sauce, melted cheese and eggplant (for an extra veggie boost). They're fast, they're easy and they're gluten-free! Check out page 37 for the recipe.



\$3.55
per
serve

ricotta, pea & bacon roll-ups

serves 4 | prep & cooking 55 mins **E**

2 tbs extra virgin olive oil
200g middle bacon rashers,
trimmed, cut into batons
1 large leek, halved, thinly sliced
2 garlic cloves, crushed
355g (2½ cups) frozen
peas
500g fresh ricotta,
crumbled
300ml ctn light
thickened cream
50g (¾ cup) finely
grated parmesan
4 fresh lasagne sheets,
halved

secret ingredient

Fresh lasagne sheets
are easy to fill, roll and
slice, and require no
pre-cooking.

1 Preheat oven to 180°C/160°C
fan forced. Heat the oil in a 6-cup
ovenproof frying pan over medium
heat. Add bacon, leek and garlic.

Cook, stirring, for 6 minutes or
until golden. Add 2 cups
peas. Cook for 3 minutes or
until just tender. Transfer
to a bowl. Set aside to
cool. Wipe pan clean.
2 Place the ricotta and
¼ cup cream in a large
bowl and stir to combine.

Add the pea mixture and ⅓ cup
parmesan. Season. Stir to combine.

3 Spoon ½ cup of the filling down
the centre of each lasagne sheet.
Roll up firmly to enclose. Use a
sharp knife to cut each into 4 pieces.

4 Lightly grease the cleaned frying
pan. Place roll-ups, cut side up, in
the base of the frying pan or a
greased ovenproof baking dish.
Drizzle with the remaining cream
and sprinkle with remaining peas
and parmesan. Season. Bake for
35 minutes or until golden and tender.

PER SERVE • 37g protein • 48g fat
(23g saturated fat) • 39g carb
• 9g dietary fibre • 754 Cals (3150kJ)

use it up!

Wrap leftover
lasagne sheets in
plastic wrap followed
by foil and freeze
for up to 2 months.
Thaw them in the
fridge overnight
before using.

tandoori chicken drumsticks with spiced tomato & lentil salad

serves 4 | prep & cooking 1 hour **E GF**

100g (⅓ cup) gluten-free tandoori paste
90g (⅓ cup) Greek-style yoghurt, plus extra, to serve
8 small (about 1.1kg) chicken drumsticks, scored
400g can brown lentils, rinsed, drained
2 tomatoes, sliced
200g grape tomatoes, halved
2 sticks celery, thinly sliced diagonally
½ red onion, thinly sliced
2 tbs extra virgin olive oil

secret ingredient

Sautéing the spices in oil before adding the lemon juice makes a tasty dressing.

1 tsp brown mustard seeds
½ tsp cumin seeds
1 garlic clove, crushed
2 tbs fresh lemon juice
¼ tsp brown sugar
½ bunch fresh coriander, leaves picked

- 1 Preheat oven to 200°C/180°C fan forced. Line a baking tray with baking paper.
- 2 Combine tandoori paste and yoghurt in a large bowl. Add chicken. Turn to coat. Marinate for 15 minutes.
- 3 Place chicken on a greased wire rack on prepared tray. Spray with oil. Bake for 35 minutes or until cooked through.

4 Meanwhile, combine the lentils, tomato, celery and onion in a large bowl. Heat oil in a small frying pan over medium-low heat. Add the mustard seeds, cumin and garlic and cook, stirring, until aromatic. Remove from the heat. Carefully stir in the lemon juice and sugar. Quickly pour over lentil mixture. Season. Set aside, stirring occasionally, for 10 minutes to develop the flavours.

5 Add coriander leaves to lentil mixture and stir to combine. Serve with chicken and extra yoghurt.

PER SERVE • 42g protein • 33g fat (9g saturated fat) • 18g carb • 6g dietary fibre • 557 Cals (2320kJ)

use it up!

Get creative with leftover **tandoori paste** – add a spoonful to baby potatoes and red onion wedges before tossing together and roasting for a spicy side dish.

\$3.75
per
serve





pumpkin & kidney bean curry with barbecued prawns

serves 4 | prep & cooking 45 mins **LC GF**

*low
cal
curry*

2 tbs ghee, melted
1 tsp cumin seeds
1 small cinnamon stick
20 fresh curry leaves
1 large brown onion, finely chopped
4 garlic cloves, crushed
4cm-piece ginger, peeled, grated
1 long fresh red chilli,
finely chopped
1 tsp turmeric
3 tsp garam masala
2 ripe tomatoes, chopped
270ml can coconut milk
1kg Kent pumpkin, peeled,
cut into roughly 5cm pieces
60ml (¼ cup) water
400g can kidney beans,
rinsed, drained

12 large (about 450g) green
prawns, peeled leaving
heads and tails intact
¼ cup fresh coriander
leaves
Lemon wedges, to serve
Roti bread or gluten-free bread,
to serve (optional)

1 Heat 1 tbs ghee in a saucepan over medium-low heat. Cook cumin and cinnamon for 1 minute. Stir in curry leaves for 1 minute. Cook onion for 3 minutes, until softened.
2 Cook garlic, ginger and chilli for 1 minute. Cook turmeric and 2 tsp garam masala for 1 minute. Cook tomato for 3 minutes, until softened.

secret ingredient

Barbecuing **whole prawns** adds a smoky flavour that's great with the curry.

Add milk. Bring to a simmer. Reduce heat to low. Cover. Cook for 5 minutes.
3 Add pumpkin and water. Cook, covered, for 10 minutes. Add beans.

Cook, covered, for 10 minutes, until pumpkin is tender.

4 Meanwhile, preheat barbecue grill on medium-high. Toss prawns in remaining ghee and garam masala. Cook, turning, for 4 minutes, until pink.

5 Top curry with prawns. Serve with coriander, lemon and bread, if using.

PER SERVE • 20g protein • 21g fat
(16g saturated fat) • 24g carb
• 11g dietary fibre • 397 Cals (1650kJ)

get ahead!

Make the pumpkin curry to the end of step 3 (only cook it for 5 minutes after adding the beans) up to 3 nights in advance. Store in an airtight container in the fridge. Reheat it in a saucepan over low heat.

salmon & edamame cakes with cucumber salad

serves 4 | prep & cooking 45 mins

454g pkt frozen edamame beans
80ml (⅓ cup) water, plus 1 tsp, extra
415g can pink salmon, drained, skin
and large bones removed
70g (¼ cups) panko breadcrumbs
65g (¼ cup) Kewpie mayonnaise,
plus extra, to serve
2 green shallots, finely chopped
2 tsp S&B Wasabi Paste, ▲
plus extra, to serve
2 tsp light soy sauce
2 tsp grated fresh ginger
1 egg
2 tbs extra virgin olive oil
Steamed rice, to serve
cucumber salad
4 Lebanese cucumbers,
thinly sliced
½ tsp sea salt
2 tbs rice wine vinegar
2 tsp caster sugar
1 tsp light soy sauce
1 tsp sesame seeds

½ bunch fresh coriander,
leaves picked
1 green shallot, thinly sliced

1 Microwave edamame and water
in a microwave-safe bowl, covered,
on High for 3 minutes or until tender.
Pod 2½ cups edamame. Process
until finely chopped. Place
in a bowl. Pod remaining
edamame and reserve.
2 Add salmon, ½ cup
breadcrumbs, mayo,
shallot, wasabi, soy
sauce and ginger to
chopped edamame. Mix
well. Shape into 8 patties.
Whisk the egg and extra water

in a bowl. Place ¾ cup breadcrumbs
on a plate. Coat the patties in egg,
then the breadcrumbs. Place on a
lined tray in the fridge to firm.

3 Meanwhile, for salad, place the
cucumber in a sieve. Add salt and set
aside for 10 minutes. Squeeze, then
rinse with water. Squeeze again.
Whisk the vinegar, sugar, soy and
sesame. Add cucumber, coriander,
shallot and reserved edamame. Toss.
4 Heat oil in a large frying pan over
medium heat. Cook patties, turning,
for 6 minutes, until golden. Serve with
salad, rice, extra mayo and wasabi.

PER SERVE • 29g protein • 30g fat
(5g saturated fat) • 58g carb
• 8g dietary fibre • 638 Cals (2667kJ)

product watch

Pungent and fiery,
S&B Wasabi Paste
gives these fishcakes
a bit of a kick.

get ahead!

Make the fishcakes
up to 1 day in
advance and store
on a lined tray,
covered with plastic
wrap, in the fridge.
Pan-fry on the
night of serving.

*only
\$4 per
serve*





lamb kofta & spicy green hummus

serves 4 | prep & cooking 30 mins **RE**

\$4.15
per
serve

- 1 large bunch fresh coriander
- 400g can chickpeas,
rinsed, drained
- 25g baby spinach,
plus extra, to serve
- 1 long fresh green chilli,
chopped
- 2 tbs hulled tahini
- 1 lemon, rind finely grated,
juiced, plus 1 lemon, extra
- 4 garlic cloves, crushed
- 1 small red onion
- Large pinch of caster sugar
- 1 tbs ground cumin
- 2 tsp ground coriander
- 500g lamb mince
- 1 tbs extra virgin olive oil
- 4 pocket pita breads, warmed

1 Finely chop the coriander root and set aside. Reserve a few fresh

secret ingredient

Coriander roots, stems and leaves give colour and loads of flavour to the hummus.

coriander sprigs. Coarsely chop remaining coriander stems and leaves. Place in a food processor.

Add chickpeas, spinach, chilli, tahini, lemon juice and 2 garlic cloves. Season. Process well until smooth. Transfer to a bowl, scraping food processor clean (do not wash).

2 Thinly slice half the onion into rings. Place onion rings, sugar and the juice of half the extra lemon in a bowl. Season. Toss to combine. Set aside to develop the flavours.

3 Coarsely chop remaining onion. Place onion, reserved coriander

root, lemon rind, cumin, ground coriander and remaining garlic in food processor. Season. Process until finely chopped. Add mince. Process until mixture just comes together (do not over-process). Shape tablespoonfuls of mixture into balls. Place on a lined plate.

4 Heat the oil in a large non-stick frying pan over medium heat. Cook the kofta, turning, for 8-10 minutes or until browned and cooked through. Squeeze over remaining lemon.

5 Spread each warmed pita with, a large spoonful of the hummus. Top with kofta, drained onion rings, reserved coriander sprigs and extra spinach leaves.

PER SERVE • 40g protein • 22g fat
(5g saturated fat) • 44g carb
• 11g dietary fibre • 564 Cals (2357kJ)

get ahead!

Make the kofta up to 1 day in advance and store on a lined plate, covered with plastic wrap, in the fridge. Pan-fry on the night of serving.

cacio e pepe with buttered cauliflower

serves 4 | prep & cooking 20 mins **GE**



secret ingredient

Use **goat's milk pecorino**, which is sharp and full of flavour.

- 400g dried spaghetti
- 1 tbs extra virgin olive oil, plus extra, to serve
- 40g butter
- ½ small cauliflower, cut into small florets
- 1 tbs whole black peppercorns, coarsely crushed
- 100g pecorino, finely grated, plus extra, to serve

1 Cook pasta in a large saucepan of boiling salted water following

packet directions until just al dente. Drain, reserving 1¼ cups of the cooking liquid.

2 Meanwhile, heat oil and butter in a large frying pan over high heat. Add cauliflower. Season with salt. Cook, stirring, for 5 minutes or until browned. Add half the pepper. Stir for 1 minute or until aromatic.

3 Add 1 cup cooking liquid to the pan and bring to the boil. Add the pasta, pecorino and remaining pepper. Cook, tossing constantly, for 2 minutes or until the cheese melts and water is almost all absorbed, adding the remaining ¼ cup cooking liquid if the pasta is looking a little dry. Top with extra pecorino and drizzle with extra oil.

PER SERVE • 22g protein • 26g fat (12g saturated fat) • 71g carb • 7g dietary fibre • 623 Cals (2606kJ)

use it up!

Break any leftover **spaghetti** into small shards and store in an airtight container. Stir into soups or stews and cook until al dente.

*feed
4 for
\$8*





miso-glazed tofu & black rice bowl

serves 4 | prep & cooking 20 mins **Q E L C**

\$4.75
per
serve

- 2 tbs mirin
- 2 tbs Hikari White Miso Paste
- 1 tbs honey
- 2 tsp rice wine vinegar
- 5 tsp sesame oil
- 500g firm tofu, cut into 12 slices
- 2 bunches broccolini, trimmed, chopped
- 1 large red capsicum, deseeded, coarsely chopped
- 2 garlic cloves, thinly sliced
- 4cm-piece ginger, peeled, cut into matchsticks
- 4 green shallots, cut into 4cm lengths
- 335g (2 cups) cooked black or brown rice

Mixed sesame seeds, to serve (optional)

secret ingredient

A splash of **rice wine vinegar** balances the sweet and salty glaze.

- 1** Combine the mirin, miso, honey and vinegar in a small bowl. Set aside.
- 2** Heat 1 tbs sesame oil in a wok over high heat. Cook the tofu, in 2 batches, turning, for 2 minutes or until golden. Use a slotted spoon to transfer to a plate.
- 3** Add broccolini to wok. Stir-fry for 2 minutes or until tender-crisp. Add the capsicum and stir-fry for 1 minute or until tender-crisp. Add the garlic,

ginger and shallot. Stir-fry for 1 minute or until aromatic. Add 2 tbs miso mixture. Stir-fry for 1 minute. Transfer to a bowl.

4 Add remaining miso mixture to the wok. Cook for 30 seconds or until thickened slightly. Add tofu. Cook, turning, for 1 minute or until coated and sticky. Remove from heat.

5 Divide the rice among bowls. Top with the vegetable mixture and tofu. Drizzle with any extra sauce from the wok. Sprinkle with sesame seeds if you like.

PER SERVE • 26g protein • 17g fat (2g saturated fat) • 47g carb • 11g dietary fibre • 474 Cals (1981kJ)

switch it

Use any **leftover vegies** that need using up in this stir-fry, such as baby corn or sweetcorn, snow peas, Asian greens, mushrooms or green beans.

gluten-free beef parmigiana rissoles

serves 4 | prep & cooking 30 mins **G E GF**



2 slices Abbott's Gluten Free Soy & Linseed Bread
 1/2 red onion, chopped
 2 garlic cloves, chopped
 25g (1/3 cup) finely grated parmesan
 1/2 cup fresh basil leaves, chopped, plus extra, to serve
 500g beef mince
 1 egg
 2 1/2 tbs extra virgin olive oil
 8 x 1cm-thick (about 220g) eggplant slices
 400g jar tomato pasta sauce
 50g (1/2 cup) coarsely grated mozzarella
 Sliced tomatoes, to serve (optional)
 Salad leaves, to serve (optional)

product watch

Abbott's gluten-free bread is perfect for making gluten-free crumbs.

1 Process the bread until fine crumbs.

Transfer to a bowl. Add onion, garlic and parmesan to food processor and process until finely chopped. Add the basil, mince, egg and breadcrumbs to food processor. Season. Process until just combined. Transfer to a bowl. Shape the mixture into eight 2.5cm-thick patties. Place on a lined plate in the fridge until required.

2 Meanwhile, heat 2 tbs oil in a large non-stick frying pan over medium heat. Season the eggplant.

Cook, turning, for 10 minutes or until eggplant is tender and cooked through. Transfer to a plate.

3 Heat remaining 2 tsp oil over medium heat. Cook rissoles, turning, for 8 minutes or until browned and almost cooked through. Transfer to a greased baking tray. Top rissoles with sauce, eggplant and mozzarella.

4 Preheat the oven grill to high. Cook rissoles for 4 minutes or until cheese is golden and melted. Sprinkle with extra basil leaves. Serve with sliced tomato and salad leaves, if you like.

PER SERVE • 39g protein • 32g fat (10g saturated fat) • 19g carb • 6g dietary fibre • 528 Cals (2207kJ)

use it up!

Finely chop any remaining eggplant and sauté with other vegetables for the base of a bolognese or toss through lentils along with fresh herbs, olive oil and lemon juice for an easy side.

\$3.40
per
serve



grab & go

Georgia Barnes' **one-pan chicken dish** is crispy, lemony and simply irresistible.

“Budget-friendly never tasted so good! With just seven ingredients, this hearty dinner has a sauce that packs a serious lemony punch and chicken with super-crispy skin. You can easily double or triple the recipe to feed a crowd, too. Serve it with steamed greens and grainy sourdough to mop up the sauce.” *Georgia Barnes*



crispy skin lemon chicken & potatoes

serves 4 | prep 10 mins | cooking 1 hour 5 mins

GRAB

- ☐ 1kg chicken thigh cutlets, skin on
- ☐ 60g butter
- ☐ 500g baby potatoes
- ☐ 4 lemons, halved
- ☐ ½ cup fresh oregano sprigs, plus extra, to serve
- ☐ 4 garlic cloves, unpeeled
- ☐ 250ml (1 cup) chicken stock

GO...

1 Preheat oven to 180°C/160°C fan forced. Pat the chicken skin dry with paper towel and season.

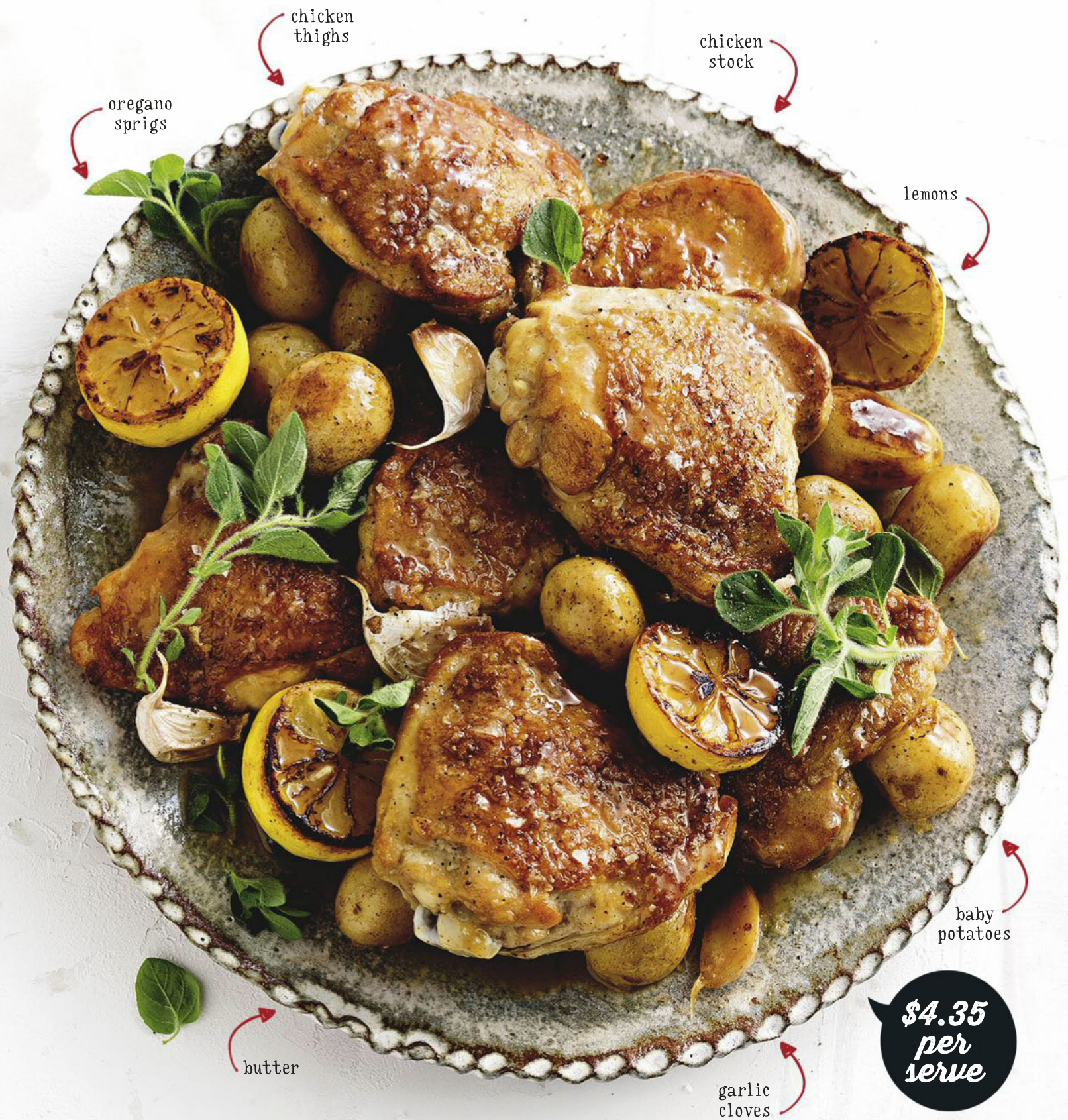
2 Melt half the butter in an ovenproof frying pan over medium-high heat. Add chicken, skin side down, and cook for 5 minutes or until golden. Turn and cook for a further 2 minutes. Transfer chicken to a plate. Add the potatoes to the pan. Cook, turning regularly, for 4-5 minutes or until golden. Transfer to a plate. Add 4 lemon halves, cut side down, to pan. Cook for 2-3 minutes, until caramelised. Transfer to a plate and reserve.

3 Reduce heat to low. Squeeze juice from remaining lemon halves into pan and stir to deglaze. Add squeezed lemon halves, potatoes, oregano and garlic to the pan. Cook for 2 minutes.

Remove pan from heat and add stock. Arrange chicken, skin side up, on top of potatoes, keeping the skin exposed. Bake for 25-30 minutes or until chicken is cooked through and potatoes are tender. Transfer chicken, potatoes and garlic to a plate. Cover to keep warm.

4 Strain the liquid from the pan into a small saucepan. Discard solids. Bring to the boil over high heat. Cook for 10-15 minutes or until sauce reduces and thickens slightly. Stir in remaining butter until melted. Season. Drizzle sauce over the chicken and potatoes. Scatter with extra oregano and serve with reserved caramelised lemon.

cook it now!



chicken
thighs

chicken
stock

oregano
sprigs

lemons

baby
potatoes

butter

garlic
cloves

\$4.35
*per
serve*

Marion's EXPRESS

Marion Grasby's easy **meatball banh mi** makes the tastiest lunch in town.



only
\$3.80 a
serve

"Here's my spicy meatball remake of the classic Vietnamese rolls, banh mi. What I love about a good banh mi is the combination of fragrant herbs, tangy pickled vegies and savoury meat, all wedged together in a soft, crusty roll. Super-charge the meatballs with as much hot sauce as you dare and don't skimp on the hoisin mayo!" *Marion Grasby*

vietnamese spicy meatball banh mi

serves 4 | prep 25 mins | cooking 5 mins 



- 500g pork mince
- 1 stem lemongrass, pale section only, bruised, finely chopped
- 4 green shallots, finely chopped
- 3 tbs sriracha chilli sauce, or to taste (see notes and tips)
- 1 tsp sea salt
- 125g (½ cup) Kewpie mayonnaise (see notes)
- 2 tbs hoisin sauce
- 1 tbs vegetable oil
- 4 long crusty bread rolls
- Fresh coriander sprigs, to serve
- 1 long fresh red chilli, thinly sliced
- quick-pickle carrot**
- 2 carrots, peeled, shredded
- 60ml (¼ cup) rice vinegar
- 55g (¼ cup) caster sugar

- 1** For the quick-pickle carrot, combine carrot, vinegar and sugar in a bowl. Set aside, stirring occasionally, for 20 minutes to develop the flavours. Drain carrot.
- 2** Meanwhile, combine the pork mince, lemongrass, shallot, sriracha and salt in a large bowl. Use damp hands to roll heaped tablespoonfuls of the mixture into balls.
- 3** Combine mayonnaise and hoisin sauce in a small bowl. Set aside until ready to serve.
- 4** Heat the oil in a large non-stick frying pan over medium heat. Cook the meatballs,

turning often, for 5 minutes or until browned and cooked through. Set aside on a plate lined with paper towel to drain.

- 5** Split the bread rolls lengthways, without cutting all the way through. Generously spread both sides with hoisin mayo. Divide the carrot among the rolls and top with the meatballs, coriander sprigs and chilli. Serve the remaining hoisin mayo on the side.

notes

- * Sriracha chilli sauce is a spicy, tangy sauce sometimes sold as hot chilli sauce. Find it in the Asian aisle of most major supermarkets or Asian grocers.
- * Kewpie mayonnaise can be found in the Asian aisle of most major supermarkets.

tips!

- * If you prefer the meatballs to be mildly spiced, add 1 tbs sriracha sauce to the meat mixture and cook a test meatball to check how spicy it is. Add more sauce to the meat mixture if you want more of a kick.
- * The mince mixture freezes well. Make a double batch and freeze half as meatballs or larger patties for burgers or rissoles.
- * Turn this into a gluten-free meal by using gluten-free bread rolls or swapping the bread rolls for lettuce cups.

cook it now!

crisper cuisine

This quick **meat-free stir-fry** is ideal for using up those vegie odds and ends.

it's a blitz!

Swap tofu for chicken if you have some on hand.

crisper raid

- 500g finely shredded mixed vegetables
- ½ cup chopped fresh herbs (such as coriander or mint)

fridge raid

- 1 tbs fresh lime juice
- 1½ tsp finely grated fresh ginger
- 200g Soyco Japanese Marinated Tofu, sliced

pantry raid

- 270g dried noodles, such as soba, ramen or udon
- 2 tbs soy sauce
- 2 tbs mirin
- ½ tsp sesame oil
- 2 tsp peanut oil
- 1 tbs sesame seeds, toasted, plus extra, to serve

'full of greens' noodles with tofu

serves 4 | prep 15 mins | cooking 15 mins **& E**

- 1 Cook the noodles following the packet directions. Drain and set aside.
- 2 Combine the soy sauce, mirin, lime juice, ginger and sesame oil in a jug. Set aside.
- 3 Heat peanut oil in a wok over medium-high heat. Add the shredded vegetables and stir-fry for 3 minutes or until tender-crisp. Add the soy sauce mixture, herbs and sesame seeds.

Stir-fry for a further 2 minutes or until warmed through. Remove from the heat.

- 4 Meanwhile, heat a small non-stick frying pan over medium heat. Cook tofu, turning, for 4 minutes or until golden and heated through.
- 5 Divide noodles among serving bowls. Top with vegetable mixture and tofu. Sprinkle with extra sesame seeds. Serve hot or cold.

only
\$2.25 a
serve

what we used up

- * baby bok choy
- * kale
- * coriander
- * red capsicum
- * broccolini
- * carrots





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Chrissy Freer's healthy meals cost **less than \$20**, so they're light on your wallet and waist!

only
\$4 a
serve



sweet potato salad

Meat-free meals help reduce your grocery bill and up your veggie intake. Win win! Black beans are a cost-effective source of protein, and they're also low GI, high in dietary fibre and rich in several nutrients, including B vitamins, potassium and iron. Sweet potato is high in both soluble and insoluble fibre, helping to reduce cholesterol and assist digestive health. Roasted and spiced, it gives the salad loads of flavour and makes it substantial.

maple sweet
potato & black
bean salad

see page 46

cook it now!

RECIPES CHRISSY FREER PHOTOGRAPHY BRETT STEVENS STYLING: KATRINA WOODMAN FOOD PREPARATION LUCY BUSUTTI

under
\$3 a
serve

broccoli 'rice'

Broccoli is a nutrient-packed and low-carb alternative to rice, not to mention delicious. Just 1 cup of broccoli contains 100 per cent of your RDI for vitamin C, and it's also rich in dietary fibre, folate, beta-carotene and potassium. Use the stems as well as the florets, because they're a great source of fibre. Tofu is an excellent addition to this dish, as it's high in protein and phytonutrients, but low in fat. Plus, coating it in spices adds flavour without extra sodium.

broccoli 'rice'
with spiced
chilli tofu

see page 46



maple sweet potato & black bean salad with chipotle dressing

serves 4 | prep 20 mins | cooking 30 mins

E LG LF GF

- 1 tbs maple syrup, plus 1 tsp, extra
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 600g sweet potato, peeled, cut into thick wedges
- 3 large zucchini, trimmed
- 425g can black beans, rinsed, drained
- 4 small radishes, thinly sliced
- 120g mixed salad leaves
- ¼ cup fresh coriander leaves
- 1 tbs fresh lime juice
- 1 tbs extra virgin olive oil
- ½ tsp Chipotle Tabasco sauce
- 1½ tbs pepitas, lightly toasted

1 Preheat the oven to 200°C/180°C fan forced. Line a large baking tray with baking paper. Combine maple syrup, paprika and cumin in a large bowl. Add sweet potato. Toss to coat. Place on prepared tray. Lightly spray with olive oil. Roast for 25-30 minutes or until golden and tender.

2 Meanwhile, cut the zucchini into thin strands using a spiraliser. Alternatively, peel into long ribbons with a vegetable peeler. Combine the zucchini, black beans, radish, salad leaves and coriander in a large bowl. Season. Combine the lime juice, oil, Tabasco and extra maple syrup in a bowl. Add the dressing to the salad and gently toss to combine.

3 Divide the salad among serving plates. Top with roasted sweet potato wedges and sprinkle with the pepitas.

PER SERVE • 10g protein • 9g fat (1g saturated fat) • 36g carb • 11g dietary fibre • 292 Cals (1219kJ)



broccoli 'rice' with spiced chilli tofu & sunflower seeds

serves 4 | prep 15 mins | cooking 10 mins

E E LG GF

- 2 large heads (700g) broccoli, chopped
- 2 tbs gluten-free cornflour
- ½ tsp dried red chilli flakes
- ½ tsp turmeric
- 250g firm tofu, drained, cut into 1cm pieces
- 1 tbs macadamia oil
- 2 garlic cloves, crushed
- 2 large carrots, peeled, cut into thin matchsticks
- 4 green shallots, thinly sliced, plus extra, to serve
- 1 large red capsicum, deseeded, thinly sliced
- 1 tbs salt-reduced gluten-free tamari
- ⅓ cup fresh coriander leaves, plus extra, to serve
- 1 tbs sunflower seeds, toasted

1 Process the broccoli in a food processor, in 2 batches, until it is finely chopped and resembles grains of rice. Set aside.

2 Combine the cornflour, chilli flakes and turmeric in a snap-lock bag. Add the tofu. Seal the bag and toss until tofu is coated. Shake off any excess cornflour mixture.

3 Heat half the oil in a large wok over high heat. Stir-fry tofu, in 2 batches, for 2 minutes or until golden. Transfer to a plate.

4 Heat remaining oil in wok. Stir-fry garlic, carrot and shallot for 1 minute. Add the capsicum and chopped broccoli. Stir-fry for 2-3 minutes or until the vegetables are just tender. Stir through tamari and coriander. Serve 'rice' topped with tofu and sprinkled with seeds and extra shallot and coriander.

PER SERVE • 19g protein • 11g fat (1g saturated fat) • 13g carb • 15g dietary fibre • 254 Cals (1064kJ)



beef kibbeh with roasted pumpkin hummus

serves 4 | prep 20 mins | cooking 35 mins **LG LF**

- 600g peeled pumpkin, cut into 2cm pieces
- 40g (¼ cup) burghul
- 500g extra-lean beef mince
- 1 small red onion, finely grated
- 2 tbs finely chopped fresh mint leaves, plus ½ cup whole leaves, extra
- 2 tsp finely grated lemon rind
- 1 tsp ground allspice
- ½ tsp ground cinnamon
- 2 tsp ground cumin
- 400g can chickpeas, rinsed, drained
- 1 tbs water
- 2 tbs fresh lemon juice
- 1 Lebanese cucumber, chopped
- 250g cherry tomatoes, halved
- Lemon wedges, to serve

1 Preheat oven to 200°C/180°C fan forced. Place pumpkin on a lined baking tray. Spray with oil. Roast for 25 minutes or until tender.

2 Meanwhile, place the burghul in a heatproof bowl. Cover with boiling water. Set aside for 10 minutes to soak. Drain well.

3 Combine burghul, mince, onion, chopped mint, rind, allspice, cinnamon and 1 tsp cumin in a large bowl. Season. Shape into 12 oval shapes. Spray lightly with oil.

4 Heat a large chargrill pan over medium-high heat. Add the kibbeh and cook, turning, for 6-8 minutes or until cooked through.

5 Meanwhile, process chickpeas, water, 1 tbs juice, half the pumpkin and remaining cumin in a food processor until smooth. Season.

6 Combine cucumber, tomato, extra mint and remaining pumpkin and juice in a bowl. Serve kibbeh with hummus, salad and lemon wedges.

PER SERVE • 39g protein • 9g fat (3g saturated fat) • 29g carb • 10g dietary fibre • 382 Cals (1597kJ)

cook it now!

only
382
cals

beef kibbeh

Beef is a valuable source of haem-iron, essential for producing haemoglobin and transporting oxygen around the body (keeping energy levels up), and beef mince is an affordable way to include it in your diet. Choose lean beef mince to keep the overall fat content down and flavour it with dried spices, such as cumin, which also adds iron and aids digestion. Adding vegetables to your hummus is a tasty way to up your veg intake. We've used roasted pumpkin for sweetness and to achieve a creamy texture without extra oil. It also gives a good dose of beta-carotene, a form of vitamin A.





*ready
in
20 mins*

cook it now!

Fast & fab

We won't go so far as to say you could make these **superstar dinners** one-handed, but we promise they're no-fuss, foolproof and fast. Cross our heart!

RECIPES MIRANDA PAYNE PHOTOGRAPHY JEREMY SIMONS
STYLING KRISTEN WILSON FOOD PREPARATION KERRIE RAY

soft tacos
with haloumi
see page 56

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Like these recipes? There are loads more quick and easy dinner ideas in our new favourites **Fast & Fab** cookbook.

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*luxe
swiss
dish*

beetroot & potato rosti with smoked salmon

serves 4 | prep & cooking 30 mins **GE**



600g desiree potatoes, peeled
150g cooked beetroot
20g butter, melted
1 egg, lightly whisked
50g (1/3 cup) plain flour
60ml (1/4 cup) extra virgin olive oil
200ml crème fraîche
1 orange, rind finely grated
3 tsp horseradish cream
1 tbs finely chopped fresh dill,
plus extra sprigs, to serve
1 large Lebanese cucumber
200g smoked salmon slices
Crusty bread, to serve (optional)

1 Grate the potatoes in a food processor, fitted with a grater attachment. Transfer to a colander and squeeze out any excess moisture. Transfer to a large bowl. Grate the beetroot in a food processor fitted with a grater attachment.

2 Add the butter, egg and flour to the potato and stir to combine. Season. Add the beetroot and gently stir to combine.

3 Heat the oil in a large non-stick frying pan over medium-low heat. Spoon the potato and beetroot mixture into the pan, flattening gently with a spatula. Cook for 7 minutes or until the base is golden and

crisp. Place a large plate over the pan and carefully invert the rosti onto the plate. Return the rosti, golden side up, to the pan. Cook for a further 7 minutes or until golden and cooked through.

4 Meanwhile, combine the crème fraîche, orange rind, horseradish cream and chopped dill in a bowl. Season.

5 Peel the cucumber into ribbons. Turn the rosti onto a serving plate. Top with salmon, cucumber ribbons, extra dill sprigs and crème fraîche mixture. Season with freshly ground black pepper. Cut into wedges. Serve with crusty bread, if you like.

cook it now!

*one
pan
wonder*

chicken
tray
bake
see page 56

gnocchi with burnt butter, lemon & basil

serves 4 | prep & cooking 25 mins **Q E**



500g fresh potato gnocchi
1 tbs extra virgin olive oil
2 medium zucchini, thinly sliced
150g baby squash, thinly sliced
125g butter, chopped
½ cup fresh basil leaves
1½ tbs fresh lemon juice
100g baby spinach leaves
2 tbs toasted pine nuts
Shredded parmesan, to serve

1 Cook the gnocchi in a large saucepan of salted boiling water following packet directions, or until gnocchi are al dente and float to the surface. Drain.

2 Heat the oil in a large frying pan over medium heat. Add zucchini and squash and cook, stirring occasionally, for 3 minutes or until just tender and golden. Transfer to a plate and cover to keep warm.

3 Add the butter to the pan and melt over

medium heat for 3-5 minutes. Add the basil leaves and cook until they are just crisp and the butter is light brown and nutty. Stir in the lemon juice and baby spinach. Add the gnocchi and cook, tossing, for 2 minutes. Return the vegetables to the pan. Toss to warm through.

4 Divide gnocchi mixture among bowls. Scatter with pine nuts and parmesan and season to taste.

*meat
free
main*



cook it now!



spicy tomato & capsicum meatball shakshuka

serves 4 | prep & cooking 25 mins **Q E**

3 tsp extra virgin olive oil
500g beef meatballs
400g jar tomato and chilli pasta sauce
125ml (½ cup) chicken stock
145g (⅔ cup) roasted capsicum strips, drained
4 eggs
Chobani Mezé Dip Salsa Rojo, to serve
½ cup fresh continental parsley leaves, coarsely chopped, to serve
½ cup fresh coriander leaves, to serve
Crusty bread, to serve (optional)

*new
family
fave*

- 1 Heat the oil in a large frying pan over medium heat. Cook the meatballs, turning, for 5 minutes or until browned. Add the pasta sauce, stock and capsicum and bring to the boil. Reduce the heat to medium-low. Simmer for 2 minutes.
- 2 Use a spoon to make 4 large indents in the tomato mixture. Carefully crack an egg into each indent. Reduce heat to low. Cook, covered, for 7 minutes for soft yolks or until cooked to your liking. Top with dip and sprinkle with parsley and coriander. Serve with crusty bread, if you like.

green mexican rice with prawns

serves 4 | prep & cooking 25 mins **GE**



24 peeled green prawns, tails intact
½ x 262g btl medium peri peri marinade
60g baby spinach leaves
1 fresh green chilli, halved, coarsely chopped
1 cup fresh coriander leaves, plus extra, to serve
1 lime, rind finely grated, cut into wedges
60ml (¼ cup) water
1½ tbs extra virgin olive oil
1 brown onion, finely chopped
1 garlic clove, crushed
450g pkt microwave long-grain white rice
400g can black beans, rinsed, drained

1 Combine prawns and peri peri marinade in a shallow glass or ceramic dish. Cover and place in the fridge to marinate.

2 Meanwhile, place spinach, chilli, coriander, lime rind and water in a food processor and process until finely chopped. Season well.

Heat 1 tbs oil in a large frying pan over medium heat. Add onion and garlic. Cook, stirring, for 5 minutes or until softened. Add the rice, black beans and spinach mixture. Stir to combine. Cook, stirring occasionally, for 5 minutes or until well combined and warmed through.

3 Heat the remaining oil in a small frying pan over medium heat. Add prawn mixture. Cook, stirring, for 5 minutes or until the prawns are just cooked through.

4 Place prawns on top of the rice mixture and top with the extra coriander leaves. Squeeze over lime wedges before serving.

*peri
peri
prawns*



cook it now!

*fresh
salsa
verde*

lamb cutlets with chickpea puree & grilled zucchini salad

serves 4 | prep & cooking 30 mins **GE**



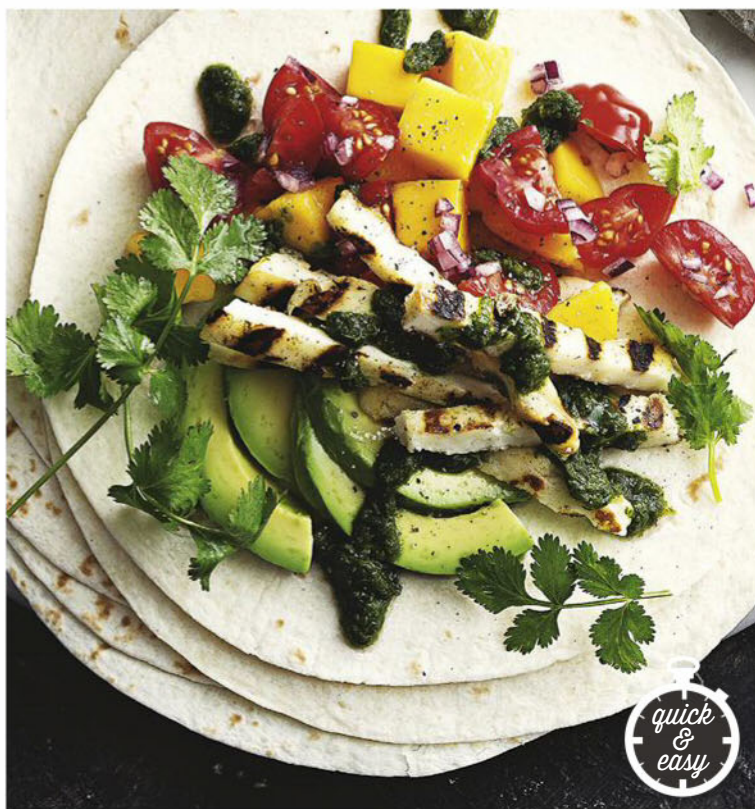
2 x 400g cans chickpeas, rinsed, drained
2 garlic cloves, crushed
80ml (1/3 cup) fresh lemon juice
80ml (1/3 cup) extra virgin olive oil
3 zucchini, peeled into ribbons
12 French-trimmed lamb cutlets
salsa verde
1 cup fresh mint leaves
1 cup fresh parsley leaves
1 cup fresh basil leaves
2 tbs capers, rinsed, drained
4 anchovy fillets, chopped
80ml (1/3 cup) extra virgin olive oil

1 To make the salsa verde, process the mint, parsley, basil, capers and anchovies in a food processor until finely chopped. With the motor running, slowly add the oil until smooth and combined. Season well. Add a little water to thin the consistency, if needed. Transfer to a bowl. Set aside.
2 Use paper towel to wipe the bowl of the food processor clean. Add the chickpeas, garlic, lemon juice and 1/4 cup oil. Process until the mixture is almost smooth.
3 Meanwhile, preheat a chargrill pan or barbecue grill on medium. Combine the

zucchini ribbons and remaining oil in a bowl. Season. Cook zucchini, turning, for 3 minutes or until charred and tender. Transfer to a plate.

4 Season the lamb cutlets. Add to the pan or grill and cook for 4-5 minutes each side for medium or until cooked to your liking. Transfer to a plate and set aside for 3 minutes to rest.

5 Divide the chickpea puree among serving plates. Arrange the zucchini and lamb cutlets over the puree. Dollop the salsa verde over the top.



soft tacos with grilled haloumi, mango & jalapeño salsa

serves 4 | prep & cooking 20 mins **Q&E**

- | | |
|--|---------------------------------|
| 60-80ml (¼-⅓ cup) pickled jalapeño liquid | 1 small red onion, chopped |
| 1½ tbs drained pickled jalapeños | 200g cherry tomatoes, quartered |
| 1 lime, rind finely grated, juiced | 2 mangoes, cut into 1cm pieces |
| 1 cup fresh coriander leaves, plus extra, to serve | 360g haloumi, thickly sliced |
| 1 cup fresh parsley leaves | 8 soft tortillas, warmed |
| | 2 avocados, thinly sliced |

- 1 Place ¼ cup of the pickling liquid, jalapeños, lime rind, coriander, parsley and half the onion in a blender. Blend until smooth, adding more of the pickling liquid if necessary. Season well. Transfer to a bowl and set aside.
- 2 Combine the tomato and remaining onion. Add lime juice. Season. Place the mango in a separate bowl. Season.
- 3 Preheat a barbecue grill or chargrill pan on medium. Spray haloumi with olive oil. Cook haloumi for 1-2 minutes each side or until lightly charred. Cut into strips.
- 4 Serve warm tortillas with the tomato mixture, mango, haloumi, avocado, jalapeño salsa and extra coriander.

top tip!

✿ This recipe works just as well with fish or chicken. Replace the haloumi with firm white fish fillets or chicken strips and grill until cooked through.



chicken saltimbocca tray bake

serves 4 | prep & cooking 25 mins **Q&E**

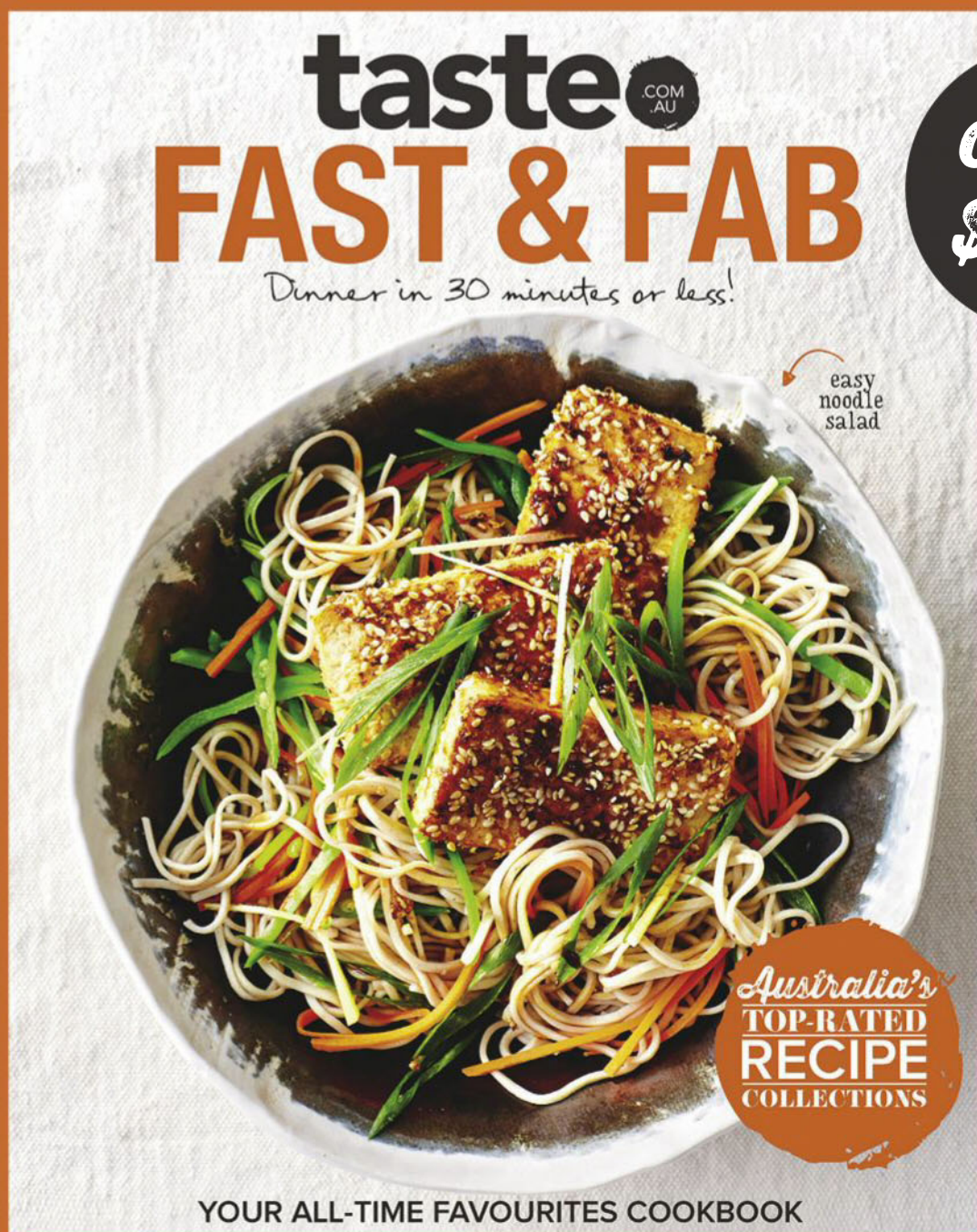
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|---|--|
| 200g mixed cherry tomatoes | 12 basil leaves, plus extra, to serve |
| 2 bunches asparagus, trimmed | 6 slices prosciutto |
| 150g ciabatta, broken into chunky pieces | 80g (⅓ cup) pitted kalamata olives |
| 1½ tbs extra virgin olive oil | 125ml (½ cup) salt-reduced chicken stock |
| 6 small 1cm-thick uncrumbed chicken breast schnitzels | ½ lemon, juiced |
| | Lemon wedges, to serve |

- 1 Preheat the oven to 220°C/200°C fan forced. Place the tomatoes, asparagus and bread in a bowl. Add 1 tbs oil and toss to coat. Transfer the tomatoes and asparagus to a large baking dish. Season. Bake for 5 minutes.
- 2 Meanwhile, top each chicken schnitzel with 2 basil leaves and wrap in a slice of prosciutto. Season with pepper.
- 3 Heat remaining 2 tsp oil in a large frying pan over high heat. Cook chicken parcels for 1 minute each side or until browned. Add to tomato mixture with olives. Pour in stock and lemon juice.
- 4 Arrange the bread over the top. Bake for 13 minutes or until the chicken is cooked through. Serve with lemon wedges.

top tip!

✿ If you're unable to find uncrumbed chicken schnitzels, you can use chicken breast fillets and cut them in half horizontally. You'll need to buy 3 fillets for this recipe.

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food *for* life

Eating healthy doesn't have to mean giving up all of the foods that you love. In her latest cookbook, *Food For Life*, **Michelle Bridges** has created a guide to help you take control of your health, and stay in control over the years to come. She encourages everyone to get back to basics and experiment with healthier versions of favourite dishes, including these better-for-you recipes for pizza.



cook it now!



“For me, food is
nourishment for the
body and mind. It’s also
a celebration of the
little pleasures that
make up a happy life.”



meet the new healthy pizza

Mix and match these 6 better-for-you bases and 12 amazing toppings.

1 eggplant base

Halve 2 eggplants lengthways and chargrill over medium heat for 10 minutes, turning occasionally, until golden and just cooked. Spread the cut sides evenly with 1 cup tomato passata. Top with your choice of toppings. Season to taste.

TOTAL CALORIES 230
CALORIES PER SERVE 58

topping one

400g can chickpeas, rinsed, drained
½ cup drained roasted red pepper strips
½ cup pitted kalamata olives
50g Danish feta, crumbled
½ cup fresh continental parsley leaves

TOTAL CALORIES 722
CALORIES PER SERVE 181

2 zucchini base

Combine 4 coarsely grated zucchini, 1 egg, 2 tbs grated parmesan and 2 tbs wholemeal self-raising flour and season to taste. Heat a small non-stick frying pan over medium heat. Spray lightly with oil. Press a quarter of the mixture into the pan, shaping it into an oval about 12cm in length. Cook for 4 minutes, then flip over and cook for 4 minutes. Transfer to a plate and cover to keep warm. Repeat with the remaining mixture to make four bases. Sprinkle over an extra tablespoon of parmesan, then top with your choice of toppings. Season to taste.

TOTAL CALORIES 296
CALORIES PER SERVE 74

topping one

2 cups baby spinach leaves
8 baby bocconcini, torn
½ cup fresh basil leaves
Lemon wedges, to serve

TOTAL CALORIES 180
CALORIES PER SERVE 45

3 baguette base

Cut four 85g mini baguettes in half horizontally and toast them. Spread the cut surfaces evenly with ½ cup tomato passata. Top with your choice of toppings. Season to taste.

TOTAL CALORIES 895
CALORIES PER SERVE 224

topping one

4 streaky bacon rashers, grilled
1 small pear, sliced
100g brussels sprouts, shaved
30g blue cheese, crumbled

TOTAL CALORIES 489
CALORIES PER SERVE 122

*blue
cheese
twist*



more topping ideas

easy
eggplant
base



eggplant base

topping two

425g tin tuna in springwater, flaked
50g sun-dried tomatoes, chopped
½ cup pitted Sicilian green olives
50g Danish feta, crumbled
2 tbs chopped fresh continental parsley

TOTAL CALORIES 858

CALORIES PER SERVE 215



zucchini base

topping two

4 tomatoes, sliced
4 thin slices prosciutto
1 large bocconcini, sliced
½ cup fresh basil leaves
Lemon wedges, to serve

TOTAL CALORIES 360

CALORIES PER SERVE 90



baguette base

topping two

1 bunch asparagus, trimmed,
pan-fried
4 fresh figs, halved
30g blue cheese, crumbled
1 cup picked watercress leaves

TOTAL CALORIES 240

CALORIES PER SERVE 60

“The healthiest foods are wholefoods – nutrient-dense foods that are as close to their natural state as possible.”

more new healthy pizza ideas

4 pasta base

Preheat oven to 220°C/200°C fan forced. Cook 125g dried fettuccine in boiling water for 8 minutes or until just tender. Drain and transfer to a heatproof bowl. Add 2 whisked eggs and ½ cup grated tasty cheese. Season to taste and toss together until well combined. Line 2 large baking trays with baking paper. Form the mixture into 4 even mounds on the prepared trays, shaping them into ovals about 12cm in length. Bake for 15 minutes, swapping the trays halfway through cooking, until cooked and golden. Spread the bases evenly with ½ cup ready-made red capsicum dip. Top with your choice of toppings. Season to taste.

TOTAL CALORIES 800
CALORIES PER SERVE 200

topping one

50g chorizo, finely chopped, cooked
1 small red onion, thinly sliced
50g goat's cheese, crumbled
1 tbs chopped fresh chives
TOTAL CALORIES 320
CALORIES PER SERVE 80

5 mini flatbread base

Preheat oven to 220°C/200°C fan forced. Spread twelve 14g mini wholemeal pita breads with ½ cup ready-made pizza sauce. Top with your choice of toppings. Transfer to 2 large baking trays lined with baking paper and bake for 5 minutes or until cheese is melted and golden.

TOTAL CALORIES 523
CALORIES PER SERVE 131

topping one

50g shaved ham, chopped
100g pineapple, chopped
½ cup grated tasty cheese
TOTAL CALORIES 269
CALORIES PER SERVE 67

6 brocco-flower base

Preheat oven to 220°C/200°C fan forced. Process 350g cauliflower and 350g broccoli in a food processor until finely chopped like rice. Transfer to a large bowl. Add 6 whisked eggs and ½ cup almond meal. Season to taste. Line 2 large baking trays with baking paper. Form the mixture into 4 even mounds on prepared trays, shaping them into ovals about 12cm in length. Bake for 20 minutes, swapping the trays halfway through cooking, until cooked and golden. Spread the bases evenly with ½ cup ready-made pesto (or homemade if you have some). Top with your choice of toppings. Season to taste.

TOTAL CALORIES 940
CALORIES PER SERVE 235

topping one

4 portobello mushrooms, chargrilled, sliced
1 tbs fresh thyme leaves
50g fresh full-cream ricotta, crumbled
50g baby rocket
Lemon wedges, to serve
TOTAL CALORIES 170
CALORIES PER SERVE 43

*pizza
pasta
combo*



more topping ideas

clever
vegie
base



pasta base topping two

1 cup chopped pumpkin, steamed
1 small red onion, thinly sliced
50g goat's cheese, crumbled
1 tbs chopped fresh chives
TOTAL CALORIES 279
CALORIES PER SERVE 70



mini flatbread base topping two

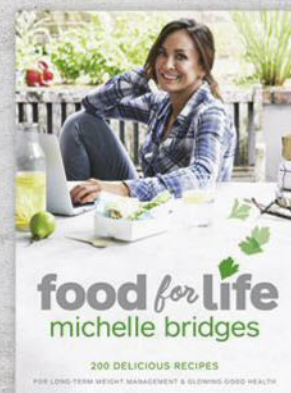
½ green capsicum, finely chopped
125g cherry tomatoes, halved
½ cup grated tasty cheese
TOTAL CALORIES 239
CALORIES PER SERVE 60



brocco-flower base topping two

12 green prawns, peeled, chargrilled
1 long fresh green chilli, sliced
50g fresh full-cream ricotta, crumbled
1 tbs fresh dill fronds
Lemon wedges, to serve
TOTAL CALORIES 168
CALORIES PER SERVE 42

“If you understand a little bit more about how what you eat affects your body, I know it will inspire you to make healthier food choices. And this is key: what you eat is *your* choice.”



Food for Life by Michelle Bridges is published by Macmillan Australia, \$39.99. Available now from good bookshops and online.



peach &
macadamia
bliss balls
see page 69

superfood
rocky road
see page 72

*cheat's
berry
jam*

coconut bread &
berry chia jam
see page 72

cook it now!

wait, you mean i can eat that?

When snack o'clock hits, these wholesome
pick-me-ups won't let you down.

*low
cal
snack*

fig, honey
& ricotta
muffins

see page 71

coconut
bread
see page 72



"This quick-mix sweet bread is gluten and dairy free. And the raspberry chia jam is ready in minutes." *Katrina Woodman*

only
\$1.75 a
serve

peach & macadamia bliss balls

makes 18 | prep 20 mins (+ 2 hours chilling time)

E **LC** **GF**

200g dried peaches, chopped
150g (1 cup) macadamia nuts
2 tbs white chia seeds
1½ tbs coconut oil
1 tsp finely grated lemon rind
70g (¾ cup) desiccated coconut
1 tbs fresh lemon juice

1 Place the peach, macadamias, chia seeds, oil, rind and ⅓ cup desiccated coconut in a food processor. Process until finely chopped. Add the lemon juice and process until a sticky mixture forms.

2 Place remaining ⅓ cup desiccated coconut on a plate. Roll level tablespoonfuls of peach mixture into balls. Roll in coconut to coat. Place in an airtight container in the fridge for 2 hours or until firm. Bliss balls will keep in an airtight container in the fridge for up to 1 week.

PER SERVE • 2g protein • 11g fat (5g saturated fat)
• 8g carb • 2g dietary fibre • 139 Cals (581kJ)



*peach
coconut
bliss*



“Make the most of the short fig season
with these delicious wholemeal muffins.”

fig, honey & ricotta muffins

makes 12 | prep 20 mins | cooking 25 mins **E C**

5 fresh figs
235g (1½ cups) wholemeal spelt flour
50g (¼ cup) coconut sugar
30g (¼ cup) almond meal
2 tsp gluten-free baking powder
½ tsp bicarbonate of soda
125ml (½ cup) buttermilk
80ml (⅓ cup) light extra virgin
olive oil
80ml (⅓ cup) honey, plus 1 tbs, extra
2 eggs

1 tsp finely grated orange rind
120g fresh ricotta, crumbled
25g (¼ cup) natural sliced almonds

1 Preheat oven to 180°C/160°C fan forced. Line twelve 80ml (⅓ cup) muffin pans with paper cases. Finely chop 2 figs. Set aside. Cut remaining figs into quarters. Reserve.

2 Combine the flour, sugar, almond meal, baking powder and bicarb in a large bowl. Make a well in the centre.

3 Whisk buttermilk, oil, honey, eggs and rind in a jug. Add buttermilk mixture, ricotta and finely chopped fig to the well. Stir until just combined (do not overmix). Divide among prepared pans. Top with almonds and fig quarters. Drizzle with extra honey. Bake for 25 minutes or until a skewer inserted comes out clean. Cool in pan for 5 minutes. Transfer to a wire rack to cool completely.

PER SERVE • 6g protein • 11g fat (2g saturated fat)
• 27g carb • 3g dietary fibre • 232 cals (970kJ)

*sticky
fig
muffin*





coconut bread & berry chia jam

serves 10 | prep 20 mins (+ cooling time) | cooking 1 hour 5 mins **E GF**

65g (¾ cup) desiccated coconut	120ml melted coconut oil
120g (⅔ cup) coconut sugar, plus 2 tsp, extra	1½ tsp finely grated lemon rind
110g (⅔ cup) buckwheat flour	1 tsp vanilla extract
55g (½ cup) almond meal	2 tbs coconut flakes
40g (⅓ cup) coconut flour	berry chia jam
2 tsp gluten-free baking powder	300g thawed frozen raspberries
3 eggs	1½ tbs honey
185ml (¾ cup) Australia's Own Organic Almond Coconut Milk	3 tsp fresh lemon juice
	5 tsp white chia seeds

- 1 Preheat the oven to 180°C/160°C fan forced. Grease the base and sides of a 9.5 x 19.5cm (base measurement) loaf pan and line with baking paper, allowing edges to overhang.
 - 2 Combine the desiccated coconut, coconut sugar, buckwheat flour, almond meal, coconut flour and baking powder in a large bowl. Make a well in the centre.
 - 3 Whisk the eggs, milk, oil, rind and vanilla in a jug. Add to well. Stir to combine. Pour into the prepared pan. Combine the coconut flakes and extra sugar in a small bowl. Sprinkle over the top of the loaf. Bake for 50-55 minutes or until a skewer inserted in the centre comes out clean. Cool in the pan for 10 minutes. Transfer to a wire rack to cool completely.
 - 4 Meanwhile, for jam, place raspberries, honey and juice in a small saucepan over medium-low heat. Bring to a simmer. Simmer for 5 minutes. Add chia. Simmer for 1 minute or until thickened slightly. Remove from heat. Transfer to a bowl. Set aside to cool completely.
 - 5 Cut the loaf into slices and serve with chia jam.
- PER SERVE** • 7g protein • 21g fat (15g saturated fat) • 28g carb • 6g dietary fibre • 340 Cals (1423kJ)



superfood rocky road

makes 24 pieces | prep 15 mins (+ 4 hours setting time) | cooking 5 mins **E LC**

135g (¾ cup) blackcurrant and chia pieces (see tip)
 85g (½ cup) oven-roasted almonds
 75g (⅓ cup) glacé ginger
 35g (¼ cup) goji berries, plus 2 tbs, extra
 45g (¾ cup) coconut flakes, toasted
 75g (½ cup) pistachio kernels, toasted
 1 tbs raw cacao nibs
 500g dark chocolate (85% cocoa), chopped
 1 tbs coconut oil
 Pinch of sea salt

- 1 Grease the base and sides of a 16 x 26cm (base measurement) slice pan. Line with baking paper, allowing the 2 long sides to overhang. Combine blackcurrant and chia pieces, almonds, ginger, goji berries, ½ cup coconut flakes and ⅓ cup pistachios in a large bowl. Combine cacao nibs, extra goji and remaining coconut flakes and pistachios in a small bowl. Set aside.
 - 2 Place chocolate, oil and salt in a heatproof bowl over a saucepan of just simmering water. Stir until melted and smooth. Add chocolate mixture to almond mixture. Stir to combine. Spoon into prepared pan. Sprinkle with cacao mixture. Place in fridge for 4 hours or until set.
 - 3 Remove from the fridge and stand at room temperature for 5-10 minutes to soften slightly. Use a sharp knife to cut into 24 pieces. Keep in a lined airtight container in the fridge for up to 2 weeks.
- PER SERVE** • 3g protein • 15g fat (8g saturated fat) • 18g carb • 2g dietary fibre • 219 Cals (914kJ)
- top tip!**
 Blackcurrant and chia pieces are available at the 'scoop and weigh' bins at selected major supermarkets.

keep *in* touch



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youtube



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AUSTRALIA'S

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Thursday 25th May



weekend

Kick back and relax with these low-key entertaining ideas.



Crisp and buttery store-bought waffles make great toasties!

WAFFLE toasties

This American take on a toasty is perfect for movie night, either as a midway-through munchie or with hot chips and a cold milkshake for the main event. Preheat the oven to 200°C/180°C fan forced. Line a large baking tray. Sprinkle 6 frozen waffles with $\frac{3}{4}$ cup coarsely grated mozzarella. Top each waffle with 2-3 slices of tomato and 2 slices of smoked ham. Sprinkle another $\frac{3}{4}$ cup coarsely grated mozzarella over the top, then cover with another 6 frozen waffles. Place the toasties on the prepared tray. Bake for 6-7 minutes or until the waffles are golden brown and the cheese is melted.

9 *new* nachos

Matt Preston and Michelle Southan go crazy for **muchos nachos**, every which way.



*only
\$1.20 a
serve*



1

classic
nachos
see page 86

weekend

*easy
vego
main*

WORDS MATT PRESTON | RECIPES MATT PRESTON & MICHELLE SOUTHAN | PHOTOGRAPHY BRETT STEVENS | STYLING MICHELLE NOBRIANTO | FOOD PREPARATION LUCY BUSUTTI

2

avocado nachos
with corn salsa

see page 86



most people accept most of my guilty secrets – whether it's a penchant for Cheetos or for making chocolate sauce out of Mars Bars. But one thing draws dead eyes and dirty looks. When I mention I don't mind nachos, it's like I've admitted to being the second shooter on the grassy knoll when Bambi's mum got shot.

I suspect many people regard nachos as dirty junk food, and they might have a point. At an LA Galaxy game with my mate Gary, we shared a giant tray of corn chips drowned in an impossibly orange cheese-like sauce that tasted about as real as a lawyer's smile – and as dangerous. I can't say either of us felt too good afterwards.

There must be a better way. Surely we can make nachos cool again without resorting to chemicals or cans of cheese, and without needing a two-day fast and ten Hail Mary's to get over them? After all, isn't what we love about nachos simply corn chips with toasted cheese, fresh tomato and pickled chillies? That doesn't sound so bad!

In fact, that's exactly what the first nachos were – perfect bar snacks of fried tortilla chips topped with sliced jalapeño and grated Wisconsin cheddar that had been popped under the grill to bubble up.

They were first made in 1943, by Ignacio Anaya, maître d' of the Victory Club in Piedras Negras, Mexico, for a group of American Air Force wives who'd crossed the border from their Texas base for lunch. The chef was out, so Ignacio ("Nacho" to his friends), improvised.

Sadly, Ignacio died in 1975, before his nachos' fame had spread too far. Two things and two men took them to American adoration. In 1976, Frank Liberto decided to sell nachos at Texas Rangers baseball games. He made just one crucial improvement – he found a way to keep warm melted cheese on hand, without it splitting, so it could be pumped over corn chips to order. Two years later, Liberto got his nachos stands into the Dallas Cowboys' stadium and found true nationwide fame when American football broadcaster Howard Cosell tried some at a Monday night game. Cosell raved about them and started using the word 'nacho' as slang for good.

Today, you'll find nachos on the menu everywhere from grim northern England towns to Chicago's O'Hare Airport, where Prince William was seen munching on them. And wherever they go, they are customised, whether with mince and green shallot in Rio or kimchi in Seoul. While writing this story, I discovered that Australia's most highly ranked chef, Attica's Ben Shewry, has a glorious history with nachos, so I persuaded him to share his recipe (page 87) as part of our nine new versions of this ubiquitous dish.

smokin' macho nachos

serves 4 | prep 30 mins | cooking 45 mins

2 tbs extra virgin olive oil
500g beef mince
1 red onion, finely chopped
2 garlic cloves, crushed
1 tbs ground cumin
1 tbs ground paprika
2 tsp ground coriander
400g can crushed tomatoes
125ml (½ cup) water
1 tbs chipotle in adobo sauce
400g black beans, drained, rinsed
1 kransky or chorizo, chopped
120g cheese-flavoured corn chips
80g (1 cup) coarsely grated smoked cheddar
¼ red capsicum, finely chopped
1 long fresh green chilli, thinly sliced
Crème fraîche, to serve (optional)

1 Heat half the oil in a large frying pan over medium-high heat. Cook mince, breaking it up with a wooden spoon, for 5 minutes or until browned. Add onion and cook, stirring, for 5 minutes or until soft. Add the garlic, cumin, paprika and coriander and cook for 1 minute or until aromatic. Add tomato, water and chipotle. Reduce heat to low. Simmer for 8-10 minutes or until sauce reduces and thickens. Stir in beans.

2 Meanwhile, heat remaining oil in a 20cm (base measurement) ovenproof frying pan over medium heat. Cook the kransky or chorizo, turning, for 3-5 minutes or until golden. Transfer to a plate lined with paper towel to drain.

3 Preheat oven to 180°C/160°C fan forced. Transfer beef mixture to frying pan. Add corn chips around outside. Sprinkle with kransky or chorizo, and cheese. Bake for 20 minutes or until cheese melts. Sprinkle with capsicum and chilli. Top with crème fraîche, if you like.

“When American football broadcaster Howard Cosell tried nachos, he raved about them and started using ‘nacho’ as slang for good.”





3

smokin' macho
nachos see opposite

*spicy
sausage
bites*



simple
smoky
sauce

4

memphis-style
loaded nachos

memphis-style loaded nachos

serves 4 | prep 15 mins | cooking 15 mins **GF**

275g pkt slow-cooked pulled pork
200g pkt blue corn & quinoa chips
160g (2 cups) coarsely grated
vintage cheddar
2 green shallots, thinly sliced
1 fresh green jalapeño, thinly sliced
35g (¼ cup) sliced pickled jalapeños
Sour cream, to serve
Fresh coriander leaves, to serve
cheat's barbecue sauce
150g (½ cup) Heinz Tomato Ketchup
2 tbs dark brown sugar
60ml (¼ cup) water
1 tbs Worcestershire sauce
2 tsp smoked paprika

1 For the sauce, place all the ingredients in a saucepan. Bring to a simmer over low heat. Gently simmer, stirring constantly, for 10 minutes until sauce thickens slightly (be careful not to let the sauce burn).

2 Meanwhile, heat the pork following the packet directions.

3 Preheat a grill on medium. Place the corn chips on a large baking tray. Sprinkle with the pork and cheddar. Grill for 5 minutes or until the cheese melts.

4 Drizzle with a little barbecue sauce and sprinkle with the shallot and fresh and pickled jalapeño. Top with a dollop of sour cream and scatter with coriander. Serve with the remaining barbecue sauce on the side.

no-bake tequila & lime fish nacho bites

makes about 60 | prep 20 mins (+ 12 hours curing time) **E**

2 limes, rind finely grated, juiced
 1/3 cup chopped fresh coriander
 2 tbs sea salt
 2 tbs caster sugar
 125ml (1/2 cup) tequila
 2 (about 210g each) skinless salmon fillets
 60 (about 240g) tortilla strips
 Micro coriander, to serve
 Lime wedges, to serve
coriander & jalapeño puree
 1 cup, firmly packed chopped
 fresh coriander leaves
 1 fresh green jalapeño, deseeded,
 finely chopped
 1 garlic clove, crushed
 1/2 avocado, coarsely chopped
 2 tsp fresh lime juice

1 Combine the lime rind, juice, coriander, salt, sugar and tequila in a ceramic dish. Add the salmon and turn to coat. Spoon some of the salt mixture over the top of the

salmon. Cover with plastic wrap and place in the fridge, turning the fish halfway through, for 12 hours or until cured. Remove salmon from liquid and pat dry with paper towel. Thinly slice the salmon crossways.

2 Meanwhile, for the jalapeño puree, process the coriander, jalapeños and garlic in a small food processor until finely chopped. Add the avocado and lime juice. Process until well combined. Season with salt.

3 Place a slice of salmon on each tortilla strip and top with a dollop of coriander and jalapeño puree. Sprinkle with micro coriander and serve with lime wedges.

5

tequila &
lime fish
nacho bites

*wow
the
crowd*



nachos with the lot

serves 4 | prep 30 mins | cooking 45 mins

200g smoky bacon rashers,
rind removed, chopped
300g beef mince
60ml (¼ cup) tomato sauce
2 tsp ground allspice
1 tbs olive oil
200g pkt plain round corn chips
80g (1 cup) coarsely grated cheddar
1 small red onion, finely chopped
2 tomatoes, finely chopped
Shredded iceberg lettuce, to serve
Fresh coriander leaves, to serve
Chipotle barbecue sauce, to serve
Kewpie Mayonnaise, to serve
pineapple & chilli salsa
100g (½ cup) caster sugar
2 tbs cider vinegar
439g can pineapple chunks,
drained
1 long fresh red chilli, deseeded,
finely chopped
quick pickled cucumber
2 tbs white wine vinegar
1 tbs caster sugar
½ tsp salt
2 small Lebanese cucumbers,
thinly sliced

1 To make the salsa, place sugar, cider, pineapple and chilli in a small saucepan. Stir over low heat for 3 minutes or until the sugar dissolves. Increase the heat to medium. Simmer for 10-15 minutes or until the mixture thickens and becomes syrupy. Transfer to a bowl. Set aside to cool.

2 Process the bacon in a food processor until finely minced. Transfer to a bowl. Add mince, tomato sauce and allspice. Season. Use wet hands to roll 2 teaspoonfuls of the mixture into a ball. Place on a tray. Repeat with remaining mixture to make 30 balls.

3 Heat oil in a large frying pan over medium heat. Cook meatballs, in 2 batches, turning, for 5 minutes or until browned all over.

4 Meanwhile, for the pickled cucumber, whisk the vinegar, sugar and salt in a bowl. Add the cucumber. Toss to combine. Set aside for 8 minutes to pickle. Drain.

5 Preheat oven to 180°C/160°C fan forced. Place corn chips in a large baking dish. Top with meatballs, cheddar, onion and tomato. Bake for 20 minutes or until cheese melts. Sprinkle with lettuce and coriander. Drizzle with barbecue sauce and mayonnaise. Serve with pickled cucumber and salsa.

“This is our nachos take on a burger with the lot, with meatballs, pineapple, cucumber and lettuce. Hold off on the chilli for the kids.”

weekend

*buenos
nachos*

6

nachos with
the lot see opposite



7

chicken skin nachos

*under
\$5 a
serve*

crispy chicken skin nachos with jalapeño & avocado salsa

serves 2 | prep 30 mins | cooking 35 mins

1.8kg whole chicken

15g (1/3 cup) finely grated parmesan

175g pkt Tasty Cheese CC's

Crème fraîche, to serve

Lemon wedges, to serve

jalapeño, corn & avocado salsa

2 corncobs, husks and silk removed

1 avocado, finely chopped

1 small red onion, finely chopped

35g (1/4 cup) sliced pickled

jalapeño chillies

1 lemon, rind finely grated, juiced

1/2 cup chopped fresh coriander

1 Preheat oven to 150°C/130°C fan forced. Run your fingers under the skin of the top

of the chicken to loosen it. Remove the chicken skin from the chicken and cut into large triangles. (Save the chicken for another use, see tip.)

2 Place the chicken skin on a baking tray lined with baking paper. Season well with salt. Top with another piece of baking paper and another baking tray. Bake for 20 minutes. Remove from oven. Remove top tray. Sprinkle parmesan over chicken skin. Bake for 10-15 minutes or until crisp.

3 Meanwhile, to make the salsa, preheat a barbecue grill or chargrill pan over medium-high heat. Spray corn with olive oil and barbecue for 10 minutes or until tender. Transfer to a plate for 5 minutes to

cool slightly. Cut the corn from cobs. Place in a bowl. Add the remaining ingredients and toss to combine. Season with salt.

4 Place 25g of the corn chips in a food processor and process until finely crushed.

5 Arrange the remaining corn chips on a serving platter. Top with the crispy chicken skin and salsa. Sprinkle with the ground corn chips. Add a dollop of crème fraîche and serve with lemon wedges.

matt's tip

 The chicken can be cooked and used in the Memphis nachos (page 80), poached for sandwiches and salads, or used to make a chicken pie.

quick & easy nachos with whipped feta

serves 6 | prep 15 mins | cooking 15 mins **Q E**

1 small red onion, finely chopped
 400g can black beans, drained, rinsed
 2 tomatoes, coarsely chopped
 1 small red capsicum, deseeded, chopped
 230g pkt lightly salted corn chips
 160g (2 cups) coarsely grated 4-cheese mix
 200g soft creamy feta
 90g (⅓ cup) Greek-style yoghurt
 2 avocados, mashed
 Pickled green chilli, sliced, to serve
 Fresh coriander leaves, to serve

1 Preheat oven to 180°C/160°C fan forced. Place the onion in a heatproof bowl. Pour over enough boiling water to cover. Set aside for 2 minutes. Drain.

2 Combine the onion, beans, tomato and capsicum in a bowl. Arrange a third of the corn chips in a round 28cm ovenproof dish. Sprinkle a third of the tomato mixture over the corn chips, followed by a third of the cheese. Repeat to make 2 more layers using the remaining corn chips, tomato

mixture and cheese. Bake the nachos for 15 minutes or until the cheese is melted and bubbling.

3 Meanwhile, place the feta in a small bowl. Use a fork to mash until smooth and creamy. Add the yoghurt and use the fork to mix until well combined and smooth. Season with pepper.

4 Serve the nachos topped with the avocado, whipped feta and sliced chilli. Sprinkle with coriander leaves.

8

nachos with
whipped feta

*five
cheese
fave*





smashed avocado nachos with barbecued corn salsa

serves 4 | prep 15 mins | cooking 15 mins **G E**

- 330g mixed plain corn chips
- 4 large avocados, roughly mashed
- 2 long fresh red chillies, deseeded, finely chopped
- 2 tbs fresh lime juice
- 200g feta, crumbled into large pieces
- 1 cup fresh coriander leaves
- Lime wedges, to serve
- barbecued corn & cumin salsa**
- 2 corncobs, husks and silk removed
- 2 green shallots, thinly sliced
- 1 fresh green jalapeño chilli, deseeded, finely chopped
- ¼ cup chopped fresh coriander
- 2 tsp cumin seeds, toasted
- 1½ tbs fresh lime juice
- 1 tbs extra virgin olive oil

1 To make the salsa, preheat a barbecue grill or chargrill pan over medium-high heat. Spray the corn with olive oil. Barbecue for 10-12 minutes or until tender. Transfer to a plate for 5 minutes to cool slightly. Cut the corn from the cobs. Place in a bowl. Add the shallot, jalapeño, coriander, cumin seeds, lime juice and oil. Season. Toss to combine.

2 Meanwhile, preheat oven to 180°C/160°C fan forced. Place the corn chips on a large baking tray in a single layer and bake for 3-5 minutes or until warmed through.

3 Combine the avocado, chilli and lime juice in a bowl. Season.

4 Transfer corn chips to a large platter. Serve with the smashed avocado, corn salsa, feta, coriander and lime wedges.



classic nachos

serves 2 | prep 5 mins | cooking 5 mins **G E**

- 90g plain corn chips
- 65g (¾ cup) coarsely grated cheddar
- 45g (⅓ cup) sliced pickled jalapeños

1 Preheat the oven grill on medium. Place half the corn chips in a 15cm (base measurement) ovenproof frying pan or round dish. Sprinkle with half the cheddar. Repeat with the remaining corn chips and cheddar. Grill for 3-5 minutes or until the cheddar is melted and bubbling. Sprinkle with jalapeños to serve.

matt's notes



He might be best known as the world's most famous Aussie chef, with his restaurant Attica ranked as the only Australian representative in the list of the World's 50 Best Restaurants, but Ben Shewry is a fellow nachos fan. When he started out as a chef in New Zealand, he was responsible for making 'New Zealand's biggest nachos' every night, which was the must-order dish at the restaurant where he worked. His cooking has changed dramatically since then, but he's still a nachos lover and cooks them regularly at home for his family. In fact, on a seven-day trip to California recently, he ate them not once, but twice! (See Ben's Beef & Bean Nachos, opposite.)



The No-Bake Tequila & Lime Fish Nachos Bites (page 81), is inspired by Zuma restaurant in New York. Chef Rainer Becker finishes the dish with dollops of pureed coriander and jalapeño.



In Memphis (see our Memphis-style Loaded Nachos, page 80), they'd use shredded slow-roasted pork for the nachos, but I'm impatient and sometimes use a shredded barbecued chook instead. Both are perfect with the smoky barbecue sauce, oozy bitey cheese and the two types of jalapeño. I think Elvis would have approved!



9

ben's nachos
see Matt's notes,
opposite

ben's beef & bean nachos

serves 4 | prep 30 mins | cooking 50 mins **E**

3 tsp cumin seeds
3 tsp coriander seeds
2 tbs extra virgin olive oil
500g beef mince
1 red onion, finely chopped
¼ tsp ground cinnamon
5cm strip orange rind
400g can crushed tomatoes
185ml (¾ cup) water
400g red kidney beans, drained, rinsed
2 x 175g pkts plain corn chips
160g (2 cups) coarsely grated cheddar
Sour cream, to serve
Sliced fresh red or green chilli, to serve

guacamole
2 avocados, coarsely chopped
1 fresh green jalapeño, deseeded, finely chopped
¼ white onion, finely chopped

2 tbs chopped fresh coriander
2 tsp fresh lime juice

tomato salsa
2 tomatoes, finely chopped
½ small red onion, finely chopped
½ cup chopped fresh coriander
2 tsp fresh lime juice

1 Fry the cumin and coriander in a frying pan over medium heat for 1-2 minutes or until aromatic. Transfer to a mortar and pound with a pestle until coarsely crushed.

2 Heat the oil in a large frying pan over medium-high heat. Add the mince and cook, breaking it up with a wooden spoon, for 5 minutes or until browned. Add the onion and cook, stirring, for 5 minutes or until soft. Add the cumin mixture, cinnamon and orange rind. Cook for 1 minute or until

aromatic. Add the tomato, water and half the beans. Reduce the heat to low and simmer for 20 minutes or until the sauce reduces and thickens. Stir in the remaining beans.

3 Meanwhile, for the guacamole, place the avocado in a bowl. Use a fork to roughly mash. Add jalapeño, onion, coriander and lime and stir until well combined. Season.

4 To make the salsa, combine all the ingredients in a bowl. Season.

5 Preheat oven to 180°C/160°C fan forced. Spread the corn chips over a baking tray. Bake for 10 minutes or until warmed through.

6 Preheat the oven grill on medium-high. Transfer corn chips to 4 ovenproof dishes. Spoon beef mixture over and sprinkle with cheese. Grill for 2-3 minutes or until cheese melts. Top with guacamole, tomato salsa and sour cream. Serve with sliced chilli.

Lean in 15

Trimming down is totally delicious and sustainable with these fast, easy recipes from *Lean in 15: The Sustain Plan*, the latest book by the UK's hit fitness guru **Joe Wicks**, The Body Coach.



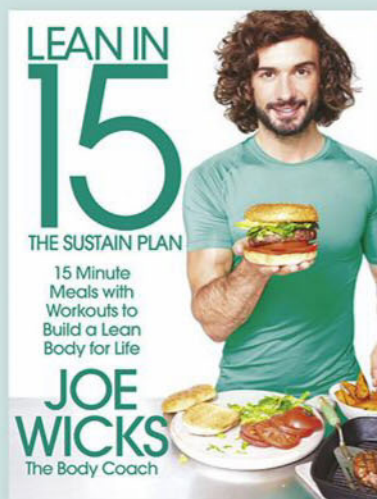
*fresh
flavour
combo*

chicken
salad with
lemon pesto
see page 94

b

estselling author and social media sensation Joe Wicks, aka The Body Coach, has helped thousands of people transform their bodies by shifting unwanted fat and building muscle. In *Lean in 15: The Sustain Plan*, he explains how to achieve great results for the long-term.

"My goal when I began sharing recipes online was simple: to get people cooking healthy food and to make it as easy as possible. The less hassle you have in the kitchen, the more likely you are to stick to a plan. The aim of this book is to show you how to fuel your body with the right foods at the right time. I believe good nutrition doesn't need to be complicated, and staying lean doesn't need to be difficult. I'm all about keeping it simple and taking it back to basics, with straightforward, nutrient-dense foods to fuel your body. If you love the food you eat each day and don't go hungry, you'll find it much easier to achieve the body you want."



Lean in 15: The Sustain Plan by Joe Wicks is published by Bluebird, \$34.99. Available now from good bookstores and online.

"When I eat out, I love to order a good steak. I couldn't release a book without at least one steak recipe. This one with blue cheese is off the hook. You're going to love it."

straight-up steak with blue mushrooms

serves 1

2 portobello mushrooms
1 (about 240g) beef sirloin steak
Salt and pepper
20g blue cheese (I like to use Roquefort)
20g mascarpone
Small handful of fresh chives, finely chopped
4 truss cherry tomatoes
Large handful of watercress, to serve

- 1 Preheat a chargrill pan over high heat. Preheat the grill to high.
- 2 Remove the mushroom stalks and discard. Season the steak and mushrooms with a little salt and pepper. When the chargrill pan is hot, carefully lay the mushrooms in the pan, skin side down, followed by the steak.
- 3 Cook the mushrooms for 2 minutes on one side only and remove. Cook the steak for 4 minutes on each side for medium-rare. Transfer the steak to a plate and keep it warm until you're ready to eat.
- 4 While the steak is cooking, break the blue cheese into a bowl, dollop in the mascarpone and slide in the chives. Beat together until smooth, then spoon and press the mixture into the underside of the mushrooms. Place the mushrooms, cheese side up, on a baking tray with the tomatoes alongside. Grill the vegetables for about 6 minutes or until the cheese has melted and is bubbling.
- 5 It doesn't matter how you serve this one up – just get all the ingredients onto a plate, chuck on a handful of watercress to freshen things up, and get stuck in.

*blue
cheese
twist*

chicken with hash browns

serves 1

1 large potato
2 tsp coconut oil
2 spring onions, thinly sliced
1 long fresh red chilli, deseeded, thinly sliced
3 cherry tomatoes, halved
180g skinless chicken breast fillet,
sliced into 1cm strips
2 eggs
2 tsp harissa or rose harissa
2 large handfuls of baby spinach
Black pepper, to serve

1 Put a saucepan of water on to boil.
2 Grate the potato, skin and all. Give the grated flesh a good squeeze over the sink to remove some liquid.

3 Melt 1 tsp oil in a small non-stick frying pan over medium to high heat and drop in the potato. Use the back of a spatula to flatten it out across base of pan. Fry potato for about 5 minutes on each side, reducing the heat a little if you think it is burning.

4 Meanwhile, melt the remaining oil in a second frying pan and chuck in the spring onion, chilli, tomato and chicken. Stir-fry for 4-5 minutes or until chicken is fully cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits.

5 Carefully crack the eggs into the hot water to poach, reducing the heat until the water is just 'burping'. Cook eggs for about 4 minutes for a runny yolk. Lift out carefully with a slotted spoon. Drain on paper towel.

6 Add harissa and spinach to the frying pan with the chicken mixture and toss together with the other ingredients until fully wilted.

7 Slide hash brown onto a piece of paper towel and dab it to remove any excess oil, then plate it up. Top with the chicken and spinach mix. Finish with the poached eggs and a pinch of black pepper.

*spicy
harissa
boost*



*quick
blitz
mayo*

bashed pork with red pepper mayo

serves 1

2 x 120g pork fillets
1 tsp butter
Salt and pepper
1 fresh rosemary sprig, leaves only,
finely chopped
2 fresh sage leaves, thinly sliced
30g mayonnaise
2 jarred fire-roasted red peppers,
drained, roughly chopped
½ garlic clove, roughly chopped
Big handful of rocket
20g natural almonds
Juice of ½ lemon, to serve

1 Place the pork between 2 pieces of plastic wrap or baking paper on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the meat until each piece is about 1cm thick. Make sure the loin is turned cut-side up, so you're bashing down into the grain.

2 Melt the butter in a large frying pan over medium heat. Season the pork with salt and pepper and, when the butter is bubbling, add the herbs. Cook for a few seconds, then gently lay the pork steaks in the pan. Fry for about 3 minutes on each side or until

cooked through – you can check this by slicing into a thick part of the meat to make sure there is no pink left.

3 Meanwhile, place the mayonnaise, red peppers and garlic in a small blender and blitz until smooth.

4 When the pork is cooked, remove to a plate and dab with a little paper towel to remove some of the fat. Arrange pork on your plate, top with the rocket and almonds and then drizzle over the mayonnaise.

5 Serve it up with a sunny smile and a squeeze of lemon.



bacon, leek & pea frittata

serves 2

1 tsp butter
 ½ leek, trimmed, washed and finely shredded
 4 middle bacon rashers, sliced into 1cm strips
 45g frozen peas
 6 eggs
 Salt and pepper
 1 bocconcini (roughly 125g drained), torn into large chunks
 1 ripe avocado, sliced
 Small green salad, to serve
 25g pine nuts, to serve (optional)

- 1** Preheat your grill to maximum.
- 2** Melt the butter in a medium non-stick frying pan over medium to high heat. When bubbling, add the leek and bacon and fry for about 3 minutes or until the bacon is cooked through and the leek softened.
- 3** Add the frozen peas and cook for about 1 minute or until they are thawed.
- 4** Beat the eggs together with a little salt and black pepper. Crank up the heat under the frying pan to maximum and, when the butter is bubbling up, pour in the beaten egg. Cook, pulling the edges into the middle as the egg starts to set.
- 5** When most of the egg is cooked, scatter over the bocconcini and slide your pan under the hot grill – if you have a pan with a plastic handle, make sure it doesn't end up under the element. Cook for about 3 minutes or until the egg is totally set and the cheese is melted and bubbling.
- 6** Slide the frittata from the pan and cut into wedges. Serve with the avocado slices, a small green salad and a scattering of pine nuts, if you like.

chicken salad with lemon pesto

serves 1

240g skinless chicken breast fillet
 Olive oil, to drizzle
 Salt and pepper
 1 tsp cumin seeds
 25g pine nuts
 1 tbs pesto
 Juice of 1 lemon
 Large handful of baby spinach, rocket or watercress
 1 cooked beetroot, sliced
 5 semi-dried tomatoes
 40g feta

- 1** Preheat a chargrill pan over high heat.
- 2** Place the chicken between 2 pieces of plastic wrap or baking paper on a chopping board. Using a rolling pin, meat mallet or any other blunt instrument, bash the chicken until it is about 1cm thick all over.
- 3** Drizzle the chicken with olive oil and season with salt and pepper. When the

chargrill pan is smoking hot, fry the chicken for about 4 minutes on each side. When you are happy the chicken is cooked through – you can check by slicing into a thicker part to make sure the meat is white all the way through, with no raw pink bits – remove it to a plate and leave to rest.

4 While the chicken is cooking, toast the cumin seeds and pine nuts in a frying pan for about 1 minute over high heat. Slide them onto a plate and leave to cool.

5 Dollop the pesto into a bowl and squeeze in the lemon juice and stir until thoroughly combined.

6 When you're ready to eat, thickly slice the chicken. Artistically lay on a plate with the salad leaves, beetroot and semi-dried tomatoes. Crumble over the feta and then drizzle the lemon pesto over the top. Finish it off by scattering over the toasted cumin seeds and pine nuts.

*easy
peasy
brekky*

"I do love a frittata. They're so easy to make and can be eaten hot or cold. This one has bacon so you know it's going to taste good. Prep the night before and reheat in a few minutes."

melt & mix marvels

Prepare to be amazed at these delicious, beautiful and, above all, **super-simple cakes** that can be whipped up by even the most novice of cooks.

A few store-bought decorations turn these chocolate cupcakes into tricked-out treats.



choctella
cupcakes
see page 102

*cheat's
nutella
icing*

strawberry & pistachio drizzle cake

serves 12 | prep 20 mins (+ cooling time) | cooking 40 mins **E**

125g butter, chopped, at room temperature
155g (¾ cup) caster sugar
125ml (½ cup) fresh orange juice
2 eggs
225g (1½ cups) self-raising flour, sifted
75g (½ cup) plain flour, sifted
250g punnet fresh strawberries,
hulled, halved lengthways
80g (⅓ cup) icing sugar mixture, sifted
5 tsp strained fresh orange juice, extra
2 tbs pistachio kernels, finely chopped

1 Preheat oven to 180°C/160°C fan forced. Grease base and side of a 30 x 20cm (base measurement) pan and line with baking paper, allowing the long sides to overhang.
2 Combine the butter, sugar and juice in a large saucepan over medium-low heat. Cook, stirring, for 3 minutes or until melted and smooth (do not boil). Set aside to cool.
3 Add the eggs to the cooled butter mixture. Whisk until combined. Add combined sifted flours and gently fold until mixture is just

combined. Pour into prepared pan. Top with the strawberries. Bake for 30-35 minutes or until a skewer inserted in the centre comes out clean. Cool in the pan for 10 minutes. Carefully turn out onto a wire rack. Remove and discard baking paper, then invert onto another rack. Set aside to cool completely.
4 Place icing sugar and extra orange juice in a bowl. Stir until smooth and combined. Drizzle the icing over the cake. Sprinkle with chopped pistachios. Set aside to set.

*mix
in one
pan*





easy honeycomb banana cake

serves 8 | prep 20 mins (+ cooling & setting time) | cooking 50 mins **E**

125g butter, at room temperature,
chopped
100g (½ cup) caster sugar
125ml (½ cup) milk
2 large bananas, mashed well
2 eggs
300g (2 cups) self-raising flour
130g honeycomb, chopped into chunks
125g white choc melts, melted
2 x 250g tubs spreadable cream cheese
60g (⅓ cup) icing sugar mixture, sifted
Caramel sauce, to drizzle

1 Preheat the oven to 180°C/160°C fan forced. Grease base and side of a round 20cm (base measurement) cake pan and line with baking paper.
2 Combine the butter, sugar and milk in a large saucepan over medium-low heat. Stir for 3 minutes or until melted and smooth (do not boil). Set aside to cool.
3 Whisk banana and eggs into the butter mixture. Fold in flour. Finely chop 50g of the honeycomb and fold in. Pour into prepared pan. Bake for 45 minutes or until a skewer inserted comes out clean. Cool in pan for 15 minutes. Turn onto a rack. Cool completely.

4 Meanwhile, place a square 15cm piece of clean, unpopped bubble wrap on a clean work surface, bubble side up. Spread with the melted chocolate to cover a square of roughly 12cm. Place in fridge for 15 minutes or until set. Carefully peel the bubble wrap away from chocolate and break into shards.
5 Use a wooden spoon to beat the cream cheese and icing sugar in a bowl until well combined. Cut the cake in half horizontally. Spread with half the icing. Top with the remaining cake. Spread with remaining icing. Decorate with choc shards and remaining honeycomb. Drizzle with caramel sauce.

*no
fuss
wow*

*Nobody will
ever guess
these cute
choc shards
are made with
bubble wrap.*





*easy
bubble
shards*



choctella cupcakes

makes 12 | prep 15 mins (+ cooling time) | cooking 25 mins **E**

140g ($\frac{2}{3}$ cup, firmly packed)
brown sugar
100g butter, at room temperature,
chopped
75g dark chocolate, chopped
125ml ($\frac{1}{2}$ cup) water
2 eggs
150g (1 cup) self-raising flour
50g ($\frac{1}{3}$ cup) plain flour
2 tbs cocoa powder
240g ($\frac{3}{4}$ cup) Nutella

Whipped cream, to serve
12 Ferrero Rocher chocolates
Chocolate flakes or sprinkles, to serve

1 Preheat the oven to 180°C/160°C fan forced. Line twelve 80ml ($\frac{1}{3}$ cup) muffin pans with large paper cases. Place the sugar, butter, chocolate and water in a large saucepan over medium-low heat. Cook, stirring, for 3 minutes or until melted and smooth. Set aside to cool.

2 Add the eggs to the chocolate mixture and whisk until combined. Sift the flours and cocoa over the egg mixture. Gently fold in until just combined. Divide mixture among the prepared pans. Bake for 20 minutes or until a skewer inserted in the centre of a cupcake comes out clean. Transfer to a wire rack to cool completely.

3 Spread the cooled cupcakes with Nutella. Top each with a dollop of cream, a Ferrero Rocher and chocolate flakes or sprinkles.

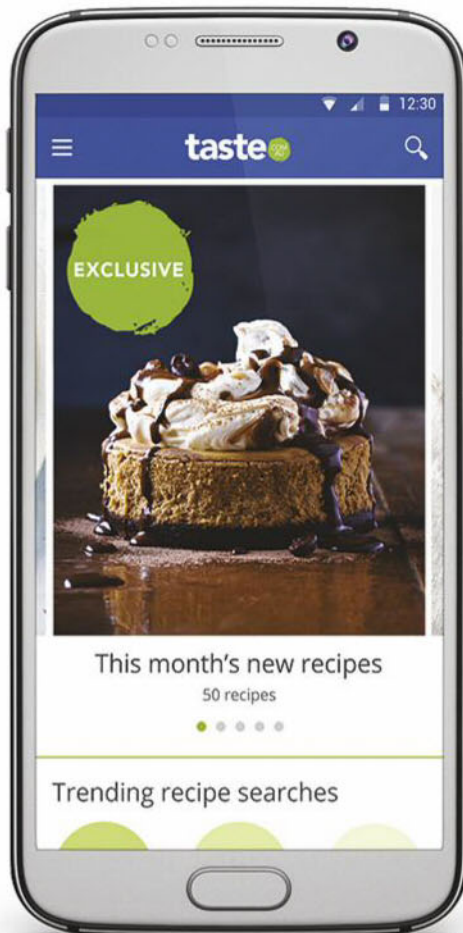


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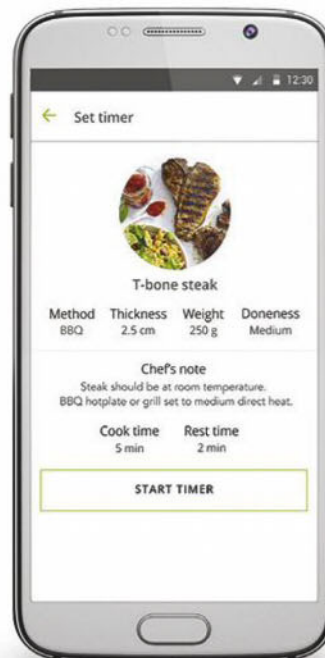
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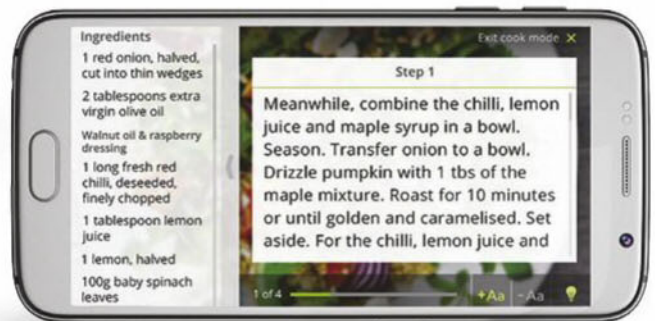
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Gift
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(see page 59)

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at your
fingertips!*



Tablet

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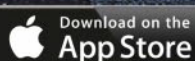
Mag

The latest and greatest recipes and food news



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know how

Boost your kitchen skills with these **creative ideas**.

*All you need
is 2 apples
and a few
pantry staples!*



APPLE FRITTER 'doughnuts'

Two of our favourite sweet treats rolled (well, fried!) into one. Sift 1 cup self-raising flour and 1 tsp ground cinnamon into a bowl. Gently whisk in 200ml chilled soda water. Trim tops and bases of 2 large red apples. Cut crossways into 6 slices each. Remove cores. Half-fill a medium saucepan with vegetable oil and heat over medium-high heat. Working in batches, dip apple slices in batter and add to oil. Cook, turning once, for 3 minutes or until golden brown and crisp. Drain on paper towel. Combine ½ cup caster sugar and 1 tsp ground cinnamon in a bowl. Add fritters and toss to coat. Serve with ice-cream and store-bought caramel sauce, if you like.

let's cook...
**BLUE CHEESE &
fig tart**

Entertaining just got easier with Justine Schofield's **sweet and salty** tart, using just a few ingredients.

"This beautifully balanced tart combines flaky and buttery pastry, jammy onions, salty gorgonzola and fresh figs. I love serving it as a starter for a Sunday lunch with friends and family."

Justine Schofield

easy blue
cheese &
fig tart
see page 109

soft
sweet
figs

you'll need...



figs

thyme

puff pastry

egg yolk

cold water

butter

gorgonzola
dolce

brown
onions

extra
virgin
olive oil

easy blue cheese & fig tart

serves 6 | prep 30 mins | cooking 1 hour 35 mins **E**

- 20g butter
- 1 tbs extra virgin olive oil
- 3 brown onions, thinly sliced
- 4 fresh thyme sprigs, plus extra, to serve
- 375g pkt good-quality puff pastry, just thawed (see tips)
- 1 egg yolk
- 1 tsp cold water
- 80g gorgonzola dolce, crumbled
- 6 fresh figs

justine's tips!

- * I like to use Carême Puff Pastry for this tart, because it's really buttery and gives a great result.
- * You can mix up the toppings if you like – try a light spread of passata with kalamata olives and fresh bocconcini, or basil pesto, roasted capsicum and parmesan.



1 Melt the butter and oil in a large frying pan over low heat. Add the onion and thyme. Season well with salt. Cook, stirring often, for 1 hour or until very soft and golden. Discard thyme. Set aside to cool.



2 Meanwhile, preheat the oven to 200°C/180°C fan forced. Roll out the pastry on a sheet of baking paper lightly dusted with flour to a 30 x 23cm rectangle. Whisk the egg yolk and water in a bowl.



3 Use a sharp knife to score a 2.5cm border around the pastry, taking care not to cut all the way through. Brush border with a little egg mixture. Place on a baking tray. Place in fridge for 20 minutes to rest.



4 Spread the cooled onion mixture over the pastry, staying within the border. Sprinkle the onion with three-quarters of the gorgonzola. Bake the tart for 20 minutes or until the pastry is lightly golden.



5 Cut the figs into 1.5cm-thick slices. Arrange the fig over the onion mixture. Sprinkle with the remaining gorgonzola. Bake for a further 10-15 minutes or until pastry is golden and figs are softened.



6 Remove the tart from the oven and set aside on the tray for a few minutes to cool slightly. Sprinkle with the extra thyme sprigs. Use a long sharp knife to cut the tart into pieces and serve warm.

make the perfect magic cake

Abracadabra! Make this simple batter transform into a cake with **three amazing layers**.



This recipe should be in everyone's bag of baking tricks to wow friends and family. Follow the steps, pop it in the oven and wait for the magic to happen. Hey presto! What comes out is a cake that features a fudgy base, custard filling and sponge-cake top.

Michelle Southan



*divine
layered
treat*



"This is a fairly simple recipe, but make sure you follow the tips to get the batter to cook into three perfectly balanced layers."



*creamy
custard
centre*

you'll need...



milk

raspberries



icing
sugar
mixture



lemon
rind



lemon
juice

butter

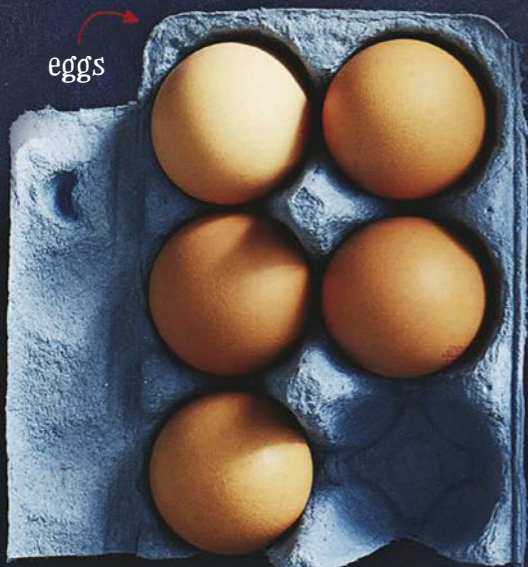


caster
sugar



plain
flour

eggs



double
cream





let's go!

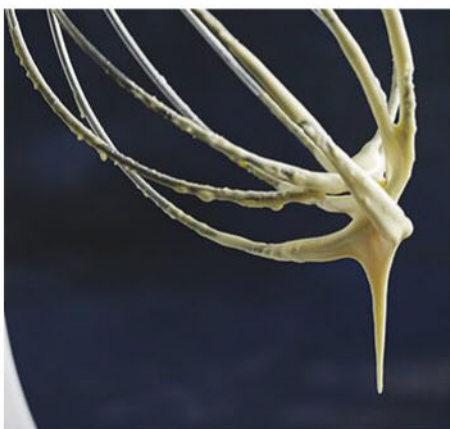
lemon & raspberry magic cake

serves 12 | prep 20 mins | cooking 1 hour **E**

- 4 eggs, separated, at room temperature
- 210g (1⅓ cups) icing sugar mixture, plus extra, to dust
- 2 tsp finely grated lemon rind
- 2 tbs fresh lemon juice
- 100g (⅔ cup) plain flour
- 120g butter, melted, cooled
- 600ml milk, slightly warmed
- 1 tbs caster sugar
- 125g fresh raspberries, plus extra, to serve
- Double cream, to serve



1 Preheat the oven to 180°C/160°C fan forced. Grease a square 21cm (base measurement) cake pan and line with baking paper, allowing it to overhang on all sides.



2 Use electric beaters to beat the egg yolks and icing sugar in a large bowl until very pale and thick. Beat in the lemon rind and juice until combined.



3 Beat in the flour until combined. Pour in the butter and beat until well combined. With the beaters on low speed, gradually add the milk and beat until well combined.



4 Use electric beaters with the whisk attachment to whisk the egg whites in a bowl until firm peaks form. Beat in caster sugar until well combined and the mixture holds firm peaks when the beaters are lifted.



5 Use a large spoon to fold a third of the egg white into the flour mixture. Repeat in 2 more batches until just combined (you may have a few lumps). Pour into prepared pan. Sprinkle with the raspberries.



6 Bake for 1 hour or until the cake is set but wobbles slightly. Set aside in the pan to cool completely. Carefully cut into slices and dust with extra icing sugar. Serve with double cream and extra raspberries.

10 *top tips for the perfect* magic cake

- 1** The milk needs to be slightly warm – not too hot or too cold. Place in a microwave-safe jug and microwave on High for 20-30 seconds to remove the chill.
- 2** The batter is quite runny, so use a cake pan that doesn't have any welded or joined sides to ensure it doesn't leak out of the pan and into your oven.
- 3** It's really important to use a square 21cm (base measurement) cake pan. If you use a pan that's larger than this, the layers may not form evenly.
- 4** The eggs need to be at room temperature before you start mixing the batter. If they are too cold, they will set the melted butter when it is added.
- 5** Make sure the egg mixture is thick enough before adding the flour and remaining ingredients – a ribbon trail should form when the beaters are lifted.
- 6** A magic cake uses much more milk than a normal butter cake. The batter will be thin, almost like a crepe batter, but that's okay.
- 7** When adding the milk, make sure you use the lowest setting for the beaters to avoid splashing. It will also help if the mixture is in a large bowl.
- 8** Adding a touch of sugar to the egg whites will help stabilise them and, in turn, give the finished cake a high, fluffy sponge layer on top.
- 9** There's no need to completely fold in the egg white. In fact, it's normal for the mixture has a few lumpy bits, as this helps the batter separate into layers.
- 10** The cake can be made a day or two ahead. Store in the fridge in an airtight container. Remove from the fridge about 30 minutes before serving.





Q&A

we're here to help

Each month we ask our foodies for their **expert tips** and ideas for our kitchen queries.



Michelle

Q What's your ultimate toastie filling for lunch al desko?

If there's a sandwich press at your office, toasted sambos are a great lunch option because they're easy to make and a good way to turn whatever you have on hand into a meal. The foundation of a good toastie is cheese – teamed with some protein and/or vegies, you really can't go wrong. Condiments, such as olive tapenade, pickles, sriracha sauce, chutney or mustard, are a great way to spice them up. My current favourite has a bit of an Italian twist – I spread the bread with basil pesto, then top it with slices of prosciutto, tomato and bocconcini. If I have some balsamic glaze, I like to drizzle it over the filling before toasting for an extra flavour boost.



Katrina

Q How do I make and use labne?

It's easy! Season a large pot of thick Greek-style yoghurt with a little salt. Spoon into the centre of a double layer of muslin. Twist to secure. Place in a sieve over a bowl. Pop it in the fridge overnight to drain. Remove from the muslin. (Discard the liquid.) Roll spoonfuls of labne into balls, then roll in dukkah or chopped fresh herbs. Drizzle with oil and serve with crackers. You can also spread labne over toast and top with fruit for brekky; mix it with cinnamon and honey to use as frosting; or mix with fresh chives, lemon rind and garlic to serve with roasted veg or chargrilled meat.

luscious labne



Manu

Q What's your fave omelette filling?

I love omelettes for a no-fuss family meal. Our favourite at home is a Chinese-style one – just add chopped brown onion, Chinese sausage and green shallot. It's simple, but so delicious! For something a bit more traditional, I don't think you can go past a ham and cheese omelette. Make sure you use a good cheese, such as a gruyère, so the omelette isn't too oily or fatty. When I'm looking for an easy, sweet Sunday night snack or dessert, I like to make an omelette soufflé, which I'll serve drizzled with a quick berry compote.



Louise

Q How can I add canned pulses to our weeknight dinners?

Pulses (legumes) are an excellent source of resistant starch and count towards your daily vegie tally. They're also a low-cost way to reduce your meat intake. Kidney beans can be added to chilli con carne, while lentils are a great addition to a soup or stew. Black beans are delicious in nachos. Chickpeas can be whizzed into hummus or tossed in a salad. I like to mix cannellini beans with tomato puree to make baked beans, and use split green peas for pea and ham soup. I even add canned pulses to my roast dinners – just scatter some white beans or chickpeas around the meat for the last 10-15 minutes of roasting time.



Colin

Q What's your go-to meal when all you have is pantry staples?

In my house, there are always tomatoes hanging around and pasta in the pantry, so it makes sense to put them together. I chop the tomatoes and cook them down in olive oil, with a pinch of sugar and some white anchovies (ssh, don't tell the kids!). The sauce is ready in about the same time as it takes to cook the pasta. Another thing we always have is chicken stock in the freezer, and this is great heated up with miso paste and whatever vegies are in the crisper – mushrooms, zucchini, spinach and so on – for a simple soup.

need a little help?

If you have a question for one of our foodies, send it to tastemag@news.com.au

take these...

We've turned our fave choc bar into **dessert lasagne!**

½ cup

salted caramel
sauce, plus
extra, warmed,
to serve



750g

cream
cheese,
softened

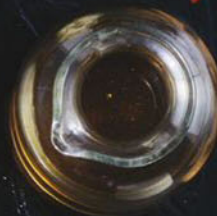


3

50g Snickers
bars, thickly
sliced

**⅓
cup**

Frangelico
or other
nut/choc
liqueur



**725
ml**

double
cream



100g

instant
chocolate
pudding
dessert mix



**825
ml**

milk



310g

Arnott's
Malt 'O' Milk
biscuits
(about 40)

...make this!

*easy
chilled
dessert*

snickers dessert lasagne

serves 12 | prep 20 mins (+ 4 hours chilling time) **E**

1 Arrange half the biscuits over the base of a 6cm-deep, 20 x 30cm (base measurement) rectangular baking dish. Brush the biscuits with half the Frangelico.

2 Use electric beaters to beat the cream cheese and ½ cup milk in a bowl until smooth and creamy. Add caramel and beat briefly until just combined. Dollop the cream cheese mixture over the biscuits and gently smooth the surface. Place in the fridge.

3 Meanwhile, place remaining 700ml milk and ½ cup double cream in a large bowl. Sprinkle with the pudding mix. Use electric beaters to beat for 5 minutes or until soft peaks form. Place in the fridge for 15 minutes or until firm. Spoon pudding mixture over the cream cheese layer, smoothing the surface. Top with the remaining biscuits. Brush the biscuits with the remaining Frangelico.

4 Whip the remaining 600ml cream in a bowl until soft peaks form. Spread the cream over the biscuits. Place in the fridge for 4 hours or until firm.

5 Drizzle with the extra caramel sauce and top with the sliced Snickers.

“Simply layer biscuit, choc pudding and cream to make this deliciously decadent dessert.”

Michelle Southan



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the little book of vanilla

Tall, dark and drop-dead gorgeous, this **sweet spice** deserves its star treatment.

fact

You can get more bang for your buck by reusing vanilla beans, whether split or whole. Simply rinse well and air-dry before using a second time.

Try storing the beans in sugar to impart flavour.

To extract seeds, halve the bean lengthways and scrape them out.

10

secrets of vanilla

1 Vanilla beans are produced by a tropical climbing orchid, *Vanilla planifolia*, native to Mexico and parts of Central America. Most of the world's vanilla bean production comes from Indonesia, Mexico, Tahiti, Tonga, Madagascar and the island of Réunion.

2 The Aztecs added vanilla to chocolate drinks and introduced it to the Spanish, who soon began importing large quantities of beans. Its popularity spread to Europe and, later, the US.

3 Vanilla beans have no scent or flavour when fresh – this comes after a lengthy curing process. They are heated, steamed and dried numerous times over a period of up to 6 months – a single bean can be handled more than 100 times before it's ready for use.

4 With such labour-intensive production, vanilla is the second most expensive spice in the world, after saffron. Each flower remains open for just 24 hours and dies if it's not pollinated in this time. Many commercial crops are fertilised and picked by hand.

5 Choose beans that are dark brown or black, fragrant, plump and pliable. Keep in an airtight container in a cool, dark place.

6 If you can't get a vanilla bean, substitute 1 tsp vanilla bean paste for an authentic flavour and those lovely black flecks.

7 Bourbon vanilla doesn't contain whiskey – this type of vanilla originally came from Île Bourbon (now called Réunion).

8 Vanilla came into its own as a flavouring during the reign of Elizabeth I, when her apothecary used it to create vanilla sweetmeats, without the usual chocolate. The Queen adored them.

9 The French were the first to flavour ice-cream with vanilla, in the 18th century. It has since become an international favourite.

10 Ironically, the word 'vanilla' has become an adjective to describe anything common, generic or bland. This is crazy, because it's actually one of our most fragrant and complex flavours!



Vanilla beans are great for infusing liquids.



***lamb
vanilla
combo***

vanilla & harissa-spiked lamb

serves 6 | prep 20 mins (+ 20 mins resting time) | cooking 3 hours 30 mins

1 tsp coriander seeds
1 tsp cumin seeds
1 tsp sea salt
½ tsp caraway seeds
2.5kg leg of lamb, scored
1 tbs extra virgin olive oil
750ml (3 cups) chicken stock
1½ tbs harissa paste
1 tbs honey
1 vanilla bean, split, seeds scraped
Baby beetroot leaves or baby kale leaves,
to serve (optional)

1 Preheat oven to 230°C/210°C fan forced. Place the coriander, cumin, salt and caraway in a mortar. Use a pestle to pound until almost smooth. Rub the spice mixture over the lamb. Place the lamb in a roasting pan. Drizzle with oil. Roast for 20 minutes or until golden. Drain off any excess fat.

2 Reduce oven temperature to 170°C/150°C fan forced. Combine the stock, harissa, honey and vanilla seeds and pod in a jug. Pour around the lamb. Cover the pan with a large sheet of baking paper and then foil,

scrunching it around the pan to seal. Roast for 2 hours 30 minutes. Remove the foil and paper and roast for a further 30 minutes or until the meat is very tender. Transfer to a platter. Cover with foil and set aside for 20 minutes to rest. Reserve cooking juices.

3 Transfer the reserved cooking juices to a small saucepan. Simmer over medium-low heat for 10 minutes or until the juices are thickened to your liking. Serve the lamb with the reduced juices and beetroot or kale leaves, if desired.

radicchio & speck salad with vanilla & bourbon dressing

serves 4 (as a side) | prep 20 mins | cooking 10 mins **GE**

150g speck, cut into lardons

4 oranges, peeled, pith removed,
sliced into 3 rounds each

½ head radicchio, leaves separated

1 baby cos lettuce, leaves separated

55g (½ cup) walnuts, toasted, chopped

¼ cup fresh mint leaves

vanilla & bourbon dressing

60ml (¼ cup) bourbon

1 vanilla bean, split, seeds scraped

1 tbs white wine vinegar

1 tsp Dijon mustard

125ml (½ cup) extra virgin olive oil

1 To make the dressing, combine bourbon and vanilla seeds and pod in a small

saucepan. Bring to a simmer over low heat, stirring occasionally. Cover and set aside for 15 minutes to infuse. Remove the vanilla pod. Transfer bourbon mixture, vinegar, mustard and oil to a jar with a screw-top lid. Season. Seal and shake to combine. Set aside.

2 Place the speck in a non-stick frying pan over medium-high heat. Cook, stirring often, for 5 minutes or until crisp. Transfer to a plate lined with paper towel to drain.

3 Combine orange, radicchio, cos, speck, nuts and mint in a dish. Drizzle with the dressing.

Vanilla
gives a
fragrant
lift and
touch of
sweetness.

*new
dressing
twist*



*sweet
vanilla
notes*

vanilla poppy seed cake with whipped ganache

serves 6 | prep 20 mins (+ cooling time) | cooking 35 mins

175g unsalted butter, chopped,
at room temperature
215g (1 cup) golden caster sugar
1 vanilla bean, split, seeds scraped
3 eggs, at room temperature
250g (1 $\frac{2}{3}$ cups) plain flour
1 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{4}$ tsp bicarbonate of soda
Pinch of table salt
180ml ($\frac{3}{4}$ cup) milk, slightly warmed
2 tbs poppy seeds
White chocolate shards, to serve (optional)
white whipped ganache
500g white chocolate, finely chopped
200ml thickened cream
1 vanilla bean, split, seeds scraped

1 Preheat oven to 170°C/150°C fan forced. Grease 3 round 15cm (base measurement) cake pans and line the bases and sides with baking paper.

2 Use electric beaters to beat the butter, sugar and vanilla seeds for 15 minutes or until very pale and creamy. Add the eggs, 1 at a time, beating well after each addition.

3 Whisk the flour, baking powder, bicarb and salt in a bowl until combined.

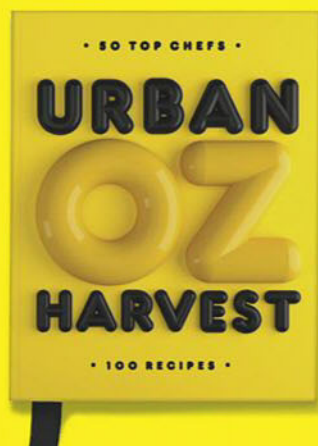
4 Use a large metal spoon to fold the flour mixture and milk, in alternating batches, into the butter mixture until just combined. Fold in poppy seeds. Divide mixture among prepared pans and smooth the surfaces. Bake for 25-30 minutes or until a skewer

inserted in centres of cakes comes out clean. Set aside in pans for 5 minutes. Turn cakes onto wire racks to cool completely.

5 For the ganache, place chocolate in a heatproof bowl. Place cream, vanilla seeds and pod in a small saucepan. Warm over medium heat until just simmering. Pour over chocolate. Stand for 5 minutes. Stir until smooth. Place in the fridge for 20 minutes or until slightly firm. Discard vanilla pod. Use a balloon whisk to whisk until smooth.

6 Place 1 cake on a plate. Spread with $\frac{1}{3}$ - $\frac{1}{2}$ cup ganache. Top with another cake. Repeat layering with filling and final cake. Spread top with the remaining ganache. Decorate with chocolate shards, if you like.

THE OZHARVEST COOK BOOK



50 TOP CHEFS 100 RECIPES

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taste life

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cream cheese with
crushed freeze-dried
strawberries

almond butter
with Coco Pops

peanut
butter with
choc sprinkles

Nutella with
shredded coconut

melted white
chocolate melts with
chopped pistachios

melted dark
chocolate melts
with chopped
peanuts

BANANA 'sushi'

Put a sweet spin on sushi for a super-cute snack platter. Put a selection of sprinkles, chopped nuts and coconut in separate bowls. Peel bananas (straight ones work best) and cut them into short lengths. Use a flat-bladed knife to spread the outside of each piece of banana with a spread of your choice, leaving the ends plain. (The banana is slippery, so after you've spread half of it, place it upright on a board to do the other half.) Roll the outside of each piece in sprinkles, nuts or coconut to coat. Serve on a platter.

100 *Foods* in one week challenge

The evidence is in!

The more good foods you can squeeze into your week, the healthier you'll be. Are you up for the 100 healthy foods in one week challenge?

Want to take healthy to a new level? Want to get the full amount of goodness and nutrients that food has to offer? Want to help your body

protect itself against disease? It's easy to do all three, just by taking the taste challenge to eat 100 healthy foods in a week. Yes, it may sound like a lot, but don't worry, we have a plan that will see you smashing that number in no time.

So, why 100? It's not just our food choices that are essential for good health, we also need to eat a variety of foods to gain the most benefits. There is now strong evidence to indicate that those who consume a diet with a wide variety of healthy foods have a lower risk of developing chronic diseases, such as type 2 diabetes, some types of cancer and heart disease, and they also have a longer life expectancy.

There is now strong evidence that those who consume a diet with lots of variety have less risk of developing chronic diseases.



This makes sense from a nutritional viewpoint, as different foods within the same food group can have something unique to offer. For

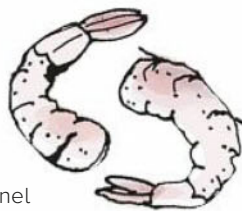
example, if you eat the same three or four vegies all the time, your nutrient intake will be limited. But if you eat a variety of healthy foods your intake of nutrients, along with all the associated health benefits, skyrockets.

Take proteins, for example: red meat is rich in iron and zinc; oily fish is packed with omega-3 fatty acids; legumes are a wonderful source of dietary fibre; and eggs are rich in vitamin A, vitamins B2 and B12, iodine, folate and selenium. That's a great assortment of vitamins and minerals you don't want to miss out on.

When it comes to fruits and vegetables, mixing up your choices and 'eating the rainbow' has big benefits, as the colour of a vegetable or fruit is actually a guide

to the phytonutrients it contains – each colour offers something different. Our Health Panel member Professor Clare Collins of Newcastle University points out that the phytonutrients in fruits and vegetables are 'helper' molecules that aid functions such as improving glucose metabolism to ward off diseases like type 2 diabetes, or even improving DNA repair, which in turn can help in cancer prevention.

"The greater the variety of fruit and vegetables you choose, and the more of these helper molecules you're consuming, the better. This extends to herbs and spices, too," says Clare. Keep this in mind when you're buying fresh produce and make sure your trolley is filled with lots of colour to gain the most nutrients and antioxidants on offer.



Six easy ways to start adding more variety to your diet...

1 Set yourself the challenge to try one new food each day. Make it part of the family meal if you like, so that everyone can be involved.

2 Aim to eat five different-coloured vegies every day. Start with orange, green, red, yellow, purple and white. This will help you reach your target of five or more servings a day, and will also ensure you are getting a wide variety of essential nutrients and antioxidants.

3 Choose a different protein for each meal – an egg or baked beans at brekky, canned legumes or cheese in your salad at lunch, and grilled chicken at dinner. Or, choose a different protein for each night of the week, so you might have chicken night, fish night, red meat night, etc.

4 Enjoy different grains or carbs at each main meal – oats for brekky, brown rice or a wrap at lunch, and a serve of wholegrain pasta or sweet potato for dinner. Or perhaps wholegrain toast and avo for brekky, quinoa salad for lunch and a buckwheat noodle stir-fry for dinner.

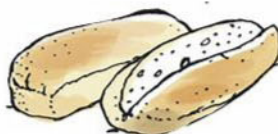
5 Try ordering a mixed fruit and vegetable box from your local greengrocer or fresh produce delivery service – they'll usually offer a seasonal box, which is a great way to try new foods you may not typically buy, without the hassle of choosing yourself.

6 Boost the flavour of staple foods with lots of spices and fresh herbs. Instead of having plain steamed rice, add freshly grated turmeric and ginger, and chopped fresh coriander. Make a simple spice mix to rub over meats before grilling. Sprinkle ground cinnamon or nutmeg over your breakfast cereal or smoothies. Add some fresh or dried herbs to breadcrumbs before crumbing meat. Stir chopped fresh herbs through mashed root vegetables. Or blitz fresh herbs with oil and lemon juice for a zesty dressing.

Grains are another good example. We tend to rely heavily on wheat, corn and rice as our main sources, and yet there are many other nutritious wholegrain choices we could be enjoying, such as teff, red and black rice, quinoa, millet, sorghum and buckwheat, and each of these has its own nutritional qualities.

So, how much variety should we aim for? Nutrition Australia recommends we try for 20-30 different foods each day. This may seem a little daunting, but even if you only make it to 20 different foods each day, you'll still hit the magic number of 100!

To get you started, here are six ways to help you get more variety into your day. With these small changes you'll soon be ticking off 100 foods a week. And stay tuned next month, when we have even more tricks to help you meet our 100 healthy foods a week challenge.



Next month: the healthiest 100 foods to eat each week

find it LOVETT

Discover the latest products and **supermarket treasures**.

get the scoop

*ice
cream
dream*

Connoisseur and Brooklyn's famous OddFellows Ice Cream Co. have joined up as the ice-cream dream team to create Connoisseur's The Brooklyn Collection, \$9.69 a tub. Each flavour is inspired by Brooklyn's iconic neighbourhoods of Coney Island (golden syrup meets popcorn), Bedford-Stuyvesant (vanilla, peanut butter swirl and pretzels), Williamsburg (matcha with white choc) and Flatbush (a chocolate ice-cream version of the popular 'blackout cake'). For a limited time.



*hip
hip
hooray*

CHIP OFF THE OLD BLOCK

They reinvented popcorn for a new generation, now Cob's has combined potato, rice and corn to make Hip Chips, \$3.45. It's their better-for-you version of a chip using sunflower oil and natural spices to create a light, crunchy texture. Flavours include Smokey Chipotle and Beetroot, Sweet Chilli and Sour Cream, or Tomato, Cheese and Olive. From independent grocers.

hey nori nori

When the munchies hit, trade fatty snacks for Ceres Organics Roasted Seaweed Nori Snack, \$1.95. Seaweed is high in omega 3 and helps promote brain function, so it's a tasty way to avoid the arvo slump. Grab them from IGA stores.

healthy treats



**EATING
AL DESKO**

CHEAP EATS

When payday feels like a lifetime ago, amp up your DIY al desko salads and leftover rice with John West's Special Edition Street Asian range of tuna, \$2. Not only will your wallet thank you, but you'll score brownie points with the universe – every tin has Marine Stewardship Council approval for sustainable fishing practices. We're hooked!



winning serve

If your forehand is more limp than limber, swap the tennis racquet for Suck UK Salad Servers, \$34.95. You'll be serving nothing but topspinners, aces (and also rocket) at the table. From until.com.au



for the love of cheese

If there's one thing we love at taste HQ, it's a cheese party. So when the Australian Grand Dairy Awards 2017 results came in, these got first pick on our cheeseboard.



Sharp and robust, the Hard Cheese champion is Mil Le Superiore Parmesan Cheese, \$6.80/250g. Find it at Woolworths and IGA.



A prominent blue flavour without being too overpowering, King Island Dairy Roaring Forties Blue, \$7.99/120g, is the Blue Cheese champion. Find it at Coles and Woolworths.



Incredibly creamy with a firm mould, King Island Dairy Black Label Double Brie, \$60/1kg, took top spot as the White Mould champion. Find it at Coles and Woolworths.

top drops



Drinks editor **Jane Thomson** picks three great-value wines to savour.

Apostrophe Possessive Reds' Shiraz Grenache Mataro 2014 \$16

Smoother than Michael Bubl  – an inky delight of aniseed, spice, rose petals and rich blackcurrant.



Calabria Family Wines Private Bin Nero d'Avola \$15

This Sicilian variety is thriving in our warmer regions, and produces a soft, fruit-driven red wine that's very easy drinking.



Evans & Tate Metrieup Road Semillon Sauvignon Blanc 2015 \$20

This lively, textural, flavour-packed wine will pair beautifully with white meats and summery salads.



aisle watch

We ate it.
We rate it.

Our monthly guide to the **supermarket gems** down every aisle.

Polish the shoes, iron the uniform and stock up on lunchbox goodies – it's back-to-school season. And we're giving you a helping hand by sifting through the range of squeeze yoghurts to reveal which are

the best options. We've selected our top six squeeze yoghurts based on flavour and nutritional info, including lowest calories, lowest sugar and highest calcium, as well as the most budget friendly. They're sure to be winners for the kids on every level.

high in
calcium



low
calories



low in
sugar

Tamar Valley Kids Vanilla.
110g, \$1.69

This yoghurt has no added sugar, and just 5g naturally occurring sugars per 100g. It contains all-natural Greek yoghurt and is gluten and gelatine free.



Yoplait Petit Miam Squeezie Strawberry.
70g, \$1.35

With the highest calcium content of those we sampled, at 300mg per 100g, it'll help kids reach the RDI for calcium (700mg for kids aged 4-8).

Coles Vanilla Yoghurt, 70g, 75c It has the Heart Foundation tick, which means that it's met strict criteria for saturated fat, calcium and calorie content (only 80 calories per 100g).

Here's what else we thought...

Budget Friendly

Coles Vanilla Yoghurt

Best Flavour

Tamar Valley Kids Vanilla

Natural Ingredients

five:am Mixed Berry Yoghurt

Higher Protein

Chobani Honey Greek Yoghurt



*organic
fave*

five:am Organic Mixed Berry Yoghurt, 120g, \$1.99 Kids will love the flavour, with a medley of strawberries, blueberries and blackberries, and it ticks the boxes for being pesticide and hormone free.

*all
rounder*

Vaalia Kids Breakfast Yoghurt Banana & Natural Grains, 140g, \$1.89 With the addition of rice bran and quinoa, this yoghurt is perfect for getting calcium, fibre and protein into your child in one easy, squeezable way.



*low
in fat*



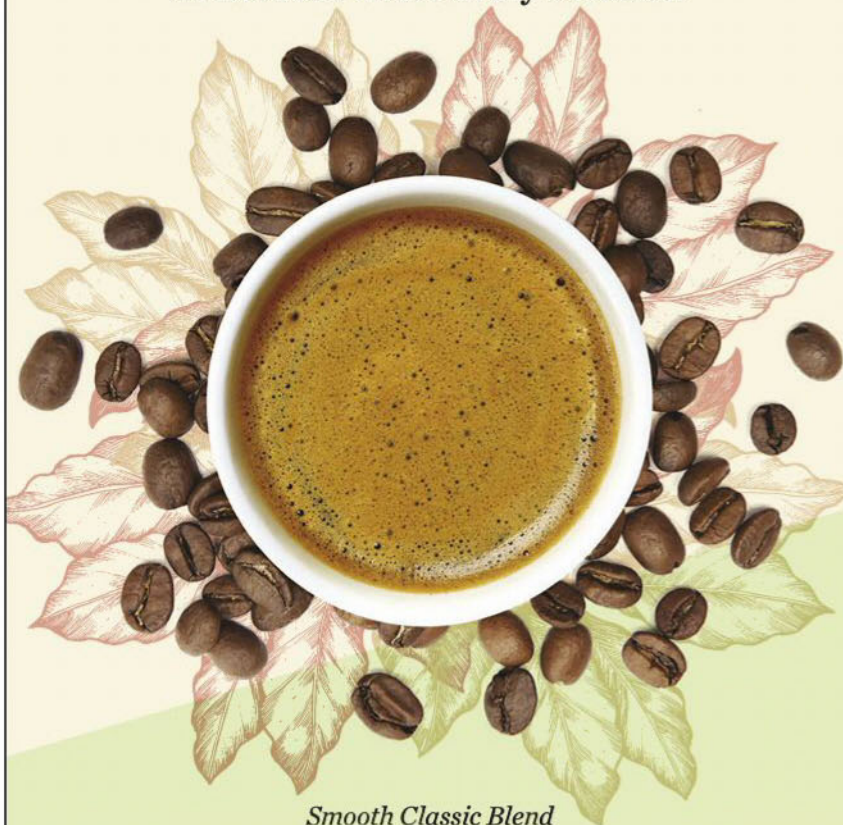
Chobani Honey Greek Yogurt, 140g, \$2.25

With a miniscule 0.2g of fat per 100g, this is easily the lightest option. It's made from skim milk, honey and live yoghurt cultures, and nothing else.


Gloria Jean's
COFFEES

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Roast & Ground

Available at Woolworths 

healthy showdown

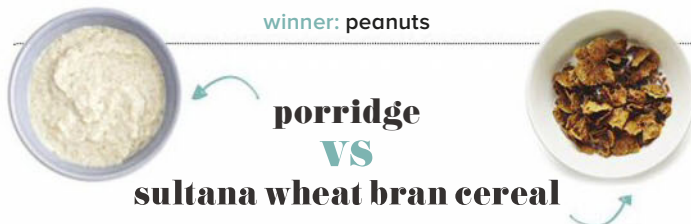
Louise Keats chooses the **healthier options** in our monthly food and drink battle.



**pecan
VS
peanut**

Peanuts, which are technically a legume and not a nut, have over 2.5 times the protein of pecans and about 30 per cent less fat. They also have over ten times the vitamin B3, as well as more folate, magnesium and potassium, and fewer calories than pecans. Both choices are a source of monounsaturated fats, fibre, iron and zinc. Unsalted peanuts win, but both are healthy choices and variety is your best nutritional bet.

winner: peanuts



**porridge
VS
sultana wheat bran cereal**

Sultana wheat bran cereal has over five times the calories of porridge and is more processed. It also comprises almost one-quarter sugar, while porridge has none. Although it has eight times the fibre of porridge, the oats in porridge are a source of beta-glucan, a fibre that can help lower cholesterol reabsorption. The bran cereal is fortified, so it has more iron, zinc, magnesium and B vitamins than porridge, plus over 4 times the protein.

winner: porridge



**medjool dates
VS
rice malt syrup**

Rice malt syrup is the pick for those on a low-fructose diet, as it's typically fructose free. Otherwise, go for fresh dates. Unlike rice syrup, they're a rich source of fibre (even more than spinach) and potassium (twice as much as bananas). They're also a good source of magnesium, calcium, iron and vitamin B6. Dates also have a much lower GI – rice syrup has a very high GI of 98, so diabetics should definitely steer clear of it.

winner: medjool dates



**macadamia oil
VS
canola oil**

Macadamia oil comprises over 80 per cent monounsaturated fat and very little polyunsaturated fat, making it more heat stable than canola oil, which is almost 30 per cent polyunsaturated fat. Both oils may help to reduce 'bad' (LDL) cholesterol. Supermarket brands of canola oil are often refined with strong chemicals, bleached and deodorised. Go for cold-pressed, unrefined macadamia oil instead, which is suitable for salads and cooking.

winner: macadamia oil



**regular coffee
VS
decaffeinated coffee**

Coffee is a rich source of antioxidants, whether regular or decaf. The only real difference here is in the caffeine content. Caffeine is a stimulant with both positive and negative health effects. Decaf isn't completely caffeine-free, but upwards of 90 per cent of it is removed. Decaf is the best choice for those who need to lower their caffeine intake – choose a 'Swiss water process' decaf, as the caffeine is extracted by filtration instead of chemical solvents.

winner: it's a tie



**bagel
VS
white sourdough**

Brands vary, but sourdough typically has less sugar than bagels (sometimes almost half as much), as well as more fibre and marginally fewer calories. A true sourdough is also fermented, which makes it more digestible and lowers its GI. Serving size can be the ultimate decider – an average bagel tends to be heavier than two sourdough slices, which means more calories.

Whichever you choose, try the wholegrain variety.

winner: sourdough

win it!

CHECK OUT THIS MONTH'S GREAT GIVEAWAYS!

For entry details, visit us on Facebook or go to taste.com.au/win

clean cut

Food prepping just got a whole lot easier with KitchenAid's ExactSlice food processor, \$449. Whether you're after thick chips, wafer-thin slices or anything in between, fruits and vegies are cut with precision in record time. It can also chop, shred, puree and knead, and features a leak-resistant lid and two different bowl sizes.

Visit kitchenwarehouse.com.au



1
to win!

mod squad

Get your serve of five a day before you even head out the door with a MOD Cold Press Juicer, \$449. The juicer uses a slow cold-press, non-heat extraction process to retain the most nutrition from fruits, vegies and nuts, and the extra-wide chute means less chopping and peeling. Plus, the dried pulp can be re-used in cakes, biscuits or muffins, so there is minimal wastage. For more info, go to modjuicer.com.au



a true gem

A good chargrill pan is worth its weight in gold... or in this case, sapphires! The Woll S-Lite Grill 28cm Pan, \$299, has two layers of protective sapphires to optimise even heat distribution. Perfectly grilled steaks? No problem. It also has the highest heat tolerance for non-stick cookware (up to 400°C). Visit minimax.com.au

1
to win!



1
to win!

in your kitchen ESSENTIALS

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◀ LOVE BEAN QUEEN

Stronger and richer than vanilla extract, a teaspoon of Queen Madagascan Vanilla Bean Paste can be used to replace one whole vanilla bean or regular vanilla extract in recipes. It's perfect for making sweet treats – the paste will add flavour complexity to cakes, icing, panna cotta, pavlova, whipped cream and smoothies. With its rich taste and heavenly aroma, this indulgent flavour booster takes the crown. For more details, visit queen.com.au



▲ CORDIAL WELCOME

Barker's Squeezed Fruit & Botanicals range of premium crafted cordials makes entertaining easy. Serve with sparkling water or use to create fruity mocktails or ice-blocks. The range is free from gluten, preservatives and artificial additives. Visit barkers.com.au



▲ FANCY THAT

Purchase any Fancy Feast Classic cans and collect points to redeem pieces from a limited-edition range of cat accessories and homewares created by Australian fashion designer, Leona Edmiston. For terms and conditions, visit fancyfeast.com.au

WRAP STAR ▶

Delicious, versatile and with no artificial colours, flavours or preservatives, Helga's Traditional White Wraps make a great starting point for your breakfast, lunch or dinner. For more details and recipe inspiration, visit facebook.com/helgasbakehouse





◀ COFFEE CULTURE

The Premium Single Origin flavours by Gloria Jean's Coffees for Caffitaly System espresso machines are made from 100 per cent arabica beans. Find them at Woolworths or caffitalysystem.com.au

SENSE OF STYLE ▶

With cutting-edge technology, such as a clever third fridge drawer that can also act as a freezer, the stainless-steel Hisense French Door Fridge is a truly luxe appliance. Visit hisense.com.au



HEAVEN'S BAKE ▶

Abbott's Village Bakery's new gluten-free bread range includes two varieties – Soy & Linseed and Mixed Seeds. Soft and fluffy, the large slices are perfect for sandwiches. For details, visit abbottsvillagebakery.com.au



▲ LET LOOSE IN NOOSA

From 18 to 21 May, Noosa Food & Wine will showcase the best local and national foods. There are more than 70 events on offer, including meet and greets with famous chefs, and cooking masterclasses. Visit noosafoodandwine.com.au



▲ WHIP IT GOOD

Specially designed to create perfect peaks every time, Bulla Whipping Cream is every baker's boon. Visit bulla.com.au

GO GREEN ▶

A Japanese condiment often served with sashimi and sushi, S&B Wasabi also peps up a steak or adds heat to mayo dressings. Visit oriental.com.au



bake me happy!

Give these sweet **buttery scrolls** the funfetti treatment – just add sprinkles!

funfetti scrolls

makes 12 | prep 15 mins | cooking 30 mins **E**

75g butter, chopped, softened

80g (½ cup, lightly packed) brown sugar

1 tsp ground cinnamon

Store-bought royal icing, to serve

Pink food colouring, to tint

Hundreds and thousands, to decorate

dough

340g (2¼ cups) self-raising flour, sifted

1 tbs caster sugar

50g butter, chilled, chopped

160ml (⅔ cup) milk

1 egg

60g (⅓ cup) hundreds and thousands

1 Preheat oven to 180°C/160°C fan forced. Grease the base and sides of a 26 x 16cm (base measurement) slice pan and line with baking paper, allowing the sides to overhang.

2 For the dough, combine flour and sugar in a large bowl. Add butter. Use your fingertips to rub the butter into the flour mixture until it resembles fine breadcrumbs. Make a well in the centre. Whisk milk and egg in a jug. Pour milk mixture into the well. Use a flat-bladed knife to gently stir until a soft, sticky dough forms. Add hundreds and thousands. Use hands to gently knead to combine. Turn onto a lightly floured surface.

3 Roll out dough to a 30 x 40cm rectangle. Sprinkle butter over dough, leaving a 1cm border along one long side. Combine sugar and cinnamon in a bowl. Sprinkle over dough. Starting from the filled long side, roll up to form a log. Cut into 12 slices. Place, cut side up, in prepared pan. Bake for 25-30 minutes or until golden. Turn onto a wire rack to cool.

4 Tint the royal icing pink with food colouring. Drizzle icing over the scrolls and sprinkle with extra hundreds and thousands.



RECIPE MIRANDA PAYNE PHOTOGRAPHY JEREMY SIMONS STYLING KRISTEN WILSON FOOD PREPARATION DIXIE ELLIOTT

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APRIL
ISSUE
ON SALE
16 MAR

“IT’S
OUR MOST
CHOCOLATEY
ISSUE EVER!”

THE chocolate ISSUE



≈ Finally ≈

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...
that doesn't fall apart

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

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