

# Cook with Heart

coles





AS COOKED BY  
**CURTIS STONE**

# CURTIS STONE'S CAULIFLOWER & SPINACH DAL

Dal is both the Indian word for dried split legumes (such as lentils and peas) and the name of a stew made with these foods. This vegetarian dish takes humble yellow split peas, which are low in calories and high in protein and, with a few spices and vegetables, turns them into something extraordinary. While it's thoroughly satisfying on its own, it is especially good served with brown basmati rice.

**SERVES:** 6

**PREP:** 10 MINS

**COOKING:** 1HR 30 MINS

## INGREDIENTS

3 tbs olive oil  
1 yellow onion, finely chopped  
3 tbs finely chopped peeled fresh ginger  
4 large garlic cloves, finely chopped  
1 long red chilli pepper, finely chopped  
2 1/2 tsp ground coriander  
2 1/2 tsp ground cumin  
1/2 tsp cayenne pepper (optional)  
450g (about 2 cups) yellow or green split peas, rinsed  
1 head cauliflower, cut into bite-size florets  
170g fresh baby spinach  
1/2 cup fresh coriander leaves  
Steamed brown basmati rice, for serving

## METHOD

1. Heat a large heavy pot over medium heat. Add olive oil, then add onions and cook, stirring often, for about 5 mins, or until tender. Stir in ginger, garlic, and chilli and cook for about 1 min, or until fragrant. Add ground coriander, cumin and cayenne, if using. Stir often for about 5 mins to toast spices.
2. Stir in peas and enough water to cover, about 6 cups. Bring to a simmer over high heat, then reduce heat to medium-low, cover, and simmer gently, stirring occasionally, for about 45 mins, or until peas are tender.
3. Add cauliflower, cover again, and cook, stirring occasionally, and adding more water as needed to adjust thickness to your desired consistency, for about 35 mins, or until cauliflower is falling apart and mixture thickens slightly. Add spinach, and stir until wilted.
4. Spoon dal into bowls or onto platter with rice. Sprinkle with fresh coriander and serve.





# GREEK-STYLE NACHOS

**SERVES:** 4

**PREP:** 20 MINS

**COOKING:** 30 MINS

## INGREDIENTS

500g lean beef mince  
1 large onion, finely chopped  
2 cloves garlic, crushed  
2 teaspoons dried oregano leaves  
1½ teaspoons ground allspice  
140g tub (½ cup) no added salt tomato paste  
1 reduced salt vegetable stock cube, crumbled  
425g can no added salt kidney beans, drained and rinsed  
2 zucchini, cut into 1cm pieces  
½ cup reduced fat Greek yoghurt  
1 tablespoon chopped fresh mint  
1 small Lebanese cucumber, halved lengthways, thinly sliced  
250g punnet cherry tomatoes, quartered

## Pita Crisps

2 Souvlaki bread rounds (see Tip)  
1 tablespoon olive oil  
1 clove garlic, crushed

## METHOD

1. To make pita crisps, cut bread into small triangles. Brush both sides of triangles with combined oil and garlic. Place on a large baking tray in a single layer. Bake in 180C oven (fan-forced) for 7-8 minutes or until crisp and light golden. Remove. Cool on trays.
2. Heat a lightly oiled, large, non-stick frying pan over a high heat. Add mince, onion and garlic. Cook for 8-10 minutes, using a wooden spoon to break up mince, until browned all over. Add oregano, allspice and tomato paste. Stir over heat a further minute.
3. Stir in 1 ½ cups water and stock cube. Bring to the boil. Reduce heat, simmer uncovered for 5 minutes. Stir in zucchini and beans. Simmer for a further 5-8 minutes, or until thick.
4. Combine yoghurt with cucumber and mint in a small bowl.
5. Divide pita crisps and mince mixture between 4 shallow bowls. Serve topped with yoghurt and tomatoes. Garnish with mint leaves, if desired.

**TIPS:** Souvlaki bread is available from some supermarkets and fruit and vegetable stores. For added wholegrains, replace with 2 wholemeal Lebanese bread rounds.





# ONE PAN CHICKEN & PUMPKIN GNOCCHI

## (5 INGREDIENT)

**SERVES:** 4

**PREP:** 5 MINS

**COOKING:** 12 MINS

## INGREDIENTS

350g chicken breast fillet,  
trimmed of all fat, thinly sliced

500g packet pumpkin gnocchi

2 tablespoons basil pesto dip

375ml can light and creamy  
evaporated milk

2 cups frozen green peas

## METHOD

1. Heat a lightly oiled, large, deep non-stick frying pan over a medium-high heat. Add chicken in two batches. Stir-fry each batch for about 3 minutes or until lightly browned and just cooked through. Remove from pan. Set aside.
2. Add gnocchi to same oiled pan. Cook, stirring for about 2 minutes, or until lightly browned.
3. Stir in pesto dip, evaporated milk and  $\frac{1}{2}$  cup water. Bring to the boil. Gently boil, uncovered, for 5 minutes, stirring occasionally.
4. Stir in peas. Gently boil a further 2 minutes.
5. Return chicken to pan, stirring to coat in sauce. Reduce heat. Simmer 1-2 minutes, until chicken is hot and sauce has thickened.
6. Serve seasoned with freshly ground pepper. Garnish with fresh basil leaves, if desired.

**TIPS:** Check labels and select gnocchi with lowest sodium per 100g. Swap with potato gnocchi, if preferred. For a change, replace peas with 2 cups of your favourite frozen vegetable mix or 500g chopped broccoli. Great served with a leafy salad.





# FISH FINGERS WITH SWEET POTATO WEDGES

**SERVES: 4**

**PREP: 25 MINS**

**COOKING: 30 MINS**

## INGREDIENTS

600g skinless, boneless, thick white fish fillets

1 large (650g) sweet potato, skin scrubbed, cut into 3cm thick wedges

Olive oil cooking spray

1 cup cooked quinoa, cooled (see Tips)

½ cup panko breadcrumbs

1 tablespoon sesame seeds, toasted

2 teaspoons sweet paprika

2 eggs

2 tablespoons plain flour

60g mixed baby salad leaves and lemon wedges, to serve

## Tartare Sauce

½ cup reduced fat Greek yoghurt

1 green shallot, finely chopped

2 small whole gherkins, drained, finely chopped

1 tablespoon chopped fresh parsley

1 tablespoon lemon juice

## METHOD

1. Cut fish into strips, about 2cm wide x 8cm in length. Place in a large bowl.
2. Arrange sweet potato wedges over base of a large, baking paper-lined roasting pan. Spray evenly with cooking oil spray. Bake in a 220c oven (fan-forced) for about 30 minutes or until browned and tender. Turn halfway during cooking time.
3. Meanwhile, prepare fish fingers. Combine quinoa, breadcrumbs, sesame seeds and paprika in a large, shallow dish. Lightly beat eggs in a shallow bowl.
4. Sprinkle fish strips with flour and toss to coat. Dip strips, one at a time, in beaten egg, then toss in quinoa mixture, pressing on firmly. Place on a large, baking paper-lined oven tray. Spray evenly with cooking oil.
5. Cook fish in same 220c oven, on shelf above potato wedges, for about 15 minutes, or until coating is golden and fish flakes easily when tested with a fork.
6. To make tartare sauce, combine all ingredients in a small bowl.
7. Serve fish and wedges with salad leaves and tartare sauce. Garnish with lemon.

**TIPS:** For 1 cup cooked quinoa, rinse 1/3 cup raw quinoa in a sieve under cold running water. Transfer to a small saucepan. Add 2/3 cup water. Bring to the boil. Reduce heat, simmer covered, for about 15 minutes, or until water has been absorbed. Transfer to a bowl to cool. Fish can be crumbed several hours ahead. Keep, covered on prepared tray in fridge. Uncover and cook as required.





# SATAY CHICKEN NOODLE SALAD

**SERVES: 4**

**PREP: 25 MINS**

**COOKING: 5 MINS**

## INGREDIENTS

200g dried Thai style rice noodles  
 2 ½ cups (375g) shredded, skinless cooked chicken breast  
 3 green shallots, thinly sliced  
 1 large carrot, peeled and grated  
 150g snow peas, trimmed and thinly sliced  
 ½ bunch (150g) baby bok choy, finely shredded  
 4 red radishes, thinly sliced  
 1 cup fresh coriander leaves  
 1/3 cup roasted, unsalted peanuts, finely chopped

## Dressing

2 tablespoon reduced salt soy sauce  
 2 tablespoons lime juice  
 2 tablespoons no added salt, no added sugar, crunchy peanut butter  
 1 tablespoon Thai chilli jam

## METHOD

1. Prepare noodles as directed on packet. Drain. Rinse under cold water. Drain again.
2. Transfer noodles to a large bowl. Add chicken, shallots, carrot, snow peas, bok choy, radishes and coriander. Toss well.
3. To make dressing, combine all ingredients in a jug. Whisk with a fork until well combined.
4. To serve, pour dressing over salad. Toss again to coat. Sprinkle with peanuts. Serve with extra lime wedges, if desired.

**TIP:** This recipe is a great way to use up leftover cooked chicken breast or skinless roast chicken. Any leftover salad will keep covered in the fridge for 1 day. Transfer to a container and pack with an ice pack for a tasty, portable lunch.





# CHICKEN VEGETABLE RISOTTO

**SERVES:** 2

**COOKING:** 35-40 MINS

## INGREDIENTS

Spray olive oil
1 cup butternut pumpkin, diced into 1cm cubes
1 1/2 cups salt reduced vegetable stock
1 1/2 cups water
1 teaspoon olive oil
1/2 brown onion, finely chopped
1 small zucchini, finely diced
1 bunch asparagus, finely sliced
1/2 cup arborio rice
2 cups baby spinach leaves
2 tablespoons shaved parmesan cheese, to serve
2 x 100-120g lean chicken breast
1/2 teaspoon freshly cracked pepper

## METHOD

1. Preheat oven to 180°C. Line a small baking tray with baking paper. Place pumpkin on the baking tray and spray with olive oil. Bake for 15-20 minutes or until pumpkin is cooked and golden brown. Set aside.
2. Bring vegetable stock and water to the boil in a medium saucepan over medium heat. Reduce heat and simmer, covered, until required.
3. Heat oil in a large saucepan over medium-high heat. Cook onion, zucchini, and asparagus stirring for 5-7 minutes or until softened.
4. Add rice and stir to coat. Reduce heat to low and add hot stock, a ladle/half a cup at a time, stirring continuously, until all the liquid has been absorbed. This process should take 20-25 minutes, and the rice should be tender and the risotto creamy.
5. While risotto is cooking, preheat a chargrill pan on medium-high heat. Cook chicken breast for 5-8 minutes each side or until cooked through. Transfer chicken to a plate, and season with cracked pepper. Slice chicken breast.
6. To finish the risotto, add pumpkin and spinach and stir gently to combine until spinach has wilted.
7. To serve, divide risotto between 2 bowls and top with parmesan cheese. Place sliced chicken on top of risotto.



# BEEF LASAGNE

**SERVES:** 6

**COOKING:** 45-50 MINS

## INGREDIENTS

### Meat sauce:

- Olive oil spray
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons no added salt tomato paste
- 600g lean beef mince
- 100g button mushrooms, diced
- 800g can no added salt diced tomatoes
- 2 teaspoons dried oregano leaves
- 1 teaspoon caster sugar
- 1/2 cup water Cracked black pepper, to season
- 180g instant lasagne sheets
- 60g grated reduced fat cheddar or mozzarella cheese

### White sauce:

- 2 tablespoons margarine spread
- 2 tablespoons plain flour
- 2 teaspoons cornflour
- 2 cups reduced fat milk
- Pinch ground nutmeg

## METHOD

1. To make the meat sauce, lightly spray a large saucepan with olive oil, add the onion and garlic and cook over medium heat, stirring often for 5 minutes until soft. Add tomato paste and cook for 2 minutes.
2. Increase heat to high, add the mince and cook, stirring with a wooden spoon to break it up for 5 minutes or until the mince changes colour. Stir in the mushrooms, tomatoes, oregano, sugar and water. Season with pepper and bring to the boil.
3. Reduce heat to medium-low, cover and cook, stirring occasionally, for 20 minutes. Remove the lid and simmer, uncovered, a further 10-15 minutes until sauce has thickened slightly. Taste and season with more pepper if needed.
4. For the white sauce, melt the margarine spread in a medium saucepan over medium heat. Add the flours and cook, stirring, for 1 minute. Remove the pan from the heat, gradually add the milk, 1/2 cup at a time, whisking constantly until all been added. Return to heat and cook, stirring constantly for about 5 minutes until sauce has thickened. Remove from the heat, stir in the nutmeg.
5. Preheat oven to 200°C (180°C fan-forced). Lightly grease a 6cm x 18cm x 24cm ovenproof dish with olive oil spray. Spoon about 1/2 cup of the meat sauce over base of greased dish. Cover with a single layer of lasagne sheets, trimming to fit if necessary. Top with half the remaining meat sauce, then drizzle over about 1/3 cup of the white sauce. Top with a layer of lasagne, remaining meat sauce and 1/3 cup of white sauce. Top with a final layer of lasagne then spoon over the remaining white sauce to cover the pasta.
6. Cover with a sheet baking paper then foil. Place onto a tray and bake for 30 minutes. Remove baking paper and foil, sprinkle over the cheese and bake for a further 15-20 minutes or until the pasta is tender when tested with a skewer. Cut into pieces and serve with salad or steamed vegetables.





AS COOKED BY  
**LUKE**

# CHICKEN PARMIGIANA

**SERVES:** 4

**COOKING:** 30 MINS

## INGREDIENTS

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4 x 120-150g skinless chicken breast fillets

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1 brown onion, finely diced

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1 clove garlic, crushed

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1 eggplant, finely diced

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310g jar roasted pepper strips, drained

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400g can no-added-salt chopped tomatoes

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2 tomatoes, roughly chopped

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3 cups baby spinach leaves

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1 cup basil leaves, roughly chopped

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½ cup reduced fat mozzarella cheese, grated

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½ cup fresh breadcrumbs

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4 cups green beans, trimmed

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Basil leaves, to serve

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## METHOD

1. Preheat oven to 200°C.
2. Preheat a non-stick frying pan on high heat. Cook chicken breast for 3-4 minutes on each side or until cooked through. Transfer to a plate and cover to keep warm.
3. Meanwhile, using the same pan, add onion, garlic, eggplant and roasted red pepper strips and cook, stirring occasionally for 3-4 minutes until softened. Add chopped and fresh tomatoes and simmer for 4-5 minutes until sauce thickens. Add spinach and basil leaves and remove from the heat.
4. Put cooked chicken breast onto a deep baking tray. Top with sauce and sprinkle with cheese and breadcrumbs.
5. Bake for 10-15 minutes or until top is golden.
6. While cooking, cook green beans in a saucepan of boiling water for 4-5 minutes or until just tender. Drain.
7. Serve Chicken with Green Beans and garnish with fresh basil leaves.





# PUMPKIN & LENTIL MACARONI & CHEESE

**SERVES:** 4

**COOKING:** 20-25 MINS

## INGREDIENTS

2 cups butternut pumpkin,  
diced into 3cm cubes

1 brown onion, finely chopped

1 clove garlic, crushed

3 cups spinach leaves

1/2 cup parsley

600g no-added-salt lentils,  
drained and rinsed

300g macaroni

1 3/4 cup reduced fat milk

1/2 cup wholemeal plain flour

3/4 cup reduced fat cheddar  
cheese, grated

1/2 teaspoon freshly ground  
black pepper

2 tablespoon parsley, chopped, to serve

## METHOD

1. Cook pumpkin in a saucepan of boiling water for 8-10 minutes or until tender. Drain, reserving 1/2 cup liquid.
2. While pumpkin is cooking, heat a non-stick pan over medium heat. Add onion and garlic, and cook for 3-4 minutes until softened. Add spinach and cook, stirring until wilted.
3. Place pumpkin, onion, garlic, spinach, 1/2 cup reserved liquid, parsley and lentils into a food processor and blend until smooth and creamy. Set aside.
4. Cook macaroni in a large saucepan of boiling water, following packet instructions, until just tender. Drain well and return to the saucepan. While macaroni is cooking, add 1-cup milk to a separate saucepan and slowly heat over medium-low heat. Add plain flour and whisk until smooth.
5. Gradually whisk in remaining milk, and continue to heat on low for 4-5 minutes or until thickened. Remove saucepan from the heat and whisk in cheddar cheese and pepper, until cheese is melted.
8. Pour the pureed pumpkin and cheese sauce over the macaroni and stir until well coated. Serve immediately with chopped parsley.





# BRUSCHETTA FISH CUTLETS WITH CAULI MASH

**SERVES:** 4

**COOKING:** 25 MINS

## INGREDIENTS

3 vine-ripened tomatoes, cut into 1cm dice

½ small red onion, finely chopped

½ cup finely shredded fresh basil leaves

1 tablespoon olive oil

2 teaspoons balsamic vinegar

4 x 200g white fish cutlets (see tip)

2 tablespoons pine nuts, toasted

2 slices wholegrain bread,  
halved, to serve

### Cauli mash

1 large cauliflower (1kg),  
leaves and base trimmed, chopped

1 tablespoon olive oil

2 cloves garlic, crushed

2 tablespoons light spreadable  
cream cheese

2 tablespoons freshly grated parmesan

## METHOD

1. Combine tomatoes, onion, basil, oil and vinegar in a medium bowl. Season with pepper. Toss to combine. Cover and set aside.
2. To make Cauli mash, place cauliflower in a large saucepan. Add enough water to almost cover. Place lid over saucepan and bring to the boil. Gently boil for 20 minutes, or until tender. Drain in a colander.
3. Heat oil in same large saucepan over a medium heat. Add garlic and cauliflower. Cook, stirring for 2 minutes. Stir in cream cheese and parmesan. Remove from heat. Blend with a stick blender until smooth.
4. Meanwhile, cook fish cutlets in a preheated, lightly oiled, large non-stick frying pan, or on a barbecue flat plate, over a medium-high heat for about 3 minutes on each side, or until fish is lightly golden and flakes easily when tested with a fork.
5. Divide Cauli mash and fish between 4 dinner plates. Top with tomato mixture. Sprinkle with pine nuts. Serve with wholegrain bread.

**TIP:** We used blue eye cod cutlets but any variety of white fish can be substituted. If preferred, use fish fillets in place of cutlets. For a more textured cauliflower mash, use a hand held potato masher instead of a stick blender.





# FISH TACOS WITH TOMATO & JALAPENO SALSA

**SERVES:** 4 (3 PER SERVE)

**COOKING:** 10 MIN

## INGREDIENTS

1/3 cup reduced plain Greek yoghurt

500g skinless, boneless white fish fillets

1 tablespoon olive oil

2 teaspoon Mexican chilli powder

1 teaspoon ground paprika

1 teaspoon ground cumin

312g packet (12) white corn tortillas

12 small baby cos lettuce leaves

1 avocado, sliced

75g feta cheese, crumbled

Lime wedges, to serve

### Tomato and jalapeno salsa

1 bunch fresh coriander

3 medium tomatoes, cut into 1cm pieces

1/2 small red onion, finely chopped

2 tablespoons pickled sliced jalapenos, drained, finely chopped

2 teaspoons lime juice

## METHOD

1. To make salsa, set aside half the coriander bunch for serving. Finely chop the remaining coriander (leaves and stems) and place into a medium bowl. Add tomatoes, onion, jalapeno and lime juice. Mix to combine.
2. Place yoghurt in a small bowl. Stir in about 1 tablespoon water to give a pouring consistency. Refrigerate salsa and yoghurt while preparing tortillas and fish.
3. Place fish fillets in a large shallow dish. Add combined oil, chilli powder, paprika and cumin. Rub spice mixture over fish to coat evenly.
4. Heat a large, lightly greased, non-stick frying pan over a medium-high heat. Lightly toast tortillas in hot pan for 20-30 seconds on each side, until warm and lightly browned. Remove. Wrap in foil to keep warm.
5. Cook fish fillets in same non-stick frying pan over a medium-high heat for about 3 minutes on each side, or until fish is cooked and lightly charred. Transfer to a plate. Using 2 forks, break into large flakes.
6. To serve, top warm tortillas with lettuce, fish, salsa and avocado. Sprinkle with feta and drizzle with yoghurt. Garnish with reserved coriander sprigs. Fold in half. Serve with lime wedges.

**TIP:** Any firm, skinless, boneless fish is suitable for this recipe eg ling, dory, snapper. If preferred, heat tortillas and cook fish on a barbecue flat plate instead of in frying pan. Pickled jalapenos are available from the Mexican food section in supermarkets. Substitute 2 thinly sliced, small, fresh green chillies, if preferred.





# STICKY BAKED SALMON SERVED WITH BROWN FRIED RICE

**SERVES: 4**

**COOKING: 15 MINS**

## INGREDIENTS

3 tablespoons salt reduced soy sauce

2cm piece ginger, finely grated

2 garlic cloves, finely grated

2 tablespoons honey

4 x 100g skinless salmon fillets

Olive oil spray

1 red onion, finely chopped

1 red capsicum (320g), halved, seeded, thinly sliced lengthways

2 bunches broccolini, cut into quarters

4 cups baby spinach

2 cups '90 second quick' brown rice

## METHOD

1. Combine 2 tablespoons soy sauce, ginger, garlic and honey in a shallow glass or ceramic dish. Add the salmon fillets, turn to coat.
2. Preheat oven to 180°C. Line a baking tray with baking paper. Place the marinated salmon onto the lined baking tray and spoon the leftover marinade onto the salmon fillets. Bake in the oven for 10-15 minutes.
3. Meanwhile heat a large wok over medium heat and lightly spray with olive oil. Stir fry red onion, capsicum and broccolini for 5-6 minutes. Add spinach and stir-fry for 2 minutes, or until vegetables are just tender.
4. Meanwhile, heat microwave brown rice according to packet instructions.
5. Add steamed brown rice and remaining soy sauce; stir fry until heated through. Keep warm.
6. Serve baked salmon on the vegetable brown fried rice.





# PUMPKIN AND TOFU SATAY

**COOKING:** 15 MINS

## INGREDIENTS

600g (1/2 medium) butternut pumpkin, peeled, cut into 3cm pieces

175g firm tofu, cut into 1cm thick strips

3 teaspoons canola oil

1 medium onion, cut into thin wedges

3 teaspoons curry powder

1 cup light and creamy evaporated milk

1/4 cup no added salt, no added sugar, crunchy peanut butter

2 tablespoons salt-reduced soy sauce

200g green beans, halved

2/3 cup chopped fresh coriander

Steamed brown rice and lime wedges, to serve

## METHOD

1. Boil, steam or microwave pumpkin under almost tender (don't overcook). Drain.
2. Drain tofu on paper towel to absorb excess moisture.
3. Heat oil in a large, non-stick frying pan over a medium-high heat. Add tofu and onion. Cook for about 4 minutes, stirring occasionally, until lightly golden.
4. Add pumpkin and curry powder. Cook, stirring a further 1 minute.
5. Stir in evaporated milk, peanut butter, soy sauce and 3/4 cup water. Bring to the boil.
6. Stir in beans. Gently boil for 3-4 minutes, stirring occasionally, until beans and pumpkin are tender and mixture has thickened.
7. Stir in coriander. Serve with brown rice and lime wedges. Garnish with extra coriander sprigs, if desired.

**TIP:** To cook pumpkin in microwave, place in a microwave safe bowl. Cover and cook on High for about 3 1/2 minutes. Light and Creamy evaporated milk is available from the long life milk aisle in supermarkets. Replace coriander with basil, if preferred.





AS COOKED BY  
**COLIN**

# BAKED SWEET POTATO WITH SPICED CANNELLINI BEANS & VEGETABLE STEW

**SERVES: 4**

**COOKING: 1HR 5 MINS**

## INGREDIENTS

4 x 200g small sweet potatoes, unpeeled

Spray olive oil

1 medium brown onion, finely chopped

1 small red capsicum, halved, seeded, diced

1 small yellow capsicum, halved, seeded, diced

1 teaspoon ground coriander

1 teaspoon chilli powder

1 teaspoon smoked paprika

4 medium ripe tomatoes, roughly chopped

600g canned no added salt cannellini beans, drained, rinsed

3 cups kale, trimmed and roughly chopped

2 tablespoon lime juice

Fresh coriander leaves, to garnish

## METHOD

1. Preheat oven to 180°C. Line a baking tray with baking paper
2. Scrub the sweet potatoes, then prick with a fork and place on prepared tray. Cover with foil and bake for 45 minutes.
3. Uncover, and bake for a further 15 minutes, or until very soft.
4. Meanwhile, spray a large non-stick frying pan with olive oil and set over medium-high heat.
4. Add onion and red and yellow capsicums to the pan cook for 4-5 minutes, or until just softened.
5. Add ground coriander, chilli powder, and paprika and cook, stirring, for 2 minutes.
6. Add tomato, and cannellini beans and water and cook for 5-10 minutes or until mixture slightly thickens.
7. Add the kale, and cook, stirring occasionally, for about 5 minutes or until kale is soft. Remove the pan from the heat and stir through lime juice.
8. Slice roasted sweet potatoes lengthways, nearly all the way through. Fill with the cannellini bean mix and garnish with coriander.





# CAULIFLOWER & CASHEW KORMA

**SERVES:** 4

**COOKING:** 20 MINS

## INGREDIENTS

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2 teaspoons sunflower oil

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1 onion, cut into thin wedges

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2 teaspoons finely grated fresh ginger

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2 tablespoons korma paste

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400g cauliflower, cut into florets

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200g green beans, halved

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375ml can light and creamy evaporated milk

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2 teaspoons reduced salt soy sauce

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¾ cup unsalted, roasted cashews

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½ cup fresh Thai basil leaves (see Tips)

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1 lime, quartered, to serve

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2 cups cooked brown rice, to serve

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## METHOD

1. Heat oil in a large, deep, non-stick frying pan or flameproof casserole dish over a medium-high heat. Add onion and ginger. Cook, stirring for 2 minutes, or until onion is lightly golden.
2. Add paste and cauliflower. Cook, stirring for 2 minutes, until paste coats cauliflower.
3. Stir in 1 cup water. Bring to the boil. Reduce heat. Cover with lid. Gently boil for 10 minutes, or until cauliflower is just tender.
4. Stir in beans and evaporated milk. Gently boil, uncovered for 5-8 minutes, until thickened slightly, stirring occasionally.
5. Turn off heat. Stir in soy sauce, cashews and basil.
6. Serve with rice and lime wedges.

**TIP:** Substitute regular basil or coriander for Thai basil, if preferred. For a change, try using tikka or madras paste instead of korma paste.





# MEXICAN PUMPKIN & BEAN SLOPPY JOES

**SERVES:** 4

**PREP:** 20 MINS

**COOKING:** 20 MINS

## INGREDIENTS

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3 teaspoons olive oil

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1 red onion, finely chopped

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1 clove garlic, crushed

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600g butternut pumpkin, peeled, cut into 1cm pieces

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1 ½ teaspoons Mexican chilli powder

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¼ cup no-added salt tomato paste

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400g can no added salt diced tomatoes

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425g can no added salt black beans, drained

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½ cup coarsely chopped coriander leaves

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2 x 120g Turkish rolls, halved and toasted

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¼ cup pine nuts, toasted

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1 medium ripe avocado, chopped

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2 teaspoons lemon juice

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## METHOD

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic to pan. Cook, stirring for 2 minutes, or until lightly golden. Add pumpkin, chilli powder and tomato paste. Cook, stirring a further 2 minutes.
2. Stir in tomatoes, beans and 1 cup water. Bring to the boil. Cover with lid. Reduce heat. Gently boil for about 15 minutes or until pumpkin is tender and mixture is thick, stirring occasionally. Remove from heat. Stir in coriander.
3. Meanwhile, mash avocado with lemon juice in a small bowl.
4. Spoon pumpkin mixture over toasted roll halves. Top with avocado and sprinkle with pine nuts. Serve with lemon wedges, if desired.

**TIP:** Swap black beans with 425g can no added salt red kidney beans, if preferred. Replace Turkish rolls with wholemeal rolls for added wholegrains. For a milder topping, replace chilli powder with ground paprika. To toast pine nuts, stir in a dry frying pan over a medium heat until golden. Any leftover topping will keep covered in the fridge for up to 3 days. Reheat in microwave oven, or in a saucepan over a low heat, adding a little water to thin consistency, if required.





# SPINACH, LENTIL & RICOTTA CANNELLONI

**SERVES:** 4

**PREP:** 25 MINS

**COOKING:** 55 MINS

## INGREDIENTS

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250g packet frozen chopped spinach, thawed

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2 teaspoons olive oil

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2 cloves garlic, crushed

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100g button mushrooms, sliced

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2 teaspoons dried Italian herbs

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2 x 420g cans no added salt lentils, drained and rinsed

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200g fresh ricotta cheese

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200g (20) instant cannelloni tubes

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1 cup tomato passata

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400g can no added salt diced tomatoes

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1/3 cup freshly grated parmesan cheese

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75g baby rocket leaves, to serve

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## METHOD

1. Lightly spray a 24cm x 32cm rectangular ovenproof dish with olive oil spray.
2. Drain spinach in a sieve, pressing to extract excess moisture.
3. Heat oil in a large, non-stick frying pan over a medium-high heat. Add garlic, mushrooms and herbs. Cook, stirring for 3 minutes, or until mushrooms are tender. Add lentils and spinach. Cook, stirring for a further 3 minutes, or until well combined and any excess liquid has evaporated. Remove from heat. Cool 10 minutes.
4. Stir in ricotta until well combined. Season with pepper. Using a teaspoon fill cannelloni shells with ricotta mixture, pressing in firmly with fingertips.
5. Spread passata over base of prepared dish. Arrange cannelloni on top in a single layer. Pour canned tomatoes evenly over cannelloni, to cover. Sprinkle with half the parmesan. Cover with sheet of lightly oiled foil.
6. Cook in an 180C oven (fan-forced) for 35 minutes. Remove foil. Return to oven for a further 10-15 minutes, or until cannelloni is tender when tested with the tip of a knife. Remove from oven.
7. Sprinkle with remaining parmesan. Serve with rocket.

**TIP:** Fresh ricotta is available from delicatessens or the deli counter at supermarkets. Recipe can be prepared up to end of step 5 one day ahead. Keep, covered in fridge. Cook as required.





# VIETNAMESE FISH CAKES WITH VERMICELLI SALAD

**SERVES:** 4

**PREP:** 20 MINS

**COOKING:** 10 MINS

## INGREDIENTS

1 bunch fresh coriander, roots trimmed, rinsed well

600g skinless and boneless white fish fillets, chopped

1 tablespoon red curry paste

1 teaspoon finely grated lime rind

1 egg

¼ cup rice flour

1 ½ tablespoons sunflower oil

Lime wedges, to serve

## Vermicelli Salad

125g rice vermicelli

1 carrot, peeled, shredded

1 Lebanese cucumber, halved lengthways, thinly sliced

150g snow peas, finely shredded

3 green shallots, thinly sliced

1 tablespoon lime juice

1 tablespoon chilli jam

2 ½ teaspoons reduced salt soy sauce

¼ cup unsalted, roasted peanuts, roughly chopped

## METHOD

1. Cut stems from coriander. Reserve leafy tops for salad.
2. Finely chop coriander stems and place in food processor with fish, curry paste and rind. Process to form a coarse paste. Add egg and flour. Pulse briefly to combine.
3. Transfer mixture to a large bowl. Flatten surface. Mark into 12 even portions. Shape each portion into a 7cm cake. Place on a baking paper-lined tray.
4. Heat half the oil in a medium, non-stick frying pan over a medium-high heat. Add 6 fish cakes. Cook for about 3 minutes on each side, or until golden and cooked through. Transfer to a large plate. Cover with foil to keep warm. Repeat step with remaining oil and fish cakes.
5. To make salad, place vermicelli in a heatproof bowl. Cover with boiling water. Stand for 3 minutes, stirring to separate strands. Drain. Rinse under cold water. Drain again. Transfer to a large bowl. Add carrot, cucumber, snow peas, shallots, reserved coriander leaves and combined lime juice, chilli jam and soy sauce. Toss until well combined. Sprinkle with peanuts.
6. Serve fish cakes with salad and lime wedges.

**TIP:** Vermicelli salad and fish cakes can be prepared several hours ahead. Keep salad covered in the fridge. Place fish cakes on baking paper lined tray and keep covered in fridge. Cook as required. Use any firm, skinless, boneless white fish fillets eg dory, ling or blue-eye cod.



# VEGETABLE TAGINE WITH ALMOND COUSCOUS

**SERVES:** 4

**PREP:** 20 MINS

**COOKING:** 50 MINS

## INGREDIENTS

2 tablespoons olive oil  
1 medium eggplant (400g), halved lengthways, cut into 1cm thick slices  
½ red capsicum, cut into 2cm pieces  
2 cloves garlic, crushed  
2 teaspoons ground paprika  
2 teaspoons ground cumin  
½ teaspoon ground cinnamon  
410g can tomato puree  
1 reduced salt vegetable stock cube, crumbled  
425g can no added salt chick peas, drained  
1/3 cup dried apricots, halved  
2 teaspoons honey  
150g green beans, ends trimmed, halved

## Almond Couscous

1 cup couscous  
1/3 cup natural sliced almonds, toasted  
¼ cup shredded fresh mint

## METHOD

1. Heat oil in a large, non-stick frying pan over a medium-high heat. Add eggplant slices in a single layer. Cook for about 2 minutes on each side, or until light golden.
2. Add capsicum, garlic, paprika, cumin and cinnamon. Cook, stirring for a further 1 minute, or until spices are fragrant.
3. Stir in puree, 1¼ cups water, stock cube, chick peas, apricots and honey. Bring to the boil. Reduce heat. Simmer uncovered for 10 minutes. Add beans. Simmer for a further 3-5 minutes, until vegetables are tender and mixture has thickened, stirring occasionally.
4. To make almond couscous, prepare couscous as directed on packet. Stir in almonds and mint.
5. Serve tagine with couscous. Garnish with extra mint, if desired.

**TIP:** To toast almonds, spread over a baking tray. Bake in a 160C oven (fan-forced) for 3 to 5 minutes, or until lightly browned.



# STEAMED FISH SERVED WITH A BROAD BEAN & LENTIL SALAD

**SERVES:** 4

**COOKING:** 10 MINS

## INGREDIENTS

4 x 150g skinless firm white fish fillets (for example ling, blue-eye trevalla, snapper or flathead)

350g frozen broad beans

2 bunches asparagus, trimmed and cut in half

1 cup mint, roughly chopped

1 cup parsley, roughly chopped

5 radishes, thinly sliced (thinly slice on a mandolin if you have one)

200g canned no-added-salt lentils, rinsed, drained

2 tablespoons roasted almonds

2 tablespoons olive oil

1 tablespoon red wine vinegar

1 tablespoon lemon juice

2 teaspoons grated lemon rind

4 lemon wedges, to serve

## METHOD

1. Place a bamboo steamer over a wok or large saucepan of simmering water, making sure the steamer does not touch the water.
2. Line the base of the steamer with baking paper.
3. Place the fish in the steamer. Steam, covered, for 6-8 minutes or until fish is cooked through.
4. Meanwhile, microwave broad beans and asparagus for 2-3 minutes or until tender. Drain. Refresh under cold water.
5. Combine broad beans, asparagus, mint, parsley, radishes, lentils, roasted almonds, olive oil, red wine vinegar and lemon juice in a large bowl.
6. Sprinkle lemon rind over fish fillets and serve with salad.

# SPRING VEGETABLE FRITTATA

**SERVES:** 4

**COOKING:** 30-35 MINS

## INGREDIENTS

300g new potatoes, peeled and cut into 2cm cubes

100g frozen peas (buy fresh if possible)

100g frozen broad beans (buy fresh if possible)

2 bunches asparagus, trimmed and cut into bite sized pieces

8 eggs

4 tablespoons mint, roughly chopped

1 tablespoon olive oil

4 spring onions, thinly sliced

100g reduced fat feta, crumbled

1/2 teaspoon ground black pepper

4 thick slices multigrain/grainy bread, to serve

## METHOD

1. Cook the potatoes in a pot of boiling water for 10-12 minutes, or until tender. Drain and set aside.
2. In a separate pot, cook the peas, broad beans and asparagus for 2-4 minutes. Drain and refresh under cold water.
3. Whisk eggs in a large bowl. Add mint.
4. Heat oil in a large non-stick frying pan over medium heat. Add the potatoes, peas, broad beans, asparagus and spring onion, cook for 3-4 minutes, or until mixture starts to brown.
5. Preheat the grill.
6. Turn the heat to low and pour the egg mixture over the vegetables and crumble over the feta and pepper. Cook for 10-12 minutes until mixture is almost set. Transfer the pan to the grill and cook for 3-5 minutes until the top is golden and cooked through.
7. Slice frittata into wedges and serve with bread.