

myfoodbook[®]
foodbook

*Balanced
everyday*



DELICIOUS RECIPES
packed with goodness



Contents

LIGHT & EASY

SUPER SALADS

VERY VEGGIE

MIGHTY MAINS





Balanced PRODUCTS

YOU SAY POTATOES

...we say sweet potatoes. Roast them, mash them, or turn them into a sensational vegan 'cheese' cake. Australian Sweet Potatoes will supercharge your meals with flavour and nutrients. Plus they're low-GI so they'll keep you feeling fuller for longer. Sweet as!



QUICK
Dinner

CHICKEN *winners!*



Winging it on a weeknight is easy with Lilydale's Free Range chicken freezer packs. Choose from chef-inspired chicken tenders or schnitzels with crumb coatings including Lemon & Pepper and Herb Ciabatta.



Chop **TO IT**

It couldn't be easier to make meals much healthier with mushrooms. These little flavour bombs will also make meals tastier. Showcase them with a simple garlic mushroom sauté or add them to your bolognese to make it better all round. Cooked or fresh, mushrooms are your go-to for a deliciously balanced meal.

Get cracking **AUSTRALIA**

Whether you start your morning with a poached egg or two on toast, whisked into a fritter or muffin, or simply scrambled to creamy perfection, you can be confident that you're doing right by your body.



Fast &
NUTRITIOUS





Light & easy

IF YOU'RE AFTER A SNACK OR JUST A QUICK LIGHT MEAL, THERE'S A RECIPE HERE FOR YOU. CHOOSE FROM EASY FRITTERS TO VEGGIE-SMUGGLING MUFFINS YOU CAN'T RESIST.



SWEET POTATO *and lentil patties*



PREP 25 MINS



COOK 30 MINS



MAKES 12

INGREDIENTS

500g Sweet Potato, peeled, cubed

2 tablespoons olive oil

½ cup brown lentils

1 small onion, finely chopped

2 garlic cloves, crushed

1 teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon turmeric

60g baby spinach, roughly chopped

⅓ cup plain flour

Natural yoghurt and lemon wedges,
to serve

METHOD

1. Preheat oven to 220°C/200°C fan-forced. Line an oven tray with baking paper. Place sweet potato on tray and drizzle with half of the oil. Bake for 15-20 minutes, until tender. Mash in a bowl and set aside
2. Cook lentils in a pan of boiling water for 15-20 minutes, until softened. Drain well. Transfer to a large bowl to cool
3. Meanwhile, heat a little of the remaining oil in a large frying pan on medium. Cook onion and garlic for 4-5 minutes until softened. Add spices and cook for 1 minute until fragrant. Add spinach, stirring until just wilted. Transfer to bowl with lentils and sweet potato. Mix well and season to taste. Chill until cold. Form into patties and toss in flour to coat. Place on a baking paper-lined tray
4. Heat remaining oil in frying pan on medium-high. Cook the patties for 2-3 minutes each side until golden. Drain on paper towel. Serve patties with yoghurt and lemon wedges

TIPS & HINTS:

Brown lentils are also labelled as green lentils. They are larger than the French lentils. For a gluten free option, replace plain flour for gluten-free flour.

PLAY VIDEO





Tip

.....
Freeze half
the muffins in
zip-lock bags for
easy snacking

SWEET POTATO

spinach and feta muffins



PREP 30 MINS



COOK 30 MINS



MAKES 12

INGREDIENTS

1 cup (150g) plain flour
1 cup (160g) wholemeal plain flour
1 teaspoon bi-carb soda
40g baby spinach leaves, steamed, chopped
2 green onions, sliced thinly
100g feta, crumbled
2 eggs, beaten
2/3 cup (190g) plain Greek-style yoghurt
125g can creamed corn
1 cup Sweet Potato puree
50g butter, melted
1/4 cup (20g) grated parmesan

METHOD

1. Preheat oven to 200°C/180°C. Lightly grease a 12-hole muffin pan
2. Sift flours and soda together in a large bowl. Stir in spinach, onion and half of the feta. Combine remaining ingredients in a bowl, whisking well to combine
3. Fold through dry mixture until just combined. Spoon into prepared cases and sprinkle with remaining feta. Bake for 25-30 minutes until cooked when tested with a skewer

TIPS & HINTS:

You will need a 550g Sweet Potato to make enough puree for this recipe.

PLAY VIDEO



Tip

.....
Great as a lower carb,
wheat free option for
lunch or dinner



SWEET POTATO

toast toppers

 **PREP 15 MINS**  **COOK 15 MINS**  **MAKES 6**

INGREDIENTS

SWEET POTATO TOAST TOPPED WITH MASHED AVOCADO, CHICKEN AND AIOLI

6 slices (5mm thick) Sweet Potato, skin on

1 avocado, mashed

¾ cup baby spinach leaves

1 cup shredded BBQ chicken

¼ cup aioli

SWEET POTATO TOAST TOPPED WITH TOMATO MEDLEY AND BALSAMIC GLAZE

6 slices (5mm thick) Sweet Potato, skin on

200g tomato medley, chopped

½ red onion, thinly sliced

Baby basil leaves and balsamic glaze, to serve

METHOD

SWEET POTATO TOAST TOPPED WITH MASHED AVOCADO, CHICKEN AND AIOLI

1. Preheat oven to 200°C/180°C fan-forced. Line an oven tray with baking paper. Arrange slices on tray. Spray with oil and season to taste. Bake for 10-15 minutes until golden and tender
2. Spread toasts with avocado. Top with spinach and chicken, Drizzle with aioli. Serve immediately

SWEET POTATO TOAST TOPPED WITH TOMATO MEDLEY AND BALSAMIC GLAZE

1. Preheat oven to 200°C/180°C fan-forced. Line an oven tray with baking paper. Arrange slices on tray. Spray with oil and season to taste. Bake for 10-15 minutes until golden and tender
2. Top toasts with tomatoes and onion. Sprinkle with basil leaves and drizzle with balsamic glaze. Serve immediately

TIPS & HINTS:

You can also cook toasts in a sandwich press (between 2 sheets of baking paper) for about 5 minutes until browned and tender.

PLAY VIDEO





SWEET POTATO

and broccoli frittata

 **PREP 20 MINS**  **COOK 50 MINS**  **SERVES 6**

INGREDIENTS

500g Sweet Potato, peeled, thinly sliced

Olive oil spray

8 eggs

½ cup (125ml) light thickened cream

¾ cup (90g) grated tasty cheese

100g small broccoli florets, blanched

2 tablespoons shredded basil

METHOD

1. Preheat oven to 200°C/180°C. Lightly grease and line base and sides of a 20 x 30cm rectangular slice pan
2. Place sweet potato on a lined oven tray. Spray with oil and bake for 15-20 minutes until tender
3. Beat eggs, cream and half of the cheese together. Layer sweet potato and broccoli over base of pan. Pour over egg mixture. Sprinkle with basil and remaining cheese
4. Bake for 25-30 minutes until golden and set. Stand for 5 minutes before slicing

PLAY VIDEO



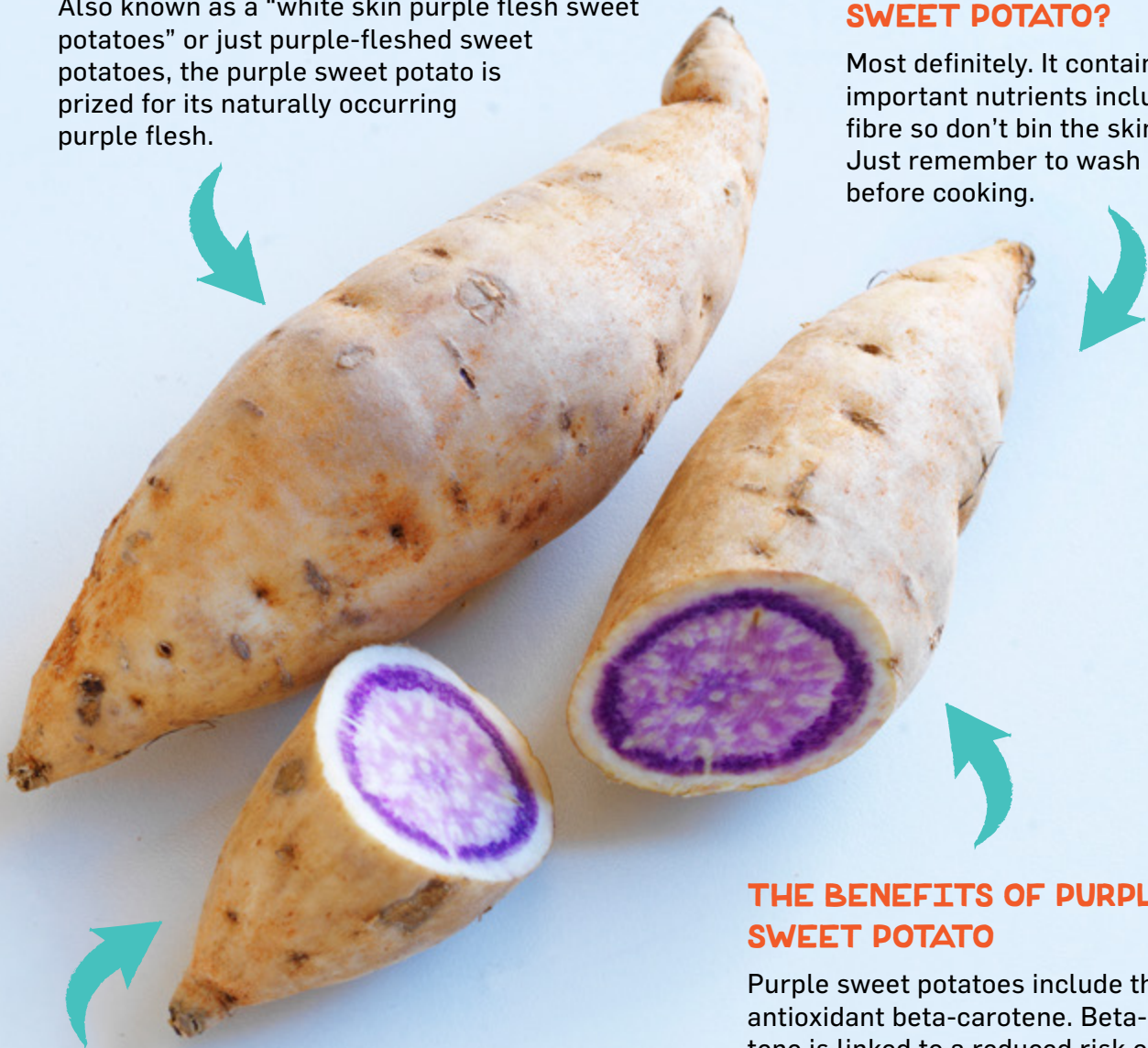
GUIDE TO PURPLE SWEET POTATOES

WHAT IS PURPLE SWEET POTATO?

Also known as a “white skin purple flesh sweet potatoes” or just purple-fleshed sweet potatoes, the purple sweet potato is prized for its naturally occurring purple flesh.

CAN I EAT THE SKIN OF PURPLE SWEET POTATO?

Most definitely. It contains important nutrients including fibre so don't bin the skin! Just remember to wash before cooking.



WHAT DOES PURPLE SWEET POTATO TASTE LIKE?

The purple-fleshed sweet potato has a slightly sweeter flavour than the regular variety. However you can use it in all the same ways you use regular sweet potatoes – it just adds that extra pop of colour!

THE BENEFITS OF PURPLE SWEET POTATO

Purple sweet potatoes include the antioxidant beta-carotene. Beta-carotene is linked to a reduced risk of heart disease and promotes eye health and a strong immune system. It's also bursting with vitamins and fibre.



Super salads

SALAD SEASON IS BACK IN FULL SWING SO TRY THESE GREAT NEW HEARTY RECIPES. THEY'RE PROTEIN AND NUTRIENT RICH TO MAKE YOU FEEL GOOD FROM THE INSIDE OUT.



MUSHROOM AND *ancient grain salad*



PREP 10 MINS



COOK 20 MINS



SERVES 4-6 AS A SIDE

INGREDIENTS

1 packet superblend (fibre) – freekeh, green and yellow lentils and beans

80ml (1/3 cup) extra virgin olive oil

2 punnets Swiss Brown Mushrooms, cleaned, quartered

2 lemons, zest finely grated, juiced

1 red onion, halved very finely shaved

1 bunch coriander, finely chopped, including the stems

80g pine nuts, toasted

200g feta, optional

Salt and pepper, to season

METHOD

1. Cook the grain blend according to packet instruction, then drain, set aside and cool
2. Meanwhile, heat 1 tbsp oil in a large frying pan over medium-high heat. Cook the mushrooms for 5 minutes or until golden and cooked. Season with salt and pepper. Turn off the heat and allow to cool
3. Meanwhile, combine the lemon zest and juice with the onion in a large bowl. Add the remaining oil, cooled grain blend, mushrooms, coriander and pine nuts and toss to combine. Season well with salt and pepper. If using, top with the feta to serve

TIPS & HINTS:

Look out for different grain and seed blends in the health-food aisle of the supermarket.



CAESAR SALAD

with hot smoked salmon



PREP 10 MINS



COOK 30 MINS



SERVES 4

INGREDIENTS

SEED CRISPS

½ cup flaxseeds

½ cup pumpkin seeds

½ cup sesame seeds

½ cup tricolour chia seeds

½ cup almond meal

1 lemon, finely grated rind

1 teaspoon sea salt flakes

1 tablespoon honey

¾ cup water

CAESAR SALAD

100g shaved prosciutto

4 eggs

2 baby cos, leaves separated

300g hot smoked salmon, broken into pieces

Shaved parmesan, to serve

Parsley or chervil leaves, to serve

Purchased creamy Caesar dressing, to serve

METHOD

SEED CRISPS

1. To make crisps, preheat oven to 160°C. Line a large baking tray with baking paper. Place seeds, almond meal, lemon rind, salt, honey and water in a bowl and stir until well combined. Turn mixture out onto prepared tray and spread evenly over tray until about 5mm thick. Bake for 40 minutes. Carefully turn and bake for a further 10 minutes or until dry and crisp. Transfer to a wire rack and cool. When cooled, break into pieces. Store in an airtight container for up to 2 weeks

CAESAR SALAD

1. Increase oven temperature to 200°C. Line a baking tray with baking paper. Place slices of prosciutto onto prepared tray and bake for 10 minutes or until crisp. Transfer to a wire rack and to cool. Break into pieces
2. Bring a saucepan of water to the boil. Add the eggs and simmer for 7 minutes for soft-boiled. Drain and rinse under cold water. Crack eggs and place in a bowl of cold water before peeling (this helps to loosen the shell). Peel shells from eggs and cut into halves
3. Arrange lettuce leaves, salmon, prosciutto and seed crisps onto a large platter. Half eggs and add to salad. Sprinkle with shaved parmesan and parsley or chervil leaves. Serve with the salad dressing

TIPS & HINTS:

Any leftover seed crisps are great to eat as a healthy snack or add them to your next cheeseboard instead of crackers

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TUNA AND PESTO

pasta salad



PREP 20 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

375g packet high-fibre penne pasta

½ cup basil pesto

1 lemon, juiced

425g can tuna-in-oil, drained and flaked

1 small red onion, finely sliced

2 Lebanese cucumbers, halved lengthways and sliced

250g cherry tomatoes, halved

100g feta cheese, crumbled

½ cup pitted Kalamata olives, halved lengthways

¼ cup fresh basil leaves

METHOD

1. Cook penne pasta in a large saucepan of boiling salted water following packet directions. Drain. Rinse under cold water. Drain in a colander until dry. Transfer to a large bowl
2. Combine pesto and lemon juice in a screw-top jar. Season with salt and pepper. Shake well to combine
3. Add tuna, onion, cucumbers, tomatoes, feta and olives to pasta. Season with pepper. Drizzle with pesto mixture. Gently toss to combine. Scatter with basil leaves



TIPS & HINTS:

We used Vetta High Fibre Penne in this recipe.



LEMON AND HERB

mushroom salad

 **PREP 10 MINS**  **SERVES 4**

INGREDIENTS

DRESSING

125ml (¼ cup) extra virgin olive oil

Juice of one lemon

2 red chillies, de-seeded and finely chopped

SALAD

250g Button Mushrooms, sliced

4 mini cucumbers

1 bunch flat-leaf parsley, roughly chopped

Salt and pepper, to season

METHOD

DRESSING

1. In a screw-top jar combine olive oil, lemon juice, chillies and a pinch of salt. Put on the lid and shake until well combined

SALAD

1. Add all salad ingredients to a bowl, top with dressing and gently mix to combine. Serve as a side salad with chicken, fish or grilled meat



PACKED WITH FLAVOUR, THIS DISH MAKES THE PERFECT SIDE SALAD TO ACCOMPANY CHICKEN, FISH OR GRILLED MEAT

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Make meals much
healthier in seconds

CHOP
CHOP



Australian
MUSHROOMS



Very veggie

GET YOUR VEG ON WITH THIS STUNNING COLLECTION OF COLOURFUL DISHES. EAT THE RAINBOW OR GO FOR THE GREEN GODDESS SHAKSHUKA. IT'S THE TASTY WAY TO FIVE A DAY!

Top Tip

Experiment with any fresh herbs of your choice.



GREEN

shakshuka



PREP 15 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

2 tablespoons olive oil
2 leeks, white part only, thinly sliced
1 large green capsicum, deseeded, diced
2 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon dried chilli flakes
1 head of broccoli, cut into small florets
4 green onions, thinly sliced
80g baby spinach
1 cup vegetable or chicken stock
½ cup coriander sprigs, roughly chopped
½ cup mint leaves, roughly chopped
4 eggs
1 cup thick Greek yoghurt
1 tablespoon harissa
Extra mint and coriander leaves, to serve
Chargrilled sourdough bread, to serve

METHOD

1. Heat oil in a large heavy-based frying pan over medium heat. Add leek and capsicum and stir until combined. Cook for 5 minutes or until softened. Stir in cumin, coriander and chilli flakes and cook for 1 minute. Add broccoli, green onion, spinach and stock. Stir until combined. Cover and cook for 2 minutes or until vegetables are just tender. Add chopped coriander and mint. Season with salt and pepper
2. Use a spoon to form indentations in the veggie mixture. Crack an egg into each indent. Cover and cook for 5 minutes or until egg whites are just cooked and the yolk is still wobbly. (It will continue to cook on standing.)
3. Meanwhile, place yoghurt into a bowl. Add harissa, salt and pepper. Swirl harissa through yoghurt. Serve shakshuka immediately, topped with harissa yoghurt and extra herbs with bread on the side

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ZOODLE AND *mushroom salad*



PREP 15 MINS



COOK 10 MINS



SERVES 4

INGREDIENTS

80ml ($\frac{1}{3}$ cup) extra virgin olive oil

2 tbsp white wine vinegar

Salt and pepper, to season

1 tsp raw sugar

4 zucchini, trimmed

250g Button Mushrooms, halved

1 punnet cherry tomatoes, halved

1 tbsp drained capers in brine

$\frac{1}{2}$ cup Sicilian olives, bruised with a knife, pits removed (optional)

1 cups basil leaves

METHOD

1. Preheat the oven to 220°C. Whisk 2 tbsp of the oil with the vinegar, sugar, salt and pepper in a large bowl, whisking until the sugar dissolves. Using a spiraliser or julienne peeler, cut the zucchini into noodles and add to the bowl, tossing well to combine. Set aside to soften
2. Combine the mushrooms, cherry tomatoes and capers on a large oven tray lined with baking paper. Drizzle with the remaining oil, season with salt and pepper and toss well to combine. Roast in the oven for 15 minutes or until the mushrooms are cooked and the tomato skins have burst
3. Remove from the oven and pour the mixture into the bowl with the zoodles, including any pan juices and toss well to combine. Mix in the olives if using, top with basil and serve






Tip

Fritters will keep for up to 3 days in an airtight container in the fridge.

VEGETABLE FRITTERS

with poached egg

 **PREP 15 MINS**  **COOK 20 MINS**  **SERVES 4**

INGREDIENTS

2 large zucchini, trimmed, sliced
2 cups (about 300g) diced pumpkin
1 carrot, trimmed, sliced
1 cup mint leaves
3 green onions, thinly sliced
½ cup frozen peas, thawed
1 ½ cups panko breadcrumbs
½ cup self-raising flour
150g feta cheese, crumbled
5 eggs
⅓ cup olive oil

METHOD

1. Preheat oven to 180°C. Line a baking tray with baking paper. Place zucchini in a food processor and process until finely chopped. Transfer to a clean kitchen cloth and squeeze, over a bowl or the sink, to remove excess liquid. (This prevents the fritters from being soggy). Place zucchini in a large bowl
2. Add pumpkin, carrot and mint to food processor and process until finely chopped. Add to zucchini with onion, peas, breadcrumbs, flour and feta. Lightly whisk 1 egg in a small bowl and add to vegetable mixture. Season. Stir until combined. Form ⅓ cups of the veggie mixture into fritters and place on a tray
3. Heat half the oil in a non-stick frying pan over medium heat. Cook fritters in batches, adding more if needed, for 3 minutes each side or until golden. Transfer to prepared tray and place in oven to cook for 10 minutes or until cooked through
4. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs

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MUSHROOM & *halloumi falafel*



PREP 30 MINS + 30 MINS CHILLING



COOK 30 MINS



MAKES 20

INGREDIENTS

400g button, cup or flat mushrooms

1 tbs olive oil, plus extra for cooking

1 brown onion, finely chopped

2 garlic cloves, crushed

1 tbs greek seasoning

400g can chickpeas, rinsed, drained

1 bunch flat-leaf parsley leaves,
chopped

150g halloumi, grated

1 egg

$\frac{3}{4}$ cup dried breadcrumbs
(packaged ones)

2 tbs tahini

$\frac{1}{4}$ cup sesame seeds

1 cup Greek-style yoghurt

Lemon wedges and herbs to serve,
optional

METHOD

1. Finely chop the mushrooms by hand or put in a food processor, use pulse button to finely chop. Heat oil in a non-stick frying pan over high heat
2. Add the mushrooms, onion and garlic and cook, stirring often, for 8 minutes or until all moisture has evaporated
3. Stir in the seasoning and cook for 1 minute. Set aside to cool for 10 minutes. Drain any excess moisture and transfer to a bowl. Wipe pan clean
4. Meanwhile, process the chickpeas, parsley, halloumi, egg, breadcrumbs and half the tahini until almost smooth. Add to mushrooms, season and mix well
5. Roll one tablespoonful of mixture into a ball, then roll lightly in sesame seeds. Place on a tray. Repeat to make 30 falafels
6. Cover and refrigerate for 30 minutes if time permits. Mix remaining tahini and yoghurt together. Refrigerate until ready to serve
7. Shallow or deep fry falafel in batches, turning often for 5 minutes until golden. Serve warm or at room temperature with tahini yoghurt, lemon and herbs

TIPS & HINTS:

Falafel is great served as finger food or turn into a meal by shaping $\frac{1}{4}$ cupfuls of mixture into patties and serving with salad and pita bread.



BARLEY NOURISH BOWL

with soft-boiled egg



PREP 10 MINS



COOK 30 MINS



SERVES 4

INGREDIENTS

BOWL

450g sweet potato, peeled, diced
1 red onion, cut into thin wedges
Olive oil cooking spray
1 tablespoon Moroccan seasoning
400g can chickpeas, drained
8 green kale leaves, stalk removed
1 cup pearl barley
4 eggs
100g feta cheese, crumbled
¼ cup pepitas

DRESSING

⅓ cup extra virgin olive oil
¼ cup lime juice
1 tablespoon maple syrup
1 teaspoon mild English mustard

METHOD

BOWL

1. Preheat oven to 180°C. Line 3 baking trays with baking paper. Place sweet potato and onion onto a baking tray. Spray with olive oil and season the sweet potato with half the Moroccan seasoning and salt and pepper. Bake for 20 minutes or until softened. Spread chickpeas on another tray. Spray with olive oil and season with remaining Moroccan seasoning, salt and pepper. Roast for 15 minutes or until golden and crisp. Tear kale leaves into 3cm pieces and place into a bowl. Add oil and massage into kale to soften. Place kale onto remaining baking tray and bake for 10 minutes or until crisp
2. Meanwhile, place barley and 3 cups water into a medium saucepan over high heat. Bring to the boil, reduce heat and simmer for 25 minutes or until tender. Drain and cool. Stir through parsley
3. Bring a saucepan of water to the boil. Add the eggs and simmer for 7 minutes for soft-boiled. Drain and rinse under cold water. Crack eggs and place in a bowl of cold water before peeling (this helps to loosen the shell). Peel shells from eggs and cut into halves

DRESSING

1. Whisk oil, lime juice, maple syrup and mustard in a jug. Season with salt and pepper. Add a little dressing to barley and stir until combined. Spoon barley into shallow bowls. Top with chickpeas, sweet potato, onion, kale, feta and egg. Serve sprinkled with pepitas and drizzled with the dressing

Perfectly POACHED EGGS



1 Use the freshest eggs you can find. The fresher the egg, the more tightly the whites stay together

2 Ensure eggs are at room temperature before poaching

3 Crack open eggs one at a time, into a small bowl. This will allow you to gently transfer each egg into the water

4 Bring the water to the boil then reduce to a simmer and wait for the bubbles to subside before adding the egg. If the water is boiling too rapidly it will tear the egg whites apart

5 Poach eggs for 3 minutes or until the whites become opaque and feel firm to touch

6 Use a slotted spoon to transfer egg to plate





Mighty mains

EATING BALANCED DINNERS HAS NEVER BEEN EASIER – OR TASTIER – WITH MEALS THAT WILL SATISFY EVEN THE FUSSIEST EATER. PACKED WITH LEAN PROTEIN AND HIGH-FIBRE INGREDIENTS.



Tip

.....
Add shredded
chicken for a
protein boost

CREAMY TOMATO *and herb fettuccine*



PREP 10 MINS



COOK 25 MINS



SERVES 4

INGREDIENTS

500g packet high-fibre fettuccine
1 tablespoon olive oil
1 onion, fine diced
2 cloves garlic, crushed
250g tomato passata
1 punnet cherry tomatoes
1 tablespoons basil, chopped
1 tablespoon thyme, chopped
1 tablespoon Worcestershire sauce
½ teaspoon paprika
300ml lite cooking cream
⅓ cup finely grated parmesan
Thyme and basil extra, for serving

METHOD

1. Cook fettuccine pasta according to packet instructions. Drain and set aside. Keep warm
2. Meanwhile, heat olive oil in a large fry-pan over medium heat. Fry onions until soft. Add garlic and cook for 1 more minute
3. Add passata, tomatoes, basil, thyme, Worcestershire sauce and paprika. Stir, bring to the boil, then reduce to a simmer for 20 minutes
4. Remove from heat, and while still hot stir through cream and half the parmesan. Add the warm pasta to the sauce, toss to coat
5. Serve pasta topped with remaining parmesan and fresh herbs




TIPS & HINTS:

We used Vetta High Fibre Fettuccine in this recipe.



CHARGRILLED HERB CHICKEN WITH

freekeh and peach salad

 **PREP 15 MINS**  **COOK 25 MINS**  **SERVES 4**

INGREDIENTS

8 Lilydale Free Range Chicken Thigh Fillets, fat trimmed, halved

1 cup (185gm) freekeh

2 tblsp parsley leaves, finely chopped + extra leaves, to serve

2 tblsp chives, finely chopped

2 tblsp mint, finely chopped

4 tblsp olive oil

1 small avocado, chopped

2 peaches, cut into wedges

250gm tomato medley, halved

1 bunch watercress, leaves picked

80gm goat's cheese, crumbled

2 tblsp pistachios, toasted, roughly chopped

1 tblsp balsamic vinegar

METHOD

1. Cook freekeh according to packet directions. Rinse under cold water and drain
2. Meanwhile, preheat a barbecue or chargrill pan over medium-high heat. In a small bowl, combine herbs and 2 tblsp olive oil. Season with salt and pepper
3. Place chicken thighs in a large snap lock bag or shallow glass dish and cover with herb oil. Rub to coat
4. Cook chicken for 3 to 4 minutes each side, or until browned and cooked through. Set chicken aside on a plate covered with foil to rest
5. In a large bowl, combine freekeh, avocado, peaches, tomatoes and watercress. Sprinkle with goat's cheese, pistachios and parsley leaves. Drizzle with remaining oil and balsamic vinegar. Season. Serve freekeh salad with chicken

TIPS & HINTS:

You can replace peaches with nectarines.

**QUICK &
CONVENIENT**



LEMON AND PEPPER CHICKEN NOURISH BOWLS

PREP: 15 MINS **COOK:** 20 MINS **SERVES:** 4

INGREDIENTS

LEMON AND PEPPER CHICKEN

2 x 350g Lilydale Free Range Lemon & Pepper Chicken Tenders
1 tablespoon olive oil
500g small Brussels sprouts, finely sliced
2 green onions, trimmed and thinly sliced
2 garlic cloves, finely chopped
450g pkt microwave brown rice
1/3 cup pepitas
1/3 cup flaked natural almonds
200g snow peas, trimmed and blanched
Mint leaves and lemon wedges, to serve

TAHINI YOGHURT DRESSING

1/2 cup Greek-style natural yoghurt
1 tablespoon tahini
1 tablespoon lemon juice

METHOD

LEMON AND PEPPER CHICKEN

1. Cook Lilydale Lemon & Pepper Chicken Tenders following packet directions
2. Heat oil in a large frying pan over medium-high heat. Add sprouts, onions and garlic. Cook, tossing often, for 4-5 minutes until just tender. Reduce heat and keep warm
3. Cook rice in the microwave following packet directions. Place into a bowl. Toss through half of the pepitas and almonds. Set remaining pepitas and almonds aside
4. Divide rice mixture, sprouts and snow peas among shallow serving bowls. Slice chicken lengthways and add to bowls. Drizzle with dressing. Scatter with remaining pepitas and almonds. Sprinkle with mint and serve with lemon wedges

TAHINI YOGHURT DRESSING

5. Meanwhile, to make tahini yoghurt dressing, place all ingredients in a small bowl. Season with salt and pepper. Mix until combined. Set aside.



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SESAME CHICKEN

and brown rice salad bowl

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

INGREDIENTS

1 x Lilydale Free Range Chicken Breast Fillets (approx. 900g), cut in half horizontally

1 tblsp olive oil

2 tblsp sesame seeds

2 tblsp tahini

Juice and zest of 1 lemon

3 cups cooked brown rice

¼ bunch kale, finely shredded

1 cucumber, cut into ribbons

1 avocado, thinly sliced

1 cup sprouts of choice

¼ cup pickled ginger

¼ cup almonds

METHOD

1. Preheat a large non-stick frying pan on medium heat
2. Spread sesame seeds on a large plate and coat chicken with seeds. Season with salt and pepper. Heat oil in frying pan and cook chicken for 3 to 4 minutes each side, or until cooked through
3. Set chicken aside on a plate covered in foil to rest for 5 minutes. Thinly slice chicken
4. To make dressing, combine tahini, zest and juice and 1/4 cup water in a small bowl until smooth and viscous. Season with salt and pepper
5. In a large bowl, combine the rice, kale, cucumber, avocado, and sprouts. Top the salad with the chicken, pickled ginger and almonds. Drizzle dressing before serving



CREAMY AVOCADO PASTA SALAD

with crispy prosciutto



PREP 10 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

DRESSING

1 large ripe avocado, halved, seeded and peeled

½ cup lime juice

1 clove garlic

½ cup olive oil

½ cup grated parmesan

½ cup parsley leaves

PASTA SALAD

500g packet high fibre large fusilli

100g snow peas, thinly sliced

30g baby rocket

100g packet prosciutto, cooked, and roughly chopped

2 tablespoons pine nuts, toasted

METHOD

DRESSING

1. Add all dressing ingredients into a blender or food processor and puree until smooth. Season with sea salt and freshly cracked pepper

PASTA SALAD

1. Cook pasta according to directions, drain and set aside to cool
2. Pour the dressing on top of cooled pasta and gently toss to coat. Add the rocket and snow peas into pasta and gently stir through
3. Place into a serving bowl and sprinkle with prosciutto and pine nuts

TIPS & HINTS:

We used Vetta High Fibre Large Spirals in this recipe.



THAI BASIL

and chicken fried rice



PREP 15 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

2 *tblsp* peanut oil
1 large red onion, sliced into thin wedges
2 cloves garlic, crushed
1 *tblsp* finely grated ginger
1 long red chilli, seeded, finely sliced
1 *tblsp* brown sugar
500gm Lilydale Free Range Chicken mince
1 red capsicum, thinly sliced
175gm green beans, cut into 3cm lengths
4 cups cooked and cooled jasmine rice (1 $\frac{1}{3}$ cups (265gm) uncooked rice)
 $\frac{1}{4}$ cup sweet chilli sauce
2 *tblsp* fish sauce
2 *tblsp* soy sauce
Juice of 1 lime, + extra wedges, to serve
Thai basil leaves and coriander leaves, to serve

METHOD

1. Heat the oil in a wok over medium-high heat. Stir fry the onion for 2-3 minutes until softened. Add the garlic, ginger, chilli and sugar, and cook for a further minute until fragrant
2. Add the chicken mince and cook, breaking up lumps with a wooden spoon, for 10 minutes or until browned
3. Add the capsicum and beans and stir-fry for 2 minutes until vegetables are just tender
4. Add the cooked rice, sweet chilli sauce, fish sauce, soy sauce and lime juice, and stir-fry for 3 minutes until heated through
5. Serve the rice topped with Thai basil, coriander and lime wedges

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ONE-PAN

penne bolognese



PREP 5 MINS



COOK 30 MINS



SERVES 4

INGREDIENTS

1-2 tablespoons olive oil
1 onion, diced
2 garlic, crushed
2 tablespoons tomato paste
500g beef mince
700g passata
1-2 teaspoons dried Italian herbs
3 cups beef stock
1 packet high-fibre penne pasta
200g fresh ricotta
1 cup shredded cheese mix (see tips)
Fresh basil leaves, to serve

METHOD

1. Heat oil in a wide casserole or fry pan over a medium heat. Fry onion and garlic until soft. Stir in tomato paste and cook for a further minute
2. Add beef mince and cook, breaking up with a wooden spoon. Once browned, drain off fat
3. Add passata, stock and dried herbs. Bring to the boil, add penne and stir into sauce. Reduce heat to a simmer, then cover and cook for 20 minutes, or until pasta is al dente. Stir occasionally adding $\frac{1}{2}$ cup water if mix becomes dry
4. Removed from heat. Dollop ricotta on top of pasta, sprinkle over cheese blend and grill for 5-10 minutes or until golden. Finish with fresh basil




TIPS & HINTS:

We used Vetta High Fibre Penne in this recipe.



LEMONGRASS AND CHILLI TENDERLOINS

with cucumber salad

 **PREP** 15 MINS + 30 MINS FOR MARINATING  **COOK** 10 MINS  **SERVES** 4

INGREDIENTS

DRESSING

2 tablespoons rice vinegar
2 tablespoons coconut sugar
1 tablespoon freshly squeezed lime juice
1 tablespoon fish sauce

TENDERLOINS

500g Lilydale Free Range Chicken Tenderloins
1 stalk lemongrass, roughly chopped
2 shallots
2 small red chillies, stalks trimmed
2 cloves garlic
1 tablespoon grated ginger
1 coriander plant, including the root, rinsed well
½ cup coconut cream
2 teaspoons fish sauce
1 tablespoon coconut sugar
Lime, fresh coriander leaves and sliced red chilli, to serve
½ cup salted peanuts, to serve

SALAD

2 Lebanese cucumbers, shaved lengthways with a vegetable peeler
½ small red onion, cut into fine wedges
¼ cup coriander leaves

METHOD

DRESSING

1. To make the dressing, combine the rice vinegar, coconut sugar, lime juice and fish sauce in a jug

TENDERLOINS

1. Combine the lemongrass, shallots, 2 red chillies, garlic, ginger, coriander, coconut cream, fish sauce and coconut sugar in a small food processor and process to form a paste
2. Thread the chicken tenderloins onto skewers and pour over just enough marinade to coat the chicken (remaining marinade can be stored in the refrigerator for up to 1 week).
3. Marinate the chicken in the refrigerator for 30 minutes
4. Chargrill the tenderloins over a medium heat for 2-3 minutes on each side or until cooked through
5. Garnish with lime, coriander, sliced red chilli and peanuts. Pour over the dressing just before serving

SALAD

1. Place the cucumber, red onion and coriander leaves in a serving plate alongside the chargrilled tenderloins.

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