

*myfoodbook*<sup>®</sup>  
**foodbook**

*Good for You*



*Recipes* **TO FEED YOUR BODY & SOUL**



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KICK-START YOUR DAY

HEALTHY BITES

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*It's all*  
**GOOD FOR YOU**

## *Unbeatable* **NUTRITION**

Did you know six out of seven Australians aren't consuming enough protein? Eggs are a fantastic source and the perfect way to help you meet the recommended dietary guidelines. Simply kick start your morning with an AUSTRALIAN EGG first thing or add to salads or sandwiches for an easy and protein-packed lunch.

*Two Eggs*

=

ONE EXTRA SERVE  
OF PROTEIN



## **FINGER LICKING** *Chicken!*

It's chicken time!  
LILYDALE'S FREE RANGE CHICKEN will transform all of your meals this year. Try juicy chicken tenderloins in lemongrass, chilli and coconut with a refreshing cucumber salad.

# Pear IT!

Pairing sliced and grilled AUSTRALIAN PEARS with cheese or ham is a great way to jazz up your salad. This simple yet effective twist adds the perfect balance of salty and sweet. Get creative with your pears!



*Treat*  
YOURSELF WITH  
GOOD FATS

## Lunchbox TREAT

Sneak an extra serve of goodness into your kid's lunchbox brownies. Adding AUSTRALIAN AVOCADOS in brownies is a great way to add good fats into your meals. Plus avocados add the perfect amount of creaminess to any sweet treat.



*Time*  
SAVER

## Dress TO IMPRESS

Find salads boring but don't have time to make dressing? ZoöSh dressings are a delicious way to bring your salad to life without spending ages concocting the perfect dressing.



*Kick-start*  
*your day*

BEGIN YOUR MORNING ON A NOURISHING NOTE  
WITH THESE TASTY POWER BREAKFASTS.



*Tip*

.....  
*Batch prep on  
Sunday so you have  
breakfast ready  
to go in the  
morning*

# BIRCHER MUESLI WITH GRATED PEAR, *toasted hazelnuts & honey*

 **PREP 10 MINS + SOAKING TIME**  **SERVES 4**

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## INGREDIENTS

*250g rolled oats*  
*250ml fresh orange juice*  
*750g European style natural yoghurt*  
*2 Packham's pears, grated*  
*50g brown sugar*  
*75g ground raw almonds*  
*75g ground hazelnuts*  
*75g ground walnuts*  
*4 tablespoons honey*

## METHOD

1. Place the oats into a large mixing bowl, add the orange juice, stir, cover and leave to soak for at least 2 hours or overnight
2. Place the nuts, Packham's pears, sugar and yoghurt into the oat mixture and stir to combine
3. Adjust the yoghurt and sugar to your liking
4. To serve, place in large bowls and drizzle over some good quality honey

# AVO TOAST

## 5 ways


### 1 AVOCADO and BACON

Place *half avocado* sliced, fanned and top with *2 rashers crisp chopped bacon*, *¼ tsp chilli flakes* and *1 tsp aioli*

### 2 AVOCADO and FETA

Place *half avocado* smashed, *crumbled feta*, *1 tbsp pomegranate seeds* and serve with *chopped almonds*





### AVOCADO, BOCCONCINI and PESTO

Place **half avocado** mashed with **1 small slice bocconcini** torn, chopped **cherry tomatoes** (toss in **olive oil**) and finish off with a drizzle of **basil pesto** and **fresh basil**

3

### AVOCADO and BEANS

Add **half avocado** sliced, **1 tbsp beans**, **coriander**, **red or spring onion**, and **1 tbsp sour cream**

4



### AVOCADO and SOFT BOILED EGG

Place **half avocado** sliced, fanned and top with **slices of soft boiled egg**, **½ tsp chopped chives**, **rocket leaves** and **salt and pepper**

5

# EGG MUFFINS

## *3 ways*



 **PREP** 15 MINS  **COOK** 25 MINS  **MAKES** 6

## INGREDIENTS

### MUFFIN BASE

6 eggs

$\frac{1}{2}$  cup milk

2 tbs plain flour

### TOMATO, FETA AND CHIVES

250g tomatoes, quartered, deseeded, diced

150g feta, crumbled

2 tbs finely chopped chives

### CHEESE AND VEG

100g broccolini, roughly chopped

1 large carrot, grated

$\frac{3}{4}$  cup frozen peas

$\frac{3}{4}$  cup grated cheddar cheese

### ZUCCHINI, CORN AND MOZZARELLA

2 zucchini, grated

2 x 125g sweet corn kernels, drained

$\frac{3}{4}$  cup grated mozzarella



## Top Tip

.....  
These muffins can  
be frozen for up to  
2 months

### METHOD

#### MUFFIN BASE

1. Preheat oven to 180°C. Line 6 Texas muffin moulds with paper cases. Whisk eggs, milk and flour in a medium bowl. Season with salt and white pepper. Add one of the fillings and spoon into prepared muffin cases. Bake for 20-25 minutes or until puffed and cooked through. Transfer to a wire rack to cool. Serve or wrap cold muffins in plastic wrap. Place wrapped muffins into clip lock bags or airtight containers and place in freezer for up to 2 months

#### TOMATO, FETA AND CHIVES

1. Add chopped tomatoes, feta and chives to egg mixture. Season with salt and pepper

#### CHEESE AND VEG

1. Add broccolini, carrot and peas to a saucepan of boiling water. Cook for 2 minutes or until just tender. Drain and rinse under cold water. Drain well and add to egg mixture with cheese. Season with salt and pepper

#### ZUCCHINI, CORN AND MOZZARELLA

1. Grate zucchini and using your hands, squeeze as much liquid as possible from zucchini. Add zucchini, corn and mozzarella to egg mixture

# How to cook eggs

## SCRAMBLED, POACHED, FRIED, BOILED

Whichever way you like them, try these handy cooking tips for the perfect breakfast eggs.

### SCRAMBLED EGGS

- For every 2 eggs use  $\frac{1}{2}$  cup milk and beat together well
- Season using fresh herbs, salt and pepper
- Warm a little olive oil in a non-stick pan then add eggs. As they begin to set, gently pull them apart using a heatproof spatula
- Continue cooking - pulling, lifting and folding over - until cooked to your liking
- Prevent overcooking by removing from heat and serve immediately

### POACHED EGGS

- Fill a large saucepan with water (approx  $\frac{3}{4}$  full) and bring to a gentle boil
- With a large spoon, gently stir the water in a circular motion to create a whirlpool
- Crack your egg into a small bowl or cup, then carefully slide into the water
- Allow 3½-4 minutes for poached eggs with firm whites and soft yolks, and 4-5 minutes for firmer yolks
- Use cold eggs straight from the fridge. Add a teaspoon of vinegar to the water prior to poaching to help keep the egg together during cooking

### FRIED EGGS

- Heat a little olive oil in a non-stick pan
- Break eggs and slip into pan, one at a time
- Immediately reduce the heat to low
- Cook slowly until whites are completely set and yolks begin to thicken but are not hard
- Fresh eggs produce the best looking fried eggs. Use a gentle heat to retain nutrients and allow for even cooking

### BOILED EGGS

- For best results, bring eggs to room temperature first
- Place in cold water and bring to a gentle boil over medium heat
- Soft boiled eggs take 4 minutes and hard boiled eggs take 8 minutes
- Older eggs are best for boiling as they're easier to peel





# *Healthy Bites*

TUCK INTO THESE SATISFYING SNACKS FOR A NUTRITIOUS PICK-ME-UP BETWEEN MEALS.



# GUACAMOLE

## 3 ways

 **PREP 10 MINS**  **MAKES 2½ CUPS**

### INGREDIENTS

#### THAI GUACAMOLE

2 ripe avocados, skin and seeds removed

1 tablespoon lime juice or lemon juice

1 bird's eye red chilli, seeds removed and finely chopped

¼ cup chopped coriander leaves

½ small red onion, finely diced

#### KID FRIENDLY GUACAMOLE

2 ripe avocados, skin and seeds removed

1 tablespoon lime or lemon juice

¼ cup whole egg mayonnaise

1 small vine ripened tomato, seeds removed and finely diced

1 small clove garlic, crushed

#### FIERY GUACAMOLE

2 ripe avocados, skin and seeds removed

1 tablespoon lime or lemon juice

2 jalapeno chillies, seeds removed from one and finely diced, the other thinly sliced

½ small red onion, finely diced

1 teaspoon celery salt

3-4 drops tabasco sauce



## METHOD

### THAI GUACAMOLE

1. Place avocados and lime or lemon juice in a medium bowl and roughly mash with a fork. Season to taste
2. Stir through remaining ingredients, reserving some chilli, coriander and red onion to garnish

### KID FRIENDLY GUACAMOLE

1. Place avocados and lime or lemon juice in a medium bowl and mash with a fork. Season to taste
2. Add mayonnaise, garlic and  $\frac{3}{4}$  quarters of the tomato. Stir until combined

### FIERY GUACAMOLE

1. Place avocados and lime or lemon juice in a medium bowl and mash with a fork. Season
2. Stir through remaining ingredients, reserving some red onion for garnish




*Tip*

.....  
*Unripe avocados?  
Store them with  
bananas and they  
will be ripe in  
1-3 days*





# PEAR AND COCONUT *muffins*

 **PREP 5 MINS**  **COOK 25 MINS**  **MAKES 12**

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## INGREDIENTS

*½ cup coconut flour*  
*½ cup gluten free plain flour*  
*1 cup almond meal*  
*½ cup coconut sugar*  
*1 teaspoon baking powder*  
*½ teaspoon bi carb soda*  
*¼ vegetable oil*  
*½ cup almond milk*  
*⅓ cup sparkling apple juice*  
*2 eggs*  
*2 tablespoons maple syrup,*  
*plus 1 extra to serve*  
*1 medium pear, finely diced*



## METHOD

1. Preheat oven to 180°C, grease a 12-hole muffin tin
2. In a medium bowl, combine the flours, almond meal, coconut sugar, baking powder and bi carb
3. In a medium sized jug, whisk together the eggs, and all of the remaining ingredients except the pear
4. Pour into the flour mix and stir to combine
5. Stir through pear and divide evenly between prepared muffin tins
6. Bake for 30 mins, cover with foil at 20 mins if browning too quickly
7. Brush with reserved maple syrup while warm

*"The perfect treat  
for lunchboxes"*



# GOAT'S CHEESE AND *pear wedges*

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

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## INGREDIENTS

*2 pears, cored and cut into wedges*  
*½ cup soft goats cheese*  
*¼ cup pistachios, roughly chopped*  
*¼ cup raisins*  
*1 tablespoon lemon juice*

## METHOD

1. Toss pear slices in the lemon juice
2. Gently spread cheese onto the pear wedge. Sprinkle with pistachios and raisins
3. Arrange on a platter and decorate with micro herbs

*Tip*

.....  
Serve your cheese at room  
temperature for extra  
texture and flavour

# PEAR-FECT *trio of* SMOOTHIES

The perfect on-the-go breakfast idea or nutrient rich snack to keep you going throughout the day. This collection of pear smoothies includes 3 different flavours; **CHOC PEAR** smoothie, **GREEN PEAR** smoothie and a **STRAWBERRY PEAR** smoothie.



## CHOC PEAR

### INGREDIENTS

1-2 pears, peeled, cored, chopped  
1.5 cups chilled almond milk  
3 medjool dates, pitted  
1 tbsp almond butter  
1 tbsp cacao  
1 tbsp chia seeds  
3-4 ice cubes

### METHOD

Add all ingredients to blender. Blend on high speed

**SERVES: 2**



## GREEN PEAR

### INGREDIENTS

2 pears, peeled, cored, chopped  
1 tbsp rice malt syrup/or agave  
2 frozen bananas, chopped  
3/4 cup chopped kale  
250ml vanilla almond milk  
3-4 ice cubes

### METHOD

Add all ingredients to blender. Blend on high speed

**SERVES: 2**



## STRAW- BERRY PEAR

### INGREDIENTS

2 pears, peeled, cored, chopped  
6 strawberries, washed and hulled  
10 seedless grapes of choice  
1/2 cup natural yoghurt  
1 cup rice milk  
3-4 ice cubes

### METHOD

Add all ingredients to blender. Blend on high speed

**SERVES: 2**








*Make-ahead*  
*lunch ideas*

BECOME A MEAL PREP PRO WITH THESE  
MOUTHWATERING NO-FUSS LUNCH RECIPES.



# CHIA WRAPS WITH POMEGRANATE AND *Moroccan chicken*

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

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## INGREDIENTS

1 x Lilydale Free Range Chicken Tenderloins (approx. 400g)  
2 tblsp Moroccan spice  
4 chia wraps  
½ cup hummus  
1 cup baby spinach  
200gm canned chickpeas, rinsed and drained  
100gm roasted red capsicum, cut into strips  
2 tblsp pomegranate seeds  
80gm feta cheese, crumbled  
¼ cup coriander leaves  
Lemon wedges, to serve

## METHOD

1. Preheat a lightly oiled barbecue or chargrill pan to medium high heat
2. Sprinkle the chicken tenderloins with Moroccan spice. Cook the chicken for 4 to 5 minutes each side or until cooked through. Set aside on a plate covered with foil to rest. Thickly slice chicken
3. Place a chia wrap on a plate, and spread with hummus. Top with baby spinach, chickpeas and capsicum
4. Next add chicken and sprinkle pomegranate seeds, feta and coriander. Season with salt and pepper
5. Repeat with remaining wraps and serve with lemon wedges






*Tip*  
.....  
This is the ideal budget-friendly lunch go-to



# ASIAN POACHED CHICKEN SLAW IN

## *lettuce cups*

 **PREP 35 MINS**  **COOK 25 MINS**  **SERVES 4**

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### INGREDIENTS

*1 litre chicken stock*  
*2 cloves garlic, crushed*  
*2.5cm piece ginger, cut into slices*  
*¼ cup soy sauce*  
*1 white onion, chopped*  
*1 tablespoon sesame oil*  
*500g chicken breast fillets*  
*¼ wombok, shredded*  
*4 spring onions, extra, cut into 2cm lengths*  
*2 carrots, cut into julienne strips*  
*1 cup Vietnamese mint leaves*  
*2 red chili, thinly sliced*  
*½ cup ZoOsh Tuk-Tuk Into South Eastern Asian dressing*  
*Butter lettuce leaves, for serving*  
*Extra Vietnamese mint leaves for serving*

### METHOD

1. Combine the stock, garlic, ginger, soy sauce, onion and sesame oil in a large saucepan and bring to a boil. Reduce the heat to a slow simmer. Add the chicken and poach for 15-20 minutes or until just cooked through. Allow to cool for an hour in the poaching liquid then discard liquid (or freeze for a soup). Shred the chicken using two forks
2. Combine the wombok, spring onions, carrot, mint, chicken and dressing and toss to combine. Spoon the slaw into lettuce cups, top extra mint. Serve immediately



# CHICKEN, MINT AND *asparagus wraps*

 **PREP 25 MINS**  **COOK 5 MINS**  **SERVES 4**

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## INGREDIENTS

### CHICKEN WRAPS

*1 tablespoon olive oil*

*2 garlic cloves, crushed*

*400g Lilydale Free Range Chicken tenderloins, trimmed*

*1 bunch (about 5 stems) thick-stemmed asparagus, trimmed*

*4 large mixed grain wraps*

*1 baby gem or cos lettuce, trimmed and leaves separated*

*50g parmesan, shaved*

*1/3 cup mint leaves*

*Micro-herbs (like red-veined sorrel), if liked*

### MINT AND LEMON MAYONNAISE DRESSING

*1/3 cup whole egg mayonnaise*

*1 tablespoon lemon juice*

*1 teaspoon lemon zest*

*1/3 cup mint leaves, finely chopped*

## METHOD

### CHICKEN WRAPS

1. Combine oil and garlic in a shallow dish. Season with salt and pepper. Add chicken and toss to coat
2. Heat a large non-stick char-grill pan or non-stick frying pan over medium-high heat. Char-grill or pan-fry chicken for 2-3 minutes on each side until just cooked through. Transfer to a plate to cool, then make the dressing
3. Using a vegetable peeler, shave asparagus into long thin ribbons. Plunge into a bowl of iced water and stand for a few minutes. Drain and pat dry using paper towel. Slice chicken
4. Place the wraps onto a board. Top each wrap with lettuce, shaved asparagus, parmesan, chicken, mint and micro-herbs, if using. Drizzle with a little of the dressing. Wrap to enclose filling and secure with a strip of baking paper and string. Chill until ready to serve

### MINT AND LEMON MAYONNAISE DRESSING

1. Combine all ingredients in a bowl. Season with salt and pepper. Mix until well combined. Set aside



# VIETNAMESE

## chicken salad



PREP 20 MINS



COOK 10 MINS



SERVES 4

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### INGREDIENTS

#### CHICKEN SALAD

700g Lilydale Free Range Chicken breast fillets

1 lime, sliced

3cm piece ginger, sliced

100g rice vermicelli noodles

2 Lebanese cucumbers, halved lengthways, seeds removed and diagonally sliced

1 large carrot, peeled and shredded lengthways

1 cup bean sprouts, trimmed

3 shallots (green onions), trimmed and thinly sliced

2 long red chillies, deseeded and thinly sliced

1 cup coriander leaves

½ cup mint leaves

Lime wedges, to serve

#### LIME, CHILLI AND SOY DRESSING

¼ cup lime juice

1 small red chilli, deseeded and finely chopped

¼ cup fish sauce

2 tablespoons caster sugar

1 tablespoon soy sauce

### METHOD

#### CHICKEN SALAD

1. Place chicken into a deep frying pan. Cover chicken with water. Add lime and ginger slices. Cover and bring to the boil over medium-high heat. Reduce heat and simmer, turning once, for 10-15 minutes (depending on size of the breasts) until almost cooked through. Remove from heat and stand in the poaching liquid for 5-10 minutes until cooked through. Transfer chicken to a plate and set aside to cool slightly
2. Meanwhile, place noodles into a heatproof bowl. Cover with boiling water and stand for 3-4 minutes until just tender. Drain and refresh in cold water. Using kitchen scissors, roughly cut noodles
3. Shred chicken. Combine noodles, cucumbers, chicken, carrot and bean sprouts in a large bowl. Gently toss to combine. Add green onions, chilli and coriander. Drizzle salad with dressing and gently toss to combine. Sprinkle with mint leaves. Serve with lime wedges

#### LIME, CHILLI AND SOY DRESSING

1. Combine all ingredients in a screw-top jar. Shake until sugar dissolves

# JOIN THE FREE RANGE

Lilydale's free range tribe describe what living free range means to them



## HAYDEN QUINN

"For me, living free range is all about living your best life, and for me, the best life is outdoors, in the sunshine, out in the water, under the trees and in the mountains."

## JESSICA SEPEL

"I have a very 'free' mentality when it comes to my food philosophy. I do not believe in diets. I believe we need to eat intuitively, by connecting to our individual needs."



## REECE CARTER

"To me, living free range is about boosting my wellbeing by nourishing and moving my body the way it should be."

## BECK LOMAS

"To me, living free range is making your best effort to get outdoors as much as possible. It's the little changes that end up making the biggest difference."



**LILYDALE**  
free range chicken



# *Nourishing bowls*



THE PERFECT 'NO RULES' RECIPE. CHOOSE YOUR FAVOURITE INGREDIENTS TO BUILD YOUR BOWL.





# AVOCADO, CHICKEN AND CABBAGE

## *nourish bowl*

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

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### INGREDIENTS

*2 cups finely shredded red cabbage*

*2 ripe avocados, mashed with a squeeze of lemon*

*2 medium carrots, shredded lengthways*

*2 small red apples, cut into matchsticks*

*2 chicken Schnitzels, cooked, cooled and chopped*

*1 sheet Nori, finely shredded*

*3 radishes, very finely sliced*

*Roasted sesame dressing\**

### METHOD

1. Arrange ingredients into four shallow serving bowls in the same order as the ingredients list
2. Finish each bowl with a drizzle of the dressing and serve immediately

*\*Roasted sesame dressing available at Asian grocers, or in the asian aisle of large supermarkets.*

**top tip**

This bowl goes well with a tahini dressing



# EGG BUDDHA

## *bowls*

 **PREP 30 MINS**  **COOK 15 MINS**  **SERVES 4**

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### INGREDIENTS

*600g piece pumpkin, deseeded, peeled, cut into 2cm cubes*

*Olive oil cooking spray*

*1 small red onion, thinly sliced*

*¼ cup white wine vinegar*

*1 cup quinoa*

*1 bunch broccolini, trimmed*

*4 eggs*

*1 large carrot, finely shredded*

*1 large red beetroot, peeled, grated*

*1 large avocado, sliced*

#### **Dressing**

*⅓ cup vegetable oil*

*2 tbs rice wine vinegar*

*2 tsp sesame oil*

*2 tsp honey*

*½-1 tsp wasabi*

### METHOD

1. Preheat oven to 200°C. Line a baking trays with baking paper. Spread pumpkin onto tray and spray with olive oil. Season with salt and pepper. Roast pumpkin for 20 minutes or until tender. Cool. Place onion and vinegar into a bowl and stand for 20 minutes. Drain well
2. Put 3 cups water into a saucepan and bring to the boil. Add quinoa, cover and reduce heat to medium low. Simmer for 10-15 minutes or until quinoa is tender. Drain and rinse under cold water. Drain well
3. Bring a medium saucepan of water to the boil. Add broccolini and cook for 1 minute or until just tender. Remove with tongs. Return water to the boil. Add eggs and cook for 7 minutes. Drain
4. To make dressing whisk oil, vinegar, sesame oil, honey and wasabi in a jug. Season with salt and white pepper
5. Spoon quinoa into shallow bowls. Add pumpkin, red onion, broccolini, carrot, beetroot and avocado. Drizzle dressing over bowl. Peel eggs, cut in half and place on top of bowls. Serve




A top-down view of a bowl of poke. The bowl is filled with white rice, topped with chunks of salmon, avocado, cucumber, purple cabbage, and green onions. Black sesame seeds are scattered throughout. A pair of wooden chopsticks rests on the right side of the bowl. In the top left corner, a small white bowl contains a brown liquid dressing. The background is a light blue wooden surface with scattered sesame seeds.

## Tip

.....  
Make sure you  
add both white  
and black sesame  
seeds for taste  
and crunch

# AVOCADO AND SALMON

## *poke bowl*

 **PREP 20 MINS**  **COOK 18 MINS**  **SERVES 4**

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### INGREDIENTS

#### Sushi rice

1 ½ cups sushi rice

3 cups water

1 tablespoon sushi vinegar

#### Dressing

2 tbsp yuzu juice or orange juice

2 tbsp mirin

½ cup grape seed oil

1 large clove garlic, peeled and finely grated

½ tsp sesame oil

1 ½ tbsps soy sauce

#### Bowl

1 cup finely shredded red cabbage

1 cup finely shredded Savoy cabbage

1 cup podded frozen soy beans, defrosted

1 Lebanese cucumber, halved lengthways and finely sliced

400g sashimi Atlantic salmon, deboned and diced

1 just-ripe avocado, peeled, deseeded and diced

½ Lemon

Black and white sesame seeds and pickled ginger to serve

### METHOD

#### Sushi rice

1. To cook the sushi rice, place rice into a micro-safe bowl with the water and microwave uncovered, on high for 18 minutes. Remove and stir with a fork to fluff rice while gradually adding the sushi vinegar. Set aside to cool slightly

#### Dressing

1. To make the yuzu dressing, combine all dressing ingredients in a screw-top jar. Shake until well combined. Set aside

#### Bowl

1. Arrange cabbage, soy beans and cucumber in a bowl and drizzle with two tablespoons of dressing and stir through. Set aside
2. In another bowl add the diced salmon and stir through another two tablespoons of dressing
3. Add the sushi rice to the vegetables, top with the dressed salmon and diced avocado. Top with another tablespoon of dressing
4. Sprinkle with sesame seeds and serve with pickled gingersliced



# DUKKAH CHICKEN

## *nourish bowls*



PREP 15 MINS



COOK 10-12 MINS



SERVES 4

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### INGREDIENTS

#### DUKKAH CHICKEN BOWL

4 medium Lilydale Free Range  
Chicken breast fillets, trimmed

¼ cup extra virgin olive oil

¼ cup dukkah

2 x 250g packets quick cook brown  
rice & quinoa

1 medium just-ripe avocado

1 tablespoon lemon juice

2 Lebanese cucumbers, roughly  
chopped

250g mini roma tomatoes, halved  
lengthways

½ cup roasted almonds, roughly  
chopped

Mint leaves, pomegranate seeds  
and lemon wedges, to serve

#### TAHINI YOGHURT DRESSING

½ cup Greek-style natural yoghurt

1 tablespoon tahini

2 tablespoons lemon juice

### METHOD

#### DUKKAH CHICKEN BOWL

1. Place chicken onto a board lined with baking paper. Brush chicken on both sides with 2 tablespoons oil and press dukkah onto the chicken. Season with salt and pepper
2. Heat remaining 1 tablespoon oil in a non-stick frying pan over medium heat. Add chicken and cook, for 5-6 minutes on each side until cooked through. Transfer to a board to cool
3. Microwave the rice and quinoa following packet instructions. Set aside to cool. Peel and slice avocado lengthways and drizzle with lemon juice. Set aside. Make Tahini yoghurt dressing
4. Slice cooled chicken into 1cm-thick strips. Dividing ingredients, arrange the chicken, rice & quinoa, cucumbers, tomatoes, avocado and almonds in shallow serving bowls. Scatter with mint and pomegranate seeds. Serve with tahini yoghurt and lemon wedges

#### TAHINI YOGHURT DRESSING

1. Combine all ingredients in a bowl. Season with salt and pepper. Mix until smooth



# 1 AVO 4 WAYS

*Ever buy an avocado and use half, then wonder what to do with the rest? Waste not, want not! Check out four ways to tempt your taste buds and make the most of your delicious avo.*



Give your **SMOOTHIE** a nutritional boost with some avo. The good fats will keep you full and satisfied for longer.

No **SANDWICH** is complete without mashed avocado. Give your sarnie extra bulk and flavour in an instant.

If you're feeling extra hungry, why not create a nutritious **SNACK** using avocado. How about an avo and tuna served with crunchy pita chips?

Why not finish off your **PARMY** with some nourishing avocado. It adds an extra element of creaminess, flavour and good fats.







# *Delectable dinners*

BECOME THE MASTER OF YOUR KITCHEN WITH  
THESE HEALTHY, QUICK AND EASY DINNER IDEAS.




A close-up photograph of a bowl made from a tortilla shell, filled with a vibrant salad. The salad includes cooked shrimp, fresh lettuce, sliced cherry tomatoes, corn kernels, black olives, sliced red onions, and fresh cilantro leaves. The bowl is placed on a wooden surface. In the background, there is a blurred bowl of white sauce and more green vegetables.

## Top Tip

.....  
A quick and easy  
dinner recipe

# CHICKEN TORTILLA

## *bowls*

 **PREP 30 MINS**  **COOK 30 MINS**  **SERVES 6**

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### INGREDIENTS

#### TORTILLA BOWLS

*6 x 20cm wholegrain tortillas*

*Olive oil spray*

#### JALAPENO AIOLI

*½ cup ZoOsh Hey Ho Free Range  
Egg Garlic Aioli*

*2 tablespoons milk*

*1 tablespoon chopped pickled  
jalapeno chillies*

#### CHICKEN TORTILLA BOWLS

*400g chicken tenderloins, pan-fried  
and cut in half*

*400g can black beans, drained*

*310g can corn kernels, drained*

*200g cherry tomatoes, halved*

*2 avocados, chopped*

*1 baby cos lettuce, chopped*

*1 red onion, sliced*

*Coriander leaves, for garnishing*

### METHOD

#### TORTILLA BOWLS

1. Warm tortillas as per packet directions. Gently press into 15cm oven proof bowls. Bake each in a moderate oven 180°C for 5-8 minutes or until crisp and browned. Stand in bowls for 2-3 minutes before turning out

#### JALAPENO AIOLI

1. Combine the aioli with the milk and jalapeno in a small bowl

#### CHICKEN TORTILLA BOWLS

1. Place the chicken, beans, corn, tomato, avocado, lettuce and onion into the tortilla bowls then drizzle over the aioli. Garnish with coriander and serve immediately

## Tip

.....  
This satisfying  
salad can be on  
the table in under  
30 minutes



# ROASTED PUMPKIN, BRUSSEL SPROUTS AND *prosciutto with egg*

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

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## INGREDIENTS

800g piece pumpkin  
Olive oil cooking spray  
350g Brussels sprouts, halved lengthways  
2 red onions, cut into thin wedges  
100g prosciutto  
3 hard boiled eggs  
 $\frac{1}{3}$  cup extra virgin olive oil  
2 tbs lemon juice  
2 tsp honey  
2 tsp grainy mustard  
 $\frac{1}{4}$  cup toasted walnuts, roughly chopped  
Continental parsley leaves, to serve  
Sea salt and freshly ground black pepper, to season

## METHOD

1. Preheat oven to 200°C. Line 2 large baking trays with baking paper. Remove seeds and skin from pumpkin and cut into 3cm pieces. Place onto first tray with Brussels sprouts and onions and spray with olive oil. Season with salt and freshly ground black pepper
2. Place prosciutto onto remaining tray and roast both trays for 15 minutes or until golden. Cool on tray. Break into pieces and place into a large bowl with pumpkin, Brussels sprouts and onion. Toss until combined. Transfer to a platter. Cut eggs into quarters and place over vegetables
3. Whisk oil, lemon juice, honey and mustard in a jug. Season with salt and pepper. Drizzle dressing over and sprinkle with parsley and nuts



# ROASTED SWEET POTATO SALAD WITH CORN *and chickpeas*

 **PREP 30 MINS**  **COOK 1 HOUR**  **SERVES 6**

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## INGREDIENTS

*850g orange sweet potato, cut into 3cm chunks*

*Olive oil spray*

*Salt, to taste*

*2 red onions, each cut into 8 wedges*

*2 corn cobs*

*400g can chickpeas, drained*

*½ cup ZoOsh It Must Be Love Creamy Potato with Classic Chives dressing*

*BBQ Lamb cutlets, for serving, optional*

## METHOD


1. Place the sweet potato onto a lined tray, spray with oil and season with salt. Bake in a hot oven 200°C for 45-50 minutes, or until tender. Meanwhile, place the onions onto another lined tray, spray with oil and bake for 20-25 minutes
2. Spray the corn with oil and chargrill in a hot pan or BBQ for 8-10 minutes. Slice the kernels off the cobs
3. Cool the vegetables slightly then combine with corn and chickpeas. Drizzle the salad with the dressing and serve with the BBQ lamb cutlets





# CHICKEN SCOTCH

## *eggs*

 **PREP 20 MINS**  **COOK 30 MINS**  **SERVES 4**

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### INGREDIENTS

4 eggs  
400g chicken mince  
2 tbs finely chopped dill  
2 tbs finely chopped parsley  
2 tbs HP sauce  
2 tsp Dijon mustard  
1 ½ cups panko breadcrumbs  
Salt and pepper, to season  
½ cup finely grated parmesan  
½ cup plain flour  
2 eggs, whisked  
Olive oil cooking spray  
Tomato chutney, to serve  
Baby rocket, to serve  
Cornichons, to serve

### METHOD



1. Preheat oven to 200°C. Line a baking tray with baking paper
2. Bring a small saucepan of water to the boil. Add eggs and simmer for 7 minutes. Drain and stand in cold water. Crack shells and gently peel. Place into a bowl of iced water
3. Place chicken mince, dill, parsley, HP sauce, Dijon mustard, ¼ cup breadcrumbs, salt and pepper in a large bowl and stir until combined. Divide mixture into 4 even portions
4. Combine remaining breadcrumbs and parmesan into a bowl. Place flour into a bowl and whisk eggs in another bowl
5. Roll an egg in flour, shaking off excess. Place a portion of mince mixture in the palm of your hand and flatten meat. Place an egg in the centre. Form mince around egg, pressing edges together so egg is completely covered. Coat with flour, whisked egg and breadcrumb mixture. Reroll in whisked egg and breadcrumbs for a thicker crust. Place on prepared baking tray
6. Spray scotched egg with olive oil. Bake for 25 minutes or until egg is firm to the touch and golden. Serve with chutney, baby rocket and cornichons

*The pear in this salad adds the perfect sweetness to balance the salty flavours of the grains and feta*



# PEAR AND SUPER

## *grain salad*

 **PREP 15 MINS**  **SERVES 4**

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### INGREDIENTS

#### DRESSING

*2 tablespoons malt vinegar*  
*1 tablespoon Extra virgin olive oil*  
*1 tablespoon agave nectar*  
*1 teaspoon Dijon*  
*1 tablespoon lemon juice*  
*2 teaspoons onion powder*

#### SALAD

*2 pears, sliced, cored*  
*½ cup cooked quinoa*  
*¼ cup toasted pepita, almond and sunflower seeds*  
*90g marinated feta, crumbled*  
*120g packet pomegranate seeds*  
*200g mixed leaves*

### METHOD

#### DRESSING



1. Whisk all dressing ingredients in a jug, set aside

#### SALAD

1. In a large mixing bowl, combine all ingredients
2. Drizzle with dressing and mix to combine



# MEDITERRANEAN ZUCCHINI *spiral salad*

 **PREP 25 MINS**  **SERVES 6**

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## INGREDIENTS

4 zucchini, made into spirals/  
spaghetti using a cutter  
250g baby Roma tomatoes, halved  
220g tub bocconcini, torn into pieces  
1 cup Sicilian green olives  
1 small white onion, cut into rings  
1 cup basil leaves  
Salt and pepper, to taste  
½ cup ZoOsh Mighty Balsamic  
Splash Light dressing

## METHOD

1. Combine the zucchini, tomatoes, bocconcini, olives, onion, basil and salt and pepper. Toss gently to combine then drizzle with the dressing and serve immediately

*Tip*

.....  
*This low carb salad  
is the ideal healthy  
choice if you're  
looking for a  
lighter option*

# 3 WAYS TO KEEP SALAD *Fresh* ALL WEEK

*Soggy salad? No thank you! When purchasing your salad at the beginning of the week there are 3 simple techniques you can use to prolong the life of your greens.*

**PLASTIC CONTAINERS:** First step is to empty your salad from its pre-packed bags when you get home. Wash and dry the greens and place them in a paper towel lined plastic container. The paper towel will absorb any excess moisture. Keep the container in the fridge at all times.

1

2

**USE A SALAD SPINNER:** The top tip for fresh salad is getting rid of all the moisture. Be sure to use a salad spinner or pat dry with a paper towel after washing your greens.

3

**SAVE YOUR DRESSING AND TOPPINGS UNTIL LAST:** Save the best until last. Add your dressing and toppings to your greens just before you are ready to eat.

ZoöSh

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