



Ardmona®

*New Aussie*  
**FAVOURITES**

#MoreWaysWithArdmona



# INTRODUCTION

*Tomatoes. The pantry staple that is such a versatile ingredient and a base for so many dishes. It can add delicious flavour to any meal.*

In today's world we all want to make life a little easier. Whether it's a sauce recipe that can be used as a base for different meals, or a warming casserole dish perfect for leftovers. This cookbook shows you how Ardmona tomatoes are helping Australian families to create quick, easy and tasty recipes for the whole family.

All Ardmona tomatoes are 100% Australian grown in Victoria by select growers, like The Kennedy's of Carag Carag. All our growers are experts in growing high quality tomatoes. They should be – many have been doing so for Ardmona for many decades.

Seeds are planted around October and harvesting takes place at the end of January, only when the tomatoes are fully ripened on the vine. Tomatoes are picked and canned within 24 hours to seal the freshness in.

Ardmona tomatoes come in a wide range of cuts and flavours perfect for any dish. We have used different Ardmona tomatoes for different dishes, so it's best to have a variety in the pantry.

*Enjoy the rich tomato goodness of Ardmona!*





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# Tomato and Capsicum Pan Eggs

 **PREP: 15 MINS**

 **COOKING: 30 MINS**

 **SERVES: 4**

## Ingredients

2 tbs olive oil  
1 small brown onion, finely chopped  
3 garlic cloves, finely chopped  
1 tsp ground cumin  
1 small red or yellow capsicum, deseeded, diced  
2 x 400g cans **Ardmona Crushed Tomatoes**  
4 eggs  
Chopped parsley leaves & toast, to serve

## Method


1. Heat oil in a medium (about 24cm base) non-stick heavy-based frying pan over medium heat. Add onion, garlic, cumin and capsicum and cook, stirring often, for 4-5 minutes until onion softens.
2. Stir in tomatoes. Reduce heat to medium-low. Simmer, uncovered and stirring occasionally, for 12-15 minutes until thick. Season to taste.
3. Make 4 small indentations in the tomato mixture, crack an egg into each. Cover and cook for 5-7 minutes until yolks are almost set (or cooked to your liking). Sprinkle with parsley. Serve with toast.






# Hearty Veggie and Bacon soup

Everyone in the family will love this hearty soup.  
Serve with crusty bread.

 **PREP: 20 MINS**

 **COOKING: 1 HOUR 10 MINS**

 **SERVES: 6**

## Ingredients

2 tbs olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
150g short-cut bacon, diced  
2 Desiree potatoes,  
peeled, diced  
2 carrots, peeled, halved  
lengthways, chopped  
2 stalks celery, thinly sliced  
1 zucchini, chopped  
2 x 400g cans **Ardmona  
Chopped Tomatoes**  
5 cups beef or vegetable stock  
1/3 cup flat-leaf parsley leaves,  
chopped  
Grated parmesan, to serve

## Method

1. Heat oil in a large saucepan over medium heat. Add onion, garlic and bacon. Cook, stirring often, for 3-4 minutes until onion is tender.
2. Add potatoes, carrots, celery and zucchini. Cook, stirring occasionally, for 5 minutes.
3. Stir in tomatoes and stock. Cover and bring to the boil over medium-high heat.
4. Reduce heat and simmer, partially covered with a lid and stirring occasionally, for 1 hour or until thick and vegetables are very tender. Season to taste. Stir through parsley.
5. Ladle into bowls, sprinkle with parmesan and serve.





# Beef and Mushroom Spaghetti Bolognese

 **PREP: 20 MINS**

 **COOKING: 1 HOUR**

 **SERVES: 6**

## Ingredients

1 tbs olive oil  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
2 tbs tomato paste  
500g lean minced beef  
200g button mushrooms, finely chopped  
1 cup beef stock  
2 x 400g cans **Ardmona Chopped Tomatoes**  
4 sprigs fresh thyme (optional)  
500g dried spaghetti  
Grated parmesan and rocket leaves, to serve

## Method

1. Heat oil in a large non-stick frying pan over medium heat. Add onion and garlic. Cook, stirring often, for 3-4 minutes until onion is soft. Stir in tomato paste. Cook for 1 minute.
2. Increase heat to medium-high. Add mince. Cook, breaking up mince with a wooden spoon, until evenly browned.
3. Stir in mushrooms and stock. Cook, stirring often, for 2 minutes. Add tomatoes and thyme if using. Cover and bring to the boil.
4. Reduce heat and gently simmer, uncovered and stirring occasionally, for 40-45 minutes until thick. Season to taste. Remove thyme if used.
5. Cook spaghetti following packet directions. Drain and return to pan. Add meat sauce, toss to combine. Serve with parmesan and rocket.





# Basic Tomato Sauce

 **PREP: 10 MINS**

 **COOKING: 50 MINS**

 **MAKES: 6 CUPS**

## Ingredients

- 2 tbs olive oil
- 2 brown onions, finely chopped
- 4 garlic cloves, finely chopped
- $\frac{1}{3}$  cup tomato paste
- 4 x 400g cans **Ardmona Whole Tomatoes**
- 2 tsp sugar

## Method

1. Heat oil in a large saucepan over medium-low heat. Add onions and garlic. Cook, stirring often, for 8-10 minutes until very soft.
2. Increase heat to medium-high. Stir in tomato paste. Cook, stirring, for 1 minute. Reduce heat to medium.
3. Add tomatoes and sugar. Using a wooden spoon, break up the whole tomatoes by pressing tomatoes against the side of the pan.
4. Gently simmer, uncovered and stirring occasionally, for 30-35 minutes until thick. Season to taste and serve.
5. Alternatively, spoon the sauce into airtight containers and refrigerate for 1 week or freeze until required.





# 3 Ways with TOMATO SAUCE

1

Simply serve over cooked pasta with fresh basil leaves and parmesan cheese.

2

Spoon onto pizza bases before adding your favourite toppings.

3

Toss flaked canned tuna, olives and rocket leaves through the sauce and serve with penne.



**VIEW BASIC  
Tomato Sauce  
RECIPE**





# Rich Aussie Beef and Veggie Casserole

 **PREP: 25 MINS**

 **COOKING: 2 ½ HOURS**

 **SERVES: 6**

## Ingredients

¼ cup plain flour  
1 kg beef chuck steak,  
trimmed, cut into 5cm pieces  
2 tbs olive oil  
2 leeks, trimmed, halved  
lengthways, thinly sliced  
2 garlic cloves, crushed  
200g button mushrooms,  
halved  
2 carrots, peeled, thickly sliced  
2 stalks celery, sliced  
2 x 400g cans **Ardmona Rich  
& Thick Classic Tomatoes**  
1 tbs Worcestershire sauce  
½ cup beef stock  
Potato mash and thyme  
leaves, to serve

## Method

1. Preheat oven to 180°C/160°C fan-forced. Dust beef in flour, shaking off excess.
2. Heat 1 tbs oil in a large frying pan over medium-high heat. Cook beef, in batches, until evenly browned. Transfer to a casserole dish.
3. Heat remaining 1 tbs oil in the pan over medium heat. Add leeks. Cook, stirring often, for 3-4 minutes until just softening.
4. Add garlic, mushrooms, carrots and celery. Cook, stirring often, for 3 minutes. Stir in tomatoes, Worcestershire sauce and stock. Bring to the boil.
5. Pour tomato mixture over beef. Stir to combine. Cover and bake, stirring twice, for 2 hours or until beef is very tender. Season to taste. Serve with potato mash and thyme leaves.






# Smokey Butter Beans with Tomato and Chorizo

 **PREP: 15 MINS**

 **COOKING: 20 MINS**

 **SERVES: 4**

## Ingredients

- 2 tsp olive oil
- 1 small onion, finely chopped
- 2 chorizo sausages, chopped
- 1 garlic clove, crushed
- 2 tsp smoked paprika
- 400g can Ardmona Rich & Thick Classic Tomatoes
- 2 x 400g cans butter beans, drained, rinsed
- 1/2 cup chicken stock
- Chopped chives or parsley and buttered toast, to serve

## Method

1. Heat oil in a large non-stick frying pan over medium heat. Add onion, chorizo and garlic. Cook, stirring often, for 4-5 minutes until onion is very tender. Stir in paprika. Cook for 30 seconds.
2. Add tomatoes, beans and stock. Simmer, uncovered, over medium-low heat for 10-12 minutes until thick. Sprinkle with chives or parsley. Serve with buttered toast.





# Chipolata Sausages in Tomato, Onion and Spinach Sauce

 **PREP: 10 MINS**

 **COOKING: 45 MINS**

 **SERVES: 4**

## Ingredients

1½ tbs olive oil  
500g pork chipolata sausages  
1 red onion, halved, cut into thin wedges  
2 x 400g cans **Ardmona Rich & Thick Basil & Garlic Tomatoes**  
½ cup chicken stock  
50g baby spinach leaves  
Potato mash, to serve

## Method

1. Heat 2 tsp oil in a large non-stick frying pan. Add sausages. Cook, turning often, until evenly browned. Transfer to a plate lined with paper towel.
2. Heat remaining 1 tbs oil in the pan over medium heat. Add onion. Cook, stirring often, for 4-5 minutes until soft.
3. Stir in tomatoes and stock. Return sausages to pan. Stir to combine. Bring to the boil. Reduce heat and simmer, uncovered, for 20-25 minutes until sausages are cooked through.
4. Stir through spinach until just wilted. Season to taste. Serve with potato mash.





# Roast Pancetta Chicken with Tomato, Olive Relish

This delicious tomato and olive relish is also great served with sausages or steak.

 **PREP: 30 MINS**

 **COOKING: 25 MINS**

 **SERVES: 4**

## Ingredients

### PANCETTA CHICKEN

4 x 200g chicken breast fillets, halved lengthways

8 slices pancetta

Olive oil cooking spray

### TOMATO & OLIVE RELISH

1 tbs olive oil

1 small red onion, finely chopped

½ cup chicken stock

400g can Ardmona Thick & Rich Basil & Garlic Tomatoes

1 tsp sugar

½ cup pitted Kalamata olives

50g feta cheese, crumbled

rocket leaves & potato wedges, to serve

## Method

### PANCETTA CHICKEN

1. Preheat oven to 200°C/180°C fan-forced. Wrap each chicken piece in a slice of pancetta. Place on a baking tray lined with baking paper. Spray with oil. Set aside.
2. Make relish.
3. While relish is simmering, roast chicken for 12-15 minutes until just cooked through. Sprinkle chicken with feta and serve with tomato & olive relish, rocket and potato wedges.

### TOMATO & OLIVE RELISH

1. Heat oil in a medium saucepan over medium-low heat. Add onion. Cook, stirring often, for 5-6 minutes until very soft. Increase heat to medium-high.
2. Add stock. Boil until stock is reduced by a half.
3. Stir in tomatoes and sugar. Bring to the boil. Reduce heat and gently simmer, stirring occasionally, for 10 minutes or until thick. Stir in olives and season to taste.





# Lamb, Tomato and Sweet Potato Pot Pies

 **PREP: 45 MINS**

 **COOKING: 1 HOUR**

 **SERVES: 4**

## Ingredients

- 1 tbs olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 500g lamb mince
- 1 stalk celery, finely diced
- 300g orange sweet potato, peeled, cut into ½ cm pieces
- 2 x 400g cans **Ardmona Rich & Thick Mixed Herb Tomatoes**
- 1 cup frozen green peas
- 2 sheets frozen ready-rolled puff pastry
- Milk, for brushing

## Method

1. Heat oil in a large frying pan over medium-high heat. Add onion and garlic. Cook, stirring often, for 3-4 minutes until softened. Add mince.
2. Cook, breaking up mince with a wooden spoon, until evenly browned.
3. Add celery and sweet potato. Cook, stirring often, for 4-5 minutes until soft. Stir in tomatoes. Cover and bring to the boil.
4. Reduce heat and simmer, partially covered and stirring occasionally, for 15-20 minutes until mixture is thick. Season to taste. Remove from heat. Stir through peas. Set aside to cool slightly.
5. Preheat oven to 190°C fan-forced. Place pastry onto a board to defrost. Spoon lamb mixture into 4 x 1 ½ cup capacity (about 12cm wide\*) greased ovenproof dishes.
6. Cut 4 x 14cm rounds from pastry. Top pies with pastry and press edges with a fork to seal. Cut a small cross into centre of each pie. Lightly brush with milk.
7. Place pies on a baking tray lined with baking paper. Bake for 20-25 minutes or until pastry is golden and serve.

## Tip

If your dishes are wider you will require extra pastry.





# Slow Baked Veal Shanks in Tomato Sauce



PREP: 20 MINS



COOKING: 2 HOURS 15 MINS



SERVES: 4-6

## Ingredients

- 8 pieces thick-sliced veal shanks
- ¼ cup plain flour
- ¼ cup olive oil
- 2 carrots, finely chopped
- 2 stalks celery, finely chopped
- ¾ cup dry white wine
- 2 x 400g cans **Ardmona Rich & Thick Onion and Garlic Tomatoes**
- ¾ cup chicken stock
- 1 lemon rind, finely grated
- Couscous, potato mash and/or crusty bread, to serve

## Method

1. Preheat oven to 180°C/160°C fan-forced. Lightly dust veal in flour, shaking off excess. Heat 2 tbs oil in a large frying pan over medium-high heat.
2. Cook veal, in 2 batches, until evenly browned. Transfer to a large greased baking pan.
3. Add remaining oil to frying pan. Add carrots and celery. Cook, stirring often, for 4-5 minutes until softened. Add wine. Cook until evaporated.
4. Stir in tomatoes, stock and lemon rind. Season to taste. Bring to a simmer.
5. Transfer tomato mixture to the baking pan. Toss veal to coat in tomato mixture. Cover pan tightly with foil. Bake, turning veal once, for 1 ½ hours.
6. Uncover and bake for 30 minutes or until veal is very tender and sauce has thickened. Sprinkle with extra chopped parsley and grated lemon rind if liked.
7. Serve with couscous, potato mash and/or crusty bread.

## Tip

Also sold as Osso Bucco. Choose small veal pieces about 8cm wide x 4cm thick.





# Creamy Tomato, Spinach and Pine Nut Bake

 **PREP: 20 MINS**

 **COOKING: 40 MINS**

 **SERVES: 4**

## Ingredients

400g dried penne pasta  
1 ½ tbs olive oil  
¼ cup pine nuts  
1 brown onion, finely chopped  
2 garlic cloves, finely chopped  
2 x 400g cans **Ardmona Rich & Thick Mixed Herb Tomatoes**  
½ cup thickened cream  
120g baby spinach leaves  
2 cups shredded mozzarella cheese

## Method

1. Preheat oven to 180°C/160°C fan-forced. Grease an 8-cup (about 5cm deep) baking dish. Set aside.
2. Cook penne following packet directions. While penne is cooking, heat 2 tsp oil in a large frying pan over medium heat. Add pine nuts. Cook, tossing often, until golden.
3. Transfer pine nuts to a plate.
4. Heat remaining 1 tbs oil in pan. Add onion and garlic. Cook, stirring often, over medium heat for 3-4 minutes until soft. Stir in tomatoes. Cover and bring to the boil.
5. Remove from heat. Stir in cream.
6. Drain penne and return to the pan. Add tomato mixture, spinach and 2 tbs pine nuts. Toss until well combined. Season to taste. Spoon mixture into baking dish. Sprinkle with cheese.
7. Bake for 20-25 minutes until cheese is bubbling. Sprinkle with remaining pine nuts and serve.






# Chicken, Tomato and Chorizo Spanish Style Rice

 **PREP: 15 MINS**

 **COOKING: 35 MINS**

 **SERVES: 4**

## Ingredients

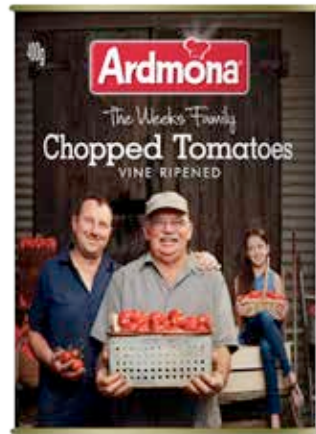
1 tbs olive oil  
600g chicken thigh fillets, cut into bite-sized pieces  
2 chorizo sausages, diced  
2 cups Arborio rice  
1 tsp smoked paprika  
½ cup dry white wine  
400g can Ardmona Rich & Thick Onion & Garlic Tomatoes  
2 cups chicken stock  
1 ½ cups frozen green peas  
Chopped parsley leaves and lemon wedges, to serve

## Method

1. Heat oil in a large deep non-stick frying pan over medium heat. Add chicken. Cook, turning often, until lightly browned. Transfer to a plate.
2. Add chorizo to pan. Cook, stirring often, for 2-3 minutes until golden brown. Add rice. Cook, stirring, for 1-2 minutes until centre of the rice grain is white.
3. Stir in paprika. Cook, stirring, for 1 minute. Add wine. Cook, stirring, until evaporated.
4. Stir in tomatoes and stock. Bring to the boil. Reduce heat, add chicken and simmer, uncovered and stirring occasionally, for 15-20 minutes until rice is just tender.
5. Add peas. Cook until tender. Season to taste. Sprinkle with parsley. Serve with lemon wedges.

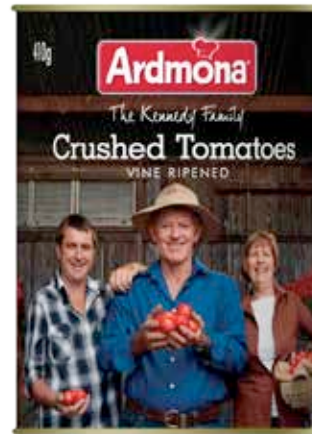


# Cooking with **Ardmona** TOMATOES



## ARDMONA CHOPPED TOMATOES

Ardmona's most versatile canned tomato which can be used in almost any dish that calls for tomatoes. Keep a few in the pantry.



## ARDMONA CRUSHED TOMATOES

Perfect for soups, casseroles and quick pasta sauces, *Ardmona Crushed tomatoes* are always handy to have on hand.



## ARDMONA WHOLE PEELED TOMATOES

Delicious in home made pasta sauce, or in dishes where the integrity of tomato pieces is important.



## ARDMONA TOMATO PURÉE

A staple for the pantry, *Ardmona Tomato Purée* gives sauces and soups substance and a richer flavour.



## ARDMONA RICH & THICK, CLASSIC

A premium rich and flavoursome product, use this in dishes where extra tomato flavour is required. Perfect for the slowcooker, or in Mexican meals.



## ARDMONA RICH & THICK, BASIL & GARLIC

Perfect for rich Italian pasta dishes and a great short cut if you don't have any fresh basil or garlic.



## ARDMONA RICH & THICK, MIXED HERBS

A perfect short cut when you don't have fresh Italian herbs on hand, great in a variety of dishes. Try it as a pizza sauce.



## ARDMONA RICH & THICK, ONION & GARLIC

Delicious in rich curries and a variety of Italian dishes.



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