

LOVE YOUR



LEGUMES

Recipe Book



Grains &
Legumes
Nutrition
Council



Grains & Legumes Nutrition Council

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INTRODUCTION



The Grains and Legumes Nutrition Council (GLNC)
is a not-for-profit health promotion charity.
GLNC promotes the role of grains and legumes as
part of a balanced diet through evidence-based
information.

LEGUMES

Welcome to Love Your Legumes, a collection of tips, tricks and legume-filled recipes from leading chefs, not-for-profit organisations and food manufacturers.

WHAT ARE LEGUMES?

Legumes are a plant from the Fabaceae (or Leguminosae) botanical family. There are thousands of different species of legume plants.

-  Beans, e.g., kidney and black beans
-  Chickpeas
-  Lentils
-  Lupins
-  Peas, e.g., green peas and split peas
-  Soybeans, e.g., edamame and tofu

Legumes have been cast aside and stored at the back of cupboards for too long. This book is filled with easy breakfasts, light lunches, hearty meals, and even sweet treats to help you love your legumes!

WHAT IS THE DIFFERENCE BETWEEN LEGUMES PULSES AND BEANS?

Legumes: A broad plant family that includes plant-producing seeds in pods.

Pulses: A legume subgroup harvested for their dry, edible seeds.

Beans: A specific type of legume, referring to the seeds within pods.

WHY SHOULD YOU LOVE YOUR LEGUMES?

HEALTH BENEFITS

Nutrient powerhouses: Legumes are excellent sources of protein and fibre, and are rich in micronutrients such as B-group vitamins, iron, magnesium, potassium and phosphorus. Although legumes, pulses and beans have varying nutrient profiles, they are all beneficial to overall health.



Plant-based protein: Legumes are nutrient-dense, containing higher levels of protein than most other plant foods. They are also rich in amino acids, supporting muscle development and repair.



Better gut health: Legumes are rich in soluble and insoluble fibre and support a healthy digestive system.



Chronic disease prevention: Packed with phytonutrients, legumes can reduce risk of chronic disease, including type two diabetes mellitus and cardiovascular disease, and are a dietary predictor of longevity.



Annual health care savings: Australia could save \$85.5 million annually in preventing coronary heart disease if adults consumed just a quarter cup of legumes daily.



SUSTAINABILITY

Lower carbon footprint: Legumes have a lower carbon footprint than most foods and require a small amount of fertiliser to grow.



Improve soil health: Legumes have long been considered nitrogen-fixing and soil-building crops, as they enrich the soil with nitrogen, benefiting both legumes and surrounding plants.



Water efficient: Legumes are generally more water efficient than other protein sources, using half to a tenth of the water of other proteins.



TASTE AND CONVENIENCE

Taste: Legumes don't only add taste and texture to any meal, they're a versatile ingredient that has the potential to become the star of your plate.



Convenience: Legumes are versatile, accessible, and can be great for bulking out dishes, helping to stretch your budget without compromising on protein or flavour.



HOW OFTEN SHOULD YOU BE EATING LEGUMES?

The GLNC recommends 50g or ¼ cup of legumes at least 2-3 times weekly.

According to the 2013 Australian Dietary Guidelines, legumes fall into both the vegetable and protein food groups.

The Australian Dietary Guidelines recommends eating:

- 75g or ½ cup of legumes
- 1 cup of legumes, or 170g tofu or tempeh, as a protein

CANNED VS DRIED

Legumes are widely available dried or in cans. Nutritionally speaking, there is a negligible difference between canned and dried varieties.

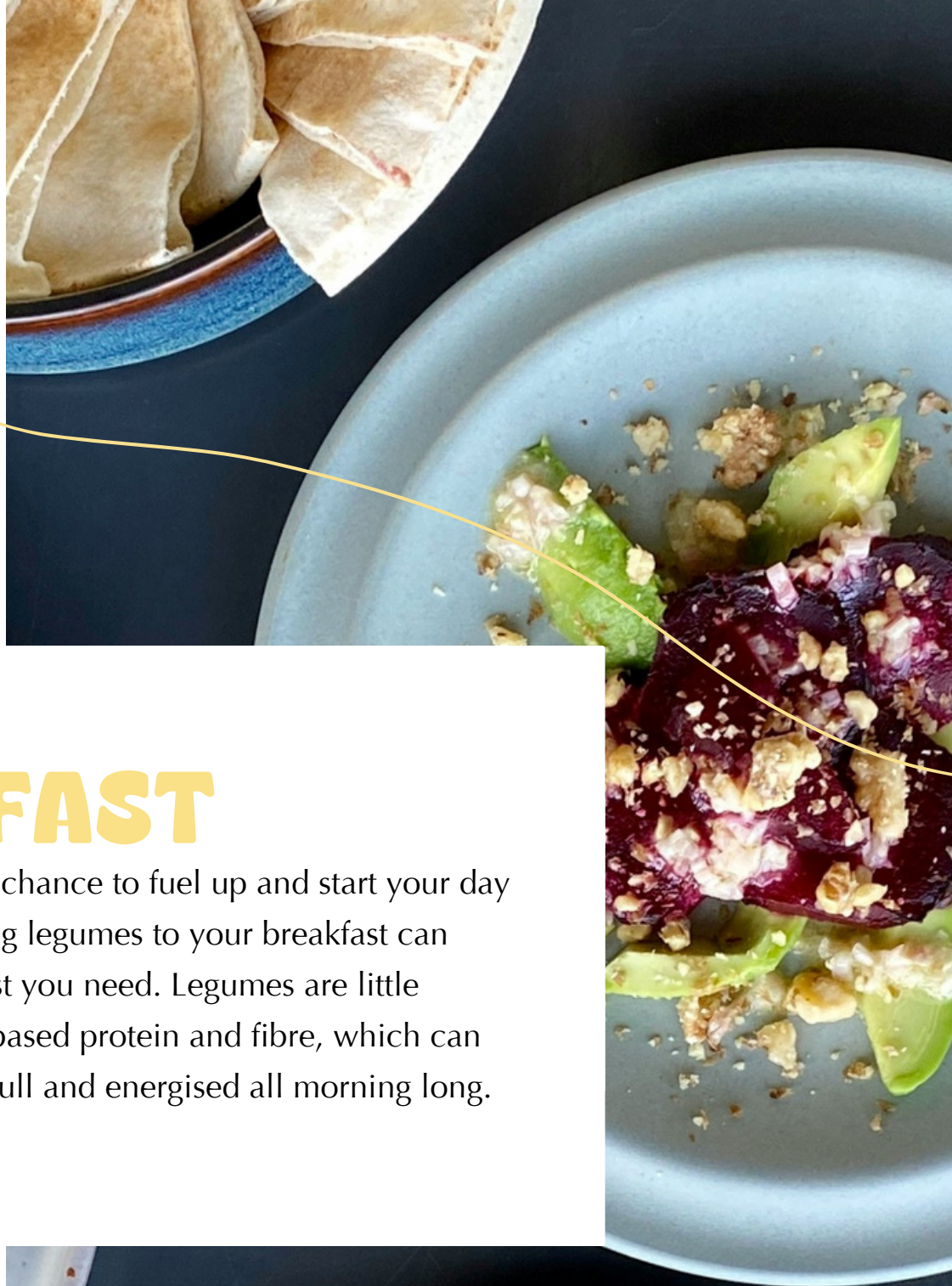
If using canned non-flavoured legumes, make sure to rinse them thoroughly before use.

DRIED LEGUMES



1. Before cooking, sort through dried legumes, and rinse under cold water.
2. Soak the legumes by covering them with water, ensuring enough water for expansion. Let them soak for the recommended time (varies by type—check package instructions).
3. After soaking, drain and rinse the soaked legumes under cold water once the time is up.
4. In a large pot, add the legumes and cover with water, generally with a ratio of three cups of water to one cup of legumes. Refer to package instructions for specific ratios.
5. Bring the water to a boil over high heat.
6. Reduce the heat to low, cover the pot and let the legumes simmer, cooking according to packet instructions.
7. Drain any excess water once the legumes are cooked to your desired tenderness.
8. Now, go on and love your legumes!

Note: Some legumes, like lentils, do not require soaking and cook relatively quickly. Always check the specific recommendations for the type of legume you are cooking.



BREAKFAST

Breakfast is the perfect chance to fuel up and start your day with a bang, and adding legumes to your breakfast can give you the extra boost you need. Legumes are little powerhouses of plant-based protein and fibre, which can help keep you feeling full and energised all morning long.





BANANA SMOOTHIE

Total Time: 5 minutes | Serves: 1 | Dietary: Vegetarian

Ingredients

- 1 frozen banana
- 1 tbsp chia seeds
- ½ cup Greek yoghurt
- 2 tbsp lupin flakes
- ½ tbsp honey or maple syrup, optional
- Sprinkle of cinnamon
- 200mL milk of choice

Method

1. Add all ingredients to the blender and blitz until combined.

DID YOU KNOW?



Lupins are high in dietary fibre. Just two tablespoons of lupins provide 8g of fibre and 12g of protein. Head to your health food store to grab a bag of lupins.





SPICY CHICKPEA AND EGG OPEN TOASTIE

Total Time: 15 minutes | Serves: 2 | Dietary: Vegetarian

Ingredients

- 4 slices Bakers Delight Hi-Protein Wholegrain Loaf
- 4 tbsp tomato relish
- 1 tbsp olive oil
- 250g can chickpeas
- 2 tbsp kimchi
- 4 eggs
- Salt and pepper to season

Method

1. Heat half the olive oil in a large frying pan over medium heat. Add the chickpeas and cook for 2 minutes, until warmed through. Remove from pan and set aside. Wipe the pan clean.
2. Use the remaining olive oil to fry the eggs to your liking – around 3 minutes for a runny yolk, or flip and cook for a further 3 minutes for a set yolk.
3. While the eggs are cooking, toast the bread slices.
4. Spread each slice of bread with the tomato relish and spoon the chickpeas and kimchi on top.
5. Top with the eggs and season with salt and pepper.





HEALTHY SHAKSHUKA

With only a few ingredients, one pan and 30 minutes, you can enjoy cafe-style shakshuka at home. Loaded with flavour, you'll be coming back time and time again.

Total Time: 30 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 2 cups (340g) butter beans, drained and pureed
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp cracked pepper
- 4 eggs
- 1 Bakers Delight Sourdough Vienna
- ¼ avocado, sliced
- ¼ cup (50g) goat cheese, crumbled
- Coriander to garnish
- Lemon wedge to garnish

Method

1. Preheat oven to 180°C.
2. Place beans, olive oil, salt and pepper into a medium bowl and purée using a stick blender.
3. Transfer into an oven-safe medium-sized frying pan and, using the back of a spoon, create four shallow wells in the mixture. Crack eggs into each well, cover with foil, and place in the oven for 20-25 minutes or until eggs are baked through.
4. Five minutes prior to removing from the oven, place a skillet over high heat. Slice the bread into four 2cm pieces and spray with olive oil. Grill bread for 2-3 minutes on each side or until charred.
5. Remove shakshuka from the oven and garnish with sliced avocado, goats' cheese, coriander, and lemon wedges. Serve.



PERI-PERI SHAKSHUKA

Total Time: 30 minutes | Serves: 2

Ingredients

- 1 tbsp olive oil
- 1 red onion, peeled and diced
- 1 red capsicum, deseeded and diced
- 1 long red banana chilli, deseeded and chopped
- 1 clove garlic, crushed
- ½ tsp smoked paprika
- 300g can Heinz Banz Peri-Peri Flavour
- 4 eggs
- Fresh coriander or parsley leaves, chopped
- Lemon wedges and flatbread to serve

Method

1. Heat the oil in a non-stick frying pan. Add the onion, capsicum and chilli and cook uncovered for 5 minutes, until lightly caramelised. Add the garlic and paprika, cooking for 1 minute or until fragrant.
2. Stir in the Heinz® Banz Peri-Peri Flavour, then turn the heat to low. Make four small hollows in the bean mixture and gently crack an egg into each hollow. You can crack the eggs into a small bowl first, then ease each into the pan.
3. Cover the pan with the lid and simmer gently for 5-6 minutes or bake in the oven until the eggs are cooked to your liking. Remove from the heat and sprinkle with fresh herbs.
4. Serve eggs with flatbread and a good squeeze of fresh lemon juice.



ZUCCHINI, PEA, AND QUINOA FRITTERS

Total Time: 40 minutes | Serves: 10-14 fritters | Dietary: Vegetarian, Gluten free

Ingredients

- ½ cup quinoa (uncooked)
- 1 cup peas
- 2 zucchinis, grated (excess moisture squeezed out)
- 2 eggs, lightly beaten
- ½ cup wholemeal self-raising flour
- ½ cup halloumi, grated
- 1 shallot, chopped
- 1 tbsp lemon juice
- Salt and pepper to season
- Extra virgin olive oil

Avocado and Pea Salsa

- 1 avocado
- ½ cup peas
- ¼ punnet cherry tomatoes, quartered

Method

1. Cook quinoa according to packet instructions. Set aside and let cool.
2. Cook the peas in a small saucepan of boiling water for 2 minutes or until tender. Drain well. Place in a large bowl and use a potato masher to mash peas until coarsely mashed.
3. Add the grated zucchini to the bowl (ensuring you have squeezed out all the moisture. If you have too much water left in the fritters, they will be soggy and won't get crispy).

DID YOU KNOW?



While fresh peas aren't available year-round, you can get the benefits of peas daily by using frozen peas.



Method (Continued)

4. Add the eggs, cooked quinoa, flour, halloumi, shallot, lemon juice and a generous pinch of salt and pepper to the bowl and stir to combine. To increase moisture, add more lemon juice. To decrease moisture, add more flour.
5. Heat a non-stick frying pan over medium-high heat and drizzle with extra virgin olive oil. Add a heaped tablespoon of the mixture and cook for 2-3 minutes each side or until cooked through.
6. Remove from the pan and cover to keep warm. Repeat with the remaining oil and mixture.
7. To make the salsa, add cooked peas and avocado to a blender and blitz until the desired consistency is achieved. Add cherry tomatoes and mix.
8. Serve fritters with smashed avocado salsa and drizzle with lemon juice.





LIGHT LUNCHES AND SALADS

If you're looking for a light and healthy lunch that will keep you full and energised throughout the day, look no further than these fresh and delicious legume-based salads and light dishes.





PUMPKIN AND BEAN ROLLS

Total Time: 45 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 2 sheets puff pastry
- 1 can of kidney beans
- 1 cup mashed roast pumpkin
- 2 slices of toast
- 1 tsp dried oregano
- ½ cup feta cheese
- 1 tsp sesame seeds
- 1 egg

Method

1. Preheat the oven to 200°C.
2. Start by defrosting your frozen puff pastry sheets; leave them on the kitchen bench for a few minutes, and they will thaw quickly. Cut into 4 equal squares.
3. This is a great recipe to use up any leftover roast pumpkin and the odd pieces of bread. Toast the bread and put in a food processor to blend them into coarse bread crumbs.
4. In a mixing bowl, add in the breadcrumbs, mashed roast pumpkin, dried oregano, a tin of kidney beans (minus the liquid), crushed feta cheese and salt & pepper to taste. Mix everything well. If it's still too wet you can add more breadcrumb.
5. Place about 2 tablespoons worth of mixture slightly in the middle of the square puff pastry then fold it in half, sealing it with fork by pressing down both sides together. Do this for the rest of the squares.
6. Score the rolls lightly to release steam when cooking. Whisk the egg and use a cooking brush to brush egg mixture onto the rolls then sprinkle with sesame seeds.
7. Bake in the oven until golden for about 30-40 minutes.





PUMPKIN FALAFEL SCOTCH EGG

Total Time: 40 minutes | Dietary: Vegetarian, Gluten free

Ingredients

- 1.6kg butternut squash
- 200g feta
- 80g bulgur wheat
- 100g garam flour
- 4 cloves garlic
- 2 x 400g tin chickpeas
- 2 tsp cracked cumin
- 2 tsp toasted cracked coriander seeds
- 2 tsp fennel seeds
- 2 tsp chilli flakes
- Olive oil
- Sea salt and freshly ground pepper
- 1 bunch chopped coriander
- Juice of 2 lemons

Method

1. Preheat the oven to 200°C. Cut the butternut squash into 2-3 cm chunks. Place in a roasting tin and drizzle with the olive oil, season with sea salt, chilli flakes and fennel and cook for about 20 minutes. Leave to cool.
2. When cool, place the butternut squash pieces in a blender together with any juices.
3. Add all the remaining ingredients, except the flour, and blitz to a rough paste.
4. Season to taste.
5. Transfer to a bowl and add enough flour to make a smooth mix. Refrigerate for an hour to firm the mixture up. The mixture should be sticky rather than really wet, so add a little more garam flour if necessary. Wet your hands and form into ping-pong ball-shaped sizes with chunks of the feta in the middle.
6. Heat the oil to 175°C and fry the balls in batches for three to four minutes until golden. Remove from the oil and drain. Serve while hot with the dip.

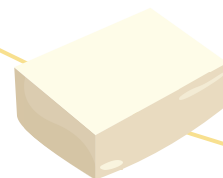


SMOKEY MUSHROOM AND TOFU

Total Time: 20 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free, Gluten free

Ingredients

- 1 tsp smoked paprika
- 1 tsp Dijon mustard
- 2 tbsp tamari
- 1 tbsp balsamic vinegar
- 1 tbsp maple syrup
- 1 tbsp olive oil
- 300g portobello mushrooms, thinly sliced
- 2 tsp thyme or rosemary leaves, finely chopped
- 4 cloves garlic, crushed
- 300g firm tofu, drained and patted dry



Method

1. Mix the smoked paprika, mustard, tamari, vinegar and maple together in a small bowl. Set aside.
2. Heat the oil in a large frying pan over medium-high heat.
3. Add the mushrooms and a pinch of salt and pepper and cook for about 5 minutes, only turning once or twice, until golden brown and soft.
4. Add the thyme or rosemary and garlic and cook for 1 extra minute.
5. Crumble in the tofu and stir to combine everything well.
6. Add the smoked paprika mixture and stir to combine. Cook for about 5 minutes until tofu is heated through and slightly caramelised.
7. Set aside to cool if needed.





VITA-WEAT WITH AVOCADO AND CHICKPEA SMASH

Total Time: 10 minutes | Serves: 1 | Dietary: Vegetarian, Dairy free

Ingredients

- 4 Vita-Weat crispbread
- 4 cos lettuce leaves
- 1 medium avocado, peeled and sliced
- ¼ cup chickpeas, rinsed and drained, crushed with a fork
- Sliced red onion to serve

Method

1. Top each Vita-Weat with a cos lettuce leaf and 2 slices of avocado.
2. Add a tablespoon of chickpea smash and sliced red onion.

DID YOU KNOW?

Chickpeas contain fibre and potassium, which is great for heart health.



FALAFEL TAHINI BOWL

Total Time: 20 minutes | Serves: 1 | Dietary: Vegetarian, Dairy free

Ingredients

- 2 slices Bürgen® Rye bread, toasted and cut into triangles
- 2 (70g) falafel balls
- 2 tbsp tahini paste
- 1 tbsp lemon juice
- Ground white pepper
- 1 cup (70g) red cabbage, shredded
- ½ (40g) carrot, grated
- ½ (70g) Lebanese cucumber, grated
- ¼ cup parsley leaves
- ¼ cup coriander leaves

Method

1. Preheat oven to 200°C.
2. Put the falafels onto a piece of aluminium foil and sprinkle with a little water. Enclose in the foil and heat in the oven for 15 minutes.
3. Meanwhile, combine the tahini with the lemon juice and then, using a whisk, add enough warm water to make a smooth paste. Season with ground white pepper.
4. Combine the cabbage, carrot, cucumber, and herbs in your serving bowl. Slice falafels in half and serve on top of the vegetables with the triangles of rye toast and tahini sauce.





SOBA NOODLES AND EDAMAME SALAD WITH LIME PEANUT DRESSING

Total Time: 25 minutes | Serves: 1 | Dietary: Vegetarian, Dairy free

Ingredients

- 1 individual packet of soba noodles (90g)
- ¼ cup edamame beans
- 2 radishes
- ½ avocado
- ¼ cup snow peas
- Sesame seeds to garnish
- Mint to garnish

Lime peanut dressing

- 1 tbsp peanut butter
- 1 tbsp lime juice
- 1 tbsp mirin
- 3 tbsp soy sauce
- ½ tsp maple syrup
- 1 tbsp water

DID YOU KNOW?

Edamame beans are young soybeans that offer a complete source of plant-based protein.



Method

1. Cook soba noodles according to package instructions.
2. Once cooked, rinse under cold water until cool and set aside.
3. In a small bowl, whisk together peanut butter, lime juice, mirin, soy sauce, maple syrup and water to make the lime peanut dressing.
4. Cut radish radish and avocado into thin slices.
5. Thinly slice snow peas lengthwise.
6. Combine soba noodles, edamame beans, sliced radish, avocado, and snow peas in a medium bowl.
7. Toss salad in peanut dressing. Top with sesame seeds and mint. Enjoy!



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KALE CHOP SALAD WITH LENTIL BURGERS AND CREAMY TAHINI DRESSING

Total Time: 30 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free

Ingredients

- 4 Vegie Delights™ Lentil Burgers
- 3 stalks purple kale, stems removed and leaves finely chopped
- 1 tbsp olive oil
- 3 spring onions, sliced thinly
- ½ bunch flat-leaf parsley, roughly chopped
- ¼ bunch of mint, roughly chopped
- 1 large ripe but firm tomato, diced
- 1 small Lebanese cucumber, diced
- 1 avocado, diced

Dressing

- 2 tbsp tahini paste
- 2 tbsp water
- Juice of 1 lemon
- ½ clove garlic, minced



Method

1. Cook the Vegie Delights Lentil Burgers in the oven, air fryer or frying pan as instructed on the pack.
2. Meanwhile, place the dressing ingredients in a blender or food processor. Blend until smooth, adding a little more water if needed. Set aside.
3. Place the kale in a bowl, add olive oil, rub through, and leave to marinate and soften. Add the remaining vegetables and toss to combine. Divide the salad between four bowls. Once the Lentil burgers are cooked, cut them into bite-sized pieces and add them to each salad bowl.
4. Drizzle the dressing over the top of each bowl and serve.





QUINOA, LENTIL AND POMEGRANATE SALAD WITH A YOGHURT DRESSING

Total Time: 30 minutes | Serves: 4-6 | Dietary: Vegetarian, Dairy free, Gluten free

Ingredients

- 1½ cups quinoa
- 1 cup can lentils
- ½ cup slivered almonds
- ⅓ cup dried cranberries
- ¼ cup currants
- ⅓ cup roughly chopped parsley, plus more for garnish
- Seeds from ½ a pomegranate
(approx. ½ a cup) – set aside 1 tbsp of seeds for garnish
- Juice of 1 lemon

Yoghurt Dressing

- ½ cup natural Greek yoghurt
- 1 tbsp honey
- 1 tsp ground cumin



Method

1. Cook the quinoa according to the instructions on the packet.
2. In the meantime, prepare all other ingredients for the salad. Rinse and drain the lentils and set aside.
3. Lightly toast the almonds in a dry frying pan over a medium-high heat for 1-2 minutes and set aside. Measure all other ingredients for the salad and set aside.
4. Once the quinoa is cooked and cooled, add to a large salad bowl. Add all other ingredients and stir together well. Once combined, garnish the salad with some more pomegranate seeds and parsley.
5. To make the dressing, stir together the yoghurt, honey, and cumin in a small bowl. Sprinkle over some extra ground cumin to garnish.
6. Serve the salad with the dressing on the side for everyone to top off their salad as they desire. Enjoy!



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ROAST CAULIFLOWER, LUPIN AND PISTACHIO SALAD

Total Time: 30 minutes | Serves: 4-6 | Dietary: Vegetarian, Dairy free

Ingredients

- 1 small cauliflower, cut into small florets
- 2 tbsp olive oil
- Sea salt, fresh ground black pepper
- ½ cup lupin flakes
- ½ cup tahini
- 2 clove garlic, crushed
- Juice 1 lemon
- ⅓ cup pistachio, toasted, crushed
- ⅓ cup pepita seeds, toasted
- ½ cup flat-leaf parsley, roughly chopped
- 1 cup mint, picked
- 1 tbsp chardonnay vinegar
- 3 tbsp extra virgin olive oil
- 1 tbsp za'atar
- 1 lemon cut into wedges to serve

Method

1. Preheat oven to 210°C and line a baking tray with baking paper.
2. Bring a medium pot of water to the boil and add a pinch of salt.
3. Toss the cauliflower with the two tablespoons of olive oil and season with salt and pepper.
4. Scatter the cauliflower over the baking tray in a single layer and roast for 15 minutes, or until golden.
5. While the cauliflower cooks, add the lupin to the boiling water and cook for 4 minutes. Drain, refresh under cold water, then drain well on some paper towel to dry well.
6. Whisk together the tahini, ½ cup of water, the garlic, juice of the lemon and season to taste with salt and pepper. Set aside.
7. Combine the cooked lupin, pistachio, pepita, sultanas, and herbs, dress with the vinegar and olive oil and season with salt and pepper. Mix the salad and spoon over a plate. Top with the cauliflower, spoon over the tahini sauce and finish with the za'atar.
8. Serve with extra lemon.



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V2 FOOD TACOS

Total Time: 40 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free

Ingredients

- 400g v2mince
- Olive oil
- 1 large brown onion, finely diced
- ½ cup water
- 200g tin chipotle chillies in adobo sauce
- 400g tin diced tomatoes
- 400g can red kidney beans, rinsed and drained
- 1 tbsp ground cumin
- Salt and pepper

Method

1. Heat olive oil in a large frypan on medium-high heat. Add onions and fry off until softened.
2. Add v2mince and cook until browned and crumbling, using a wooden spoon to break it down.
3. Add water and use a wooden spoon to scrape off the bottom of the pan. Add chipotle chillies and break them apart with a spoon before adding tomatoes, kidney beans and cumin. Season with salt and pepper and reduce heat to low to simmer for 10 minutes.
4. Spoon chilli con carne mix into taco shells and top with your favourite combo of veggies and garnishes.





MUSHROOM AND BARLEY SALAD WITH CHICKPEAS

Total Time: 45 minutes | **Serves:** 4-6 | **Dietary:** Vegetarian, Dairy free

Ingredients

- 1L Campbell's Real Stock Mushroom
- 750g sweet potato, peeled and cubed
- 2 tbsp olive oil
- 2 tsp Moroccan seasoning
- 1¼ cup barley, rinsed
- 420g can chickpeas, rinsed, drained
- ¼ cup sultanas

Method

1. Preheat oven to 200°C (180°C fan forced). Line a baking tray with baking paper and place sweet potato on the tray. Drizzle with olive oil and seasoning. Bake for 25-30 minutes or until softened and golden.
2. Meanwhile, place Campbell's Real Stock in a medium pot and bring it to a boil. Add barley and cook for 30 minutes uncovered until barley has softened. Turn off the heat and stir through chickpeas and sultanas.
3. Rest for 5 minutes, then drain any excess liquid. Stir through roasted sweet potato.
4. Serve at room temperature or chilled.



Campbell's



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CHARRED CORN AND SWEET POTATO TACOS

Using charred corn and sweet potato, these tacos take an age-old family favourite to a whole new level. Experience this new recipe twist and never look back!

Total Time: 45 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free

Ingredients

- 250g silken firm tofu, drained well
- 125mL So Good™ Soy Milk Regular
- 1 tsp smoky paprika
- ½ tsp dijon mustard
- 15mL lemon juice
- 400g sweet potato (skin on), cut into thin wedges
- 2 medium corn cobs
- 1 avocado, chopped
- 1 medium red capsicum, seeded and chopped
- 2 tbsp chopped coriander
- 150g shredded red cabbage
- 8 small corn tortillas

Method

1. Place drained tofu, So Good™ Soy Milk Regular, paprika, Dijon mustard, and lemon juice in a food processor or blender. Blend until smooth. Cover and refrigerate until needed.
2. Preheat oven to 200°C. Place sweet potato wedges on a lined baking tray and spray with olive oil spray. Bake for 15-20 minutes until tender and golden. Remove and keep warm.
3. Heat a barbecue or char-grill plate over high heat. Cook corn cobs, turning regularly until slightly charred, then remove from heat and cool for 5 minutes before slicing kernels from cobs. Set aside.
4. Gently combine chopped avocado with capsicum and coriander.
5. To serve, warm tortillas. Top with red cabbage, sweet potato, avocado salsa, charred corn, and a drizzle of smoky paprika aioli. Garnish with extra coriander and lime wedges if desired.





CHICKEN AND TOFU RICE PAPER ROLLS

Rice paper rolls make a great meal or snack. To balance out the carbohydrates they offer in the noodles, tofu champions the protein - Simone Austin, Advanced Sports Dietitian & HealthyLife Chief Health Officer.

Total Time: 45 minutes | Serves: 12 | Dietary: Dairy-Free, Gluten Free

For the filling

- 2 cups water
- 1 cup low FODMAP stock
- 200g chicken breast
- 150g firm tofu, coarsely chopped
- 2 carrots, grated
- 2 cups iceberg lettuce, finely shredded
- 10 long green beans, finely sliced on a sharp diagonal
- 50g vermicelli noodles, cooked
- 1 packet round rice paper sheets
- Extra virgin olive oil, drizzle

For the dipping sauce

- 2 tsp sesame oil
- 2 tbsp water
- 2 tbsp white vinegar
- 2 tbsp lime juice
- 1 long red chilli, finely chopped
- 1 tsp fresh coriander, finely chopped
- 1 tsp fresh basil, finely chopped

Method

1. Place the water and stock in a medium saucepan and bring to the boil. Add chicken breast and poach for 12 minutes or until cooked through. When cooked, remove chicken from liquid and set aside to cool before shredding into thin strips.
2. Meanwhile, heat olive oil in a frying pan over a medium heat and cook tofu until golden.
3. In a large bowl, combine shredded chicken, tofu, carrot, lettuce, beans and vermicelli noodles

Method (Continued)

4. Place one rice paper sheet in a dish of warm water until just softened. Be careful not to let them get too soft - they should be soft, but firm enough to handle. Carefully place the rice paper sheet on a board. Spoon a large dessert spoon into the centre of the sheet. Fold the side closest to you over the mixture, then fold in the other sides and roll to enclose the filling. Repeat until all mixture has been used.
5. Prepare dipping sauce by placing all ingredients in a small bowl and stirring to combine.
6. Serve rice paper rolls with dipping sauce.

HEARTY

Embrace the warmth of these inviting and snug recipes, tailor-made for cooler evenings and weekends. Including legumes in your heartier meals is an excellent way to boost the nutritional value without sacrificing flavour.





SMOKY BAKED BEANS

Is there anything more satisfying than having flavour-packed baked beans to look forward to for breakfast? These fully loaded-baked beans take advantage of paprika-laden chorizo sausage, as well as the piquancy of tomatoes, to offer a warming bowl of beans that are much grander than the sum of their parts.

Total Time: 40 minutes | Serves: 4

Ingredients

- 1 smoked chorizo sausage, skin removed, finely diced
- 1 tablespoon olive oil
- 1 onion, finely diced
- 2 garlic cloves, roughly chopped
- ½ teaspoon ground cumin
- ½ teaspoon sweet paprika
- 1 dried ancho chilli, finely sliced (optional)
- 2 x 400 g (14 oz) tins whole peeled tomatoes
- 2 teaspoons tomato paste (concentrated purée)
- 1 teaspoon brown sugar
- 1 teaspoon salt flakes
- 2 x 400 g (14 oz) can cannellini beans, drained and rinsed
- 4 eggs
- Finely chopped parsley, to serve
- Warm toast, to serve

Method

1. Fry the chorizo in an ovenproof pan until it starts to release some bright orange oil. Pour in the olive oil, add the onion and stir well to combine, then pop a lid on and sweat for at least 10 minutes, or until translucent.
2. Stir in the garlic, cumin, paprika and chilli, if using. Add the tomatoes, tomato paste, sugar and salt, breaking the tomatoes into chunks using a wooden spoon. Bring to a simmer.
3. Meanwhile, preheat the oven to 180°C.
4. Stir the beans into your tomato mixture and allow the flavours to meld as the oven heats up.



Method (Continued)

5. Pop the pan into the oven and bake, uncovered, for 10 minutes.
6. Remove from the oven and use a wooden spoon to make 4 holes in the mixture.
Crack in the eggs, then bake for a further 5–6 minutes, or until the egg whites are white and the yolk is par-cooked (it will finish cooking in the residual heat).
7. Scatter with parsley and serve hot, with toast.





GREEN THAI LENTIL CURRY

Including lentils for dietary fibre can support our gut health. This curry makes a perfect addition to any weekly menu - Simone Austin, Advanced Sports Dietitian & Healthylife Chief Health Officer.

Total Time: 50 minutes | Serves: 8 | Dietary: Vegetarian



Ingredients

For the curry paste

- 2 stalks lemongrass, thinly sliced
- 3-4 green chillies (depending on how much spice you desire)
- 6 spring onions, thinly sliced (green portion only)
- 1 tbsp fresh grated ginger
- 1 tbsp fresh grated galangal
- ½ cup chopped fresh coriander (including stems)
- ½ cup fresh Thai basil
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp soy sauce
- 1 lime, zest and half its juice
- ½ tsp ground black pepper

For the curry

- 1-2 tsp gluten-free soy sauce (adjust to taste)
- 2 cups can lentils, washed and drained
- ½ cup low FODMAP vegetable stock
- 1 lime, sliced into wedges (for serving)
- 2 red capsicums, cut into strips
- 2 medium carrots, cut into circles
- 400g can coconut milk
- Small handful spring onions, thinly sliced (green portion only)
- 1 tsp coconut sugar
- ¾ cup baby corn

Method

1. Place all the curry ingredients in a food processor. Whiz everything together until you end up with a thick, green paste.



Method (Continued)

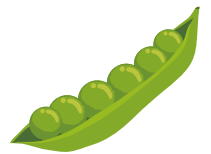
2. Warm the curry paste in a large pan on a low heat for 2-3 minutes until extremely fragrant.
3. Add the lentils and stir, coating them in the curry paste. Cook for another 4-5 minutes on a medium heat. Add the coconut milk, vegetable stock, soy sauce, and coconut sugar and bring to a boil for a couple of minutes.
4. Turn the heat down. Add the capsicums, baby corn, carrots and spring onions and allow the curry to simmer for at least 15 minutes until the sauce thickens.
5. Season with salt and pepper.
6. Divide curry between plates. Serve with rice and a wedge of lime.





MEAN GREENS CURRY

Total Time: 25 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free, Gluten free



Ingredients

- 2 tsp olive oil
- 1 onion, thinly sliced
- 4 cloves garlic, finely grated, chopped or crushed
- 2.5cm ginger, finely grated
- 2 stalks lemongrass, outer stalk layer removed and inner finely chopped
- 1 tsp ground turmeric
- 1 x 400g can lite coconut milk
- 1 cup low sodium vegetable stock
- 2 x 400g cans chickpeas, drained and rinsed
- 1 head broccoli, cut into small florets (roughly 2 cups or 150g total)
- 200g spinach, washed well and roughly chopped
- 1 cup (130g) frozen peas, defrosted
- 1 cup (100g) green beans, trimmed
- 1 lime, finely grated zest and juice
- 1 bunch coriander, roughly chopped
- 1 red chilli, thinly sliced (optional)

Method

1. Heat a large frying pan over medium-high heat.
2. Add the oil, onion, garlic, ginger and lemongrass and cook for 2-3 minutes until just softened.
3. Add the turmeric, coconut milk, stock and chickpeas, cover with a lid if you have one, and bring to a simmer.
4. Add the broccoli and beans and bring back to a simmer. Cook for a few minutes until bright green and just tender.
5. Stir through the spinach, peas and lime zest and cook until spinach is wilted. Season well with lime juice, salt and pepper.
6. Serve with cooked rice or noodles and top with coriander and chilli.

Tip: You could serve with cooked brown rice or quinoa or noodles such as brown rice/mung bean vermicelli or sweet potato or kelp noodles. Cook according to packet directions.



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CARROT AND CHICKPEA PILAF

Total Time: 25 minutes | Serves: 4 | Dietary: Vegetarian, Dairy free

Ingredients

- 2 tbsp olive oil
- 500g carrots, halved, thinly sliced
- 2 tsp mild curry powder
- 1 cup basmati rice
- 500mL (2 cups) Campbell's Real Stock Salt-Reduced Vegetable
- 420g can chickpeas, rinsed, drained
- Sliced shallot to serve

Method

1. Heat oil in a large frying pan on high. Cook carrot for 3-4 minutes or until starting to soften. Add curry powder and stir for 1 minute.
2. Add rice, stirring for 1 minute. Add Campbell's Real Stock and bring it to the boil. Cover and simmer on low for 15 minutes. Add chickpeas and stir to combine.
3. Serve garnished with green onion.



Campbell's

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CHEESY BEANS AND TOAST

Take your beans on toast to the next level with these cheesy beans served with toasted sourdough. Perfect for those cooler winter nights or as lunch to energise you for the day, this warming and delicious beans recipe will leave you longing for more with every spoonful.

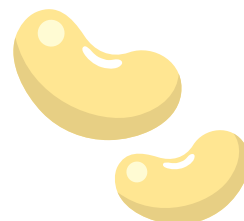
Total Time: 25 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 1 Bakers Delight Sourdough Vienna
- 1 tbsp olive oil
- 500g tomato passata
- 1 tsp Italian seasoning
- Salt and pepper, to taste
- 2 x 400g cans of cannellini beans, rinsed and drained
- 2 large handfuls of baby spinach
- 2 cups shredded mozzarella cheese

Method

1. Preheat oven to 180°C.
2. In an oven-proof skillet over medium heat, add the tomato passata, Italian seasoning, salt, and pepper. Stir in cannellini beans and spinach until wilted.
3. Remove the pan from the heat and sprinkle cheese over the top.
4. Bake for 10 minutes or until the cheese has melted and the beans are bubbling. For an extra golden top, switch to grill for 2 minutes.
5. Serve immediately with toasted slices of Bakers Delight Sourdough Vienna.



Bakers Delight



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CAULIFLOWER AND EDAMAME DAHL

Total Time: 30 minutes | Serves: 6 | Dietary: Vegetarian, Dairy Free

Ingredients

- 1 tbsp oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 tbsp madras curry paste
- 2 tbsp no added salt tomato paste
- 1 ½ cups dried red lentils, rinsed, and drained
- 2 carrots, chopped
- 750g cauliflower, cut into small florets
- 1L reduced salt vegetable stock
- 1 ½ cups frozen edamame



Method

1. Heat oil in a saucepan and sauté onion and garlic until onion is soft.
2. Stir through curry paste and cook for 1 minute.
3. Add tomato paste, lentils, carrots, cauliflower, and stock.
4. Bring mixture to a boil, then reduce heat and simmer for 15-20 minutes or until lentils are soft.
5. Add edamame and heat for 2 minutes or until cooked.
6. Can be served with cooked brown rice or naan bread.





LOW GI MEXICAN BAKED MUSHROOM, CAPSICUM AND KIDNEY BEAN RICE

Total Time: 30 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 5 tbsp olive oil
- 1 red (Spanish) onion diced
- 1 red capsicum sliced
- 1 green capsicum sliced
- 2 cloves garlic roughly chopped
- 2 tbsp Mexican spice mix
- 2 tbsp tomato paste
- 1½ cups basmati rice
- 600 mL vegetable stock reduced salt
- 5 large mushrooms
- 2 tomatoes diced
- 400g kidney beans drained and, rinsed
- 1 fresh coriander handful, chopped
- 1 lime juiced
- 1 avocado cut into wedges
- Natural yoghurt to serve

DID YOU KNOW?

Beans have a low glycaemic index, which means they release glucose into the bloodstream slowly

Method

1. Preheat oven to 210°C.
2. Place a large shallow French oven pan or an oven-safe frying pan over medium/high heat and add 3 tbsp of the olive oil, onion, capsicums, garlic, and a good pinch of salt.
3. Cook, stirring often, for 4 minutes, then add spice mix, tomato paste and rice and stir everything through, cooking for 1 more minute.
4. Add stock, bring to a simmer, stirring so everything is evenly mixed, then nestle in the mushrooms, cup side up, season with salt and pepper and drizzle with 2 tbsp of olive oil over the mushrooms.
5. Cover with a lid and cook in the preheated oven for approx. 25- 30 minutes. Combine the tomato and kidney beans with a little of the chopped coriander, season to taste and a squeeze of lime.
6. When the rice and mushrooms are cooked, let the pan sit for 5 minutes to rest, then remove the lid. To serve, scatter the kidney bean mix and avocado over the rice and serve with the yoghurt.



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Recipes created by Chef Tom Walton



MEXICAN BEEF AND BEANS

This recipe uses both lentils and beans, which are high in fibre for good digestive health!

Total Time: 30 minutes | Serves: 6

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tsp each paprika, cumin, ground coriander (optional: ½ tsp. chilli powder)
- 250g lean beef mince
- 1 tin diced tomatoes
- ½ cup water + 1 salt-reduced beef stock cube
- 1 can kidney beans, drained and rinsed
- 1 can lentils, drained and rinsed
- 2 cups vegetables, diced (fresh or frozen)

To Serve

- Cooked brown rice
- Reduced-fat Greek yoghurt

Method

1. Heat the oil in a large frypan on medium-high heat. Add diced onion and garlic, stirring for 5 minutes.
2. Add the paprika, cumin, ground coriander, chilli powder (if using), and beef mince. Stir until the mince is brown.
3. Add the diced tomatoes, stock, kidney beans, lentils, and mixed vegetables. Simmer, stirring occasionally, for 15 minutes or until vegetables are cooked.
4. Once vegetables are cooked, serve with brown rice and Greek yoghurt.



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BUTTER BEAN PASTA

Try this delicious alternative pasta dish using butter beans instead of a traditional tomato-based sauce. The beans create a creamy texture that's low in fat and high in fibre.

Total Time: 30 minutes | Serves: 6 | Dietary: Vegetarian

Ingredients

- 250g fettuccine
- 1 tbsp olive oil
- 1 clove garlic, chopped
- 1 brown onion
- 300g can butter beans, drained, and rinsed
- 2 tbsp flour
- 2 cups soy milk or dairy milk
- ¼ cup parmesan cheese, grated
- ¼ cup lemon juice
- ¼ cup fresh basil, chopped
- 2 large zucchinis (courgette), sliced and steamed
- 1 cup broccoli, steamed
- ½ tsp salt
- ¼ cup pine nuts, toasted

Method

1. Cook pasta according to the instructions on the packet.
2. Heat oil in a frypan, then sauté garlic and onion until golden.
3. Add butter beans and stir until heated through.
4. Combine flour and milk.
5. Place butter bean mixture, parmesan cheese, lemon juice and milk in a blender and puree until smooth.
6. Pour bean puree back into the frying pan, add chopped basil, steamed vegetables and salt.
7. Bring to a boil, reduce heat and simmer until the mixture slightly thickens.
8. Drain fettuccine and stir through sauce. Serve immediately, sprinkled with pine nuts.





CHICKEN AND BEAN ENCHILADAS

Total Time: 30 minutes | Serves: 4

Ingredients

- 1 small barbeque chicken, meat removed from bone, shredded
- 2 x 420g cans Heinz® Chilli Beans Medium
- 4 flour tortillas, heated
- 1½ cups grated tasty cheese
- 2 tomatoes, seeded and finely chopped
- ½ small red onion, finely chopped
- 1 cup coriander leaves, chopped
- 1 mild green chilli, finely chopped or 1 jar mild salsa
- Sour cream to serve
- Fresh coriander leaves

Method

1. In a saucepan, combine shredded chicken with one can of Heinz® Chilli Beans Medium and cook over low heat until hot.
2. Divide the chicken and bean mixture between the 4 tortillas, placing the filling in a line along the centre of each tortilla. Sprinkle with half the cheese, then roll each tortilla around the filling. Arrange enchiladas in a lightly oiled ceramic baking dish, seam-side down.
3. Pour the second can of Heinz® Chilli Beans Medium over the top of the enchiladas and sprinkle with the remaining cheese. Bake in a preheated oven of 180°C for 15 minutes until the cheese is melted and the filling is hot.
4. Meanwhile, combine fresh salsa ingredients in a bowl. To serve, top enchiladas with a dollop of sour cream, a few spoonfuls of fresh salsa and a few coriander leaves. Serve immediately.





MEXICAN OAT BOWL

Total Time: 40 minutes | Serves: 4

Ingredients

- 4 x 150g chorizo, skins removed and broken into chunks
- 1 tbsp extra virgin olive oil
- 1 small brown onion, diced
- 3 cloves garlic, crushed
- 1 tbsp cumin
- ½ tbsp coriander
- 1 tbsp paprika
- 2 tsp chilli flakes
- Sea salt, to taste
- 1 x 400g can crushed tomatoes
- 1 x 400g can black beans
- 1 x 400g can red kidney beans
- ½ cup UNCLE TOBYS Traditional Rolled Oats
- 1 cup (250mL) water

Method

1. Add chorizo to a cold fry pan, then place over medium heat. When it begins to sizzle and the fat has started to render, cook for 2-3 minutes.
2. Add the onion and cook for a further 2 minutes or until slightly softened. Add the garlic and spices and cook for a further 5 minutes, then add the tomatoes, beans, and UNCLE TOBYS Traditional Rolled Oats along with a cup of water. Simmer for 10 minutes until reduced slightly.

Crispy Oat Chili Oil*

- ½ cup vegetable oil
- 2 dried chipotle chilies**, roughly chopped
- 2 ancho/guajillo chilli**, roughly chopped
- 1 stick cinnamon
- 1 tbsp coriander seeds
- ½ tbsp cumin seeds
- ¼ cup UNCLE TOBYS Traditional Rolled Oats
- ¼ cup chili flakes
- 2 cloves garlic, finely sliced

To serve

- 2 ripe avocados, sliced
- ½ cup coriander
- 1 cup grated tasty cheese
- Limes to serve
- Sour Cream to serve
- Tortilla chips, to serve



Method (Continued)

3. To make the crispy oat chilli oil, place oil in a small saucepan over medium-high heat and add the chipotle, ancho/guajillo, cinnamon, coriander seeds, and cumin seeds. Heat for approx. 20 minutes until fragrant but without burning the spices.

4. Place the UNCLE TOBYS Traditional Rolled Oats, chilli flakes and sliced garlic in a stainless-steel bowl. Using a metal sieve, pour the oil mixture over the chilli flake and oat mix, straining out the spices and chilli. Be careful, as the oil will pop and crackle. Stir gently with a spoon and set aside to cool.

5. Spoon your chorizo oat mixture into serving bowls and top with sour cream, avocado, cheese, and coriander. Serve alongside corn chips, lime wedges and your crispy oat chilli oil.

** The Crispy Oat Chili Oil is an option addition and will make more than is needed for the recipe. Keep in a sealed jar for up to a month. If you don't have time to make your own chilli oil, top it with your favourite hot sauce.*





COCONUT DHAL WITH POACHED EGGS

Total Time: 40 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 2 tbsp olive oil
- 1 brown onion, finely chopped
- 3 clove garlic, roughly chopped
- 1½ cup dried red lentils
- 2 tbsp tomato paste
- 2 tbsp curry powder
- 1L vegetable stock
- 200 mL coconut milk
- 150 g baby spinach leaves
- 4 eggs free range
- Fresh coriander (cilantro) large handful, roughly chopped
- Low GI wraps to serve



Method

1. Heat the oil in a large frying pan over medium heat.
2. Add the onion, garlic, and a good pinch of salt. Cook, stirring often for 2-3 minutes, then add the tomato paste, curry powder, lentils and stir them through, cooking for another 1 minute.
3. Add the stock and cook, stirring often, for 20-25 minutes, until the lentils are creamy and softened.
4. Stir through 2/3 of the coconut milk and baby spinach, cooking to wilt. Adjust the seasoning to taste, then crack the four eggs into the simmering dhal.
5. Cover and cook on low heat for 6-7 minutes to cook the eggs to your liking.
6. Finish the dhal with the remaining coconut milk and coriander and serve with low-GI wraps if desired.



Recipes created by Chef Tom Walton



MEXICAN CHICKEN RICE

Total Time: 50 minutes | Serves: 4 | Dietary: Dairy Free

Ingredients

- 2 tbsp olive oil
- 1 brown onion, chopped finely
- 500g chicken thigh fillets, cut into 3cm cubes
- 1 red capsicum, chopped coarsely
- 2 cloves garlic, crushed
- 2-3 tsp Mexican chilli powder
- 2 tbsp tomato paste
- 2 cups long grain rice, rinsed in a sieve until water runs clear
- 1L Campbell's Real Stock Salt-Reduced Chicken
- 400g can red kidney beans, drained and rinsed
- 2 cups baby spinach leaves
- Grated tasty cheese, natural yoghurt, and guacamole to serve

Method

1. Heat oil in a large, heavy-based saucepan. Add onion and cook, stirring, over medium heat for 3-4 minutes until tender. Add chicken and cook, stirring until browned. Add capsicum and garlic and cook for 2 minutes. Stir in spice. Cook for 1 minute until aromatic.
2. Add paste, drained rice, and Campbell's Real Stock. Bring to the boil. Reduce heat to low and cook, covered for 15-20 minutes, until rice is tender, adding the beans to the last 5 minutes of cooking time. Remove from heat and gently stir through spinach until wilted.
3. Serve with grated cheese, natural yoghurt, and guacamole.

Tip: Use a combination of ground cumin and mild paprika if you don't like the heat from the Mexican chilli.



ROASTED CHICKEN TRAY BAKE WITH PEAS, TOMATO AND ASPARAGUS

Whether hosting a Sunday family dinner or a lunch that will wow your friends, this Roasted Chicken Tray Bake will impress a crowd. This hearty meal is bursting with fresh and delicious ingredients, with tender chicken, peas, tomatoes, and asparagus all adding to the dish's flavour. Better yet, this chicken tray bake recipe is super easy to make and only needs one tray!

Total Time: 50 minutes | Serves: 4

Ingredients

- 4 slices Cape Seed Loaf
- 4 small chicken breasts, 400-600g
- 1 punnet cherry tomatoes
- 1 capsicum, cut into strips
- 1 bunch of asparagus spears
- Handful of basil, fresh or dried
- 1 cup salt-reduced vegetable stock
- $\frac{3}{4}$ cup frozen or fresh peas
- 20g Parmesan cheese to serve

Method

1. Preheat the oven to 180°C.
2. Heat oil in a pan over medium heat. Sear chicken breast for 2 minutes on each side until browned.
3. In a large ovenproof dish, place seared chicken, tomatoes, asparagus, basil, peas, and vegetable stock.
4. Bake covered in foil for 20 minutes, then remove foil and bake for a further 20 minutes.
5. Serve with extra basil, cracked pepper, parmesan cheese and a toasted slice of Cape Seed Loaf.



A bowl of orange soup, likely butternut squash, garnished with pumpkin seeds, red peppercorns, and fresh parsley. The bowl has a blue rim and is set on a light blue surface. A silver spoon and a small sprig of parsley are visible in the background.

SOUPS AND STEWS

Get your ladles ready for satisfying soups and stews. Including legumes in your soups and stews is an excellent way to add a rich source of vitamins, minerals and exciting textures to your meals.



MUSHROOM RAMEN

Experience a bowl of pure umami bliss with this mushroom ramen, featuring soba noodles, protein-packed tofu, and a delightful blend of flavours, creating a simple, comforting and satisfying meal.

Total Time: 25 minutes | Serves: 3-4 | Dietary: Vegetarian, Dairy Free

Ingredients

- 1 tbsp vegetable oil
- 1L Campbell's Mushroom stock
- 2 tbsp white miso paste
- 270g packet of soba noodles
- 200g firm tofu, drained and sliced
- 1 bunch of baby Pak Choy
- Green spring onions and furikake* to serve

Method

1. Heat oil in a medium frypan. Cook sliced tofu until golden on both sides. Set aside.
2. Heat Campbell's Real Stock in a medium to large saucepan over medium heat. Add miso paste to a boil and simmer for 2-3 minutes.
3. Add Pak choy and cook for 1-2 minutes.
4. Meanwhile, follow packet instructions and cook noodles in a medium saucepan of boiling water.
5. To serve, place the stock mixture and noodles in a bowl and top with tofu, spring onion, and furikake if desired.

* Furikake is a Japanese seasoning available at Asian grocery stores and large supermarkets.





BEAN SOUP WITH GARLIC TOAST

Total Time: 30 minutes | Serves: 1 | Dietary: Vegetarian, Dairy Free

Ingredients

- 2 slices Bürgen® Soy-Lin bread, toasted
- 2 tsp extra virgin olive oil
- ½ onion, chopped finely
- ½ stick celery, sliced finely
- ½ carrot, peeled and grated
- 1 cup (250mL) vegetable stock
- ½ cup (125mL) water
- 200g can white beans, drained
- 1 tbsp chopped parsley leaves
- 1 tbsp olive margarine
- 1 small clove garlic, chopped finely

Method

1. Preheat grill.
2. Put the oil into a saucepan and add the onion. Cook over medium heat, stirring occasionally, for 10 minutes or until golden. Add the celery, carrot, stock, and water; simmer for 5 minutes. Add the white beans and parsley and simmer for a further 5 minutes.
3. Meanwhile, combine margarine and garlic in a small bowl and spread over the toasted bread. Grill until lightly golden; cut into fingers.
4. Serve the soup with the garlic toast fingers.





PUMPKIN AND BEAN SOUP

Total Time: 30 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 1 tsp cumin
- 1 tsp ground coriander seeds
- 1 large carrot, sliced
- ½ butternut pumpkin, skin on, diced
- 2 potatoes, diced
- 1 can beans (e.g., cannellini), drained and rinsed
- 2 cups water + 1 salt-reduced vegetable stock cube

To Serve

- Wholemeal bread, toasted
- Reduced-fat Greek yoghurt

Method

1. Place a large soup pot on medium-high heat. Add olive oil and diced onion, cooking for 5 minutes until softened, then add cumin and coriander.
2. Add carrot, pumpkin, potato, beans, stock, and pepper. Stir and cover with a lid. Cook until vegetables are soft, about 20 minutes.
3. Remove the lid and check if the vegetables are soft by inserting a fork into a larger piece.
4. Once soft, mash the vegetables until there are no more lumps and the soup is smooth.
5. Serve warm with a dollop of yoghurt and a side of toast.



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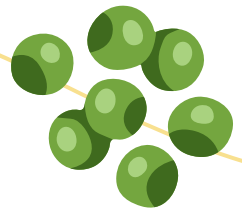


LENTIL AND KALE STEW

Total Time: 45 minutes | Serves: 4 | Dietary: Vegetarian

Ingredients

- 2 tsp olive oil
- 1 brown onion medium, finely chopped
- 1 carrot large, diced
- 2 cloves garlic peeled and grated
- ½ tsp ground turmeric
- ½ tsp ground cumin
- ½ tsp ground coriander (cilantro)
- ½ tsp dried chilli flakes (optional)
- 1½ cups dried whole green lentils
- 400g no added salt diced tomatoes
- 3 cups reduced salt vegetable stock
- 3 cups water
- 1 bunch of kale stems removed and leaves roughly chopped
- 1 lemon juiced (around 3 tbsp)
- ½ tsp ground black pepper
- 2 tbsp pesto, divided



Method

1. Heat the oil in a large saucepan. Add the onion and carrot. Cook, stirring, until the onion has softened. Add the garlic, turmeric, cumin, coriander, and chilli flakes (if using). Cook, stirring, for 1 minute or until the spices smell fragrant.
2. Add the lentils, canned tomato, vegetable stock and water to the saucepan and stir well. Bring the mixture to a boil, then reduce the heat to low and simmer gently for 20-25 minutes or until the lentils are about 90% tender.
3. Add the kale, lemon juice and pepper and stir well. Cook until the kale is just wilted.
4. Serve with ½ tbsp of pesto swirled through each bowl of stew.





CHICKEN, FREEKEH, KALE AND CHICKPEA SOUP

Total Time: 1 hour, 15 minutes | Serves: 4 | Dietary: Dairy Free

Ingredients

- 120g Wholegrain Freekeh
- 2L chicken stock
- 2 tsp olive oil
- 2 brown onions, diced
- 2 medium carrots, diced
- 4 celery sticks, diced
- 4 garlic cloves, crushed
- 250g baby zucchini, sliced
- 3 tsp ground cumin
- ½ tsp ground cinnamon
- 800g chicken thigh fillets - fat trimmed
- 800g no added salt chickpeas, drained and rinsed
- 400g kent pumpkin, diced
- 1 bunch kale, trimmed and sliced
- Lemon juice

Method

1. Start by adding 350mL water to a saucepan and bringing it to a boil, then add in freekeh and cook for 30 minutes or until al dente, then drain off the water.
2. In a separate saucepan, heat the oil over medium heat, then add onion, celery, carrot, and zucchini, stirring occasionally and cooking until soft. Then, stir in garlic, cumin, and cinnamon.
3. In a third saucepan, add the chicken stock and bring to a boil. Then add chicken fillets, reduce heat to low and simmer, partially covered, for 10 minutes or until chicken is cooked through.
4. Use tongs to transfer the chicken to a clean board. Set aside for 5 minutes to cool slightly, then thinly slice the chicken.
5. Add the onion, celery, carrot, and zucchini mix from your first saucepan into the stock mixture and then add chickpeas, pumpkin and freekeh to the stock mixture. Simmer for 15 minutes or until pumpkin is soft. Then, add the sliced chicken back into the stock mixture and the kale.
6. Stir for 1-2 minutes or until kale is just wilted.
7. Season with pepper and lemon juice.



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MINESTRONE SOUP

The Living Healthy Report 2023 shows most of us could eat more veg, including legumes, and what better way than to eat a rainbow of them than in a bowl of Minestrone? - Simone Austin, Advanced Sports Dietitian & HealthyLife Chief Health Officer.

Total Time: 55 minutes | Serves: 4 | Dietary: Vegetarian, Dairy-Free, Gluten-Free

Ingredients

- 1 tbsp garlic-infused olive oil, for drizzling
- 1 cup of leek, thinly sliced (green tips only)
- 2 large carrots, cubed
- 1 small potato, cubed
- ½ celery stalk, cubed
- 400g can diced tomatoes
- 2 cups of low FODMAP vegetable stock
- 1 ¼ cup of boiling water
- 2 cups of baby spinach
- 160g zucchini, diced
- 1 cup of can chickpeas, drained and rinsed thoroughly
- ½ cup of wheat-free pasta (spirals or shells)
- ½ bunch fresh basil, roughly chopped (set aside a little for garnish)
- 2 tbsp vegan parmesan

Method

1. Heat a drizzle of garlic-infused oil in a large saucepan over medium heat. Cook the leek, carrot, potato and celery, stirring for 15 to 20 minutes until the ingredients start to soften. Add a drizzle of olive oil and turn down the heat if needed (you want the vegetables soft but not too brown).
2. Add the canned tomatoes, stock, boiling water, spinach leaves, zucchini and chickpeas. Bring to the boil and simmer on medium-low heat for 10 minutes.
3. Add the pasta and basil to the soup. Cook the pasta in the soup according to packet directions or until the pasta is cooked. If the soup is too thick, add a little bit of water. Season with salt and pepper.
4. Divide the minestrone between four bowls. Add a drizzle of garlic-infused oil and a sprinkle of parmesan cheese to serve. Garnish with basil.





SNACKS, SIDES AND DESSERTS

Transform your cupboard staple into something delicious with this collection of fibre and protein-rich snacks, sides, and desserts.





BUTTERNUT HUMMUS WITH FETA AND ROASTED SEEDS

Total Time: 40 minutes | Dietary: Vegetarian, Gluten free

Serve this hummus as part of a grazing board with crusty bread, as a spread for sandwiches or as a dip with raw vegetables.

Ingredients

- 250g butternut squash, peeled and cubed
- 1 tbsp olive oil
- 1 garlic clove finely grated
- 1 tbsp peanut butter
- Juice of ½ lemon
- 100g dried chickpeas (which must be soaked) or 400g chickpeas, drained with the water reserved for use as aquafaba
- 1 tsp ground cumin
- ¼ cup olive oil
- salt and pepper to season

For topping

- 50g feta
- Handful of sunflower seeds, roasted
- Fresh herbs

Method

1. Preheat oven to 200°C and brush the roasting tray with oil.
2. Place the butternut squash on the roasting tray and roast for 20-25 minutes, until the butternut squash is cooked. Allow to cool.
3. In a blender or food processor, blend butternut, oil, garlic, chickpeas, peanut butter, lemon juice and cumin together.
4. Season with salt and pepper and add a little water if the mixture is not blended smoothly.
5. Scoop the hummus into a serving bowl and top with crumbled feta cheese, chopped herbs and toasted seeds
6. Serve with crackers or vegetables as part of a grazing board





CHICKPEA MISO

Total Time: 40 minutes | Dietary: Vegetarian, Gluten free

Ingredients

- 500g dry chickpeas
- 1 tbsp dried seaweed
- 250g (or ½ package) brown rice koji
- 2 tbsp miso from a previous batch or purchased raw miso
- 125g salt, plus extra for preparing the culturing vessel

Method

1. Soak chickpeas for 10-12 hours. Rinse and drain.
2. Combine the soaked beans with seaweed and boil in fresh water until very soft. Alternatively, use a pressure cooker and follow the manufacturer's instructions.
3. Drain the cooked beans and mash until relatively smooth. Some like a very smooth miso, while others prefer to leave some texture.
4. Add the salt and distribute evenly.
5. When the temperature of the bean mash is below 60°C, stir in the koji and miso.
6. To prepare the culturing container, rinse with water and drain, but do not dry. Sprinkle salt liberally inside the container to lightly coat the sides and bottom with salt to help prevent mould.
7. Pack the jar with the bean mixture, adding small amounts at a time, packing well. There should be no air pockets. It helps to pound the container on a hard surface after each addition.
8. When the container is full, coat the surface of the miso with salt to form a protective crust. Weigh down the paste, cover the container, and culture it in a cool spot for at least 3 months. At temperatures below 18-20°C, miso may take six months or more to mature.
9. Mould may form on the surface. Scrape it off before storage. Miso can be stored for years, and the flavour will continue to develop. The process can be slowed by refrigeration.





CLASSIC HUMMUS

Total Time: 15 minutes | Serves: 6 | Dietary: Vegetarian, Dairy Free

Ingredients

- 1 x 420g can chickpeas, rinsed and drained
- 1 clove garlic, crushed
- ½ tsp ground cumin
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1 tbsp extra virgin olive oil
- 2 tbsp water, optional
- Vegetable sticks to serve
- Crisp homemade oven-baked whole grain pita triangles to serve

Method

1. Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini, and oil. Blend to a smooth purée. Add a little water if it needs thinning.
2. Serve with vegetable sticks and crisp pita.





GREEN PEA FALAFEL

These falafel balls will make an awesome contribution to a Mezze platter combined with hummus, olives, chargrilled eggplant, capsicum, and flatbreads. Perfect for entertaining, they're so easy to make and full of flavour and colour.

Total Time: 20 minutes | Serves: 12 balls | Dietary: Vegetarian

Ingredients

- 1 cup frozen peas, thawed
- 3 tbsp oil
- 1 small brown onion, diced
- 1 garlic clove, crushed
- 425g can chickpeas, rinsed and drained
- 2 shallots, roughly chopped
- ¼ cup chopped parsley
- ¼ cup chopped mint
- 2 tsp lemon zest
- ½ tsp salt
- ½ tsp ground coriander
- ¼ tsp dried chilli flakes
- 2 tbsp plain flour
- 2 tbsp plain flour, extra

Method

1. Place frozen peas in a strainer and run hot water over them. Stand.
2. Heat 1 tbsp of the oil in a frypan and add onion and garlic. Sauté until soft and remove from heat.
3. Wrap peas in a clean, dry tea towel and rub gently to remove excess moisture.
4. Place onion, garlic, peas, and remaining ingredients, except for extra oil and flour, into a food processor. Process until just combined.
5. Form into balls and roll in extra flour using a spoon to make 12 balls.
6. Heat the remaining oil in a frypan and fry, turning until golden brown on all sides.





COOKIE DOUGH BITES

Delicious no-bake cookie dough treats with a secret ingredient.

Total Time: 15 minutes + 10 minutes in fridge | Serves: 28 bites Dietary: Vegetarian, Dairy Free

Ingredients

- 1 cup dates, pitted (12 Medjool dates)
- 1/3 cup boiling water
- 1 x 425g tin chickpeas, rinsed and drained
- 1/3 cup almond butter
- 4 Weet-Bix™ wheat biscuits, finely crushed
- 1/4 cup chopped 70% dark chocolate or choc-chips (50g)



Method

1. Combine dates and boiling water in a small bowl. Leave 10 minutes to soak.
2. Place drained chickpeas in a food processor and pulse to a coarse paste. Add water from soaking the dates (but not the dates just yet) and blend until the chickpea puree is thick but smooth, scraping the sides of the bowl a few times.
3. Add dates and almond butter to chickpeas and puree again.
4. Remove the blade from the processor (or transfer to a large bowl) and stir through crushed Weet-Bix wheat biscuits and chocolate pieces – the mixture should resemble cookie dough. Refrigerate for 10 minutes.
5. Scoop dough with a tbsp and roll into balls. Store in fridge or freezer.

Tip: almond butter can be replaced with any other nut butter, or replace it with tahini/seed butter for a nut-free treat.





ROASTED SPICY CHICKPEA NUTS

This delicious, easy roasted spicy chickpea nuts recipe offers sweet and spicy flavours.

Total Time: 45 minutes | Serves: 20 | Dietary: Vegetarian, Dairy Free

Ingredients

- 2x 400g cans chickpeas, rinsed and drained
- 1/3 cup walnuts, roughly chopped
- 1/3 cup pecans, roughly chopped
- 1/2 cup whole almonds
- 1/2 cup whole cashews
- 1/4 cup sunflower seeds
- 1/4 cup pepitas
- 1 tbsp sesame seeds
- 1 tsp sweet smoked paprika
- 1 tsp ground chipotle (or chilli powder)
- 1/2 tsp cayenne pepper
- 1 tsp ground cumin
- 2 tbsp olive oil
- 2 tbsp maple syrup
- pinch salt

Method

1. Preheat the oven to 180°C.
2. Line two large baking trays with baking paper.
3. Combine the nuts, seeds, and drained chickpeas in a medium-sized mixing bowl.
4. Sprinkle the dry spices and salt over the nuts and toss to coat.
5. Drizzle the nut mix with the maple syrup and olive oil and toss again to ensure all ingredients are well coated.
6. Spread the mixture over the prepared baking trays and place in the oven to roast for 25-30 minutes, stirring the nuts every 10 minutes to ensure they roast evenly.
7. Remove the trays from the oven and allow the nuts to cool down on the trays. The mix will be slightly sticky until it cools down completely.
8. Once cooled, transfer to an airtight container.

Tip: Use nuts of your choice and alter the cayenne pepper to your liking.





LEMON LUPIN PANCAKES

Total Time: 45 minutes | Serves: 8 pancakes | Dietary: Vegetarian

Ingredients

- 1½ cups soy milk
- 1 tsp apple cider vinegar
- 4 tsp lemon juice
- ½ tsp vanilla extract
- 1 cup wholemeal flour
- 1 cup lupin flour
- Zest of 1 lemon
- 1 tbsp baking powder
- ½ tsp salt
- 1 tbsp brown sugar or maple syrup
- ¼ cup melted butter

Method

1. Mix the milk, apple cider vinegar, lemon juice, and vanilla extract in a medium bowl. Set aside for 5 minutes.
2. Mix wholemeal flour, lupin flour, lemon zest, baking powder, and salt in a large bowl.
3. Add maple syrup or sugar, melted butter, and wet ingredients to the dry ingredients.
4. Mix until just combined and lumpy – do not over mix. The lupin flour will make the batter thicker than usual.
5. Preheat a non-stick pan over medium-high heat.
6. Add ¼ cup of batter to the pan and cook for 1-2 minutes, then flip, and cook until golden on the other side (another minute or two).
7. Remove from pan and repeat with the remaining pancake batter.
8. Stack pancakes. Serve with your favourite fruit and fresh toppings!



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TRIPLE CHOCOLATE BROWNIES

Total Time: 45 minutes | Serves: 12-16 slices | Dietary: Vegetarian

Ingredients

- 300g can chickpeas (drained)
- 45g almonds
- 75g brown sugar
- 30g cocoa powder
- 15g baking powder
- Pinch of salt
- 3 large eggs
- 200mL coconut cream
- 40g dark chocolate chips
- 30g white chocolate chips

Method

1. Place all ingredients except the chocolate into a food processor and blend till velvety and smooth.
2. Deposit batter into a pre-lined tin and spread out evenly.
3. Sprinkle with chocolate chips.
4. Bake at 180°C for approx. 35 - 40 minutes (until a skewer comes out clean).
5. Once baked, remove from oven, and allow to cool.
6. Once cooled, slice as desired.

Tip: Toppings can be substituted or mixed and matched for nuts and or raspberries.



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LOW FODMAP HUMMUS

Hummus is the perfect way to top up your protein and vegetable intake over the day. Use it as a snack with crackers or vegetables to dip, as a nutritious spread on your sandwich or add a dollop to your main meal for extra flavour - Simone Austin, Advanced Sports Dietitian & Healthylife Chief Health Officer.

Total Time: 5 minutes | Serves: 5 | Dietary: Vegetarian, Dairy-Free, Gluten-Free

Ingredients

- 3 tsp cumin
- ½ tsp chilli powder
- 2 tbsp unhulled tahini
- 1½ tbsp lemon juice
- 2-3 tsp garlic-infused extra virgin olive oil
- 400g can chickpeas, rinsed and drained
- 3 tbsp water
- Salt and pepper, to taste

Method

1. Blitz all the ingredients together in a blender until smooth and well combined.
2. Serve with plain rice crackers and cucumber and carrot sticks.

**Quantities above are a guide only. Remember, foods contain FODMAPs in various amounts and serving size is important. If you're unsure whether a particular food is suitable for you, check in with your healthcare professional. Gluten-free recipes have been created using products that don't contain gluten or gluten-containing ingredients. They should be used as a guide only. Please check the product label before consuming.*



ACKNOWLEDGEMENTS



ALLIED PINNACLE

Allied Pinnacle is the leader in flour, ingredients and delicious bakery products. They bring fun, unique and healthier options to millions of people across Australasia every day and have done so for more than 100 years.

<https://alliedpinnacle.com/>



Bakers Delight

What we do is nice and simple, it's freshly baked bread! Since 1980, we've been committed to delighting our customers and being pillars of our communities. We've been baking the same way for 40 years to give you our signature delightful experience.

<https://www.bakersdelight.com.au/>



Bürgen

For over 30 years, Bürgen has been at the forefront of innovation offering bakery products with proven health benefits. We combine our passion for baking with our expertise in nutrition and science to provide you with a specialty range of delicious and nutritious bakery products each formulated so that every bite benefits your body, naturally.

<https://www.burgen.com.au/>



Campbell's

For almost 60 years, we've proudly been making Campbell's products in Shepparton, country Victoria. We've sourced some of the best ingredients to provide you with the products you love, including our Real Stock – the perfect meal base for everyday cooking.

www.campbellsanz.com



ACKNOWLEDGEMENTS



The Glycemic Index Foundation (GI) is an Australian not-for-profit health promotion charity with support from The University of Sydney and Diabetes Australia (NSW & ACT). The Glycemic Index Foundation is committed to providing the community with information and the tools required to improve its overall health through scientifically-backed low GI healthy eating principles.

<https://www.gisymbol.com/>



Greenwheat Freekeh was established in 1996 as Australia's first producer of Freekeh. Our award-winning freekeh is produced in South Australia. Freekeh is 100% natural grains processed from wheat which is harvested while the grains are still soft, young and green.

<https://edlyn.com.au/greenwheat-freekeh>



With over 150 years of history, Heinz provides consumers with products they know, love and trust. As the creators of innovative products, with dedication and passion we commit to our company's purpose of Let's Make Life Delicious.

<http://www.heinz.com.au/>



ACKNOWLEDGEMENTS



NEST (Nutrition Education Skills Training) is a six-week program teaching adults about healthy eating and easy, affordable cooking in a friendly and fun environment. NEST is available in Adelaide, Gold Coast, Brisbane, Canberra, Newcastle, Melbourne and Sydney.

<https://www.ozharvest.org/education/nest/>



Nuts for life is the health education initiative from the Australian nut industry. Our mission is to promote regular nut consumption by collating the latest evidence-based information, and informing Australians about the positive impact regular nut consumption can have on their health.

<https://www.nutsforlife.com.au/>



Discover the power of plant-based protein with v2food - the delicious and healthy way to update your plate! Made from the goodness of plants, v2 is a feel-good choice for everyday Aussies who want to make a positive impact on their health and the planet.

<https://v2food.com/>



ACKNOWLEDGEMENTS



Vegie Delights are proudly Australian made and owned, by Sanitarium Health Food Company who have been making plant based meals since 1900. With a range that's easy to prepare, with either no artificial colours or flavours and a source of protein and iron, Vegie Delights are a compromise-free way to include plant-based alternatives into easy weekday meals.

<https://vegiedelights.com.au/>



You'll find them in households all over the country each and every day. They've been loved by generations of Aussies and Weet-Bix™ is still Australia's No.1 breakfast cereal. Weet-Bix™ is packed full of 97% wholegrain goodness, and provides you with a good source of iron to help fight tiredness and fatigue, Vitamins B1, B2 and 3 to help release the energy you need to kickstart your day, as part of a balanced diet. Providing a natural source of high fibre, Weet-Bix™ is also low in fat and sugar and contains 5 essential vitamins and minerals.

<https://weetbix.com.au/>



Arnott's Vita-Weat has been enjoyed by Australians for generations. Made using 100% specially selected varieties of Australian whole grain wheat, each serve provides a source of dietary fibre and around 20g of whole grains, which is more than 40% of the whole grain Daily Target Intake. The perfect partner to your favourite toppings.

<https://www.arnotts.com/brands/vita-weat>



ACKNOWLEDGEMENTS



Steph Polson, Registered Nutritionist from upstatus is inspiring nutrition through a fresh lens, providing you with strategies that build a better you now, and for the future.

<https://www.upstatus.com/>



Healthylife is a digital health and wellness platform here to make good health accessible and achievable for all Australians. With essential health services like telehealth, wellness initiatives including free health programs, expert-backed health advice, and all the best health and wellness products, you can find everything you need to bring your healthy to life.

<https://www.healthylife.com.au/>



Refettorio OzHarvest Sydney is an Australian-first, social impact collaboration between OzHarvest and world renowned chef, Massimo Bottura and his charity Food for Soul. As part of a global project, Refettorio's bring together those in need with a warm, nourishing meal in a unique, community hub setting in Surry Hills. Based on OzHarvest's zero waste philosophy, rescued ingredients are transformed by their chefs into gourmet.

<https://www.ozharvest.org/refettorio-ozharvest-sydney/>



ACKNOWLEDGEMENTS



At Sanitarium, we're about more than just selling food. A strong sense of purpose drives us, because we believe healthier choices lead to better lives, happier people and stronger communities. Since our beginnings in 1898, we've been promoting the benefits of wholesome, plant-based foods. Today, we're the nation's largest health food company and we're still 100% Australian owned.

<https://www.sanitarium.com/au>



When you think of Uncle Tobys you probably think of health, good nutrition, sun, surf and a vitality for life. That's because that's exactly what we stand for. Since milling the first oats back in 1893, with the first Uncle Tobys Oats product introduced to the market by Clifford Love and Co, we've entered the homes and hearts of Australian families fuelling them with wholesome energy from our home-grown oats. Our range of nutritious and delicious breakfast cereals and snacks have helped nourish the active Australian lifestyle for generations.

<https://www.uncletobys.com.au/>



ACKNOWLEDGEMENTS



Beans is How is an ambitious campaign mobilised by the SDG2 Advocacy Hub to double the global consumption of beans (as well as peas, lentils, and other pulses) by 2028.

The campaign seeks to amplify and make visible the importance of beans as a simple, affordable solution to our global financial, health and environmental challenges while uplifting policy and academic research and galvanising significant stakeholder action to reach this ambitious goal.

<https://sdg2advocacyhub.org/beans-is-how/>



Alice Zaslavsky is a fresh voice in food, with a bright, inclusive tone that brings people into the kitchen and invites them to stay. Her modern, accessible approach to cooking has been honed through a career that spans champion food judge, critic, writer, television host and food literacy advocate. She is the author of best-selling cooking In Praise of Veg, Better Cooking and Alice's Food A to Z.

<https://www.instagram.com/aliceinframes>



Chef Mokgadi Itsweng is a plant-based expert from South Africa. She knows that her work is about more than just cooking food – it's also about teaching its origins.

https://www.instagram.com/chefmokgadi_itsweng/



Chef Lucy Leonardi - A prolific photographer with over a decade of experience, Lucy Leonardi obtained her Fine Arts degree in Multimedia Arts and Photography from the University of New South Wales. Lucy has run her popular food blog Who Does the Dishes since 2012, a platform that preserves the art of home cooking, sustainable eating and a space for home cooks to share 'avoid food waste' tips. She is the author of Foodwise; a kid's guide to fighting food waste and saving the planet.

<https://www.instagram.com/whodoesthedishes>



FURTHER INFORMATION

If you are looking for more recipes or information on legumes, check out our full range of delicious recipes at:

www.glnc.org.au



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