



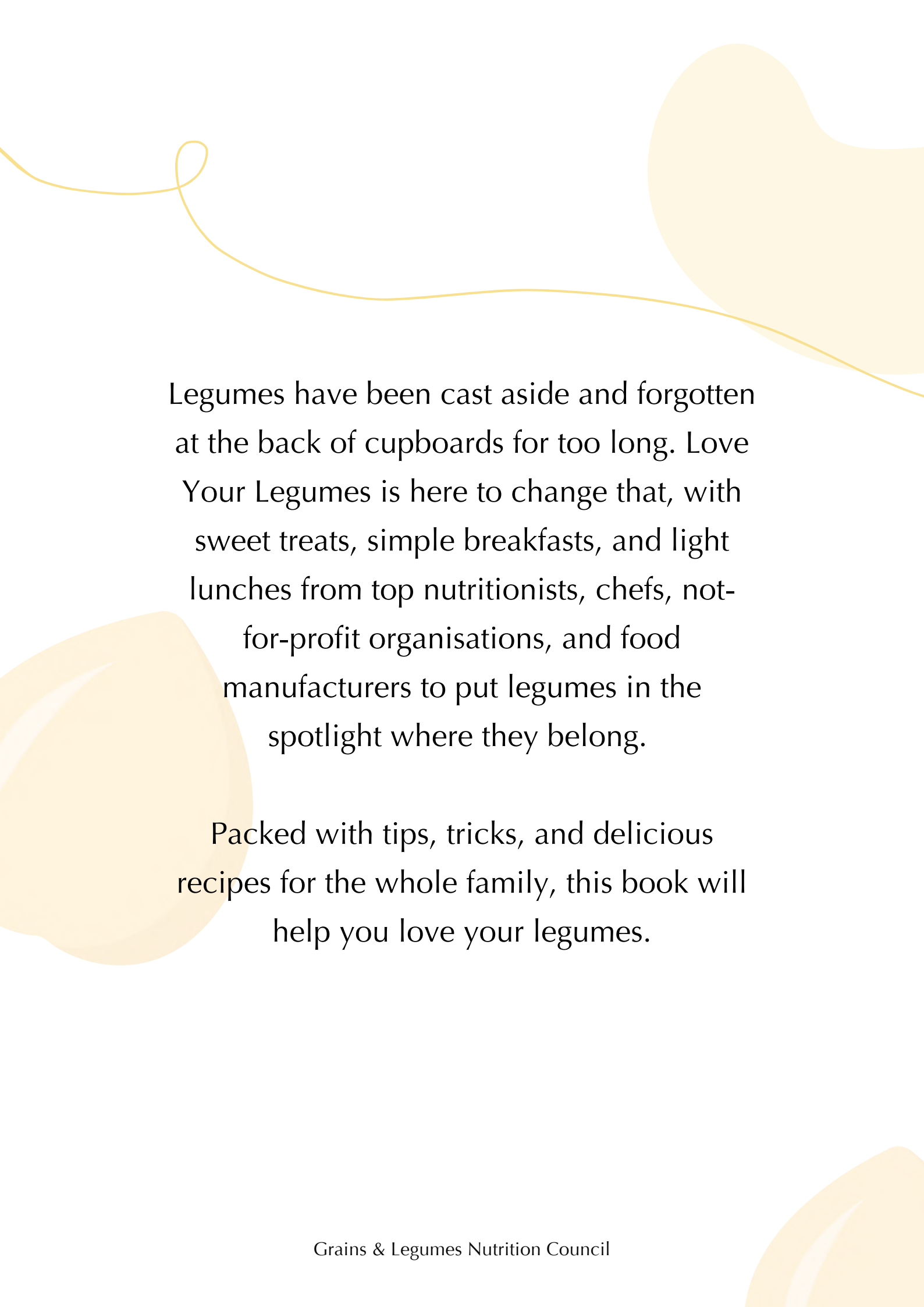
LOVE YOUR


LEGUMES

Recipe Book



Grains & Legumes Nutrition Council



Legumes have been cast aside and forgotten at the back of cupboards for too long. Love Your Legumes is here to change that, with sweet treats, simple breakfasts, and light lunches from top nutritionists, chefs, not-for-profit organisations, and food manufacturers to put legumes in the spotlight where they belong.

Packed with tips, tricks, and delicious recipes for the whole family, this book will help you love your legumes.

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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



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

WHAT IS THE DIFFERENCE BETWEEN LEGUMES, PULSES AND BEANS?

Legumes are a broad plant family that includes plant-producing seeds in pods.

Pulses are a legume subgroup harvested for their dry, edible seeds.

Beans are a specific type of legume, referring to the seeds within pods.



WHY SHOULD YOU LOVE YOUR LEGUMES?

NUTRIENT POWERHOUSES

Legumes are packed with plant-based protein, fibre, and essential nutrients like B-vitamins, iron, magnesium, and potassium. They support muscle development, promote digestive health, and help prevent chronic diseases like type 2 diabetes and heart disease. Including legumes in your diet can also lead to significant healthcare savings.

ENVIRONMENTALLY FRIENDLY

Legumes have a lower carbon footprint compared to other protein sources. They require minimal fertiliser and water, making them an environmentally friendly option. Plus, as nitrogen-fixing crops, they improve soil health, benefiting surrounding plants.

DELICIOUS, CONVENIENT AND AFFORDABLE

Legumes are a versatile food that can transform any meal. They are easy to incorporate into your dishes, budget-friendly, and a great way to boost protein without compromising on taste or texture.

HOW OFTEN SHOULD YOU BE EATING LEGUMES?

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

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

Just 50g or a ¼ cup of legumes a day can provide great health benefits.

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



5 minutes



1 serve

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



15 minutes



2 serves

INGREDIENTS

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

METHOD

1. Heat half of 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. Top with the eggs and season with salt and pepper.



HEALTHY SHAKSHUKA



30 minutes



4 serves

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.

INGREDIENTS

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

METHOD

1. Pre-heat oven to 180°C.
2. Place white beans, olive oil, salt and pepper into a medium bowl and purée using a stick blender.
3. Transfer into a medium-sized frypan and using the back of a spoon create 4 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 Sourdough Vienna 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 oven and garnish with sliced avocado, goats cheese, coriander and lemon wedges.



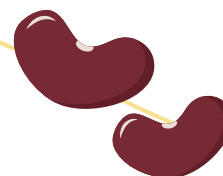
PERI-PERI SHAKSHUKA



30 minutes



2 serves



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
- 1 can Heinz Beanz® Peri Peri Flavour 300g
- 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 Beanz 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



40 minutes



10-14 fritters



DID YOU KNOW?

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

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).
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.



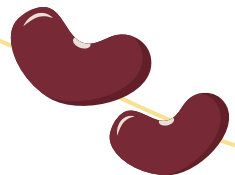
PUMPKIN AND BEAN ROLLS



45 minutes



4 serves



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.



SMOKEY MUSHROOM AND TOFU



20 minutes



4 serves



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



10 minutes



1 serve

DID YOU KNOW?

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

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.



FALAFEL TAHINI BOWL



20 minutes



1 serve

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.



ANCIENT GRAINS SALAD



30 minutes



2-3 serves



INGREDIENTS

- 1 cup medium-grain rice
- 1 tbsp sorghum
- 1 tbsp of millet
- 1 tbsp pearl barley
- 3 tbsp pre-soaked adzuki beans
- 3 cups water

METHOD

1. Mix all the grains in the rice cooker and wash thoroughly a couple of times until the water turns less cloudy.
2. Add water and cook accordingly per rice cooker instructions.
3. Serve warm.



SOBA NOODLES SALAD WITH EDAMAME



20 minutes



6 serves



This vibrant soba noodle salad is packed with crunchy edamame for a hearty protein boost. Tossed with plenty of crisp veggies and a flavourful dressing, it's fresh, wholesome and energising!

INGREDIENTS

- 1 pack soba noodles (dried)
- 1 cup wombok, finely shredded
- 1 cup carrot, julienned or grated
- ½ cup spring onions, finely sliced
- ½ cup cucumber, thinly sliced
- ½ cup red capsicum, thinly sliced
- ½ cup radish, julienned
- 1 cup edamame, thawed
- 2 tbsp soy sauce
- 2 tbsp honey
- 1 tsp sesame oil
- Sesame seeds, to garnish
- Fresh coriander, to garnish

METHOD

1. Place noodles into boiling water for 4 minutes. Once cooked, drain and rinse under cold water. Place into a mixing bowl.
2. While the noodles are cooking, prepare vegetables as stated. Add wombok, carrot, spring onions, cucumber, capsicum and radish to a mixing bowl with noodles and edamame.
3. Combine soy sauce, honey and sesame oil in a small screw-top jar, and shake well.
4. Pour the dressing over the noodle mix and sprinkle sesame seeds and coriander on top to serve.



VEGIE SAUSAGE, CHICKPEA AND BABY PEPPER SALAD



25 minutes



6 serves

INGREDIENTS

- 1 pack Veggie Delights™ Thick BBQ Sausages
- 1 tbsp olive oil
- 100g reduced fat smooth feta
- 250g pack baby beetroots, halved
- 1 large carrot, peeled, finely sliced
- 100g baby spinach
- 100g roast capsicum strips
- 400g can no added salt chickpeas, drained, rinsed
- 2 tbsp red wine vinegar
- 2 tsp wholegrain mustard
- Pepper to taste

METHOD

1. Pre-heat frypan or BBQ grill to medium heat and add olive oil. Cook Thick BBQ Sausages for 6-7 minutes. Transfer to a board and cool for 2 minutes. Thickly slice on the diagonal.
2. For the dressing, combine all ingredients in a small bowl and whisk.
3. Place all the salad ingredients in a large bowl and toss gently with salad dressing. Add sausages and crumbled feta and toss further to gently coat sausages with dressing.



QUINOA, LENTIL AND POMEGRANATE SALAD WITH A YOGHURT DRESSING



30 minutes



4-6 serves



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!



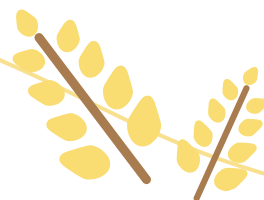
ROAST CAULIFLOWER, LUPIN AND PISTACHIO SALAD



30 minutes



4-6 serves



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.



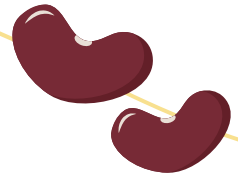
v2 Food Tacos



40 minutes



4 serves



INGREDIENTS

- 400g v2food mince
- 1tbsp 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 v2food mince 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



45 minutes



4-6 serves



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.



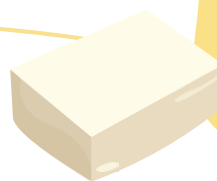
CHARRED CORN AND SWEET POTATO TACOS



45 minutes



4-6 serves



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!

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.



MEXICAN STUFFED SWEET POTATOES



50 minutes



4 serves



INGREDIENTS

- 4 medium sweet potatoes
- 1 tbsp extra virgin olive oil
- 400g tinned black beans, rinsed and drained
- 125g tin corn kernels, rinsed and drained
- $\frac{2}{3}$ cup crushed tomatoes
- 1 tbsp taco seasoning
- 1 cup grated cheddar cheese
- 1 avocado, mashed
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{4}$ cup coriander leaves, chopped
- 1 tsp chilli flakes
- 1 lime

METHOD

1. Preheat oven to 200 °C.
 2. Prick sweet potatoes all over, place on a large plate and microwave on high for 8 minutes. Transfer to a greased oven tray, drizzle with the oil and bake for 20-30 minutes or until soft in the middle (insert a sharp knife to test).
 3. Meanwhile, mix black beans, sweet corn, crushed tomatoes and taco seasoning together in a small saucepan and cook over medium heat for 2-3 minutes until heated through.
 4. Cut each sweet potato in half lengthwise and fluff flesh with a fork. Place onto a serving plate, spoon in black bean mixture, then top with grated cheese, avocado and sour cream. Sprinkle over coriander and chilli flakes, squeeze over lime juice and serve.
- To make this recipe vegan, replace the cheese with plant-based cheese and omit the sour cream.



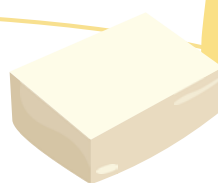
CHICKEN AND TOFU RICE PAPER ROLLS



45 minutes



12 serves



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.

INGREDIENTS 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
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 tailor-made for cooler evenings and weekends. Including legumes in your heartier meals is an excellent way to boost the nutritional value.



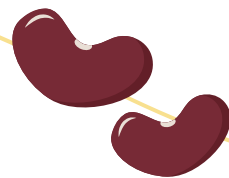
VEGETARIAN CHILLI



25 minutes



4 serves



INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 red onion, diced
- 1 tbsp Mexican seasoning
- ¼ cup salt-reduced tomato paste
- 500ml Campbell's Real Stock Salt-Reduced Vegetable
- 2 x 400g cans Mexican bean mix, drained and rinsed
- 420g canned corn kernels, drained
- 450g brown rice microwave pouch
- 1 avocado
- ½ cup natural yoghurt
- 1 lime
- Fresh coriander, to serve

METHOD

1. Heat the olive oil in a medium saucepan over high heat. Add the diced red onion and cook for 3-4 min until tender.
2. Add the Mexican seasoning and tomato paste. Cook for 1 min.
3. Stir in Campbell's Real Stock, the Mexican bean mix and corn kernels.
4. Bring the mixture to a boil, then reduce the heat and simmer on low for 10 min.
5. Serve with microwave brown rice, mashed avocado and natural yoghurt with fresh lime wedges and coriander for garnish.



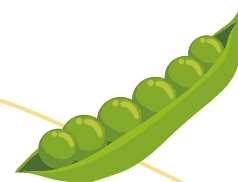
MEAN GREENS CURRY



25 minutes



4 serves



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, inner finely chopped
- 1 tsp ground turmeric
- 1 400g can lite coconut milk
- 1 cup low sodium vegetable stock
- 2 400g cans chickpeas, drained and rinsed
- 1 head broccoli, cut into small florets (roughly)
- 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.



CARROT AND CHICKPEA PILAF



25 minutes



4 serves



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.



CHEESY BEANS AND TOAST



20 minutes



4 serves

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.

INGREDIENTS

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

METHOD

1. Preheat oven to 180°C.
2. In an oven proof skillet over a medium heat, add the tomato passata, Italian seasoning, salt & pepper. Stir in cannellini beans & spinach, until wilted.
3. Remove the pan from the heat & 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.



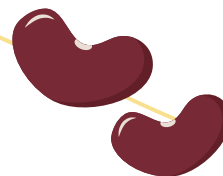
RAINBOW BEAN RISONI



35 minutes



4 serves



INGREDIENTS

- 3 tbsp of olive oil
- 2 cloves of garlic
- 1 chopped onion
- ½ tsp of dried Italian herbs
- 2-3 cups of chopped vegetables (anything from the veggie drawer - celery, carrot, potato, zucchini, pumpkin, spinach, red cabbage etc.)
- 1 can of crushed tomatoes
- 2 cans of beans well-drained and rinsed (four bean mix and lentils go well together!)
- 3 cups of salt reduced stock
- ½ cup of risoni (or any small pasta)
- Optional extras: Cracked pepper, fresh parsley and parmesan cheese to serve.

METHOD

1. Take a large pot on medium heat and add 2 tablespoons of olive oil, the chopped onion and garlic. Cook for 3 minutes.
2. Add in the vegetables and cook for 5 minutes until they start to brown slightly.
3. Add the dried Italian herbs and veggie stock and bring to boil.
4. Once boiled, reduce to medium heat and cook vegetables for 10-15 minutes.
5. Add in the risoni and crushed tomatoes and cook until the liquid is almost absorbed. Top up with water until the risoni is cooked - it should be a stew like consistency.
6. Add the beans and cook for a further 2 more minutes.
7. Remove from heat and add in 1 tablespoon of olive oil (and optional extras) and stir through.



CAULIFLOWER AND EDAMAME DAHL



30 minutes



6 serves



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.



PUMPKIN AND CHICKPEA CURRY



30 minutes



4 serves



INGREDIENTS

- 500ml Campbell's Real Stock Unsalted Chicken
- 1 Tbsp extra virgin olive oil
- 1 onion, finely chopped
- 3 tsp curry powder
- 1.2kg pumpkin, peeled and chopped
- 2 carrots, peeled, halved and sliced
- 400g can chickpeas, drained and rinsed
- 1 ½ Tbsp soy sauce
- 270ml can light coconut milk (reserve 2 Tbsp for garnish)
- Fresh coriander and roti bread, to serve

METHOD

1. Heat the olive oil in a large saucepan. Add onion and curry powder and cook for 1 min. Add pumpkin, carrots and Campbell's Real Stock. Bring to the boil.
2. Simmer, covered for 10-15 min until vegetables are tender. Stir in chickpeas, soy sauce and coconut milk and simmer for 2 min.
3. Serve drizzled with reserved coconut milk. Top with fresh coriander and serve with roti bread.



SPAGHETTI BOLOGNESE



35 minutes



6 serves



DID YOU KNOW?

Lentils are a budget friendly way to make this old favourite go further while adding fibre.

INGREDIENTS

- 500g high fibre pasta
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp dried mixed herbs
- 1 tsp pepper
- 500g extra lean beef mince
- 1 cup vegetables, diced (fresh or frozen)
- 2 tins lentils, drained & rinsed
- 2 tins diced tomatoes
- 2 tbsp balsamic vinegar

TO SERVE:

- Reduced-fat cheese, grated
- ½ bunch fresh basil or parsley, chopped (optional)

METHOD

1. Add pasta to a large pot of boiling water. Stir to prevent sticking and cook for 10-15 minutes, or until tender. Drain and set aside.
2. Heat the olive oil in a large saucepan on a medium-high heat. Add diced onion, stirring for 5 minutes.
3. Add the garlic, dried herbs, pepper and mince, stirring until the mince is brown.
4. Add the mixed vegetables and lentils and stir well.
5. Add tinned tomatoes and balsamic vinegar and bring to a boil.
6. Serve the bolognese sauce with pasta, a sprinkle of cheese, and chopped basil or parsley.



BUTTER BEAN PASTA



30 minutes



6 serves

DID YOU KNOW?

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.

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 So Good™ Soy Milk Regular
- 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 So Good™ Soy Milk Regular.
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



30 minutes



4 serves



INGREDIENTS

- 1 small barbeque chicken, meat removed from bone, shredded
- 2 x 420g cans Heinz Chilli Beanz 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 Beanz 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 Beanz 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.



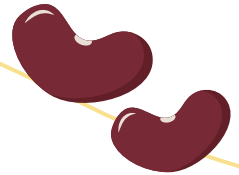
CHICKEN CHILLI CON CARNE



30 minutes



6 serves



INGREDIENTS

- 500ml Campbell's Real Stock Unsalted Chicken
- 2 Tbsp extra virgin olive oil
- 2 medium brown onions, peeled and finely chopped
- 750g chicken mince
- 140g salt-reduced tomato paste
- 30g packet taco seasoning
- 400g can black beans, rinsed and drained

TO SERVE

- 150g plain whole grain corn chips
- ½ cup reduced-fat grated cheese
- ½ cup natural yoghurt
- 1 avocado, mashed with 2 tsp lime juice
- Small handful fresh coriander

METHOD

1. Heat olive oil in a large saucepan or frypan over medium-high heat. Add onion and cook for 1-2 min until starting to soften. Add chicken mince and cook for 5-7 min or until meat is browned.
2. Add tomato paste, seasoning and Campbell's Real Stock. Simmer sauce for 10 min. Stir through beans and cook until heated through.
3. Serve topped with 1 Tbsp of grated cheese, natural yoghurt and avocado, add fresh coriander and corn chips.



COTTAGE PIE



60 minutes



4 serves



INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 celery stalks with leaves, diced
- 1 tsp each paprika, cumin & mixed herbs
- 1 tin diced tomatoes
- ½ cup water + 1 salt-reduced vegetable stock cube
- 2 cups mixed vegetables, finely diced (fresh or frozen)
- 2 tins lentils, drained & rinsed
- 1 tbsp reduced-salt soy sauce

POTATO MASH

- 4 medium potatoes, chopped into 2cm cubes
- ½ cup low fat milk

METHOD

1. Preheat oven to 200°C. Heat olive oil in a large saucepan on medium-high heat.
2. Add onions, garlic, celery and stir for 3-4 minutes. Add the paprika, dried herbs and cumin and stir for 1 minute.
3. Add the diced tomatoes, stock and mixed vegetables. Allow to simmer for 15 minutes until vegetables are cooked.
4. Add lentils and soy sauce, stir and cook for 5 minutes. Pour the lentil mixture into an oven-proof baking dish and set aside.
5. Meanwhile, place potatoes and water in a small saucepan (potatoes should be just covered with water). Place on a high heat until potatoes are well cooked.
6. Drain and mash potatoes. Add milk and mix well.
7. Spread the mashed potato evenly over the lentil mixture. Roughen the top with a fork. Place the baking dish in the oven for about 20-25 minutes or until golden.



VEGGIE NIGHT CHILLI



30 minutes



4 serves



INGREDIENTS

- Maggi Your Meal Your Way Chilli Con Carne recipe base
- 1 large onion (200g), chopped
- 2 400g can lentils, rinsed and drained
- 2 tbsp tomato paste
- 400g can chopped tomatoes
- 400g can red kidney beans, rinsed and drained

METHOD

1. Heat 2 tsp oil in a pan, add onion, cook 2 minutes, stirring.
2. Add lentils, tomato paste, tomatoes, beans and combined $\frac{3}{4}$ cup (190mL) water and MAGGI Recipe Base. Bring to the boil, stirring.
3. Cover and simmer for 10 minutes, stirring occasionally. No need to add extra salt.
4. Enjoy! Serve with your favourite toppings and garnish.



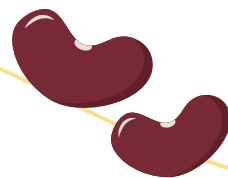
MEXICAN CHICKEN RICE



50 minutes



4 serves



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



GREEN THAI LENTIL CURRY



50 minutes



8 serves



DID YOU KNOW?

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.

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.
2. Warm the curry paste in a large pan on a low heat for 2-3 minutes until extremely fragrant.

METHOD (CONTINUED)

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.



CREAMY CURRY LENTILS



25 minutes



4 serves

INGREDIENTS

- 1 tbsp olive oil
- 1 (120g) onion, sliced
- 2 garlic cloves, chopped
- 1 pkt (37g) MAGGI Butter Chicken
- 400g can lentils, rinsed and drained
- 400g can crushed tomatoes
- 400g chick peas, rinsed
- 1 cup (250mL) vegetable stock
- 300mL CARNATION Light Cooking Cream
- 2 cups (40g) baby spinach
- 4 naan bread, warmed

METHOD

1. Heat oil in a frying pan over a medium heat. Cook onion and garlic for two minutes or until softened.
2. Add MAGGI Butter Chicken, tomato paste, lentils, tomatoes, chick peas, vegetable stock and CARNATION Light Cooking Cream. Bring to the boil, and then reduce the heat to simmer for 10 minutes. Stir through baby spinach until slightly wilted.
3. Serve lentils with warm naan bread.





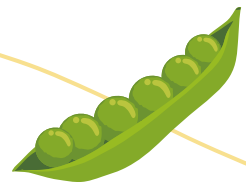
ROASTED CHICKEN TRAY BAKE WITH PEAS, TOMATO AND ASPARAGUS



50 minutes



4 serves



INGREDIENTS

- 4 slices Bakers Delight Cape Seed Loaf
- 4 x small chicken breast, 400-600g
- 1 punnet cherry tomatoes
- 1 capsicum, cut into strips
- 1 bunch of asparagus spears
- Handful 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 Bakers Delight Cape Seed Loaf.



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.



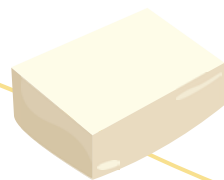
SPICY KOREAN TOFU STEW



20 minutes



2 serves



INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 brown onion, peeled & finely chopped
- 4 cloves garlic, finely chopped
- 1 cup kimchi, finely chopped
- 1 tbsp Korean red pepper flakes or chilli flakes (optional)
- 1L Campbell's Real Stock Salt-Reduced Vegetable
- 300g enoki mushrooms
- 300g firm tofu, cubed
- 2 green spring onions, sliced to serve

METHOD

1. Heat oil in a medium saucepan over a medium heat. Add onion and garlic and cook until soft. Add kimchi and red pepper flakes. Cook for 1-2 minutes.
2. Add Campbell's Real Stock to saucepan. Bring to boil. Add mushrooms and tofu and stir until combined and mushrooms have wilted. Remove from heat.
3. Serve topped with spring onions.



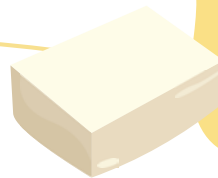
MUSHROOM RAMEN



25 minutes



2 serves



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.

INGREDIENTS

- 1 tbsp vegetable oil
- 1L Campbell's Real Stock Mushroom
- 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.*



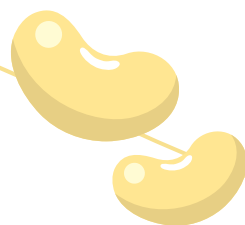
BEAN SOUP WITH GARLIC TOAST



30 minutes



1 serve



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.



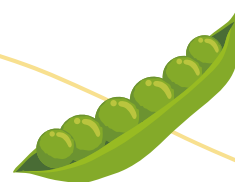
SPINACH AND PEA SOUP



40 minutes



4 serves



INGREDIENTS

- 1 tbsp extra virgin olive oil
- 2 brown onions, peeled & finely chopped
- 4 cloves garlic, finely chopped
- 4 cups frozen peas, plus extra for garnish
- 3 cups baby spinach
- 1L Campbell's Real Stock Mushroom
- 40g grated parmesan
- 4 tbsp natural yoghurt
- Toasted wholemeal sourdough bread to serve

METHOD

1. Heat oil in a medium saucepan over medium heat. Add onion and garlic, cook until soft. Add peas and cook for 1-2 minutes.
2. Add Campbell's Real Stock to saucepan. Bring to boil. Add spinach leaves and stir until wilted and remove from heat.
3. Blend with a hand-held stick blender until smooth.
4. Serve topped with extra peas, grated parmesan, natural yoghurt and toasted sourdough.



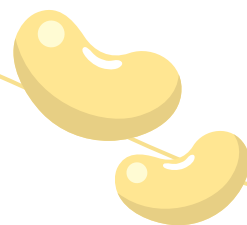
WHITE BEAN, VEGIE SAUSAGE AND SPINACH STEW



35 minutes



6 serves



INGREDIENTS

- 1 pack Vegie Delights™ Vegie Sausages, cut into 1 cm pieces
- 1 tbs olive oil
- 1 small brown onion, diced
- 500g frozen spinach
- 4 cloves garlic, crushed
- 3 cups reduced salt vegetable stock
- 400g tin no added salt chopped tomatoes
- 400g tin cannellini beans, rinsed and drained
- Black pepper
- To serve: Toasted wholemeal sourdough bread, fresh parsley leaves and chilli flakes

METHOD

1. Pre-heat a large soup pot to medium-high heat. Add olive oil and Vegie Delights™ Vegie Sausage slices and cook for about 4-5 minutes, until lightly browned.
2. Add the onion and stir until softened slightly.
3. Add the spinach, garlic and vegetable stock and cook, stirring occasionally for approx. 5 minutes to soften the garlic.
4. Add the tomatoes and beans to the pot. Stir to combine and season with black pepper to taste.
5. Bring the soup to a boil then reduce the heat to medium-low and simmer 10 minutes.
6. Serve with bread, parsley and chilli flakes if desired.



CHICKEN, FREEKEH, KALE AND CHICKPEA SOUP



1 hour, 15 minutes



4 serves

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.



MINESTRONE SOUP



55 minutes



4 serves

DID YOU KNOW?

The Living Healthy Report 2023 shows most of us could eat more veg, including legumes, and what better way to do so than by enjoying a rainbow of them in a bowl of minestrone?

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.



GREEN PEA FALAFEL



20 minutes



12 balls

DID YOU KNOW?

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.

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 one 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.



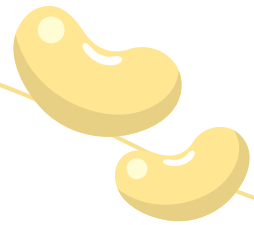
WHITE BEAN AND ROASTED NUT DIP



5 minutes



12 serves



INGREDIENTS

- 300g can cannellini beans, rinsed and drained
- 3 tsp chopped rosemary
- Cracked black pepper
- 1 tbsp finely grated parmesan
- 40g chopped almonds, roasted
- 40g chopped Brazil nuts, roasted
- 40g chopped macadamias, roasted
- 1 small clove garlic, crushed
- 2 tbsp olive oil
- $\frac{2}{3}$ cup water
- Pinch of smoky paprika, to serve
- Vegetable sticks, to serve

METHOD

1. Place all the ingredients except the paprika in a food processor or blender and blend until smooth.
2. Top with pinch of paprika and serve.



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

COOKIE DOUGH BITES



15 minutes + 10
minutes in fridge



28 bites

INGREDIENTS

- 1 cup dates, pitted (12 Medjool dates)
- $\frac{1}{3}$ cup boiling water
- 1 x 425g tin chickpeas, rinsed and drained
- $\frac{1}{3}$ cup almond butter
- 4 Weet-Bix wheat biscuits, finely crushed
- $\frac{1}{4}$ 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



45 minutes



20 serves

DID YOU KNOW?

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

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



45 minutes



8 pancakes



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!



TRIPLE CHOCOLATE BROWNIES



45 minutes



12-16 slices



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.



Add 3 tablespoons toasted sesame seeds, 1 peeled garlic clove, 2 teaspoons lemon juice, 1/2 teaspoon ground cumin and one tablespoon extra virgin olive oil. Process to a smooth paste adding a little water until light and creamy.

Season generously with sea-salt and freshly ground black pepper.

Serve with Sunbites Crackers and enjoy.

Hummus can be served with a variety of toppings:

A sprinkle of smoky paprika

Toasted pepitas and sesame seeds

Finely chopped tomato, parsley and mint

Finely chopped coriander and chilli

HUMMUS



7 minutes



1 cup



INGREDIENTS

- 400g can chickpeas
- 3 tbsp toasted sesame seeds
- 1 garlic clove, peeled
- 2 tsp lemon juice
- 1/2 tsp ground cumin
- 1 tbsp extra virgin olive oil
- Sea salt and fresh pepper to serve
- Sunbites crackers to serve

OPTIONAL TOPPINGS:

- Sprinkle of smoky paprika
- Toasted pepitas and sesame seeds
- Finely chopped tomato, parsley and mint
- Finely chopped coriander and chilli
- Pomegranate arils

METHOD

1. Drain and rinse the tin of chickpeas and transfer it to a small food processor.
2. Add the sesame seeds, garlic, lemon juice, ground cumin and olive oil to the food processor. Process to a smooth paste, adding a little water until light and creamy.
3. Season generously with salt and pepper.
4. Add optional toppings.
5. Serve with Sunbites Crackers and enjoy.



LOW FODMAP HUMMUS



5 minutes



5 serves

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.

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.

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.

Find the Bakers Delight Cape Seed Loaf [here](#), the Bakers Delight Sourdough Vienna [here](#), and the Bakers Delight Hi Protein Wholegrain Block Loaf [here](#).

<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/>

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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



freshSNAP (School Nutrition Advisory Program) is a free service dedicated to fostering whole of school healthy eating environments in Western Australia. Through consultations and comprehensive resources, freshSNAP empowers educators, canteens, caregivers and students to build a culture that supports healthier food choices. FreshSNAP is delivered by National Nutrition Foundation with funding from the Department of Health Western Australia.

<https://www.freshsnap.org.au/>



Lucy Leonardi is an author, photographer, and advocate for sustainable living. She wrote Foodwise – A Kid’s Guide to Fighting Food Waste and Saving the Planet and runs Who Does the Dishes, a popular blog celebrating home cooking and food sustainability. Passionate about eco-conscious living, she educates her local communities on reducing food waste and recycling, including hosting kids' food adventure workshops. Lucy also develops waste-free and sustainable recipes, inspiring others to cook with minimal waste. A professional food and people photographer for decades, she holds a degree in Fine Arts, blending her artistic vision with her commitment to a greener future.

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



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>

ACKNOWLEDGEMENTS



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/>



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/>



Maggi helps you cook delicious meals with fresh ingredients every day, in a convenient way. We bring quick & easy meal solutions made to fit your life, from Recipe Bases, Instant Noodles, Gravy Mixes to Cooking Sauces. All giving you confidence to create great tasting, nourishing meals your whole family will love!

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



National Nutrition Foundation is an independent, national not-for-profit organisation. We enable all Australians to enjoy nutritious food and drinks and make informed choices for themselves, and the people they care for. A new brand, with a proud 45-year history.

<https://nationalnutritionfoundation.org.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, Sunshine Coast, Brisbane, Canberra, Newcastle, Melbourne and Sydney.

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



NPR Consulting supports food industry organisations through nutrition research, education and policy work and busy women and mums as a Registered Women's Health Nutritionist.

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



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/>



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>

ACKNOWLEDGEMENTS



Sunbites are delicious snacks proudly made in Australia from real Australian ingredients, so you can fuel up and put good back into the world.

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



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/>



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/>



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/>

ACKNOWLEDGEMENTS



Arnett'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>



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/>



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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