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NEW ASX FROM **\$29,990^{+ORC*}**

The SUV to be seen in is the freshly designed ASX. It's wearing a chic new look with 18" Alloys, LED Headlamps and DRL's and distinctive touches all over. VRX is particularly well-dressed with Leather-Appointed Interior, Front Heated Seats, driver's powered seat and Panoramic Roof. Choose a 2.0L or 2.4L (VRX only) engine and enjoy Reversing Camera, Smartphone Connectivity and 10 Year Powertrain Warranty* as standard. VRX and XLS also offer Forward Collision Mitigation and Blind Spot Warning. **Call 0800 54 53 52 or visit mmnz.co.nz to find your nearest Mitsubishi Motors Dealer now.**

*Price listed is for ASX LS, VRX model shown. Price excludes On Road Costs of up to \$550 which includes WoF, Registration and a full tank of fuel. Visit mmnz.co.nz for full Diamond Advantage terms and conditions.

10 | 5
YEAR | YEAR
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MOTORS**

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food

Sweet and Easy

107

Nutritionally Profiled
RECIPES!

Best-ever
**SEASONAL
COOKING**

- New ways with root veges
- Essential Easter dishes
- Preserves made simple

*Meals
in minutes*
...and made
for **under \$15!**

Kiwiana cool
**LAYERED LOLLY CAKE
CHEESECAKE**

Make Mum's day

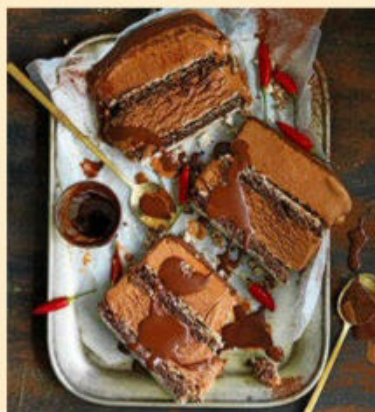
**BRUNCH, LUNCH & TREATS
TO SHOW YOU CARE**



**MAKE YOUR OWN
THAI CURRY PASTE**



**NEW LUNCHBOX
FILLERS**



**CHOC-LOVERS'
DESSERTS**



**FRESH IDEAS
FOR QUINOA**

ISSUE #2 • 2020
\$9.00





because lots of little bits of good,
add up to **a whole lot of good**

Minimum order \$50. Bag of

want *more* good in your life?

We can help with that

by making **good, easier**

- Through loads of ideas, tips and swaps to get **more good** on your plate.
- Shop online at **countdown.co.nz** and let us do the shopping for you. With our **free* Pick up** and **delivery services**, you can get time back to **do more** of the **things you love**.

*Minimum order \$50. Bag charge applies to non BYO-Bag orders.

by making **good, more affordable**

- With a host of items on **Great Price** we can help you balance your budget and what's on your plate with **low prices** for **longer**.

by making **good, more enjoyable**

- By removing **60 tonnes** of **sugar** and **21 tonnes** of **salt** from Countdown's Own food range, while making sure products still **taste great**.
- For **quick and tasty** recipe ideas for breakfast, lunch and dinner check out **countdown.co.nz/moregood** for food inspiration.

countdown



FOODTOLOVE.CO.NZ

Recipes and ideas from New Zealand's favourite magazines



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countdown 

Welcome



I'M INCREDIBLY GRATEFUL that despite heat, drought and floods ravaging the country in recent months, we still have – for the present at least – access to so much beautifully fresh produce in New Zealand. And since autumn is the perfect time to make the most of it, we're breaking out the baking pans and celebrating the season's bounty with more than 100 fresh ways to keep the family fed.

If you've always wanted to try home preserving but aren't sure how, my 'preserving 101' on page 115 should get you going. We've also got some great ideas for Easter – my favourite festival. The 'long weekend/hot cross buns/lots of chocolate' combo always makes for a first-rate celebration, and while my kids have long out-grown the excitement of a foil-wrapped choccy egg, some sort of treat still goes down well. This year I'm skipping the store-bought sweets altogether and making Choc-Hazelnut Coins, just one of the irresistible offerings in our Chocolate Heaven feature starting on page 48. The Coins will also make a sweet Mother's Day treat, as will a batch of the Sweet & Hot Cashew and Peanut mix on page 62, or a jar of the Spiced Preserved Lemons on page 92 – practical, pretty and inexpensive.

Speaking of inexpensive, look out this issue for our new 'Make this for under \$15' button, and for smaller households we've also added a 'Make this for 2' dinkus.

We always aim to deliver what you want to read and create, and your letters, feedback and encouragement are an integral part of the process. Please keep the messages coming!

Sophie

SOPHIE GRAY, EDITOR

Daily FOOD INSPO

To get more from *Food*, join us online:

Website foodtolove.co.nz

Instagram [@foodmagnz](https://www.instagram.com/foodmagnz)

Facebook [facebook.com/foodmagnz](https://www.facebook.com/foodmagnz)

You can also receive our regular newsletter by clicking the 'Sign Up' box on our Facebook page.

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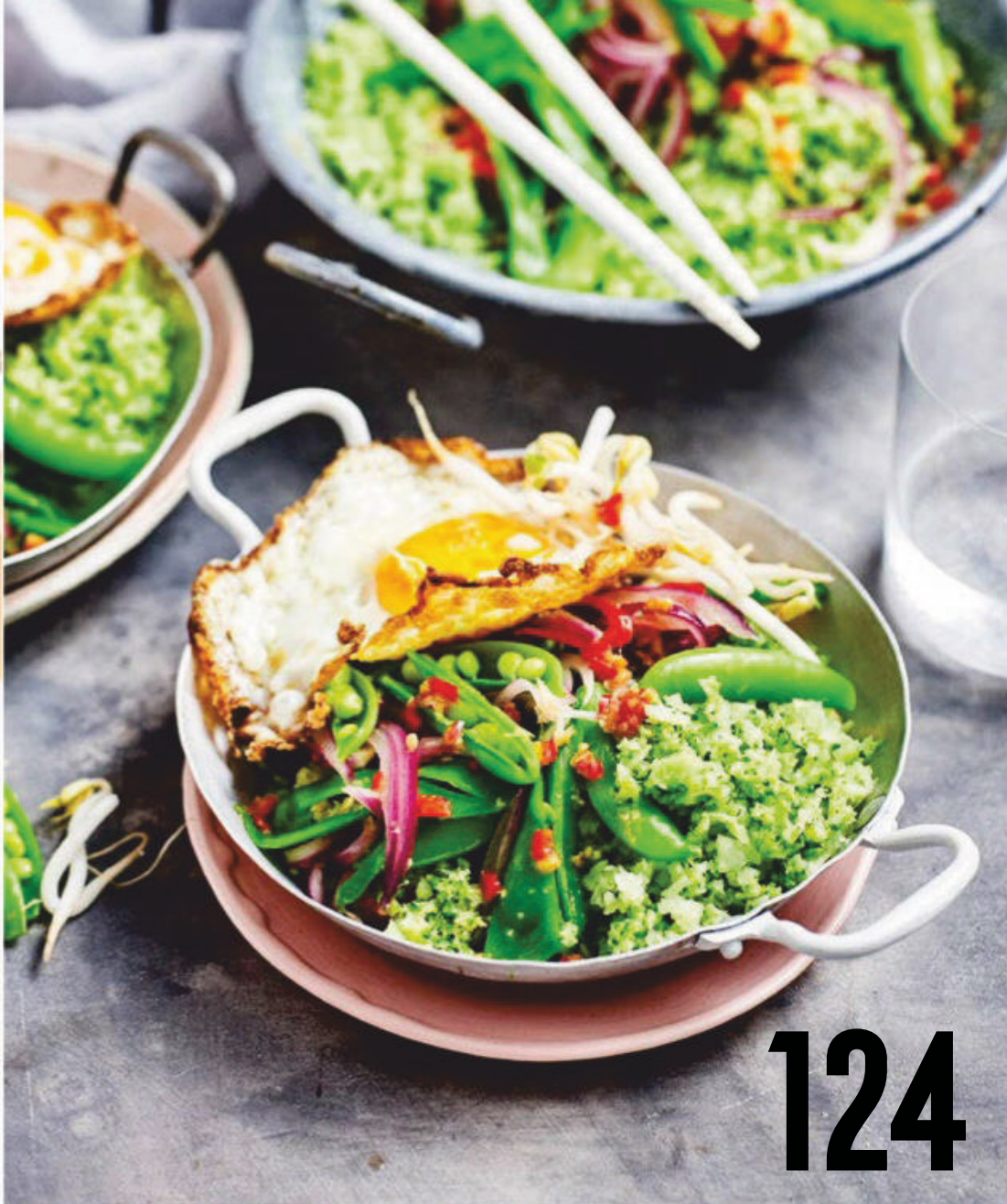
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FAMILY FIRST

- 115 **PRESERVING 101** How to best preserve jams, chutneys and bottled fruits



LOOK OUT FOR THESE HANDY BUTTONS WHICH WILL HELP YOU NAVIGATE THIS ISSUE!

MAKE THIS FOR
UNDER \$15

Use supermarket brand products and fresh produce to make affordable dishes

Make this
for 2!

This highlights recipes designed for two – as well as those that can easily be halved

Make
Mum's Day

Throughout the magazine are some great ideas for spoiling Mum on May 10

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SMART LIVING

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REGULARS

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Making life easier NUTRITIONAL KEYS

As well as including a breakdown of the nutritional content of all our main recipes, we also have handy symbols for quick reference:

DF DAIRY-FREE **GF** GLUTEN-FREE **V** VEGETARIAN **LS** LOW SUGAR



SUBSCRIBE
and receive

A SET
OF
JUTE
BAGS!



See page 112
for details

Cook's CHAT

WE LOVE HEARING FROM YOU! SIMPLY SEND AN EMAIL WITH YOUR FEEDBACK, TIPS, PICS AND NEWS TO FOODMAGAZINE@BAUERMEDIA.CO.NZ – OR CONNECT WITH US ON FACEBOOK OR INSTAGRAM

STAR LETTER

★ *Winner* ★

Each issue of *Food* is a cookbook in itself and I always learn something. For example, I was secretly less than pleased when I received a bottling kit for Christmas – I am not a grandmother, nor Amish, so I wondered what had inspired such an old-fashioned gift! I do, however, remember with fondness the jar of bottled peaches my nana made and proudly kept, hand-dated 30 years prior. No one was game to eat them, but they looked perfect. As I read your magazine I saw options for bottling, pickling, sun-drying, storing and serving, and realised my ingratitude was misplaced. Thanks for the inspiration.

Jann-Marie Ross, Auckland



WIN

This issue's star letter receives the ultimate picnic pack from Stevens!

The ideal companion for your autumn picnic, the prize is worth more than \$190, and includes lightweight plates, a serving bowl, tumblers and a carafe, all contained in a stylish 20-litre Hunt & Gather cooler tote.



MAKE A CONNECTION

We enjoy connecting with you online, through your posted letters and in person at events. We often have giveaways and send out spot prizes to reward your interest in the magazine and the *Food* community. Keep an eye out throughout the pages of the magazine for these, as well as online.

Get more from the team at **Food** by receiving our regular newsletter – just click the 'Sign Up' box on our Facebook page

To be part
of our foodie
community,
visit us at:



[instagram.com/foodmagnz](https://www.instagram.com/foodmagnz)



[facebook.com/foodmagnz](https://www.facebook.com/foodmagnz)



FOODTOLOVE.CO.NZ



HERE'S TO YOU, MRS EDEN

I'd like to paint a picture of a scene I witnessed about 50 years ago, which left a big imprint on me. Visiting my elderly neighbour Mrs Eden was always a treat, and on this particular day she was making shortbread with her four-year-old great granddaughter. Flour was in places you wouldn't expect to find, but it didn't matter – bonding, fun, laughter and experimentation was the order of the day, with ingredients sampled regularly. Whenever I make Mrs Eden's shortbread I am transported back to that day. As Mrs Eden said, "A recipe is an invitation to cook and share"; and isn't *Food* magazine what Mrs Eden was about – encouraging people to cook? So in honour of a very special lady who was an example to

me with my children and pupils, here is her recipe: Cream $\frac{3}{4}$ cup **sugar** and $\frac{1}{2}$ lb **butter** [225g]. Add $1\frac{1}{2}$ cups **flour**, $\frac{1}{2}$ cup **cornflour** and a pinch of **salt**. Roll out, cut, prick with fork and bake in a slow oven until light brown.

Ann Kidd, Motueka

DINNER FOR TWO

I love your new magazine format, however, as a senior reader living in a retirement village, can you produce recipes for us 'oldies'? Apart from special occasions, simple, economical cooking is the order of the day, and I struggle at times to cook dinner plus dessert for just two. Can you help out?

The Peach and

Blackberry

Buckle was

enjoyed by the

grandchildren

and I was able

to halve the

Easy Cheesy

Macaroni.

Thanks for

a super

summer

issue!

Fay Dwyer, Hamilton



**Make this
for 2!**

Look out for the new buttons in this issue which highlight recipes that are for two, or which can easily be halved!

FOODTOLOVE

Hot topics

This is what you were looking at on our website recently:



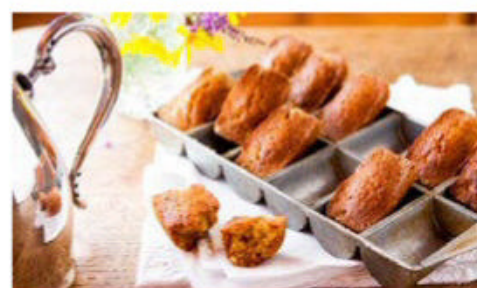
Passionfruit, Lemon and Yoghurt Cake



Tomato and Herb Tart



10 tantalising ways with mince



Ginger Gems



20 deliciously simple fritter recipes

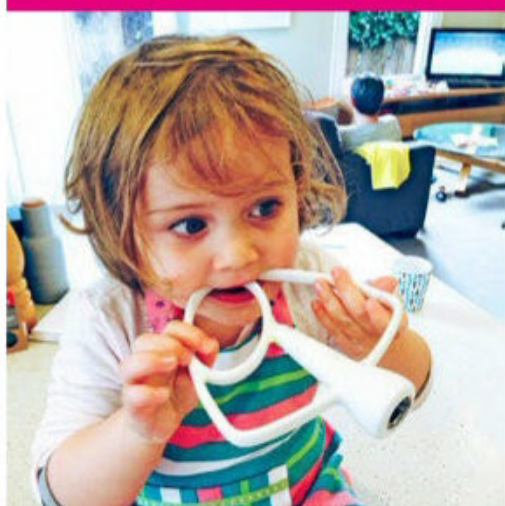
Find these recipes and more on foodtolove.co.nz

Snapshot

KIDS in the KITCHEN

It's fabulous to hear so many of you have started your kids cooking at a young age. Keep sending in pictures of them, and your child could win a prize! See page 129 for more details.

Stella, aged two-and-a-half



Niyume, aged seven





DON'T GET SICK THIS SUMMER REMEMBER TO:

- CLEAN** Wash hands, chopping boards, utensils and surfaces before and after handling raw meat.
- COOK** Cook meat and poultry thoroughly, until juices run clear.
- CHILL** Cover, separate (cooked and raw meat) and chill in the fridge. Don't leave food out for more than two hours. If in doubt – chuck it out.

CLEAN COOK CHILL **DON'T GET ILL**
[FOODSAFETY.GOV.T.NZ/CCC](https://foodsafety.govt.nz/ccc)



New Zealand Food Safety
Ministry for Primary Industries
Manatū Ahu Matua

FOOD *for* THOUGHT

FOODIE NEWS, INSIGHTS, TRENDS AND TIPS

Easter DELIGHTS

Change up the usual Easter offering of chocolate eggs with some creative and delicious ideas

Hot cross buns and oodles of chocolate are just the tip of the iceberg when it comes to delicious dishes eaten around the world to mark Easter.

Spaniards celebrate the holy festival with torrijas, a twist on French toast sprinkled with cinnamon sugar, as well as rosquillas; dense, cake-like doughnuts. Food plays a huge role in Greek celebrations where tsoureki, an egg-enriched braided bread fragrant with Greek spices is popular. Russians often gravitate towards pashka, which tastes a bit like custard and has a cheesecake consistency, while over in Brazil, a crumbly, salty and sweet peanut candy called pacoca is eaten on Good Friday.

If you fancy making something a bit different that still gives you a chocolate fix, try our Easter Lady's Kisses – or Baci di Dama – an Italian speciality from Turin. Delicious cookies sandwiched together to resemble

a kiss, they are incredibly moreish!

To make, beat 100g **butter** and $\frac{1}{3}$ cup **sugar** with an electric mixer until smooth. Stir in 1 cup **ground hazelnuts** (see tip on page 54) and $\frac{3}{4}$ cup **plain flour** to form a stiff dough. Roll level teaspoons of mixture into balls, place on an oven tray; flatten into 3.5cm rounds. Using a finger, smooth out any cracks around the edges (this may take

a bit of time as the dough is quite stiff).

Bake biscuits for 8 minutes or until lightly browned. Stand for 5 minutes before transferring to a wire rack to cool. Sandwich together with **chocolate hazelnut spread**, or make a nutty filling by melting together 80g butter with 200g **dark chocolate**, standing until thickened, then beating in $\frac{1}{3}$ cup finely chopped roasted **hazelnuts**.

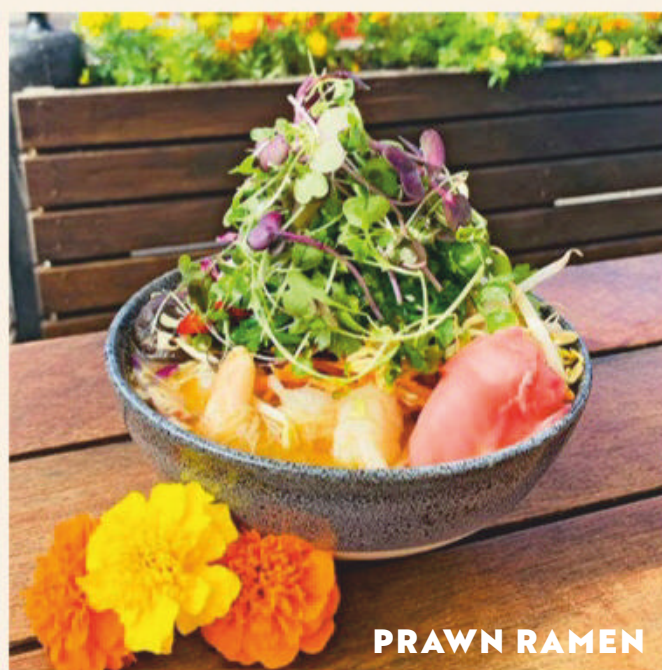
Cook's NOTES

Gift these biscuits in attractive containers for Easter or Mother's Day, or use as a table centrepiece as we have done, in a nest with a few chocolate eggs. They will keep, in the fridge, for up to 1 week.



*The recipes
you ask for...*

At Your Request



PRAWN RAMEN

"I had the most incredible prawn ramen while at Flock in Tairua recently. Would they share the recipe? I don't live locally and I'd love to be able to make it at home!" RACHEL GRAHAM

Flock bills itself as 'a place to gather'. Food magazine caught up with manager and head chef Sara Fordham

The Prawn Ramen is special because... it's made from scratch and we use authentic

Japanese ingredients. We don't use meat in the broth so we can offer a vegetarian option to our customers as well.

The secret to making it is... tasting the broth

frequently and making any adjustments if needed... and sneaking a few extra shiitakes when no one is looking!

The best drink to pair it with is... a nice cider or organic kombucha.

For a sweet something after eating it I'd suggest... a Flock'n Good homemade dessert – I'd recommend something citrusy. My mum's secret recipe Lemon Heaven is to die for.

The one dish we can never take off the menu at Flock is... Our chicken or pork bao buns, a classic treat for when visiting Flock. They're fresh, tasty and certainly famous in our little town of Tairua.

The key to great restaurant food is... love and passion for making someone smile and feel excited by your dishes, and giving your all to create and serve tasty, mouthwatering and unforgettable dishes. Making something with love, positivity and creativity will reflect in your food and onto the customer.

Prawn Ramen

MAKES 6-8 SERVES, APPROX

- 30 raw prawns, approx (we use 5-6 per portion)
- 6 handfuls cooked vermicelli (we use 1 handful per portion)
- raw cabbage, carrots, mung beans, wakame salad, pickled ginger, coriander, spring onion, sliced chilli, sesame seeds, to serve
- drizzle of sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon mirin

SHIITAKE BROTH

- 3 litres water
- 75ml mirin
- 75ml soy sauce
- 2 onions, peeled, sliced
- 1 stick kombu
- 120g dried shiitake mushrooms, sliced
- 150g miso paste
- 1 tablespoon chilli flakes

1 Make Shiitake broth (see below).

2 When ready to serve, bring the Shiitake broth to the boil. Add prawns and vermicelli. Once prawns are light pink in colour they are cooked and ready to serve; this takes about 1 minute, depending on their size.

3 Serve into ramen bowls and top each with the veges and seeds; segregate and rotate ingredients around the bowl until it's bursting with colour and freshness.

4 Finish with oil, soy sauce and mirin.

Shiitake broth

Place all the broth ingredients in a large pot and bring to a rolling boil for 1 hour. Allow to cool, cover, and place in the fridge overnight.

FOUND A DISH YOU LOVE AND WANT THE RECIPE? EMAIL US! FOODMAGAZINE@BAUERMEDIA.CO.NZ

WIN



Crisp style

We love a homegrown sustainable solution, and the latest one from Proper Crisps makes munching on their delicious snacks just that bit better. They are transitioning all of their new products into home compostable bags – meaning when you have eaten the contents, you can pop the packaging in your compost bin and it will naturally decompose within six to 12 months. To celebrate this, Proper Crisps have joined forces with Kiwi fashion icon Trelise Cooper, who has designed some flamboyant packaging for their Pink Himalayan Salt Crisps. We have five special packs to give away, each worth \$80 and containing four packs of Proper Crisps Pink Himalayan Salt Crisps, a tote bag and a limited-edition Trelise Cooper bracelet. To be in to win, email foodmagazine@bauermedia.co.nz with your details and Proper Crisps in the subject line by May 17, 2020.



A MISSION TO SUSTAIN

Jeremy Dixon knows a thing or two about healthy living the eco-friendly way. The founder of Auckland's vegan Revive Cafes and the creator of The Good Bite Energy Balls has made it his mission to spread positive food principals. We asked him to share his top three things all Kiwis could do to make their approach to food more sustainable.

1. GO PLANT BASED, even just for one or two days a week. Plant-powered foods have a very small footprint in terms of land required to grow and water needed, compared with meat and dairy products.

2. USE YOUR FREEZER – it's the most under-utilised piece of equipment in the house. Think about freezing those leftover meals, snacks and fresh

produce. Things may last a couple of days in the fridge, but they will last months in the freezer, which lowers waste. You just have to be clever about how you use it; for example, using frozen fruit in smoothies, and veges in soup. Ensure you plan ahead and review the food before it's too late and goes off. Each time you need a meal, rummage through the freezer and check what could be used.

3. REUSE PLASTIC. Even though we are eliminating what we can, plastic will always be around, so ensure you reuse as much as possible. Our Frooze Ball pottles can be reused many times for meals and ingredients, both in the fridge and in the cupboard. Try to get between two and five uses out of a piece of plastic before you recycle it.



Screening Kiwi flavour

We're excited a couple of Kiwi-made foodie shows are soon to hit our screens. On TVNZ 1 a homemade version of **Eat Well For Less** will help us all be more mindful of budget when it comes to shopping and cooking. Hosted by the ever-popular Mike Van de Elzen alongside The Tasting Shed's Ganesh Raj, the series is tipped to be full of insights into how to overcome common challenges around feeding the family, while saving money. Over on TV3, **My Kitchen Rules NZ** judge Ben Bayly (pictured, left) stars in **A New Zealand Food Story**. During the show we follow the chef as he explores the nature of Kiwi food, while preparing for the opening of his new Auckland restaurant.

We are loving...

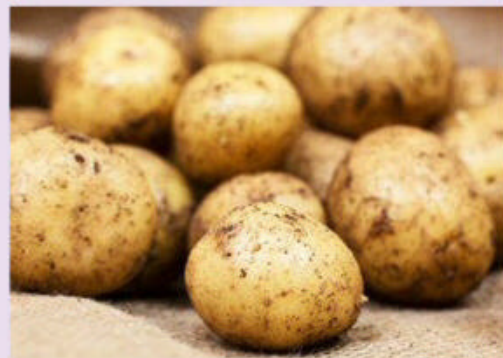
... the **Everybody Eats** charitable organisation, which has gone from strength to strength since it launched almost three years ago. A 'pay-as-you-feel' dining concept, it serves restaurant-quality three-course meals created by volunteer chefs using food that would otherwise go to waste. The diners, a mix of those in need of a meal and those who just want to be part of the community; come together in the communal space and pay what they can afford for the dishes. While the concept is only in Auckland, organisers intend to set up other restaurants around the country in time. You can get involved by volunteering, heading along to sample the food or buying a T-shirt or gift voucher. **FIND OUT MORE AT EVERYBODYEATS.NZ**

Make
Mum's Day



Keeping mum

Need a quick idea to show Mum you care? Make her a giftbox, such as a 'Breakfast in Bed' one that contains a luxury box of muesli, luscious yoghurt, gourmet teabags and a magazine. Or how about a 'Survival Kit' with her favourite chocolate bars, her tipple of choice, a face mask and a voucher for you to do the ironing/cleaning/cooking one day? For more Mother's Day ideas, check out our feature on page 64 and look out for the 'Make Mum's Day' buttons.



HOT Tip

WANT TO EAT YOUR VEGE SKINS BUT HATE SCRUBBING THE SPUDS? NOT A PROBLEM. SIMPLY KEEP AN EXFOLIATING GLOVE IN THE KITCHEN AND USE THAT TO REMOVE ANY DIRT BEFORE COOKING.

SAVING FOR A SWEET CHRISTMAS?

We can help with that

With payments spread throughout the year, Christmas Club makes it easier for you to get everything you need for those festive cakes, cookies and gatherings.



Pick up a card to see how
you can start saving

Three BOOKS FOR AUTUMN

A trio of fabulous books that will inspire and delight... café food made simple for the home cook, easy vegan for all and a cute collection you can work through with the kids



EASY AND DELICIOUS EVERYDAY VEGAN

By Jackie Norman and Gareth Scurr, **\$39.99 (NEW HOLLAND)**, out now.

The barrier to experimenting with vegan options is often the cost of ingredients and complicated processes. This book provides solutions to both those issues, with affordable, easy dishes which are both filling and tasty.

Tofu 'Bacon'

SERVES 4

- 1 block of extra-firm tofu, drained and pressed
- oil, for frying (optional)

MARINADE

- 1 cup water
- 2 tablespoons vegan Worcestershire sauce
- ¾ cup tamari
- 2 tablespoons maple syrup
- 2 tablespoons tomato paste
- 1 tablespoon smoked paprika

1 Drain and press the tofu. Take care not to press the block too hard; you don't want it to crumble or lose its shape. Using a broad, sharp knife, slice the block long ways into thin strips.

2 Make the Marinade (see right).

3 Place tofu in Marinade, ensuring it's well covered. Set aside for at least four hours, or overnight.

4 When ready to use, remove the tofu rashers and shake off excess liquid. Heat a frying pan on medium-high heat, adding a little oil if desired. Add tofu slices to pan one at a time, frying for a few minutes on each side and turning regularly until browned and crisp.

Remove from pan; place on a plate lined with a paper towel to remove excess oil.

5 Serve as desired, just as you would regular bacon. Leftovers are delicious hot or cold, or crumbled into a salad!

Marinade

In a 1-litre container with lid, place the water, Worcestershire sauce and tamari first, followed by the maple syrup, tomato paste and smoked paprika. Mix well.



THE SECRET GARDEN COOKBOOK

By Amy Cotler, **\$27.99 (QUARTO US)**, out now.

A cookbook that brings to life the magic and enchantment of the classic novel *The Secret Garden*, with simple, delicious recipes ideal for making with the kids. Look out for the comforting Tattie Broth and Pease Pudding!



FEED ME FEED ME

By Fran Mazza, **\$50 (RANDOM HOUSE NZ)**, out March 31.

Most Aucklanders will be familiar with such cafes as Winona Forever and Major Tom; now the culinary whizz behind their dishes is sharing her secrets! This beautiful book features accessible recipes using standard ingredients to create the wow factor.

WIN

WE HAVE THREE COPIES OF EACH OF THESE BOOKS TO GIVE AWAY. TO BE IN TO WIN, SIMPLY EMAIL FOODMAGAZINE@BAUERMEDIA.CO.NZ WITH YOUR DETAILS AND THE TITLE OF THE BOOK IN THE SUBJECT LINE. COMPETITIONS CLOSE MAY 17, 2020.



ASK *the* EXPERT

SOPHIE GRAY AND OUR TEST KITCHEN EXPERTS ANSWER YOUR BURNING QUESTIONS



Whenever I fry fish, I can never get the skin to go crispy. Is there a trick to doing this?

There's nothing like crispy skin, be it chicken, pork or fish! To crisp the skin on fish, scrape the back of a knife backwards and forwards over the skin to remove any moisture. Pat dry and sprinkle with a little salt before cooking, skin-side down first.



I remember my grandma lining everything with greaseproof paper. Can you still buy it, or is it the same as baking paper?

Standard greaseproof paper isn't non-stick, but it is refined to have a non-porous quality known as glassine – think of the wrapper on a block of butter; it's probably closest to the paper your grandma used and is ideal for wrapping greasy and oily foods. If using greaseproof for lining in cake tins, it needs to be greased first. In our recipes we often refer to non-stick baking paper, also known as baking or parchment paper. It is greaseproof paper with a silicone or a cellulose coating, so it's also ovenproof and non-stick and perfect for blind baking, lining tins and roasting vegetables.

When cooking for two people, can I just halve the recipe? What about the cooking time? Do you have any other tips?

In many cases you can just halve it – look out for our new 'Make this for 2!' button. While halving a recipe means reducing the cooking time, it doesn't cut it by half – the dish will heat through more quickly but the ingredients still need to cook. We suggest reducing the cooking time by a third, then checking for done-ness. If a recipe requires a long cooking time it's more cost effective to make a full batch and freeze the extra. If the recipe only needs $\frac{1}{2}$ an onion and 1 clove of garlic, chop double and refrigerate to kick-start tomorrow night's meal. A menu plan is very helpful: if you fancy a roast chook, plan a salad, enchilada or chicken pie for later in the week so you can use the leftovers.

Make this for 2!



LOVE FRESH, HATE PLASTIC?

Then you'll be excited by a new sustainability initiative by Countdown, whereby they are reducing the amount of plastic in their produce section, taking fruit and veges out of packaging and replacing plastic bags with paper and cardboard options. Dubbed 'Unwrapped', at this stage it's a 10-week trial in three Auckland stores, but if successful, it could be taken further. See page 140 for more details.

More crunch less munch

Could the texture of food play a role in how much we eat of it? That's what Kiwi scientists have been trying to establish. In a study published in the journal *Foods* at the start of the year, researchers from the University of Otago and the Riddet Institute tested whether crunchiness has a part to play in our consumption of snacks. Using potato chips in their trial, they found that not only are there gender differences in how we respond to foods, but men tend to feel more satiated when eating crunchier foods – and as a consequence consume less. The study concluded: "Findings suggest that modifications of food texture can be a helpful tool in reducing energy intake from snack consumption." Bring on the extra crunchy chips!



YUMMY SNACK ON THE GO?

We can help with that



Countdown's Macro snack pack range has no artificial colours, flavours or preservatives. All have a Health Star Rating of 4 or more.

Events



WHANGAREI FRITTER FESTIVAL



BREW DAY

the city centre will play host to a day dedicated to all things chicken, with some of Auckland's best food trucks and restaurants bringing you their finest fried dishes to sample. Kids under 12 free.

WWW.AUCKLANDFOODTRUCKCOLLECTIVE.COM

5 BREW DAY 2020

MAY 16, UPPER HUTT (R18)

If you're a fan of great beer, wine, cider, food and music, then this may be your perfect day out. BrewDay is a chance for beverage aficionados to pay homage to ales, lagers and everything in-between. There will also be a mouth-watering array of food vendors to satisfy all tastes, so grab your mates and head along for a fun day out! WWW.BREW DAY.CO.NZ

6 THE CHARDONNAY AFFAIR 2020

MAY 21-24, GISBORNE (R18)

What better way to celebrate International Chardonnay Day than by taking part in the fabulous events at the Chardonnay Affair in sunny Gisborne? All will focus on matching the wines with local cuisine, and range from a tasting tour on a historic steam train to a five-course lunch paired with five equally spectacular chardonnays. WWW.THECHARDONNAYAFFAIR.CO.NZ

Six great festivals

1 WHANGAREI FRITTER FESTIVAL 2020

MARCH 28, WHANGAREI

Fritter foodies, this one's for you! This is a fantastic day dedicated to showcasing the best of Northland's fritter culture alongside world-class wine, with top-class tunes to groove to. This year chefs from across the region will go head-to-head in a battle of the best old-school fritter recipes using local ingredients.

WWW.VENUESANDEVENTSWHANGAREI.CO.NZ

2 FEAST WAIKATO

APRIL 5-7, HAMILTON

This long weekend is back for a second year to celebrate all things foodie in the Waikato. Held across three hubs – Hamilton Gardens, the NZMA Waikato Campus and Victoria on the River – there will be markets, workshops

and a return of the popular Progressive Dinner. WWW.WAIKATOFoodINC.COM

3 CLYDE WINE AND FOOD HARVEST FESTIVAL

APRIL 12, CLYDE

Clyde may be a small town, but it's a big hitter in the foodie field, and this coming Easter is your chance to sample the goods. This festival will include more than 40 food and beverage stalls, plus there will be music and art exhibitions showcasing local products, as well as other vendors.

WWW.PROMOTEDUNSTAN.ORG.NZ

4 AUCKLAND FRIED CHICKEN FESTIVAL 2020

MAY 9, AUCKLAND

The Auckland Food Truck Collective is bringing back the Fried Chicken Festival, with lunch and dinner sessions running for one day only! Shed 10 in

EGG-CELLENT IDEA

Want to recreate a childhood memory by decorating eggs for Easter, but struggling given most commercially produced eggs are now brown? Create a new tradition by decorating the shells with temporary tattoos instead.





FRUITS OF PLENTY

A new online free fruit map has been developed by the Christchurch City Council to enable locals to take advantage of the nearly 7000 trees laden with fresh fruit, for free. The online map, which can be found through their **SmartView** web app, picks your location automatically and shows trees in your area. The trees are colour coded, and as the project evolves, the council hopes to narrow it down to fruit that's in season, with pictures and information on the fruit.

WWW.SMARTVIEW.CCC.GOV.T.NZ



The Anzac twist

If you're thinking of making biscuits to mark Anzac Day on April 25, then shake things up with a few twists:

- Crush up the biscuits and serve them sprinkled over icecream.
- Make Anzac muesli with crushed Anzacs, bran flakes, nuts and dried fruit.
- To create Anzac bites, process Anzac biscuits with coconut, cream cheese,

oats and golden syrup, roll into balls and chill.

- Serve the Anzac biscuits with a salted caramel dip.
- Use Anzacs as the base for a simple and delicious cheesecake.

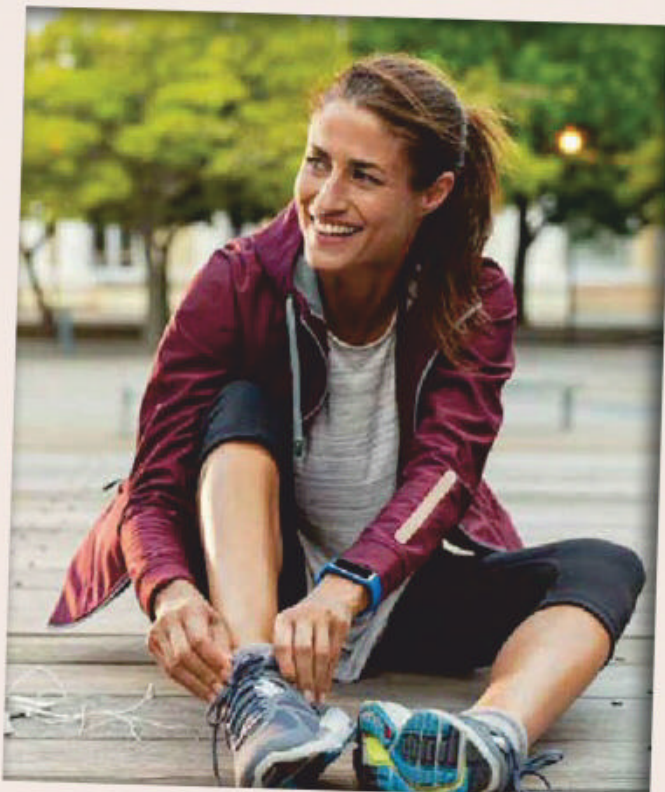
FOR A GREAT ANZAC BISCUIT RECIPE HEAD TO FOODTOLOVE.CO.NZ/ANZAC-BISCUITS

WIN

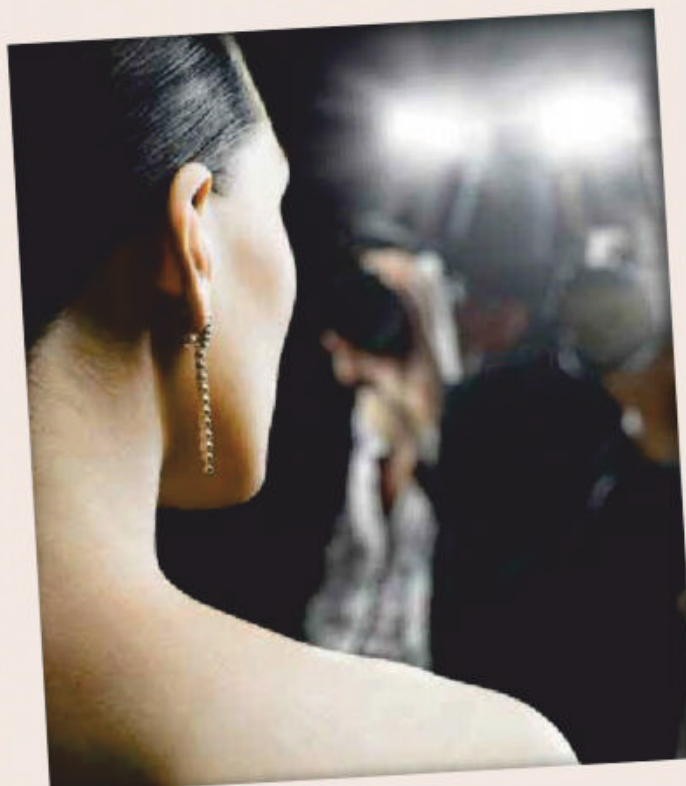
Fix yourself a treat!

If you have a weakness for nut butter, you'll know all about Fix and Fogg, the Kiwi company launched by two ex-lawyers who now produce award-winning deliciousness from their Wellington factory. The name is a nod to two characters in the 1873 adventure novel *Around the World in 80 Days*, Phileas Fogg and Detective Fix. The story's theme of embarking on a great journey and taking risks along the way resonated with founders Roman and Andrea Jewell when they decided to create artisan butters. Teaming up with Fix and Fogg, we have two great packs to give away, each worth \$80 and featuring some of their most delicious creations, including peanut butters in dark chocolate, coffee and maple and fruit toast flavours, as well as a tote bag. To be in to win, email foodmagazine@bauermedia.co.nz with your details and Fix and Fogg in the subject line by May 17, 2020.

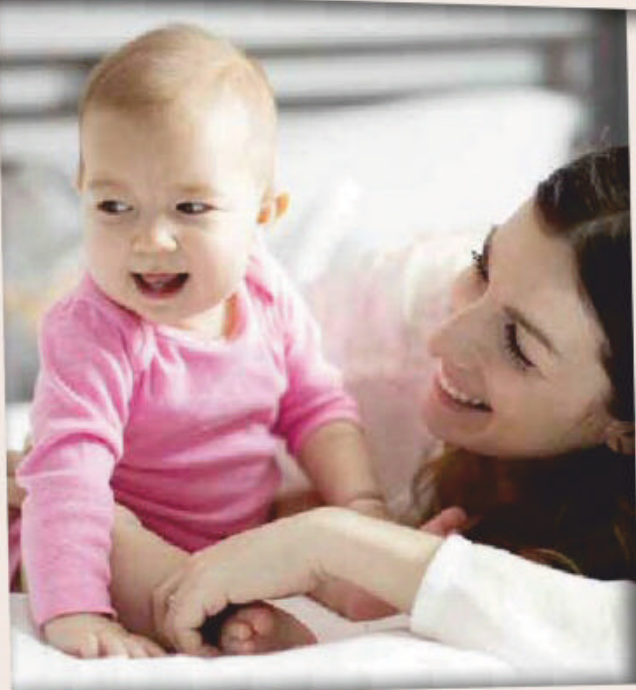




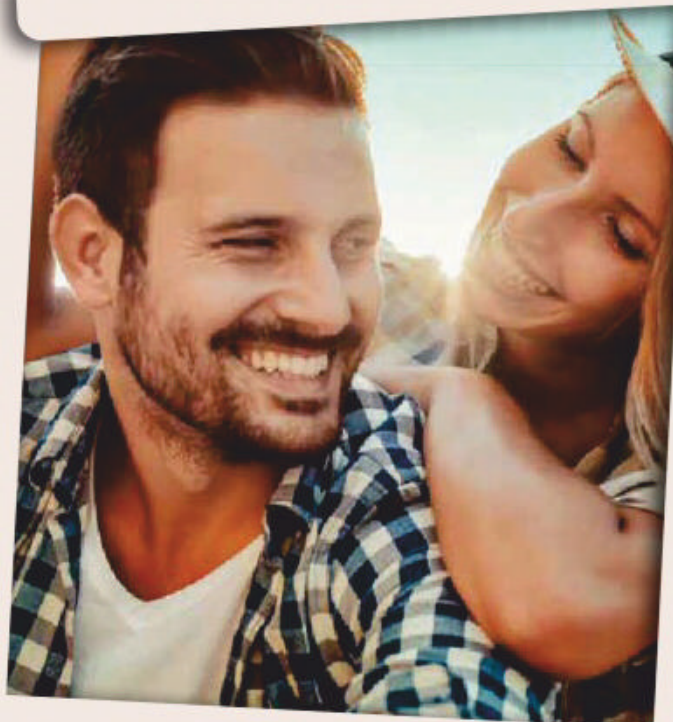
Health



Celebrity



Parenting



Lifestyle

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New Zealand's largest women's lifestyle website

Woman's Day

NEW ZEALAND
Woman's Weekly

THE AUSTRALIAN
Women's Weekly
NEW ZEALAND EDITION

NEXT

GoodHealth
& wellbeing

IN SEASON

CELEBRATING THE BEST OF BOUNTIFUL PRODUCE

Autumn's HARVEST

Make more of root veges this season,
and explore new ways with vibrant fruits

BEETROOT

Raw beetroot can be kept refrigerated for up to three months, then eaten as is, or it can be roasted, boiled or pickled. Boil with skins on to retain the colour and use gloves to avoid staining hands when peeling.

PASSIONFRUIT

As passionfruit ripens, the skin softens and wrinkles and the pulp becomes sweeter. Ripen at room temperature, then store in the fridge. Pulp can be used fresh, or you can freeze it or bottle it in syrup.

KUMARA

Known overseas as sweet potato, kumara comes in various colours, and can be used interchangeably. Much of the nutrient value is in the skin, so peel only if needed. Store in a cool, dark, ventilated place.

ROCKMELON

Rich in antioxidants and fibre and lower in sugar than many other fruits, rockmelon is great in smoothies, salads and salsas. Keep in the fridge, and don't remove the seeds if storing sliced, as they prevent it drying out.

IN SEASON

➡ VEGE ⬅

BEETROOT

WITH ITS EARTHY, SWEET TASTE AND JEWEL-LIKE COLOUR, BEETROOT CAN TAKE A STARRING ROLE IN EVERYTHING FROM BAKES AND CAKES TO HEARTY SALADS

Cook's NOTES

Leftovers make a great packed lunch. Add any cold meat from dinner or slice in a hard boiled egg for a complete meal on the go.

Spiced Rice, Beetroot & Apple Salad

PREP + COOK TIME 30 MINUTES
+ CHILLING SERVES 6



- 1 cup uncooked rice or a rice blend (see tip)
- 2 cooked beetroot, peeled, diced
- 2 eating apples, chopped
- 1 orange, peeled, chopped
- 1 large stalk celery, chopped
- handful of parsley, chopped
- fresh herbs, to serve (optional)

SPICY DRESSING

- ½ cup olive oil
- ¼ cup malt vinegar
- 1 tablespoon curry powder
- 1 teaspoon sugar
- zest of an orange

1 Cook the rice according to packet directions. Cool.

2 Meanwhile, make Spicy dressing (see below).

3 Stir Spicy dressing through the rice, then mix through the beetroot, apples, orange, celery and parsley. Refrigerate for 20 minutes to allow flavours to mellow. Decorate with fresh herbs, if desired.

Spicy dressing

Combine all the ingredients in a jar and shake well to combine.

PER SERVE Energy 306kcal, 1282kj • Protein 3.5g
• Total Fat 13g • Saturated Fat 2g • Carbohydrate 41.6g • Fibre 4g • Sodium 1mg • Sugar 12.5g

MAKE THIS FOR
UNDER \$15

TIP

We used a brown rice and quinoa blend with a little black rice for colour. You could use wild rice or another nutty blend.



Cook's
NOTES

This recipe is easy to double for a party. If you only have one pan, it will cope with being baked in two separate batches. Store in an airtight container for up to 1 week. Un-iced cupcakes can be frozen.

Chocolate & Beetroot Cupcakes

PREP + COOK TIME 1 HOUR MAKES 12

V

- 1 cup plain flour
- ½ cup dark cocoa
- 1 teaspoon baking soda
- ¾ cup sugar
- ¼ teaspoon salt
- 1 egg
- ½ cup canola oil
- 1 teaspoon vanilla essence
- ½ cup sour cream
- 125ml coffee, cold
- 100g cooked beetroot, grated
- chocolate chips, to decorate (optional)

CHOCOLATE BUTTERCREAM

- 110g butter, soft
- 3 cups icing sugar
- ½ cup cocoa
- 2-3 tablespoons milk or cream, approx
- 2 teaspoons vanilla essence

1 Preheat oven to 180°C. Line a 12-hole cupcake pan with paper cases.

2 In a large bowl, sift flour, cocoa and baking soda together. Stir in sugar and salt and set aside.

3 In a medium bowl, whisk together egg, oil and vanilla essence, then whisk in sour cream, until the mixture is smooth. Whisk in the coffee and when blended, stir in beetroot.

4 Pour the wet ingredients into the dry ingredients and mix. Spoon the batter into a small jug and pour into cases, filling to 5mm below the top. Bake for about 20 minutes or until risen, springy and a toothpick poked in the centre comes out clean.

5 Cool cupcakes on a cooling rack. Meanwhile, make Chocolate buttercream (see right).

6 Transfer Chocolate buttercream to a piping bag fitted with a star nozzle and pipe rosettes onto the tops of each

cupcake. Sprinkle with chocolate chips or other decoration, if desired.

Chocolate buttercream

Beat the butter until pale. Sift together the icing sugar and cocoa and beat into the butter in several increments, beating well after each addition. Continue to beat until light and fluffy, adding a dash of milk if needed. Beat in the vanilla essence.

PER SERVE Energy 416kcal, 1745kJ • Protein 3.5g • Total Fat 18.8g • Saturated Fat 8.5g • Carbohydrate 60g • Fibre 2g • Sodium 78mg • Sugar 50.5g

TIP

You can use cooked, vacuum-packed beetroot in this recipe when fresh is not available.



Cook's NOTES

You could also fry the falafels in batches, in 2.5cm oil in a deep wok, turning, until crisp and hot. For the herbs, use parsley, mint, oregano or whatever you have available.

- 1 Heat the oil in a frying pan and fry the onion and garlic until softened but not coloured. Add the spices and salt and cook for 1 minute.
- 2 Scrape the mixture into a food processor with the chickpeas, two-thirds of the grated beetroot, the breadcrumbs, egg and tahini. Whizz to a rough paste, then scrape into a bowl and stir in the remaining grated beetroot with parsley and plenty of salt and pepper to season.
- 3 Preheat oven to 200°C and grease two large baking sheets.
- 4 Shape dessertspoon-sized portions into balls. Gently flatten to form patties – you should get about 24. Space on baking sheets and spray with a little oil.
- 5 Bake for 25-35 minutes until crisp and cooked through, turning once during cooking.
- 6 Meanwhile, make Tahini yoghurt dressing (see below).
- 7 Serve the falafels with salad, Tahini yoghurt dressing and warmed flatbreads or tortillas.

Tahini yoghurt dressing

Mix the tahini with the garlic, yoghurt, lemon juice and herbs.

PER SERVE Energy 432cal, 1810kj • Protein 16g • Total Fat 13g • Saturated Fat 3.5g • Carbohydrate 56g • Fibre 10.7g • Sodium 843mg • Sugar 15g

TIP

You could also form the falafel mixture into burger patties and serve in buns or sliders.

Beetroot Falafels with Tahini Yoghurt Dressing

PREP + COOK TIME 55 MINUTES SERVES 6



- ½ tablespoon olive oil
- 2 onions, chopped
- 2 cloves garlic, crushed
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon turmeric powder
- ¼ teaspoon cayenne powder
- ½ teaspoon salt
- 2 x 400g cans chickpeas, drained
- 500g raw beetroot, peeled, trimmed and coarsely grated
- 100g fresh breadcrumbs
- 1 egg
- 1 tablespoon tahini
- ½ cup parsley, chopped
- cooking spray oil
- 120g mixed salad leaves
- 6 flatbreads or tortillas, warmed

TAHINI YOGHURT DRESSING

- 1 tablespoon tahini
- 2 cloves garlic, crushed
- 200ml natural yoghurt
- squeeze of lemon juice
- handful of chopped herbs of your choice

Roasted Beetroot & Thyme Tart

PREP + COOK TIME 1 HOUR 30 MINUTES SERVES 6



- 2 beetroot, peeled
- 1 golden or orange kumara, peeled
- 2 tablespoons oil
- 6 eggs
- 150ml sour cream
- ½ cup grated tasty cheese
- 150g feta, crumbled
- 2 tablespoons pine nuts, toasted
- handful of fresh thyme sprigs, chopped
- 10 sheets filo pastry
- 50g butter, melted
- store-bought pesto, to serve (optional)

- 1 Preheat oven to 210°C and line a baking tray with non-stick paper.
- 2 Cut beetroot in half lengthways, then into quarters. Keeping the stalk end intact, slice the quarters thinly so they fan slightly. Slice the kumara into 5mm rounds.
- 3 Arrange vegetables on lined tray and drizzle with oil. Roast for 20 minutes, then remove the kumara and continue

cooking the beetroot for a further 10-15 minutes until tender.

4 Combine the eggs and sour cream in a jug and season well with salt and pepper. Add the tasty cheese, half the feta, half the pine nuts and the thyme. Lightly mix.

5 Grease a 22cm springform cake pan and place on a baking tray. Brush a sheet of filo with melted butter, then take a shorter edge and fold the pastry sheet in half at a rough angle, so the corners don't line up. Lay the sheet in the tin with the excess hanging over the edges. Repeat with another sheet of buttered, folded pastry, overlapping the sheets. Continue folding and lining until all the sheets are used, the tin is lined and you have a jagged overhang all the way around.

6 Working quickly, pour in the filling, then layer over the kumara. Top with

the beetroot quarters and remaining feta. Roll or fold the pastry overhang inwards to form a crust around the tart and lightly brush with butter. Bake for 30-40 minutes or until pastry is golden and filling is set. Serve scattered with remaining pine nuts and a dollop of pesto, if desired.

PER SERVE Energy 404kcal, 1692kj • Protein 16.7g
• Total Fat 25g • Saturated Fat 12g • Carbohydrate 25.7g • Fibre 4g • Sodium 391mg • Sugar 6.7g

TIP

Filo pastry dries out quickly so make the filling before you line the tin, or the pastry will shatter when you try to roll the edges in.

Cook's NOTES

Folding at rough angles ensures the whole tin is covered without the filo being too chunky. You can use a larger shallower tin if you prefer – if so, you may need to reduce the cooking time by 5-10 minutes.

Want more recipes?
Search **beetroot** on

FOODTOLOVE.CO.NZ



IN SEASON
➔ FRUIT ➔

ROCKMELON

ALSO KNOWN AS CANTALOUPE, THIS FRUIT IS AS GOOD IN A SALAD AS IT IS IN A SWEET – AND IS A DELICIOUS ADDITION TO COCKTAILS!

Minted Melon Salad

PREP + COOK TIME 20 MINUTES
SERVES 4

DF GF LS

- 2 large vine tomatoes, sliced
- 1 cup mixed colour cherry tomatoes, halved
- ½ rockmelon, cut into slices or balls
- 6 rashers bacon, cooked until crisp
- 1 red onion, sliced
- ½ telegraph cucumber, sliced or cut in ribbons
- 4 medjool dates, coarsely chopped
- handful of mint leaves, shredded
- fresh herbs or edible flowers, to decorate (optional)

HONEY DRESSING

- 1½ tablespoons sherry or red wine vinegar
- 3 tablespoons olive oil
- 1 teaspoon honey

- 1 Make Honey dressing (see below).
- 2 Arrange the tomatoes, melon, bacon, onion and cucumber on a platter. Scatter with the dates and mint.
- 3 Drizzle with the Honey dressing and scatter with herbs or flowers, if using.

Honey dressing

Combine all the ingredients in a jar, shake well and set aside.

PER SERVE Energy 263kcal, 1104kj • Protein 14.5g
• Total Fat 13g • Saturated Fat 2.5g • Carbohydrate 18.7g • Fibre 6g • Sodium 1154mg • Sugar 18g

TIP

Make it vegetarian by swapping the crisp bacon for grilled halloumi. Add a handful of lightly toasted nuts or seeds for a little crunch.

Cook's NOTES

The combination of salty and sweet in this salad works really well. Serve it as a starter, side dish or enjoy as a light meal with crusty bread.

Rockmelon, Honey & Pomegranate Breakfast Pots

PREP + COOK TIME 10 MINUTES SERVES 2



- $\frac{2}{3}$ cup unsweetened Greek yoghurt
- 2 tablespoons runny honey
- 3 tablespoons lightly toasted walnuts
- 2 small wedges rockmelon, chopped or balled
- 3 tablespoons pomegranate arils
- flaked coconut or edible flowers, to decorate (optional)

1 Spoon the yoghurt into the bases of two small bowls or glasses. Drizzle with 1 tablespoon of the honey, scatter on the walnuts, then add the melon and pomegranate arils.

2 Decorate with flaked coconut or edible flowers, if using, then drizzle with remaining honey and serve immediately.

PER SERVE Energy 248kcal, 1039kj • Protein 8.6g
• Total Fat 10.5g • Saturated Fat 1.6g • Carbohydrate 28g • Fibre 3.6g • Sodium 66mg • Sugar 28g

TIPS

These yoghurt pots also make an easy and delicious dessert. Swap pomegranate for berries when they are in season.

Make this for 2!

Cook's NOTES

To make it vegan, swap the Greek yoghurt for coconut yoghurt and replace honey with maple syrup. If you don't have runny honey, use gently warmed thick honey.



PERFECT PRODUCE

Rockmelon Bellini

PREP TIME 5 MINUTES MAKES 1

DF GF V

Pour 30ml **Rockmelon simple syrup** (see below) and a drizzle **grenadine** (optional) in the base of a champagne glass. Top with 130ml **prosecco**, or your preferred fizzy wine. Garnish with a twist of **lemon zest**.

PER SERVE Energy 171kcal, 718kj • Protein 0.3g • Total Fat 0g • Saturated Fat 0g • Carbohydrate 22g • Fibre 0.1g • Sodium 15mg • Sugar 22g

ROCKMELON SIMPLE SYRUP

Combine 1½ cups chopped **rockmelon**, 1½ cups **sugar** and ½ cup **water** in a small saucepan; heat until the sugar is dissolved. Simmer for 3 minutes. Strain the mixture through a sieve, then strain again through a muslin to remove sediment. Store the syrup for up to 3-4 weeks in the fridge.

Rockmelon & Rosemary Gin 'n' Tonic

PREP TIME 5 MINUTES MAKES 1

DF GF V

Place 2 cubes **ice** in a glass, add 30ml **Rockmelon simple syrup** (see below) and 30ml **gin**. Top up glass with 115ml **tonic water** and garnish with a **rosemary sprig** and a twist of **lemon zest**.

PER SERVE Energy 173kcal, 724kj • Protein 0g • Total Fat 0g • Saturated Fat 0g • Carbohydrate 28.5g • Fibre 0.2g • Sodium 9.5mg • Sugar 28.5g

Muddled Melon & Ginger Mojito

PREP TIME 10 MINUTES MAKES 1

DF GF V

In a jug or shaker combine 45ml **white rum**, 30ml **Rockmelon simple syrup** (see below), 8 **mint leaves**, 1 cup **ice** and a squeeze **lime juice**; muddle. Strain into a tall glass and top with **ginger ale**, to taste. Garnish with mint leaves and **lime slices**.

PER SERVE Energy 206kcal, 866kj • Protein 0.2g • Total Fat 0g • Saturated Fat 0g • Carbohydrate 28.5g • Fibre 1g • Sodium 21mg • Sugar 28.5g

Cook's NOTES

We used sugar-free ginger ale and tonic water in our cocktails. Omit the spirits to make mocktails.

Make Mum's Day



Whipped Feta Bruschetta with Rockmelon

PREP + COOK TIME 20 MINUTES
SERVES 4

LS

- olive oil spray
- 8 small slices ciabatta or sourdough bread
- ¼ rockmelon, seeds and rind removed, sliced
- 4 slices prosciutto, halved lengthways
- 2 tablespoons honey, to serve

WHIPPED FETA

- 125g chevre or any soft feta-style cheese
- 70g cream cheese
- 1 tablespoon honey
- small handful of fresh basil leaves
- 2 thyme sprigs
- ½ teaspoon fresh oregano

- 1 Make Whipped feta (see below).
- 2 Preheat the grill. Spray bread lightly with olive oil spray and grill each side until lightly toasted.
- 3 Spread the toasted bread with Whipped feta and top with sliced melon and a twist of prosciutto. Drizzle with honey before serving.

Whipped feta

In a processor combine the feta, cream cheese, honey, basil, thyme and oregano and beat until smooth.

PER SERVE Energy 506kcal, 2119kj • Protein 22g • Total Fat 19.6g • Saturated Fat 10g • Carbohydrate 58.7g • Fibre 4g • Sodium 933mg • Sugar 19.5g

TIP

You could use ham in place of the prosciutto and try swapping the honey for a balsamic reduction to create a tangy alternative.

Want more recipes?
Search **melon** on

FOODTOLOVE.CO.NZ

Cook's NOTES

Slivers of melon with a twist of ham or prosciutto is a classic combination. Very popular in Europe as an entrée, it's also great threaded on skewers as a canapé or party nibble.

IN SEASON → VEGE ← KUMARA

AS WE HEAD INTO AUTUMN, KUMARA IS THE PERFECT KIWI STAPLE TO ADD SWEETNESS AND SUBSTANCE TO A RANGE OF DELICIOUS DISHES

Spicy Kumara Enchiladas with Avocado Lime Crema

PREP + COOK TIME 50 MINUTES SERVES 4



- 2 medium kumara, scrubbed and chopped into 1cm pieces
- cooking oil spray
- 2 teaspoons olive oil
- 1 onion, chopped
- 1 stick celery, chopped
- 3 cloves garlic, minced
- 1 teaspoon chilli
- 1 teaspoon cumin
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- 500ml canned tomato sauce
- ½ cup water
- 1 tablespoon soy sauce
- 400g canned kidney beans, rinsed, drained
- 400g canned black beans, rinsed, drained
- 8 tortillas
- 1 cup grated cheese

AVOCADO LIME CREMA

- ¼ cup natural yoghurt
- ½ ripe avocado
- juice of 1 lime
- ¼ cup fresh coriander
- pinch of salt

1 Preheat oven to 200°C. Spray kumara with oil, place on a baking tray and roast for 20 minutes or until tender.

2 Heat oil in a medium saucepan. Add onion, celery and garlic and gently cook

for 5 minutes or until onion becomes translucent.

3 Stir in chilli, cumin, oregano and salt; cook for 30 seconds, then mix in tomato sauce, the water and soy sauce. Simmer for 5 minutes; remove from heat.

4 Pulse or mash kidney beans, add half the spicy tomato mixture and pulse again. Season with salt and pepper, then fold in cooked kumara and black beans.

5 Divide mixture between tortillas, roll up and place in greased oven dish, spray with cooking spray, then top with remaining spicy tomato mixture and grated cheese. Bake for 20 minutes or until golden and bubbling.

6 Meanwhile, make Avocado lime crema (see below).

7 Serve enchiladas drizzled with Avocado lime crema.

Avocado lime crema

Blend ingredients in a processor or blender.

PER SERVE Energy 977kcal, 4093kJ
• Protein 34g • Total Fat 28g • Saturated Fat 11g • Carbohydrate 138.8g • Fibre 25g • Sodium 2750mg • Sugar 49g

Cook's NOTES

Soy sauce is included here to impart 'umami', one of the five basic tastes alongside sweet, bitter, salty and sour. Umami is simply a rich savoury taste and is also present in parmesan cheese and mushrooms.





Stovetop Lamb & Kumara Casserole with Herby Couscous

PREP + COOK TIME 2 HOURS 30 MINUTES SERVES 4

DF LS

- 2 tablespoons olive oil
- 450g diced lamb
- 1 large onion, thinly sliced
- 3 cloves garlic, chopped
- 1 teaspoon grated ginger
- 2 tablespoons Moroccan seasoning
- 800ml passata
- 1 large kumara, peeled, chopped
- 100g dates, chopped
- 2 tablespoons chopped coriander
- 30g toasted, flaked almonds

HERBY COUSCOUS

- 1 cup couscous
- 1 clove garlic, crushed
- 1 teaspoon grated ginger
- 1 cup boiling water
- 1 teaspoon chicken stock powder
- handful of parsley
- handful of mint
- zest and juice of ½ lemon

1 Heat 1 tablespoon of the oil in a large heavy-based pan on a high heat. Brown the lamb in batches. Drain; set aside.

2 Add remaining oil and the onion, garlic and ginger to the pan and cook over a medium heat until soft and starting to brown. Add the Moroccan seasoning and cook over a low heat for 1 minute.

3 Return the lamb to the pan with any juices and stir well to lift all residue off the base of the pan. Add passata and bring to a simmer.

4 Cover and cook on low for 1 hour 30 minutes, stirring occasionally. Add kumara and cook for a further 30 minutes or until kumara is tender. Stir in a splash of water if sauce has become too thick.

5 Meanwhile, make Herby couscous (see right).

6 Add dates to casserole, season with salt and, when heated through, top with coriander and almonds. Serve with Herby couscous.

Herby couscous

In a medium bowl combine couscous, garlic, ginger, boiling water and stock and cover for 10 minutes. Fluff with a fork and stir in herbs, zest and juice.

PER SERVE Energy 764kcal, 3200kj • Protein 39g • Total Fat 19.7g • Saturated Fat 3.5g • Carbohydrate 99g • Fibre 18.5g • Sodium 622mg • Sugar 44g

TIP

Swap the couscous for a side of rice or creamy mash for a gluten-free meal.

Kumara Pizza Bases with Margherita Topping

PREP + COOK TIME 40 MINUTES MAKES 4



- 2 medium kumara, peeled, uncooked
- 1½ cups rolled oats
- 2 eggs
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- olive oil spray
- 1½ cups pizza sauce
- 1 teaspoon dried oregano, approx
- 4 ripe tomatoes, thinly sliced
- 1½ cups grated or sliced mozzarella
- handful of basil leaves
- black pepper

1 Preheat oven to 220°C. Grease two rimless baking trays with non-stick spray.

2 Place kumara and oats in a food processor and process until finely ground. Add the eggs, Italian seasoning and salt and process until smooth.

3 Divide mixture into four. Place a portion on non-stick baking paper and, using wet hands, pat into a flat

disc. Invert onto one of the baking trays. Pat out and neaten to about 18cm diameter. Repeat with remaining portions, with two bases per tray. Spray with olive oil spray.

4 Bake bases for 10-15 minutes then loosen from tray and flip. Bake for another 5 minutes. Top each with ½ cup pizza sauce, a pinch of oregano, sliced tomato and mozzarella. Return to the oven to melt the cheese and heat through.

Sprinkle with basil leaves and a good grind of black pepper.

PER PIZZA Energy 512kcal, 2145kj • Protein 24.8g • Total Fat 16g • Saturated Fat 7.6g • Carbohydrate 58g • Fibre 15g • Sodium 1541mg • Sugar 25g

MAKE THIS FOR
UNDER \$15

TIPS

Top with any of your favourite pizza toppings. Use a pasta sauce or a good tomato purée instead of pizza sauce, if you prefer.

Cook's NOTES

The bases when cooked have a nice crunchy edge and are firm enough to slice and eat with your fingers. Extra bases can be frozen.



Sticky Apricot & Kumara Spice Cake

PREP + COOK TIME
1 HOUR 30 MINUTES
SERVES 10



- ½ cup canned apricots, drained
- ⅔ cup apricot jam
- 4 eggs
- 200g brown sugar
- 1 cup of canola oil
- 2 cups grated kumara
- 3 cups self-raising flour
- ½ teaspoon baking soda
- 2 teaspoons ginger
- 3 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon cardamom
- ¾ cup natural yoghurt
- ½ cup flaked almonds

- 1 Preheat oven to 180°C. Grease and line base and sides of a 22cm cake tin.
- 2 Mash apricots and ⅓ cup of the jam together; set aside.
- 3 Beat eggs and sugar with an electric mixer until pale, then, with beaters turning, trickle in the oil.
- 4 Fold in kumara, then add the flour, baking soda and spices. Fold in yoghurt.
- 5 Pour half the batter into the prepared cake tin, spoon in the apricot and jam mixture, then cover with remaining cake batter. Bake for 50-60 minutes or until an inserted skewer comes out clean. Cool on a wire rack.
- 6 Stir remaining ⅓ cup apricot jam until smooth. Spread over top of cake and sprinkle the almonds over the jam.

PER SERVE Energy 653kcal, 2735kj • Protein 10.5g
• Total Fat 35g • Saturated Fat 3.8g • Carbohydrate 75g • Fibre 4.9g • Sodium 395mg • Sugar 41.3g

TIP

The apricot layer ensures the cake is moist, while the yoghurt produces a tender crumb. You could top the cake with cream cheese icing instead of jam, if preferred.

Want more recipes?
Search **kumara** on

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IN SEASON → FRUIT ← PASSIONFRUIT

A FRUIT WHICH IS AS VIBRANT ON THE INSIDE AS IT IS UNASSUMING ON THE OUT, THIS JEWEL-LIKE DELIGHT IS ONE OF AUTUMN'S BEST TREATS

No-Bake Passionfruit & Gingernut Slice

PREP + COOK TIME 35 MINUTES + CHILLING MAKES 24 SERVES

V

- 2 x 250g packets gingernut biscuits
- 1 cup desiccated coconut
- 150g butter, melted
- 395g canned sweetened condensed milk
- passionfruit pulp, to serve (optional)

PASSIONFRUIT FROSTING

- 25g butter, soft
- 125g cream cheese, soft
- 200g icing sugar
- pulp of 3 passionfruit, sieved to remove pips

1 Grease and line a 20cm X 30cm lamington pan so the paper overhangs on all sides.

2 Crush biscuits to crumbs using a processor or by pounding in a sturdy bag with a rolling pin. Pour crushed biscuits, coconut, butter and condensed milk into a bowl and mix well to combine.

3 Pour mixture into the prepared pan and press down with your hands. Smooth and neaten by using a can from your pantry to roll over the mixture. Chill the base in the freezer.

4 Meanwhile, make the Passionfruit frosting (see below).

5 Spread Passionfruit frosting over the chilled base. Refrigerate until firm. Drizzle with extra passionfruit, if using.

Passionfruit frosting

Beat butter then beat in cream cheese, mixing until smooth. Add icing sugar and mix. Beat in the sieved passionfruit pulp.

PER SERVE Energy 270kcal, 1132kj • Protein 3.3g • Total Fat 14.5g • Saturated Fat 9.5g • Carbohydrate 32.5g • Fibre 1.3g • Sodium 73mg • Sugar 24.6g

Cook's NOTES

Slice tins vary significantly in size – if yours is slightly larger you will simply have a thinner base and topping. Any smaller and the quantity might exceed the capacity of your pan.

Passion-Mallow Dessert Dip

PREP + COOK TIME 10 MINUTES + CHILLING SERVES 6

GF

- 180g white marshmallows
- 5 passionfruit
- 150ml cream, whipped
- 150ml natural unsweetened yoghurt
- sliced fresh fruit or fruit skewers

1 Place marshmallows in a microwave-safe bowl and microwave on HIGH for 20-30 seconds; stir well. If not completely melted, repeat in 10 second bursts until smooth when stirred.

2 Fold the pulp of 4 passionfruit into the melted marshmallow; cool.

3 Fold the cream and yoghurt into the cooled mixture. Transfer to a serving bowl and top with the pulp of the remaining passionfruit. Serve with fruit skewers or slices of apple, pear and melon for dipping.

PER SERVE (WITHOUT FRUIT) Energy 241kcal, 1012kj • Protein 3.4g • Total Fat 13.5g • Saturated Fat 8.6g • Carbohydrate 26.5g • Fibre 2g • Sodium 67mg • Sugar 21g

TIP

Small cookie cutters or a melon baller can be used to make pretty shapes from the fruit. Squeeze some lemon juice over the fruit to prevent browning if not serving immediately.

Cook's NOTES

This dip will firm up if left in the fridge. If this happens, microwave at 50 per cent power for 30 seconds, stir and repeat until it has reached the desired consistency, taking care not to overheat.



Cook's NOTES

You could use a mixture of drumsticks and thighs in this recipe. Ensure you remove the skin from the drumsticks first so that the spices can infuse the flesh.

Spiced Chicken with Red Pepper & Passionfruit Sauce

PREP + COOK TIME 1 HOUR 15 MINUTES SERVES 4



- ¼ cup brown sugar
- 1 tablespoon salt
- ½ teaspoon ground chilli
- 1½ teaspoons paprika
- ¼ teaspoon mustard powder
- 2 cloves garlic, crushed
- ¼ cup lemon juice
- 1 tablespoon olive oil
- 6-8 skinless chicken thigh cutlets, skinless
- 1 red onion, sliced
- ½ red capsicum, sliced
- ½ cup water
- 3 passionfruit, sieved to remove pips
- rice and seasonal green vegetables or salad, to serve

1 Preheat oven to 200°C.

2 In a large bowl, combine sugar, salt, chilli, paprika and mustard powder. Add the garlic, lemon juice and oil and mix to a thick paste. Using your hands, rub the mixture into the chicken, coating it all over.

3 Arrange the chicken in a single layer in a shallow roasting pan. Scatter in the onion, capsicum and the water. Cover with foil or baking paper and bake for 30 minutes. Increase heat to 230°C, uncover, then bake for a further 30 minutes basting once or twice. Add a splash more water if needed to prevent the pan becoming dry.

4 Remove chicken from the pan, stir the passionfruit pulp into the pan juices. Serve the chicken over rice drizzled with the sauce.

PER SERVE Energy 517kcal, 2168kj • Protein 52g • Total Fat 28g • Saturated Fat 7.8g • Carbohydrate 12.8g • Fibre 4.5g • Sodium 1827mg • Sugar 12.5g

TIP

Evaporation will vary depending on the depth and size of your pan – the larger the surface area, the faster the liquid will evaporate. If you are using a large pan, you may need to splash in some extra water.



Passionfruit Crème Brûlée

PREP + COOK TIME 45 MINUTES + CHILLING MAKES 4



- 4 egg yolks
- ½ cup sugar, plus 4 tablespoons extra
- ¼ cup sieved passionfruit pulp (5-6 passionfruit)
- 2 cups cream
- ¼ cup sugar

- 1 Preheat oven to 160°C.
- 2 Place egg yolks and sugar in a mixing bowl and whisk until lightened in colour. Add the passionfruit pulp.
- 3 In a small saucepan, heat cream until just about to simmer. Add to the egg mixture in a thin, steady stream, whisking continuously. Skim foam off then pour the custard into four 170ml ramekins and tap them on the bench to release air bubbles.
- 4 Arrange ramekins in a large baking pan and fill with boiling water to halfway up the sides of the ramekins.
- 5 Bake for 30 minutes or until just

set but still a little jiggly. Remove from water bath and chill for about 3 hours or overnight.

6 Just before serving, preheat grill to high then sprinkle extra sugar evenly over the top of each ramekin and grill 2-3 minutes – until caramelised but not blackened. Serve immediately.

PER SERVE Energy 704kcal, 2948kj • Protein 4.5g • Total Fat 65.7g • Saturated Fat 41g • Carbohydrate 26.5g • Fibre 1.5g • Sodium 55mg • Sugar 26.5g

TIP

Watch the tops closely when grilling – the sugar needs to melt and caramelise, not burn. The aim with a crème brûlée is to have a thin crust of caramel that snaps when tapped, giving way to silky custard below.

Cook's NOTES

If you have a kitchen blow torch, use that instead of the grill to caramelise the sugar.

Want more recipes?
Search **passionfruit** on

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TASTY LUNCHBOX FILLER?

We can help with that



packed with seeds, whole grains and with no refined sugar added, this slice is perfect for lunch boxes.

Muesli Bar Slice

Makes 16 Prep Time 15 Cook Time 25
Vegetarian V

Ingredients

- 1/2 cup dates, roughly chopped
- 1/2 cup raisins
- 20g butter, melted
- 2 Tbsp runny honey
- 1 egg
- 1/2 cup desiccated coconut
- 1 1/4 cups oats
- 1/4 cup pumpkin seeds
- 1/4 cup sesame seeds
- 1/4 tsp cinnamon

Method

- 1 Preheat oven to 170°C (150°C fan-forced). Line a 20 x 30cm tin with baking paper.
- 2 Soak the dates and raisins in boiling water for 10 minutes. Drain, discarding the liquid.
- 3 Into a food processor add the dates, raisins, butter, honey and egg. Blend to combine.
- 4 Add the coconut, oats, pumpkin seeds, sesame seeds and cinnamon. Blend again to combine. Using clean hands, press the mixture into the lined tin. Bake for 20-25 minutes. Cool before cutting into squares.

PER SERVE

- Energy 505Kj • Protein 3g • Total Fat 6g
- Saturated Fat 3g • Carbohydrates 13g
- Sugars 9g • Sodium 15mg

more
good



Dietary and nutritional info supplied by NZ Nutrition Foundation

For more recipes and tips, visit countdown.co.nz/foodhub

countdown 

Fresh IDEAS

NEW RECIPES TO INSPIRE AND DELIGHT

BUBBLING NOT OVER

The trend for bubble tea is heading into our homes as Kiwis try to recreate the photogenic drink – but why is it so popular?

Unless you've been living in a bubble(!), you couldn't have missed the rising trend for bubble tea. The drink, which originated in Taiwan in the '80s, is a sweet collision that manages to be both drink and snack. The playful combo of chilled tea blended with juices or sweetened milk is served with the signature addition of tapioca pearls or 'boba' in the bottom – which gives it the 'bubble' look. The appeal is said to be down to the fact that not only does this drink look pretty enough to be an Instagram sensation, it's also that comforting mix of sugar, milk and tea – plus the chewy tapioca gives it texture. It has become so popular in New Zealand, bubble tea chain Gong Cha claim the market is growing at 20 per cent per year.

To make your own simple version, cook **tapioca** according to packet instructions, until almost clear; drain and rinse under cold water. Meanwhile, brew **English breakfast tea** for 5 minutes, sweeten with **sugar** and refrigerate until cool. Add **milk** to tea, pour over tapioca and stir to combine; serve over **ice**. We made our mango version, pictured, by combining **makrut lime syrup** with blended **mango** and **lime juice**, mixed with cooked black **boba pearls**.

Cook's NOTES

While boba are commonly black, you can use regular clear tapioca pearls which are readily available in the supermarket. The only difference between the two is the colour; caramel from brown sugar is responsible for producing the distinctive, inky hue of boba.

A man and a woman are standing in a grassy park with many trees showing autumn foliage in shades of yellow and green. They are both reaching up to hold the corners of a large, dark green and white plaid blanket that is suspended in the air between them. The woman on the left is wearing a grey cable-knit sweater, dark jeans, and a white beanie with a pom-pom. The man on the right is wearing a dark blue jacket and tan cargo pants. The ground is covered with fallen yellow and orange leaves. The title 'One fine day' is written in a large, blue, cursive font with a white outline, positioned across the upper half of the image.

One fine day

MAKE THE MOST OF THE EASTER AND ANZAC LONG WEEKENDS WITH AN AUTUMNAL PICNIC. CHOOSE THE LOCATION WELL, PACK THE PICNIC BLANKET, FILL THE CHILLY BIN – AND PREPARE TO INDULGE

**QUINOA,
TOMATO
& GOAT'S
CHEESE TART**
RECIPE ON
PAGE 47



Baked Ricotta with Olives

PREP + COOK TIME 50 MINUTES + COOLING SERVES 6



- 600g fresh ricotta cheese
- 1 teaspoon thyme leaves
- ¼ cup pitted kalamata olives, coarsely chopped
- ½ cup coarsely grated parmesan
- 1 egg
- 125g cherry truss tomatoes
- 1 tablespoon olive oil
- crispbread or baguette, to serve (optional)

1 Preheat oven to 170°C. Oil a 20cm springform pan; place on an oven tray.

- 2 Combine ricotta, thyme, olives, parmesan and egg in a large bowl; season. Spoon into prepared pan.
- 3 Bake ricotta for 35 minutes or until firm and lightly golden. Cool.
- 4 Serve ricotta on a platter with the fresh tomatoes. Drizzle with a little olive oil to serve, accompanied by crispbread or a baguette, if you like.

PER SERVE Energy 202kcal, 846kJ • Protein 13.7g • Total Fat 14.5g • Saturated Fat 7.5g • Carbohydrate 2.6g • Fibre 0.5g • Sodium 335mg • Sugar 2.5g





Transportation

A heavy hamper and a long walk from the car can really put the damper on your day. Pack smart – a wicker hamper complete with thermos and cutlery is perfect for the local park, but if you need to walk to your picnic spot, consider loading your bounty into several smaller packs so everyone can carry the load. Think about how you will transport your dirty dishes, utensils and rubbish back afterwards.

Serving

The containers the food travels in should be presentable enough to double up as serving dishes. You'll need tongs, spoons, forks and sharp knives for serving. Pack a lightweight plastic chopping board or two, for both chopping and to use as serving platters. If there are picnic tables at your location, a wipeable tablecloth is useful. Keep on-site assembly to a minimum – single servings of salad or fruit in individual screw-top jars are easy to transport and reuse.

Paper plates have a tendency to bend; use plastic or enamel, or forgo the forks and simply use a napkin and your fingers.

Safety

Use a chilly bin and ice packs for eggs, mayonnaise dishes and meat. If storing food for more than two hours before consuming, avoid temperature-sensitive seafood, and completely cool then refrigerate cooked chicken dishes before packing.



Lemon Chicken Drumsticks with Citrus Chilli Salt

PREP + COOK TIME 1 HOUR 15 MINUTES + COOLING **SERVES** 6



- ½ cup sea salt flakes
- 1 red chilli, deseeded, thinly sliced
- 3 teaspoons finely grated orange zest
- 2 teaspoons finely grated lemon zest
- 1 teaspoon finely grated lime zest
- ½ cup orange juice
- ¼ cup lemon juice
- 2 tablespoons lime juice
- ¼ cup extra virgin olive oil
- 2 tablespoons honey
- 12 chicken drumsticks
- 12 fresh basil leaves

- 1 Preheat oven to 170°C.
- 2 Pound salt, chilli and zest with a mortar and pestle or process until fine flakes form. Spread salt mixture on

a small oven tray. Bake for 5 minutes or until dry; cool. Store citrus salt in an airtight jar or container.

3 Whisk juices, oil and honey in a large bowl until combined; add chicken, stir to coat. Transfer chicken and marinade to a large baking dish with basil.

4 Bake chicken for 50 minutes, turning occasionally, or until cooked through. Cool.

5 Transfer chicken and pan juices to a storage container. Refrigerate until ready to serve. Serve sprinkled with the citrus salt.

PER SERVE Energy 481kcal, 2016kJ • Protein 41.6g
• Total Fat 31.5g • Saturated Fat 8g • Carbohydrate 7.5g • Fibre 1.6g • Sodium 2349mg • Sugar 7.3g

Cook's NOTES

Quick breads are made using fast-acting raising agents such as self-raising flour, baking powder or baking soda instead of yeast. They include both sweet and savoury scones and muffins.



Olive Quick Bread

PREP + COOK TIME 40 MINUTES **MAKES** 12 PIECES



- 3 cups self-raising flour
- ½ teaspoon salt
- 75g butter, chopped
- 1 tablespoon finely chopped rosemary, plus 1 tablespoon sprigs extra
- ¾ cup kalamata olives, pitted, halved, plus 6 olives extra
- ¾ cup buttermilk, plus 1 tablespoon extra
- ½ cup water, approx

1 Preheat oven to 220°C. Grease a 23cm square cake pan.
2 Sift flour and salt into a large bowl. Using your fingertips, rub in butter until mixture resembles coarse breadcrumbs; add rosemary and olives.

Stir in ¾ cup buttermilk and enough of the water to make a soft, sticky dough.

3 Knead dough on a floured surface until smooth; press into a 22cm square shape. Using a sharp knife, cut dough into 12 equal pieces; place pieces slightly apart in pan. Brush tops with extra buttermilk. Pit and halve extra olives and use to top along with extra rosemary sprigs.

4 Bake for 30 minutes or until golden. Stand in pan for 5 minutes then turn, top-side up, onto a wire rack to cool.

PER PIECE Energy 186kcal, 780kj • Protein 4.5g • Total Fat 7g • Saturated Fat 3.7g • Carbohydrate 25g • Fibre 1.4g • Sodium 400mg • Sugar 0.9g

Vegetable Pan Bagna

PREP + COOK TIME 30 MINUTES
+ COOLING + CHILLING (START 1 DAY
AHEAD) **SERVES** 6



- 2 red capsicum
- 1 yellow capsicum
- ¼ cup extra virgin olive oil
- 1 teaspoon balsamic vinegar
- 2 tablespoons coarsely chopped flat-leaf parsley
- 1½ tablespoons capers, rinsed, drained, coarsely chopped
- 1 courgette, thinly sliced
- 50cm long sourdough baguette
- 1 clove garlic, bruised
- 4 hard-boiled eggs, halved
- 10 marinated artichoke hearts, thickly sliced
- 10 large basil leaves

1 Preheat oven to 190°C.

2 Place capsicums on an oven tray; roast for 20 minutes or until skins begin to blister and blacken. Transfer to a bowl; cover and cool. Remove skin and seeds; thinly slice.

3 Combine oil, vinegar, parsley and capers in a bowl. Add courgette and capsicum, season; toss to combine.

4 Split baguette in half lengthways, without cutting all the way through; open out flat. Scoop out soft bread, leaving a 1cm shell; rub garlic over the inside of baguette.

5 Fill the base of the baguette with eggs; top with artichoke, capsicum mixture and basil. Fold top of baguette over to enclose.

6 Wrap baguette in greaseproof paper; place on a tray. Top with another tray; weight down with several cans of food. Refrigerate overnight. Cut into thick slices to serve.

PER SERVE Energy 184kcal, 771kj • Protein 7.3g • Total Fat 12.7g • Saturated Fat 2g • Carbohydrate 7g • Fibre 6.6g • Sodium 377mg • Sugar 6.6g

TIPS

The success of this recipe depends on the quality of the bread and its ability to absorb the flavoured oil. It can also be made in a round loaf. For a heartier version, add well-drained canned tuna, prosciutto or smoked salmon.

Picnic rug and chairs

Rugs with waterproof backing, available from chain stores, are cheap, light, efficient and washable. Ground sheets bought from camping shops, tarpaulins from chain stores or hardware shops, or large sheets of strong black plastic, bought from nurseries or hardware shops, are all good, and can be covered with rugs, tablecloths, large towels or large cotton bedspreads. Some people must have a chair (and/or a cushion) at a picnic; make sure the chairs are light, and either stackable or, preferably, foldable.



Top tips

- Pack ice cubes in a thermos so you can chill drinks as you go.
- To avoid cool air escaping use two smaller chilly bins, one for food and one for beverages.
- Keep a set of condiments with your picnic kit, including essentials like salt and pepper.
- Pack additional dips, finger food and fresh fruit to keep hunger at bay.

Cook's
NOTES

Extending the baking paper over the sides of the pan makes it easy to remove the slice once baked.



Chocolate & Coconut Slice

PREP + COOK TIME 45 MINUTES MAKES 20



- 125g butter, chopped
- 100g dark chocolate, finely chopped
- ½ cup firmly packed soft brown sugar
- 2 eggs, lightly beaten
- 1 teaspoon vanilla bean paste
- ½ cup plain flour
- ¼ cup cocoa powder
- ½ cup dried cranberries

COCONUT TOPPING

- 4 egg whites
- ⅓ cup raw caster sugar
- 2 cups desiccated coconut

- 1 Preheat oven to 170°C. Grease a shallow 20cm square cake pan; line base and two sides with baking paper, extending paper 5cm over sides of pan.
- 2 Combine butter and chocolate in a saucepan; cook, stirring, over low heat until just melted.
- 3 In a large bowl, combine sugar, eggs and vanilla. Add chocolate mixture; stir until smooth. Sift over flour and cocoa; stir to combine. Fold through the cranberries.

- 4 Spread mixture into the prepared tray. Bake for 15 minutes or until just firm.
- 5 Meanwhile, make Coconut topping (see right).
- 6 Remove slice from oven. Carefully spoon over coconut topping; use a fork to rough up the surface.
- 7 Return slice to the oven and bake for a further 20 minutes or until coconut is golden brown. Cool.
- 8 Cut slice into pieces. Store in an airtight container.

Coconut topping

Whisk egg whites in a bowl until just frothy, then add sugar and coconut. Mix well.

PER SERVE Energy 202kcal, 846kJ
• Protein 2.8g • Total Fat 13.7g • Saturated Fat 10g • Carbohydrate 16.7g • Fibre 2g • Sodium 26mg • Sugar 13g



Quinoa, Tomato & Goat's Cheese Tart

PREP + COOK TIME 40 MINUTES SERVES 4



- ½ cup quinoa
- 1 cup water
- ¼ cup quinoa flour
- ½ cup grated Cheddar cheese
- 1 egg
- 2 tablespoons sunflower seeds
- 75g soft goat's cheese
- ½ cup cream
- 400g sliced tomatoes
- ¼ cup basil leaves

10 minutes until liquid is absorbed. Cool.

- 3 Combine cooked quinoa, quinoa flour, cheese, egg and sunflower seeds. Press mix into prepared tin.
- 4 Bake for 20 minutes or until golden. Cool.
- 5 Process goat's cheese and cream until smooth; spread into tart shell.
- 6 Top with tomatoes and basil leaves. Season.

PER SERVE Energy 402kcal, 1684kJ • Protein 15g • Total Fat 27g • Saturated Fat 15.7g • Carbohydrate 22.5g • Fibre 3.8g • Sodium 304mg • Sugar 4.7g

TIPS

If gluten isn't an issue and you'd like a quicker version of this dish, you could make the tart shell using store-bought shortcrust pastry, cooked as per the packet directions.

- 1 Preheat oven to 170°C and grease or oil a 22cm loose-based tart tin.
- 2 Bring quinoa and the water to the boil in a pan. Reduce heat to low; cook, covered, for

Chocolate HEAVEN

IF THERE'S ANY TIME OF YEAR YOU HAVE A FREE PASS TO INDULGE IN CHOCOLATE, IT'S EASTER. SO TAKE IT TO THE NEXT LEVEL WITH THESE RICH, CREAMY DELIGHTS

CHOC-HAZELNUT COINS
RECIPE ON PAGE 54



Choc-full of options

- Nibs are pieces of the cacao bean itself, which has been roasted, shelled, then broken into tiny pieces. Nibs have the purest chocolate taste as they haven't been mixed with anything else.
- Cocoa liquor is the liquid that comes out of the beans when ground. The liquor is pressed to extract the cocoa butter.
- Cocoa butter is the fat contained within the bean.
- Cocoa powder is the resulting mass left after cocoa butter is extracted from the cocoa liquor.
- Chips often contain vegetable oil rather than cocoa butter. They are used in baking as they retain their shape when cooked.
- Couverture is a fine-quality, very rich chocolate which has been tempered in order to retain its shine and snap.

CHILLI
CHOCOLATE
ICECREAM
TORTE
RECIPE ON
PAGE 54



INDULGE

Make
Mum's Day

CHOCOLATE
HALVA BROWNIE
RECIPE ON PAGE 55

Rich Chocolate Roulade

PREP + COOK TIME 30 MINUTES
+ COOLING + CHILLING **SERVES** 8



- 200g dark chocolate, finely chopped
- ¼ cup hot water
- 1 teaspoon instant coffee granules
- 4 eggs, separated
- ½ cup caster sugar, plus 1 tablespoon extra
- 300ml cream
- 150g raspberries, plus extra (optional)
- 2 tablespoons Dutch cocoa, plus extra (optional)

1 Preheat oven to 170°C. Grease a 25cm x 30cm Swiss roll pan; line base and long sides with baking paper, extending the paper 5cm over the sides.

2 Stir chocolate, the water and coffee in a heatproof bowl over a saucepan of simmering water (don't let water touch base of bowl) until chocolate melts.

3 Beat egg yolks and sugar in a bowl with an electric mixer for 5 minutes or until thick and creamy. Stir egg mixture into chocolate mixture.

4 Beat egg whites in a clean bowl with an electric mixer until soft peaks form. Gently fold egg white into chocolate mixture, in two batches. Spread mixture into pan and bake cake for 12 minutes or until top is firm to touch.

5 Sprinkle the top of cake evenly with extra sugar; cover with a large piece of baking paper, then an upside-down wire rack. Invert cake onto paper-covered rack; peel away lining paper. Cool.

6 Beat cream in a small bowl with an electric mixer until firm peaks form. Spread cream over cake; scatter evenly with raspberries. Using paper as a guide, roll up from one long side. Refrigerate for at least 30 minutes. Before serving, dust with extra cocoa and top with extra raspberries, if you like.

PER SERVE Energy 458kcal, 1919kj • Protein 6.5g
• Total Fat 31g • Saturated Fat 19g • Carbohydrate 40g • Fibre 0.6g • Sodium 68mg • Sugar 30g

TIPS

You could also fill with chocolate mousse or whipped coconut cream, if you prefer. The roulade can be made a day ahead and rolled 6 hours before serving. Keep covered in the refrigerator.

Cook's NOTES

This type of roulade has a tendency to crack; you can leave as is, or refrigerate for a few hours until firm, then gently press the sides of the roll into a round shape. You can dust with icing sugar instead of cocoa.



Cook's NOTES

If cooking for two, freeze extra portions for another time. If using metal dishes, the puddings will cook slightly faster so reduce the cooking time by 2 minutes.

You can make these without the liqueur, if preferred.



Hot Chocolate Puddings

PREP + COOK TIME 25 MINUTES + STANDING MAKES 4

V

- 140g unsalted butter
- 250g dark chocolate, finely chopped
- 1 tablespoon Tia Maria or Kahlua
- 3 eggs
- 2 tablespoons caster sugar
- 1 teaspoon vanilla extract
- 1 tablespoon plain flour
- cream, to serve

1 Melt 1 tablespoon of the butter and use to grease four small ovenproof

$\frac{3}{4}$ -cup ramekins, teacups or small bowls.

2 Roughly chop remaining butter and place with the chocolate in a heatproof bowl above a saucepan of simmering water (do not allow base of bowl to touch water). Stir until melted, then remove from heat. Stir in the liqueur.

3 In a bowl, whisk the eggs, sugar and vanilla until frothy. Sprinkle over the flour and whisk in. Gradually whisk the melted chocolate mixture into the egg

mixture until combined. Pour into the prepared ramekins and leave to rest at room temperature for 1-2 hours.

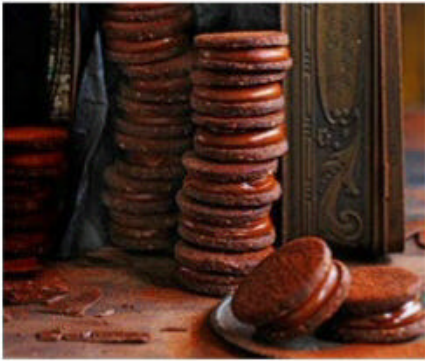
4 Preheat oven to 190°C.

5 Bake puddings for 12 minutes or until firm at the sides but still soft in the centre. Serve with lashings of cream.

PER PUDDING Energy 707kcal, 2961kj • Protein 9.5g • Total Fat 59g • Saturated Fat 36g • Carbohydrate 36g • Fibre 0.8g • Sodium 94mg • Sugar 25g

**DIVINE CHOCOLATE
& RASPBERRY TARTS**
RECIPE ON PAGE 55





Choc-Hazelnut Coins

PREP + COOK TIME 30 MINUTES + CHILLING + COOLING MAKES 36



- 180g butter, soft
- 1 teaspoon vanilla extract
- ½ cup caster sugar
- 1 cup ground hazelnuts (see tips)
- 1½ cups plain flour, sifted
- ½ cup Dutch-processed cocoa, sifted, plus extra, to serve

CHOC-NUT FILLING

- 180g dark chocolate, chopped coarsely
- 120g butter, soft
- ⅓ cup chocolate-hazelnut spread

1 Beat butter, vanilla and sugar with an electric mixer

until combined. Stir in ground hazelnuts, then flour and cocoa.

2 Divide dough in half; roll each half between sheets of baking paper until 3mm-thick. Place on tray; refrigerate for 30 minutes.

3 Preheat oven to 170°C. Line trays with baking paper.

4 Cut 4cm rounds from dough; place on trays 2.5cm apart. Bake for 10 minutes. Cool on trays.

5 Make Choc-nut filling (see right).

6 Spread 2 teaspoons of filling onto the flat side of half the biscuits; top

with remaining biscuits. Refrigerate for 20 minutes to firm. Dust with extra cocoa powder before serving.

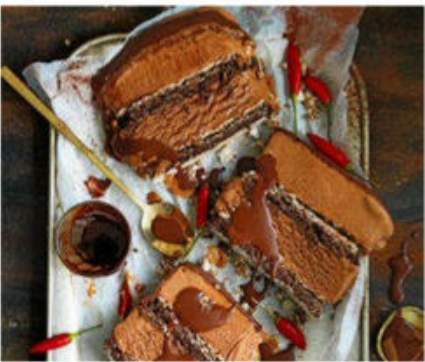
Choc-nut filling

Stir chocolate in a heatproof bowl over a saucepan of simmering water until melted. Cool. Beat cooled chocolate, butter and spread in a bowl with an electric mixer until thick and glossy.

PER COIN Energy 164kcal, 690kj • Protein 2g • Total Fat 12g • Saturated Fat 4.3g • Carbohydrate 12.4g • Fibre 1g • Sodium 45mg • Sugar 7g

TIPS

To make ground hazelnuts, roast nuts at 170°C for 7-10 minutes, then rub in a clean tea towel to remove skins. When cool, pulse in a processor, taking care not to over-process as they will turn into butter. Unfilled biscuits will keep for up to 1 week in an airtight container; store filled biscuits in the fridge for up to 3 days.



Chilli Chocolate Icecream Torte

PREP + COOK TIME 1 HOUR 45 MINUTES + CHILLING + FREEZING (START 1 DAY AHEAD) SERVES 12



- 4 egg whites
- 1 cup caster sugar
- 400g dark chocolate, coarsely grated
- 1 teaspoon ground cardamom
- 300ml cream

CHILLI CHOCOLATE ICECREAM

- 2 cups milk
- 7 egg yolks
- 1 cup caster sugar
- 300g dark chocolate, coarsely grated
- 1 teaspoon chilli powder
- 2 cups cream

1 Make Chilli chocolate icecream (see right).
2 Preheat oven to 150°C. Grease and line base and sides of two 20cm x 30cm slice pans with baking paper.
3 Beat egg whites and sugar with an electric mixer for 8 minutes or until thick and glossy. Combine 200g of the chocolate and the

cardamom; fold in. Spread into one pan and bake the meringue for 35 minutes or until firm and golden. Cool in pan.

4 Spoon Chilli chocolate icecream into the second pan; freeze for at least 8 hours or overnight.

5 Use the paper to lift icecream from pan. Invert onto a piece of baking paper; discard lining paper. Invert meringue in pan over icecream. Press down firmly to join layers; remove pan. Cut torte in half lengthways; stack halves on top of each other. Freeze for 10 minutes.

6 Meanwhile, stir cream and remaining 200g chocolate in a saucepan over low heat until smooth. Drizzle warm sauce over torte.

Chilli chocolate icecream

Place milk in a saucepan; bring almost to the boil. Meanwhile, whisk egg yolks

and sugar in a heatproof bowl until pale and creamy. Gradually add the hot milk, whisking continuously to combine. Place the bowl over a small saucepan of simmering water; cook, stirring, for 10 minutes or until mixture thickens enough to coat the back of a spoon. Strain mixture through a fine sieve. Whisk the chocolate and chilli into egg mixture until smooth. Place in fridge for 30 minutes. Beat cream in a small bowl with an electric mixer until soft peaks form; fold into cooled chocolate mixture. Churn mixture, in batches, in an icecream machine according to the manufacturer's instructions.

PER SERVE Energy 831kcal, 3479kj • Protein 9g • Total Fat 61g • Saturated Fat 37g • Carbohydrate 65g • Fibre 0.8g • Sodium 97mg • Sugar 55g

TIPS

Use dark chocolate with 70 per cent cocoa. If you don't have an icecream machine, chill the icecream mixture, then stir and pour into a stainless steel container; cover surface with foil and freeze for 45 minutes. Once the mixture starts to freeze around the edges, stir it vigorously with a fork or whisk, breaking up any frozen bits. Cover and return to the freezer. Do this every 30 minutes, stirring vigorously each time (use a hand-held mixer as it gets thicker). The icecream should be ready in 2-3 hours.



TIPS

Halva, a Middle Eastern confection made from ground sesame paste and sugar, is a versatile addition to your pantry. Try it crumbled over icecream or fruit salad, add it to baking or simply eat it as it is. In this recipe you could swap it for regular fudge.

Chocolate Halva Brownie

PREP TIME 20 MINUTES + FREEZING MAKES 12



- 2 cups walnuts
- 1 cup almonds
- ½ cup cacao powder, plus 1½ teaspoons extra
- ½ cup desiccated coconut
- ¼ cup dried sweetened cranberries
- 2 tablespoons coconut oil, at room temperature
- 300g fresh medjool dates, pitted
- 100g Turkish halva
- 2 teaspoons honey

1 In a food processor, process walnuts and ½ cup almonds until finely chopped. Add cacao, coconut, cranberries and coconut oil; process until combined. With the motor running, gradually add the dates, one at a time, processing until the mixture

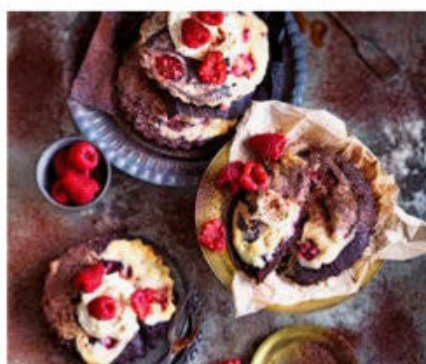
is well combined.

2 Grease an 11cm x 35cm loose-based rectangular tart pan; line base with baking paper. Spoon mixture into pan; press down firmly and evenly.

3 Coarsely chop remaining almonds and sprinkle over brownie. Break halva into pieces and gently push into mixture.

4 Freeze brownie for 2 hours or until firm, then transfer to the fridge. Serve cut into slices, drizzled with honey and sprinkled with the cacao powder.

PER SLICE Energy 409kcal, 1714kj
• Protein 7.7g • Total Fat 30g • Saturated Fat 6.3g • Carbohydrate 26g • Fibre 7g • Sodium 18mg • Sugar 24g



TIPS

Cut cake with a hot, dry knife. Dutch-processed cocoa has less acidity than regular; substituting for regular may affect the rise and create a bitter flavour.

Divine Chocolate & Raspberry Tarts

PREP + COOK TIME 1 HOUR MAKES 6



- 125g unsalted butter
- ½ cup Dutch-processed cocoa, sifted
- ⅓ cup raspberry jam
- ⅔ cup caster sugar
- 2 eggs, lightly beaten
- ⅔ cup plain flour, sifted
- ¼ teaspoon baking soda, sifted
- 125g cream cheese, soft
- 1 egg yolk
- ½ cup fresh or frozen raspberries, plus fresh raspberries to serve (optional)
- cream, to serve (optional)

1 Preheat oven to 150°C. Grease six 10cm round, loose-based tart tins; place on an oven tray.

2 Melt butter in a saucepan, add cocoa; whisk over low heat until mixture boils. Remove from heat; whisk in

jam and ½ cup of the sugar. Stir in eggs, then flour and baking soda. Spoon into tins.

3 Beat cream cheese, remaining sugar and egg yolk in a bowl with an electric mixer until smooth; stir in raspberries.

4 Drop spoonfuls of cheese mixture on chocolate mixture; pull a knife backwards and forwards several times for a marbled effect.

5 Bake the tarts for about 25 minutes or until just set. Serve warm or at room temperature, topped with cream and fresh raspberries, if you like.

PER TART Energy 445kcal, 1862kj
• Protein 6g • Total Fat 27g • Saturated Fat 17g • Carbohydrate 46g • Fibre 2.4g • Sodium 169mg • Sugar 41g

HOT CROSS BUNS

WHEN IT COMES TO THE
DELIGHTS OF EASTER EATING,
HOT CROSS BUNS ARE A MUST.
WE HAVE A DELICIOUS RANGE
OF BUNS – ALL MADE FROM
THE SAME BASIC RECIPE!





↗
**EASTER EGG
DOUGHNUTS**
RECIPE ON PAGE 59



Hot Cross Buns Basic Recipe

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING + COOLING **MAKES 16**

- 1 **tablespoon** dried yeast
- ¼ **cup** caster sugar
- 1½ **cups** milk, warm
- 4 **cups** plain flour
- 2 **teaspoons** mixed spice
- 1 **teaspoon** ground cinnamon
- 60g **butter**, room temperature
- 1 **egg**
- 1½ **cups** sultanas

FLOUR PASTE

- ½ **cup** plain flour
- 2 **teaspoons** caster sugar
- ⅓ **cup** water, approx

GLAZE

- 1 **tablespoon** caster sugar
- 1 **teaspoon** gelatine
- 1 **tablespoon** water

- 1 Combine yeast, sugar and milk in small bowl or jug. Cover; stand in a warm place for about 10 minutes or until mixture is frothy.
- 2 Sift flour and spices into large bowl; rub in butter. Stir in yeast mixture, egg and sultanas; mix to a soft sticky dough. Cover; stand in a warm place for about 45 minutes or until dough doubles in size.
- 3 Grease 23cm-square slab cake pan or deep 23cm-square cake pan.

4 Turn dough onto floured surface; knead for about 5 minutes or until smooth. Divide dough into 16 pieces, knead into balls. Place balls into pan; cover, stand in warm place about 10 minutes or until buns have risen to top of pan.

5 Meanwhile, preheat oven to 190°C.

6 Make Flour paste for crosses (see below). Place in a piping bag fitted with a small plain tube, then pipe crosses onto the buns.

7 Bake buns for about 20 minutes. Turn buns, top-side up, onto a wire rack.

8 Make Glaze (see below). Brush hot buns with hot Glaze. Cool on wire rack.

Flour paste

Combine flour and sugar in cup. Gradually blend in enough of the water to form a smooth firm paste.

Glaze

Stir ingredients in small saucepan over heat, without boiling, until sugar and gelatine are dissolved.

PER BUN Energy 265kcal, 1109kJ • Protein

6.6g • Total Fat 4.5g • Saturated Fat 2.6g •

Carbohydrate 48.5g • Fibre 2.6g • Sodium 22mg

• Sugar 20g

TIPS

Rather than slaving over the buns on Good Friday, make them the day before – put the shaped buns in the pan, then cover them loosely with oiled plastic wrap. Put them in the fridge overnight. They will prove in the fridge. All you have to do the next day is make the crosses, then bake the buns. If using instant yeast, combine 2 x 7g sachets with the flour and spices; rub in butter, then stir in combined sugar and milk along with egg and sultanas. Cover and stand in a warm place until doubled in size, then continue from step 3.



Easter Egg Doughnuts

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING + COOLING **MAKES 32**

Make the Hot cross bun dough (following recipe above), up to the end of step 2, omitting the sultanas. Turn dough onto lightly floured surface, knead 250g chopped **praline-** or **caramel-filled mini Easter eggs** into dough. (We used praline-filled.) Grease and line two oven trays with baking paper. Divide dough evenly into 32 pieces. Roll each piece of dough into a ball. Place on trays. Stand, covered, in a warm place for about 5 minutes or until slightly risen. Preheat oven to 190°C. Bake for about 10 minutes. Meanwhile, make Glaze (following recipe above). Brush hot buns with Glaze; sprinkle with ¼ cup of **cinnamon sugar**. Stand 5 minutes. Meanwhile, stir ½ cup **cream** and 200g chopped **dark chocolate** in a bowl over a saucepan of simmering water until smooth. Serve warm buns drizzled with chocolate sauce.

PER DOUGHNUT Energy 32 kcal, 194kJ • Protein 3.8g • Total Fat 9.5g • Saturated Fat 5.2g • Carbohydrate 23g • Fibre 1.2g • Sodium 15mg • Sugar 10g

White Choc, Cranberry & Coconut Hot Cross Cupcakes

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING
+ COOLING **MAKES** 16

Make Hot cross bun dough (following recipe on previous page), up to the end of step 2, substituting sultanas with 1 cup **dried cranberries** and 1 cup **white choc bits**. Line 16 holes of two muffin pans with paper cases (or cook in batches in one pan). Turn dough onto floured surface, knead $\frac{1}{3}$ cup **desiccated coconut** into dough. Divide dough evenly into 16 pieces. Roll each piece of dough into a ball; place 1 ball into each paper case. Cover, stand in a warm place for about 10 minutes or until doubled in size. Preheat oven to 190°C. Bake for about 15 minutes. Meanwhile, make Glaze (following recipe on previous page); brush hot buns with Glaze. Cool in pan for 5 minutes, then transfer to wire racks to cool. Melt 200g **white choc melts**. Pipe a white chocolate cross onto each bun. Stand until set.

PER CUPCAKE Energy 348kcal, 1460kJ • Protein 7g • Total Fat 13.5g
• Saturated Fat 8.5g • Carbohydrate 50g • Fibre 2.5g • Sodium 46mg • Sugar 25g

Rum & Caramel Raisin Hot Cross Scrolls

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING
+ COOLING **MAKES** 12

V

Combine 1 cup chopped **raisins** and $\frac{1}{4}$ cup **dark rum** in a bowl; stand at room temperature for about 1 hour, stirring, occasionally, until raisins are plump and liquid is absorbed. Meanwhile, make the Hot cross bun dough (following recipe on previous page), up to the end of step 2, omitting the sultanas. Grease and line a 23cm square cake pan. Turn dough onto a lightly floured surface and knead until smooth. Roll dough into a 25cm x 40cm rectangle. Sprinkle dough with $\frac{1}{2}$ cup firmly packed **brown sugar**; top with raisin mixture and $\frac{3}{4}$ cup coarsely chopped **pecans**. Roll dough up firmly, starting from one long side. Keeping roll seam-side down and using a sharp knife, cut roll into 12 even slices. Place scrolls, cut-side up, just touching, side-by-side in pan. Cover, stand in a warm place for about 10 minutes or until buns have risen to top of pan. Preheat oven to 190°C. Bake for about 30 minutes. Meanwhile, stir $1\frac{1}{2}$ cups brown sugar, $\frac{3}{4}$ cup dark rum and 60g **butter** in a saucepan over low heat until sugar dissolves. Bring to a simmer; simmer, uncovered, for about 8 minutes or until slightly thickened. Drizzle hot buns with hot sauce; stand for 5 minutes. Meanwhile, combine 1 cup sifted **icing sugar** and approximately $1\frac{1}{2}$ tablespoons **boiling water** in a bowl until icing is a drizzling consistency. Drizzle icing crosses over buns.

PER SCROLL Energy 533kcal, 2233kJ • Protein 7.7g • Total Fat 14.8g • Saturated Fat 6.3g • Carbohydrate 81.8g • Fibre 3.5g • Sodium 31mg • Sugar 48g

Olive, Feta & Salted Rosemary Cross Loaf

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING
+ COOLING **MAKES** 1 LOAF / 14 SLICES

V

Make Hot cross bun dough (following recipe on previous page), up to the end of step 2, using 2 teaspoons **caster sugar** and omitting spices and sultanas. Grease and line an oven tray. Add 1 cup coarsely chopped deseeded **mixed olives**, 1 tablespoon finely chopped **rosemary** and 100g crumbled **feta** to dough in bowl; knead in bowl until combined. Turn dough onto lightly floured surface; knead until smooth. Shape dough into 12cm x 30cm loaf. Cover, stand in a warm place for 10 minutes or until slightly risen. Preheat oven to 190°C. Using a sharp knife, lightly score a large cross in top of loaf. Brush top of loaf lightly with 2 teaspoons **extra virgin olive oil**; sprinkle with 2 teaspoons **sea salt flakes**. Brush 2 **rosemary sprigs** with extra virgin olive oil to coat; sprinkle with sea salt flakes. Press 1 salted rosemary sprig into the lengthways score in top of loaf. Halve and press remaining salted rosemary sprig into score, across the middle gap to make cross. Bake loaf for about 35 minutes.

PER SLICE Energy 246kcal, 1031kJ • Protein 7.3g • Total Fat 8.7g • Saturated Fat 4.2g • Carbohydrate 33.6g • Fibre 1.8g • Sodium 548mg • Sugar 5.3g

Cheesy Chorizo & Jalapeño Hot Cross Pull-Apart Buns

PREP + COOK TIME 1 HOUR 25 MINUTES + STANDING
+ COOLING **MAKES** 20

LS

Make Hot cross bun dough (following recipe on previous page), up to the end of step 2, using 2 teaspoons **caster sugar** and omitting the spices and sultanas. Grease and line a large pizza tray. Finely chop 2 cured **chorizo sausages**; cook in a medium frying pan until browned. Drain on paper towel; cool. Add chorizo, 2 cups **pizza cheese**, $\frac{1}{4}$ cup finely chopped drained **pickled jalapeño chillies** and $\frac{1}{3}$ cup finely chopped **coriander** to dough in bowl; knead in bowl until combined. Turn dough onto lightly floured surface; knead until smooth. Divide dough into 20 pieces; roll each piece into a ball. Place one ball in centre of tray; arrange 6 balls in a circle around the centre ball, just touching. Arrange remaining balls, just touching, around outside. Cover, stand in a warm place for about 10 minutes or until doubled in size. Preheat oven to 190°C. Brush balls lightly with 10g melted **butter**. Using another $\frac{1}{2}$ cup pizza cheese, make a cross with long strands of cheese on each ball. Bake for about 25 minutes. Serve warm with **guacamole**, **sour cream**, **lime wedges** and fresh coriander leaves.

PER BUN Energy 241kcal, 1010kJ • Protein 11.60g • Total Fat 10.5g • Saturated Fat 5.6g • Carbohydrate 24g • Fibre 1.5g • Sodium 380mg • Sugar 4.3g



SIMPLY NUTS

A GOOD SNACK ALWAYS GOES DOWN A TREAT AT A GATHERING WITH DRINKS – AND WE'RE NUTS ABOUT THESE OPTIONS!



Rosemary, Almond & Pecan Mix

PREP + COOK TIME 30 MINUTES + COOLING
MAKES 5 CUPS



Preheat oven to 170°C and line two oven trays with baking paper. Sift 1½ cups **icing sugar**. Place 360g **almonds** and 270g **pecans** in a colander. Rinse under cold water. Tip wet nuts onto oven trays, then sift icing sugar over. Add 1 tablespoon chopped **rosemary**, 1 teaspoon **sea salt flakes** and ½ teaspoon ground **black pepper**. Toss well. Tip onto trays. Roast for 20 minutes, stirring halfway, until browned.

PER ½ CUP SERVE Energy 328kcal, 1376kj • Protein 6.7g • Total Fat 26.3g • Saturated Fat 1.6g • Carbohydrate 16g • Fibre 3.6g • Sodium 147mg • Sugar 15.7g

TIP

In warm weather, store untoasted nuts in the freezer to prevent them from going rancid.



Sweet & Hot Cashew Peanut Mix

PREP + COOK TIME 30 MINUTES + COOLING
MAKES 5 CUPS



Preheat oven to 170°C and line two oven trays with baking paper. Sift 1½ cups **icing sugar**. Place 375g **cashews** and 315g **peanuts** in a colander. Rinse under cold water. Tip wet nuts onto trays. Stir in 2 tablespoons **sriracha** (Thai hot chilli sauce). Sift icing sugar over. Add 1 teaspoon **sea salt flakes**. Toss well. Roast for 20 minutes, stirring halfway, until browned.

PER ½ CUP SERVE Energy 340kcal, 1424kj • Protein 9.5g • Total Fat 23g • Saturated Fat 4g • Carbohydrate 23g • Fibre 2.8g • Sodium 170mg • Sugar 16.5g

TIP

Each variety of nut has different nutritional merits, so eating a mixture allows you to reap multiple benefits.

Cook's **NOTES**

While nuts are high in fats, most are the 'good fats' (monounsaturated and polyunsaturated). Studies have shown that regular consumption of nuts doesn't cause weight gain and may improve health.



Pumpkin Seed, Macadamia & Coconut Mix

PREP + COOK TIME 30 MINUTES + COOLING
MAKES 5 CUPS



Preheat oven to 170°C and line two oven trays with baking paper. Sift 1½ cups **icing sugar**. Place 315g **raw macadamia halves**, 1 cup each **pumpkin seeds** and **coconut chips** in a colander. Rinse under cold water. Tip wet mixture onto trays. Stir in 1 teaspoon **vanilla extract**. Sift icing sugar and ½ teaspoon fine **salt** over. Toss well. Roast for 20 minutes, stirring halfway, until browned.

PER ½ CUP SERVE Energy 278kcal, 1165kj • Protein 5g • Total Fat 22g • Saturated Fat 4.4g • Carbohydrate 15.5g • Fibre 2.3g • Sodium 149mg • Sugar 15g

Dill Pickle Nuts

PREP + COOK TIME 30 MINUTES + COOLING
MAKES 5 CUPS



Preheat oven to 170°C and line two oven trays with baking paper. Using a mortar and pestle, crush 1 teaspoon each **coriander seeds**, **yellow mustard seeds**, whole **black peppercorns**, **garlic salt** and **sea salt flakes**. Combine in a bowl with 1 **egg white** and ¼ cup chopped **dill**. Stir in 375g unsalted **raw cashews** and 315g unsalted **raw peanuts**. Tip onto trays. Roast for 20 minutes, stirring halfway, until browned.

PER ½ CUP SERVE Energy 288kcal, 1209kj • Protein 9.8g • Total Fat 23g • Saturated Fat 4g • Carbohydrate 9g • Fibre 3g • Sodium 302 mg • Sugar 2.5g

Mum's THE WORD

SHOW HOW MUCH YOU CARE
BY HOSTING AN ELEGANT
MOTHER'S DAY BRUNCH

Make
Mum's Day

AMERICAN-STYLE
HOTCAKES WITH BACON
& MAPLE SYRUP
RECIPE ON PAGE 68

A top-down photograph of a breakfast spread on a grey stone surface. In the foreground, a white ceramic bowl with a scalloped rim is filled with golden-brown granola, topped with a dollop of white cream and several slices of fresh red plums. To the left, a small white bowl with a blue rim contains more plums in a dark syrup. To the right, an orange ceramic cup is filled with a dark liquid, likely tea. A silver spoon lies on a white cloth napkin between the bowl of plums and the cup of tea. A pink arrow points from the text 'GRANOLA WITH PLUMS' down towards the granola bowl.

GRANOLA WITH PLUMS

RECIPE ON PAGE 69

Tips

- Don't forget about yourself – particularly if you're a mum too! Schedule brunch for late morning so you get a lie-in – and ask everyone to pitch in and help!
- Make it special by laying the table with pretty cutlery and napkins, a big jug of fresh juice and beautiful fresh flowers that Mum can take home with her. To get ahead, set the table the

night before. If the kids want to help get them to make some place cards or decorations for the table.

- For added fun during the meal, place a scratch card at each setting. It might end up being even more of a celebration than you expected!
- To make the moment last a little longer, after you've eaten take some nice family pictures of everyone together, which you can later frame and give to Mum.
- As a little take home gift, make

an extra batch of our granola and package in a preserving jar for Mum to enjoy.

- Our hotcakes recipe includes maple syrup, an ingredient in many brunch-style dishes. If this is outside your budget, make your own 'mock maple syrup'. Combine $\frac{1}{2}$ cup water and 1 cup brown sugar in a small saucepan. Simmer until the sugar is dissolved, then add 1 teaspoon vanilla essence and leave to cool. Store in a bottle in the fridge.

BAKED EGGS
RECIPE ON PAGE 69



Cook's
NOTES

Pain au chocolat are small chocolate croissants in a roll or a rectangular shape. If you have any leftover croissants, tear into pieces and turn into bread and butter pudding.

Chocolate & Almond Pastries

PREP + COOK TIME 30 MINUTES MAKES 6

V

- 50g butter, room temperature
- ¼ cup caster sugar
- 1 egg
- ½ cup ground almonds
- 1 tablespoon rum
- 3 croissants
- 3 pain au chocolat
- ¼ cup flaked almonds

1 Preheat oven to 170°C. Line two oven trays with baking paper.

2 To make almond mixture, beat butter and sugar in a bowl with an electric mixer until light and fluffy; beat in egg. Stir in the ground almonds and rum.

3 Using a serrated knife, split pastries horizontally without cutting through.

4 Reserve 1½ tablespoons of the almond mixture; spread remaining mixture inside pastries. Place pastries

on tray. Spread reserved almond mixture on top of pastries; sprinkle with flaked almonds.

5 Bake for 20 minutes or until heated and golden brown. Transfer pastries to a wire rack to cool.

PER PASTRY Energy 465kcal, 1945kJ • Protein 11g • Total Fat 30g • Saturated Fat 13.6g • Carbohydrate 35g • Fibre 3g • Sodium 280mg • Sugar 16g

American-Style Hotcakes with Bacon & Maple Syrup

PREP + COOK TIME 30 MINUTES SERVES 4

- 2 eggs
- 1½ cups milk
- 2 tablespoons caster sugar
- 2 cups self-raising flour, sifted
- ½ teaspoon baking soda
- 40g butter
- 4 rindless bacon rashers
- ¾ cup maple syrup

1 Whisk eggs, milk, sugar, flour and baking soda in a medium bowl until batter is smooth.

2 Melt 1 teaspoon of the butter in a medium frying pan. Pour ⅓ cup of batter into pan, spread into a round shape. Cook for 2 minutes or until bubbles appear on the surface; turn hotcake over, cook for a further minute or until browned underneath. Transfer to a plate; cover to keep warm. Repeat with remaining butter and batter to make a total of 8 hotcakes.

3 Cut bacon rashers lengthways into 3 pieces. Cook bacon in a heated large

frying pan for 4 minutes or until crisp. Drain on paper towel.

4 Serve hotcakes topped with bacon and drizzled with maple syrup.

PER SERVE Energy 604kcal, 2532kj • Protein 21g • Total Fat 14.6g • Saturated Fat 7.8g • Carbohydrate 97g • Fibre 3g • Sodium 1359mg • Sugar 48g

Cook's NOTES

Pour the batter into a jug or squeeze bottle to make perfectly round hotcakes. To speed up the process of making these, use two frying pans.





**Make this
for 2!**



Granola with Plums

READY IN 40 MINUTES + COOLING TIME **SERVES 4**

V

- 1 cup cornflakes
- 1 cup bran flakes
- 1 cup puffed rice
- ¼ cup pumpkin seeds
- ¼ cup sunflower seeds
- ¼ cup honey
- 1 tablespoon vegetable oil
- ½ teaspoon ground cinnamon
- ½ cup sliced dried figs
- ½ cup sultanas
- 700g vanilla yoghurt

- 8 canned plums in natural syrup, halved

- 1** Preheat oven to 150°C. Line an oven tray with baking paper.
- 2** Combine cornflakes, bran flakes, puffed rice and seeds in a large bowl. Drizzle with honey and oil; sprinkle with cinnamon. Toss gently to combine. Spread evenly on oven tray.

- 3** Bake, stirring occasionally, for 20 minutes or until lightly golden. Stir through figs and sultanas; cool.
- 4** Divide into serving bowls and top with yoghurt and plums.

PER SERVE Energy 621kcal, 2606kj
 • Protein 16g • Total Fat 16g • Saturated Fat 5.2g • Carbohydrate 99g • Fibre 8.7g • Sodium 168mg • Sugar 82g

TIP

Instead of figs and sultanas, use another dried fruit, if desired.



Baked Eggs

PREP + COOK TIME 45 MINUTES **SERVES 4**

GF V LS

- 1 clove garlic
- 2 x 400g canned crushed tomatoes
- 2 tablespoons caster sugar
- 8 eggs
- 8 bocconcini cheeses, torn
- ½ cup coarsely chopped basil, plus extra, to serve
- 2 tablespoons olive oil
- crusty bread, to serve (optional)

- 1** Preheat oven to 190°C.
- 2** Peel and crush garlic.

- Combine garlic, tomatoes and sugar in a saucepan; bring to the boil. Reduce heat; simmer sauce, uncovered, for 5 minutes or until slightly thickened. Season with salt and pepper.
- 3** Pour 1 cup of the tomato sauce into a shallow 20cm round ovenproof dish. Carefully break 4 eggs over the sauce; top with half the torn bocconcini and half the basil. Top with the remaining sauce, eggs,

- bocconcini and fresh basil.
- 4** Bake, uncovered, for 20 minutes or until the egg whites are set and the top is lightly browned. Serve drizzled with oil and sprinkled with extra basil leaves; accompany with bread, if desired.

PER SERVE Energy 302kcal, 1268kj • Protein 19g • Total Fat 22g • Saturated Fat 7.7g • Carbohydrate 6g • Fibre 3g • Sodium 760mg • Sugar 6g

Bake my day

IT MIGHT BE THE SEASON OF SWEETS, BUT FOR THOSE WITH A WEAKNESS FOR SAVOURY TREATS, THESE EASY RECIPES WON'T DISAPPOINT



**SPINACH &
FETA STRAWS**

RECIPE ON PAGE 75

Tips

- The addition of herbs, cheeses, olives, deli meats or aromatic herbs all lend a savoury note to breads and pastries. Often you can change these up into different combinations to refresh a recipe.
- Savoury scones and loaves are great for picnic baskets and lunchboxes. Consider using some to make up a Mother's Day basket that you can enjoy in the park.
- Serve a savoury bake such as a cheesy pastry twist or herby bread as an accompaniment to an autumnal soup or light supper.
- Freeze for later – a savoury bake is a great basis for a quick weeknight meal. Wrap serving-sized portions for easy defrosting and plate up with a salad or veges.
- Once you've mastered the art of making scones, there are many different combinations you can explore. Try swapping butternut for pumpkin in our savoury recipe, or for a sweet option, turn to page 129.

Make
Mum's Day

BUTTERNUT SCONES

RECIPE ON PAGE 75





Cheese, Ham & Olive Loaf

PREP + COOK TIME 50 MINUTES SERVES 8

LS

- 1 cup self-raising flour
- $\frac{3}{4}$ cup coarsely grated Gruyère cheese
- 1 cup pitted green olives, coarsely chopped
- 75g ham, coarsely chopped
- 2 tablespoons coarsely chopped mint
- $\frac{1}{2}$ teaspoon ground black pepper
- 4 eggs, lightly beaten
- 80g butter, melted

1 Preheat oven to 190°C. Grease a 10.5cm x 21cm loaf pan.

2 Sift flour into a bowl; add cheese, olives, ham,

mint and pepper. Add egg and butter; stir until well combined. Spread mixture into pan.

3 Bake loaf for 35 minutes or until lightly browned. Turn onto a wire rack to cool.

PER SERVE Energy 237kcal, 996kJ
• Protein 8.7g • Total Fat 16.7g • Saturated Fat 8.5g • Carbohydrate 12.5g • Fibre 1.2g • Sodium 524mg • Sugar 0.1g

TIP

For smaller households, bake this recipe in mini loaf tins and freeze the surplus.



Chicken, Bacon & Blue Cheese Jalousie

PREP + COOK TIME 45 MINUTES SERVES 6

LS

- 1 tablespoon olive oil
- 3 rashers bacon, rind removed, coarsely chopped
- 1 small leek, thinly sliced
- 1 cup coarsely chopped cooked chicken
- 125g blue cheese
- 2 sheets frozen puff pastry, thawed
- 1 egg, lightly beaten
- rocket salad, to serve

1 Preheat oven to 210°C. Line an oven tray with baking paper.

2 Heat half the oil in a frying pan over high heat; cook the bacon for 2 minutes or until crisp. Drain on paper towel.

3 Heat remaining oil in same pan over medium heat; cook leek, stirring, for 5 minutes or until tender.

4 Combine bacon and leek in a large bowl with

chicken and cheese.

5 Cut each pastry sheet into two rectangles, one slightly larger than the other. Place smaller rectangles on tray. Top with chicken mixture, leaving a 1cm border. Brush edges lightly with egg.

6 Gently fold larger pastry rectangles in half lengthways. Cut through folded edge of pastry at 1cm intervals, leaving a 1cm border. Carefully unfold cut pastry strip and place over filling. Press edges of pastry together; brush lightly with egg.

7 Bake for 25 minutes or until browned. Serve with rocket salad.

PER SERVE Energy 367kcal, 1537kJ
• Protein 19.5g • Total Fat 22g • Saturated Fat 10g • Carbohydrate 21g • Fibre 3.3g • Sodium 955mg • Sugar 1.6g

Cook's NOTES

This is a great way to use up leftover cooked chicken. The jalousie can be prepared up to 3 hours ahead; cover and refrigerate until ready to bake. Jalousie is not suitable to freeze.

MAKE THIS FOR
UNDER \$15

Spinach & Cheese Scrolls

PREP + COOK TIME 50 MINUTES SERVES 4



- 750g silverbeet, stalks trimmed, coarsely chopped
- 1 tablespoon olive oil
- 6 spring onions, thinly sliced
- 2 cloves garlic, crushed
- 1 cup low-fat cottage cheese
- 100g feta, crumbled
- ½ cup finely chopped mint
- ½ cup finely chopped flat-leaf parsley
- 2 egg yolks
- 8 sheets filo pastry
- 125g butter, melted
- 2 teaspoons sesame seeds
- ½ teaspoon cumin seeds
- lemon wedges, to serve

TOMATO SALAD

- 10 tomatoes, cut into wedges
- 1 small red onion, thinly sliced into rings

- 2 teaspoons extra virgin olive oil
- 2 tablespoons oregano leaves

- 1 Preheat oven to 170°C. Grease and line two oven trays with baking paper.
- 2 Cook silverbeet in a large saucepan of boiling water for 5 minutes; drain, rinse under cold water. Squeeze out excess water, place silverbeet in a large bowl. Pat dry with paper towel.
- 3 Heat oil in a frying pan over low heat; cook onion and garlic, stirring occasionally, for 3 minutes or until soft. Add onion mixture to silverbeet with cottage cheese, feta, herbs and egg yolks; stir until well combined. Season.
- 4 Brush one sheet of pastry with melted butter; top with another sheet. Spoon a quarter of the silverbeet mixture along one long edge of the pastry and roll up tightly to form

a sausage shape. Roll pastry to make a snail shape. Place on tray. Repeat with remaining pastry and silverbeet mixture to make four snails.

5 Brush with remaining butter; sprinkle with sesame seeds and cumin seeds. Bake for 35 minutes or until pastry is crisp and golden.

6 Meanwhile, make Tomato salad (see below). Serve scrolls with salad and lemon wedges.

Tomato salad

Combine all the ingredients in a medium bowl.

PER SCROLL Energy 653kcal, 2734kj • Protein 25g • Total Fat 43.5g • Saturated Fat 23.3g • Carbohydrate 33g • Fibre 12.8g • Sodium 807mg • Sugar 16g

Cook's NOTES

Filo is best served fresh from the oven as it will soften and flake as it cools. Swap butter for olive oil if you prefer. You could also brush the tops with egg white for a lighter, but still crispy, alternative.



Cook's **NOTES**

Rolls can be prepared to the end of step 3 a day ahead. Refrigerate, covered, until ready to bake. Cooked sausage rolls can be frozen in an airtight container for up to 3 months.



Caramelised Onion, Dill & Caraway Sausage Rolls

PREP + COOK TIME 50 MINUTES MAKES 24

LS

- 500g pork mince
- 1 cup breadcrumbs
- 2 eggs, lightly beaten
- 2 cloves garlic, crushed
- ¼ cup finely chopped dill
- 1 tablespoon caraway seeds
- ½ cup store-bought caramelised onion (or your favourite relish)
- 3 sheets frozen puff pastry, just thawed
- brown sauce, to serve (optional)

- 1 Preheat oven to 190°C. Line two large oven trays with baking paper.
- 2 Combine pork, breadcrumbs, half the egg, garlic, dill, half the caraway seeds and caramelised onion in a large bowl; season well.
- 3 Cut pastry sheets in half. Spoon pork mixture lengthways along centre of each pastry piece; roll pastry over to enclose filling. Cut each roll into four pieces; place rolls, seam-side down, on

trays. Use remaining egg to brush pastry; sprinkle with the remaining seeds.

- 4 Bake rolls for 30 minutes or until puffed and cooked. Serve with brown sauce, if desired.

PER ROLL Energy 141kcal, 590kj • Protein 6.3g • Total Fat 6g • Saturated Fat 2.5g • Carbohydrate 14.5g • Fibre 1.2g • Sodium 138mg • Sugar 3.2g



Spinach & Feta Straws

PREP + COOK TIME 40 MINUTES MAKES 24

V LS

- 250g frozen spinach, thawed
- 100g feta cheese, crumbled
- ½ cup finely grated parmesan
- 2 sheets frozen puff pastry, just thawed

squeeze excess water from spinach. Chop spinach coarsely; pat dry between sheets of paper towel.

- 3 Sprinkle half the spinach and half the combined cheeses over one pastry sheet. Top with another sheet of puff pastry; sprinkle with remaining spinach and combined cheeses. Cut pastry stack in half; place one stack on top of the

other and press down firmly. Cut pastry crossways into 24 strips; twist strips, pinching ends to seal.

- 4 Place strips on trays. Bake for about 15 minutes or until golden and crisp.

PER STRAW Energy 70kcal, 294kj • Protein 2.7g • Total Fat 4g • Saturated Fat 2g • Carbohydrate 5g • Fibre 1g • Sodium 108mg • Sugar 0.2g

TIP

These straws are great as a snack, pre-dinner nibble or to dunk in a bowl of soup.



Butternut Scones

PREP + COOK TIME 30 MINUTES MAKES 10

V LS

- 60g butter, soft
- 1 tablespoon wholegrain mustard
- ½ cup finely grated parmesan
- 1 egg yolk
- 1 cup cooked, cold mashed butternut (see tips)
- 2½ cups self-raising flour
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoons milk, approx
- butter, to serve (optional)

- 1 Preheat oven to 190°C. Grease and line an oven tray with baking paper.

- 2 Stir butter, mustard, parmesan and egg yolk in a large bowl until combined. Stir in mashed butternut. Sift the self-raising flour, salt and baking soda over the butternut mixture. Using a flat-bladed knife, cut the flour mixture through the butternut mixture to make a soft dough.

- 3 Turn dough onto a floured surface and lightly knead. Roll or pat dough out to

approximately 2cm thick. Cut out scones using a 6cm floured cutter. Place on tray; brush tops with a little of the milk.

- 4 Bake the scones for 14 minutes or until golden and hollow sounding when tapped. Transfer, top-side up, to a wire rack to cool. Serve with butter, if you like.

PER SCONE Energy 203kcal, 850kj • Protein 6.6g • Total Fat 7.7g • Saturated Fat 4.5g • Carbohydrate 25.6g • Fibre 1.6g • Sodium 488mg • Sugar 1g

TIPS

You will need to cook 300g trimmed butternut. Scones are best made close to serving time. For perfect results, see Grandma's scone tips on page 129.

SAUCES *for* COURSES

MAKING A SAUCE IS A KITCHEN SKILL WHERE PRACTICE MAKES PERFECT, WHETHER IT'S A CLASSIC BÉCHAMEL OR A THAI NAM JIM DIPPING SAUCE

Lime Hollandaise

PREP TIME 5 MINUTES MAKES 1 CUP



Blend or process 2 tablespoons **lime juice** and 2 **egg yolks** until combined. With motor operating, gradually add 200g hot melted **butter** in a thin, steady stream; process until hollandaise is smooth and thick. Season to taste.

SERVING SUGGESTION Great with seafood or chicken.

PER 30g SERVE Energy 193kcal, 811kj • Protein 0.8g • Total Fat 21.5g • Saturated Fat 13.7g • Carbohydrate 0.05g • Fibre 0.5g • Sodium 7mg • Sugar 0.05g

.....

Corn & Chilli Salsa

PREP + COOK TIME 30 MINUTES MAKES 2 CUPS



Remove husks and silks from 2 **cobs corn**. Cover corn with water in a saucepan; cover. Cook over high heat until water boils. Reduce heat to medium-low; simmer, covered, for 15 minutes or until corn is tender. Drain; cool slightly. Cut kernels from cob. Combine kernels in a bowl with 1 deseeded chopped large **red chilli**, ¼ cup **coriander**, ½ finely chopped small **red onion** and 1 tablespoon **lime juice**; season to taste.

SERVING SUGGESTION Ideal as an accompaniment to grilled chicken, beef or fish.

PER 85g SERVE Energy 61kcal, 259kj • Protein 2.6g • Total Fat 1.1g • Saturated Fat 0.3g • Carbohydrate 8.2g • Fibre 3.7g • Sodium 3.5mg • Sugar 2.8g

Béchamel Sauce

PREP + COOK TIME 20 MINUTES MAKES 1 CUP



Melt 30g **butter** in a small saucepan, add 2 tablespoons **plain flour**; cook, stirring, until mixture bubbles and thickens. Gradually add 1¼ cups **hot milk**, stirring, until mixture boils and thickens. Season; stir in a pinch of **nutmeg**, if you like.

SERVING SUGGESTION While often used in pasta dishes like lasagne you can serve this with grilled fish or corned beef. It's also the base for mornay sauce – simply add cheese.

PER 42g SERVE Energy 75.6kcal, 316kj • Protein 2.2g • Total Fat 5.3g • Saturated Fat 3.5g • Carbohydrate 5g • Fibre 0.1g • Sodium 22mg • Sugar 3g

.....

Nam Jim

PREP TIME 10 MINUTES MAKES 1 CUP



Blend or process 3 coarsely chopped long **green chillies**, 2cm piece chopped **ginger**, 2 coarsely chopped small **red bird's-eye chillies**, 2 cloves **garlic**, 1 quartered **shallot**, ⅓ cup **lime juice**, 2 tablespoons **fish sauce**, 1 tablespoon **brown sugar** and 1 tablespoon **peanut oil** until smooth; stir in ¼ cup finely chopped **roasted unsalted cashews**. Season to taste.

SERVING SUGGESTION Commonly used as a dipping sauce for Thai food, nam jim can be served with grilled meat, poultry or fish. It makes a tasty salad dressing.

PER 17g SERVE Energy 27.6kcal, 115.7kj • Protein 0.6g • Total Fat 2g • Saturated Fat 0.3g • Carbohydrate 1.4g • Fibre 1g • Sodium 199mg • Sugar 1g



Red Wine Vinegar Dressing

PREP TIME 5 MINUTES MAKES ½ CUP



Place ¼ cup **olive oil**, 2 tablespoons **red wine vinegar**, 1 tablespoon **wholegrain mustard** and 1 teaspoon **caster sugar** in a screw-top jar; shake well. Season to taste.

SERVING SUGGESTION Goes well with a salad, or with beef, lamb, pork or chicken. Also a good match for grilled halloumi.

PER 20g SERVE Energy 90.5kcal, 378kj • Protein 0.2g • Total Fat 9.6g • Saturated Fat 1.5g • Carbohydrate 0.8g • Fibre 0.1g • Sodium 50mg • Sugar 0.75g

Sesame Soy Dressing

PREP TIME 5 MINUTES MAKES ½ CUP



Place 1 teaspoon **sesame oil**, ¼ cup **soy sauce**, 1 tablespoon **sweet chilli sauce** and 2 tablespoons **lime juice** in a screw-top jar; shake well.

SERVING SUGGESTION Serve with an Asian noodle salad, or chicken.

PER 20g SERVE Energy 19.5kcal, 81kj • Protein 0.6g • Total Fat 0.7g • Saturated Fat 0.1g • Carbohydrate 2.3g • Fibre 0.3g • Sodium 762mg • Sugar 2g

Oregano Vinaigrette

PREP TIME 5 MINUTES MAKES ½ CUP



Place ⅓ cup **olive oil**, 2 tablespoons **red wine vinegar**, 1 clove crushed **garlic** and 1 tablespoon finely chopped **oregano** in a screw-top jar; shake well. Season to taste.

SERVING SUGGESTION Delicious with grilled fish, halloumi, goat's cheese or Greek salad.

VARIATION Use **white wine vinegar** instead of red wine vinegar and **thyme** plus a little **lemon zest** instead of oregano, and serve with salad to accompany lamb or chicken.

PER 20g SERVE Energy 114kcal, 478kj • Protein 0.06g • Total Fat 12.6g • Saturated Fat 2g • Carbohydrate 0.2g • Fibre 0.2g • Sodium 0.3mg • Sugar 0g

Mustard Mayonnaise

PREP TIME 5 MINUTES MAKES ½ CUP



Combine ⅓ cup **mayonnaise**, 2 teaspoons **wholegrain mustard** and 1 tablespoon **lemon juice** in a small bowl. Season to taste.

SERVING SUGGESTION Perfect with burgers, beef or chicken schnitzel.

VARIATION To make aioli, stir 2 crushed cloves of **garlic** into mayonnaise and add a squeeze of **lemon juice**; add **salt** to taste. For a quick tartare sauce, stir chopped **gherkins** or cornichons into mayonnaise with chopped fresh **dill**, chopped **capers** and a squeeze of lemon juice.

PER 20g SERVE Energy 97kcal, 406kj • Protein 0.2g • Total Fat 10.5g • Saturated Fat 1.4g • Carbohydrate 0.5g • Fibre 0.1g • Sodium 97mg • Sugar 0.5g



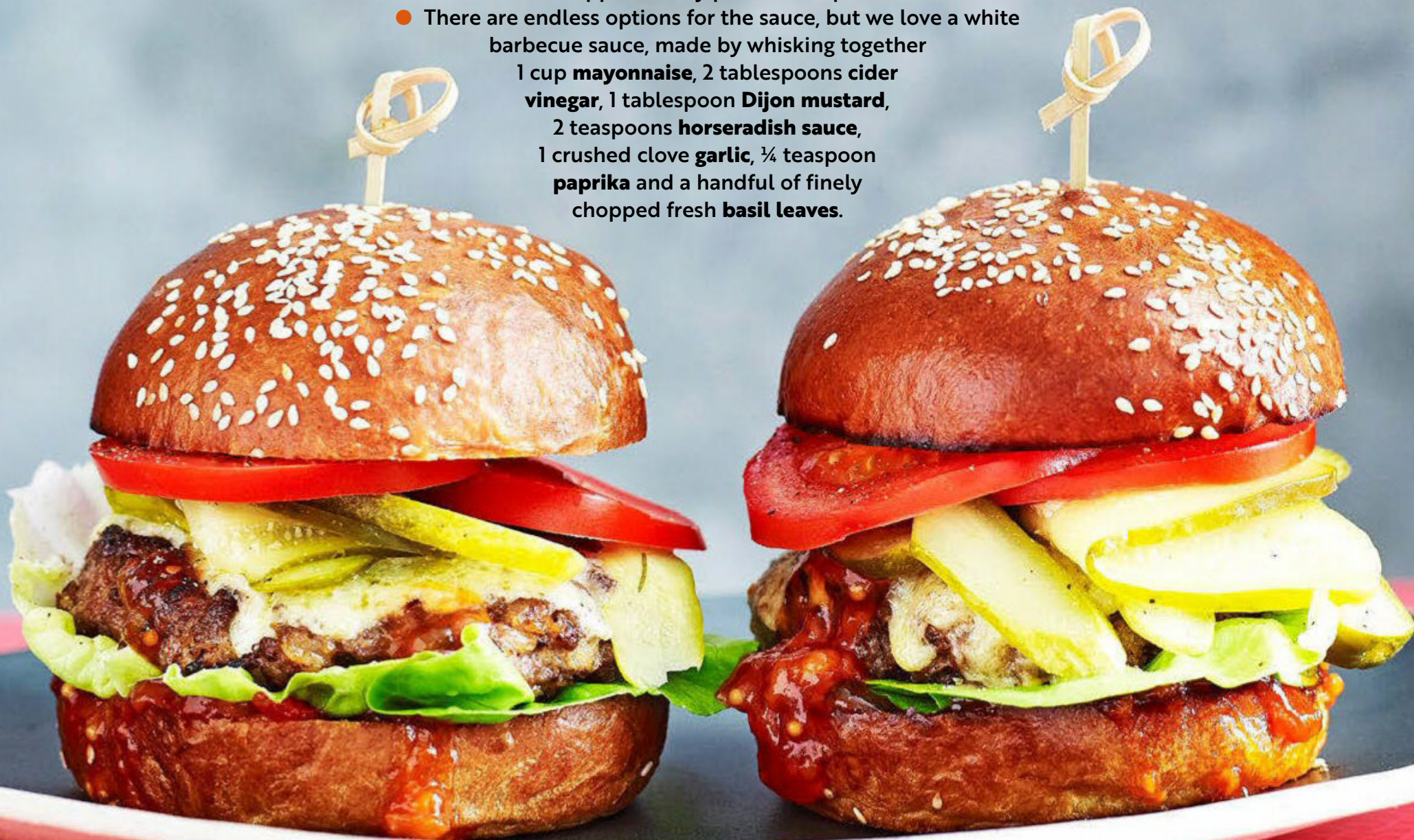
Flip over

BURGERS

BURGERS MAKE FOR A QUICK, EASY MEAL. WE'VE JAZZED UP THIS FAMILY FAVOURITE WITH A FEW GOURMET TWISTS, GUARANTEED TO PUT A SMILE ON YOUR DIAL

- TIPS** ● Make the patties slightly bigger than the bun as they will shrink a little. Rub a little neutral oil on them to encourage browning and prevent sticking. Ensure you season well; salt helps draw out moisture so you get a good crusty sear.
- Not all burgers need cheese, but many are improved by it. Halloumi works well with pickles, mushrooms and lamb; blue cheese is fabulous with beetroot, mushrooms and beef or nut-based patties; and Cheddar cheese will add some punchy flavour and works well with pickles, sauerkraut and onions. Mozzarella is mild and stretchy and adds richness without being overwhelming in flavour.
 - Supermarkets now carry an extensive selection of buns, from the classic sesame seed to keto, brioche and grain options.
- Kids or those with a smaller appetite may prefer little patties served in slider buns.

- There are endless options for the sauce, but we love a white barbecue sauce, made by whisking together 1 cup **mayonnaise**, 2 tablespoons **cider vinegar**, 1 tablespoon **Dijon mustard**, 2 teaspoons **horseradish sauce**, 1 crushed clove **garlic**, $\frac{1}{4}$ teaspoon **paprika** and a handful of finely chopped fresh **basil leaves**.



THE ULTIMATE
BEEF BURGER

RECIPE ON PAGE 82



THAI PRAWN BURGERS
RECIPE ON PAGE 82

CLASSICS REMADE

Make this
for 2!

veg

Cook's NOTES

You will need
1-2 iceberg lettuces,
depending on
their size.

The Green Mushroom Burger

PREP + COOK TIME 45 MINUTES + STANDING + CHILLING
MAKES 6

DF GF V LS

- 6 large flat mushrooms
- 2 tablespoons olive oil
- 1 small orange kumara, cut into 1cm rounds
- 12 large iceberg lettuce leaves, cut into 10cm rounds
- 1 large tomato, thinly sliced
- 1 small red onion, thinly sliced

GREEN TAHINI

- ¼ cup tahini
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1 small clove garlic, crushed
- 2 tablespoons flat-leaf parsley leaves

- 1 Make Green tahini (see right).
- 2 Peel mushrooms and trim the stalks.
- 3 Heat half the oil in a large

non-stick frying pan over low heat; cook kumara, both sides, for 8 minutes or until tender. Remove from pan.

4 Heat remaining oil in same pan over medium heat; cook mushrooms, for 3 minutes each side or until golden and tender.

5 Place mushrooms on 6 lettuce rounds; top with tomato, onion and kumara. Drizzle with Green tahini; top with remaining lettuce.

Green tahini

Process ingredients until smooth; season to taste.

PER BURGER Energy 204kcal, 856kJ • Protein 5.5g • Total Fat 15.8g • Saturated Fat 2.2g • Carbohydrate 6.7g • Fibre 5g • Sodium 31mg • Sugar 3.8g

Crumbed Fish Burgers

PREP + COOK TIME 30 MINUTES SERVES 4

DF LS

- 550g boneless firm white fish fillets, cut into 12 pieces
- ⅓ cup plain flour
- 2 egg whites, lightly beaten
- ½ cup fresh breadcrumbs
- ½ cup cornflake crumbs
- 1 teaspoon garlic salt
- 1½ teaspoons lemon pepper
- ⅔ cup mayonnaise
- ⅓ cup chopped fresh dill, plus extra, to serve
- 2 small baguettes
- 4 butter lettuce leaves
- lemon wedges, to serve

1 Preheat oven to 210°C. Line a large oven tray with baking paper.

2 Toss fish in flour; shake away excess. Coat fish in egg whites, then in combined breadcrumbs, cornflake crumbs, garlic salt and lemon pepper. Place fish in a single

layer on the prepared tray; bake for 15 minutes or until cooked through.

3 Meanwhile, combine the mayonnaise and dill in a small bowl.

4 Cut each baguette in half, then slice in half lengthways, not cutting all the way through. Divide the fish, mayonnaise, lettuce leaves and extra dill among baguettes. Serve with lemon.

PER BURGER Energy 717kcal, 3001kJ • Protein 40.5g • Total Fat 35.7g • Saturated Fat 5g • Carbohydrate 56g • Fibre 4g • Sodium 1222mg • Sugar 4g

TIPS

You could use any firm white fish, such as snapper or tarakihi. You can find lemon pepper in the spice aisle of your supermarket.



Best-Ever Chicken Burgers

PREP + COOK TIME 45 MINUTES + CHILLING **SERVES 6**

LS

- 6 large chicken thigh fillets
- 1½ cups buttermilk
- 1½ cups plain flour
- 2 tablespoons ground paprika
- 1 tablespoon onion salt
- 2 teaspoons celery salt
- ½ teaspoon freshly ground white pepper
- 2 teaspoons caster sugar
- vegetable oil, to deep-fry
- 6 streaky bacon rashers, rind removed
- 6 sourdough buns, split
- mayonnaise, sliced grape tomatoes and baby rocket, to serve (optional)

1 Combine chicken and buttermilk in a large shallow dish. Refrigerate for 30 minutes.

2 Combine the flour, paprika, onion salt, celery salt, pepper and caster sugar in a bowl.

3 Remove chicken from the buttermilk; discard buttermilk. Add drained chicken pieces, one at a time, to the spice mixture. Shake to coat chicken in the spice mixture, then gently shake away any excess (you don't want to remove too much).

4 Add the oil to a large deep frying pan to one-third full; heat to 180°C.

Cook chicken, in batches, turning regularly, for about 5 minutes or until cooked through. Remove from pan and drain on a wire rack or paper towel.

5 Meanwhile, cook bacon under an oven grill until crisp; transfer to wire rack or paper towel.

6 Fill buns with chicken and bacon, plus mayonnaise, sliced tomatoes and rocket, if desired.

PER BURGER Energy 921kcal, 3858kj • Protein 57g • Total Fat 37g • Saturated Fat 8.5g • Carbohydrate 86g • Fibre 7g • Sodium 1281mg • Sugar 8.5g



TIPS

For the perfect beef patty, we recommend using a ratio of 400g meat to 100g fat. Keep the meat as cold as possible while working to maintain a coarse texture and prevent it from going mushy. If you're short on time, you could also use 500g beef mince. Make a double batch of beef patties and freeze interleaved with baking paper or freezer wrap so they don't stick together.

The Ultimate Beef Burger

PREP + COOK TIME 30 MINUTES SERVES 4

LS

- 30g butter
- 2 onions, finely chopped
- 500g beef chuck steak, coarsely chopped (see tips)
- 1 egg, lightly beaten
- $\frac{2}{3}$ cup fresh breadcrumbs
- 1 tablespoon Worcestershire sauce
- 1 tablespoon extra virgin olive oil
- 4 slices cheddar
- 4 brioche burger buns, split
- 4 small butter lettuce leaves
- $\frac{1}{2}$ cup tomato relish or chilli jam
- 75g dill pickles, sliced
- 2 small tomatoes, sliced

1 Heat butter in a large frying pan over medium heat. Cook onion, stirring, for 15 minutes until golden and caramelised. Cool.

2 Meanwhile, pulse the beef in a food processor, in two batches, until coarsely minced (or use the coarse plate of a mincer).

3 Combine beef, onion, egg, breadcrumbs and Worcestershire sauce in a large bowl. Season with salt and freshly ground black pepper; mix well. Form into four patties.

4 Heat oil in a large frying pan over medium-high heat; cook patties, turning once,

until just cooked through. Top patties with cheese during the last minute of cooking and allow the cheese to melt.

5 Toast the cut sides of the buns. Divide lettuce, patties, relish, pickles and tomato among bun bases; sandwich with bun tops.

PER BURGER Energy 901kcal, 3773kj • Protein 50g • Total Fat 35g • Saturated Fat 15g • Carbohydrate 91g • Fibre 8g • Sodium 1157mg • Sugar 21g

Make this for 2!



TIPS

De-seed the chillies if you prefer less heat. You can replace prawns with 200g firm white fish fillet, such as snapper.

Thai Prawn Burgers

PREP + COOK TIME 20 MINUTES + CHILLING SERVES 2

DF

LS

- 1 clove garlic
- 2 coriander roots, with 1cm stem attached
- 2 teaspoons coarsely chopped ginger
- 2 makrut lime leaves, shredded
- 2 long red chillies, thinly sliced
- 8 uncooked, peeled small king prawns, finely chopped
- 1 small potato, coarsely grated
- 1 tablespoon rice bran oil
- 3 teaspoons lime juice
- 2 small wholemeal bread rolls, split in half crossways
- 4 butter lettuce leaves
- $\frac{1}{2}$ small red onion, thinly sliced
- 20g bean sprouts
- $\frac{1}{2}$ Lebanese cucumber, cut into ribbons
- $\frac{1}{3}$ cup coriander leaves

1 Combine garlic, coriander root and stems, ginger, lime leaves and half the chilli in a mortar and pestle; pound until mixture forms a thick paste. Divide paste in half.

2 Combine half the paste with prawns and potato in a small bowl; using wet hands, form mixture into two patties. Cover, refrigerate for 2 hours or overnight.

3 Add half the oil and 2 teaspoons of juice to the remaining paste in a small bowl. Cover, refrigerate.

4 Heat remaining oil in a small non-stick frying pan over low heat; cook patties for 3 minutes each side or until cooked through. Transfer to a plate; drizzle patties with remaining lime juice.

5 Place bread rolls, cut-side down, in

same pan for 1 minute or until warm.

6 Toss lettuce, onion, sprouts, cucumber, coriander leaves and remaining chilli through reserved paste. Sandwich salad and patties between rolls.

PER BURGER Energy 371kcal, 1555kj • Protein 25g • Total Fat 9.6g • Saturated Fat 2g • Carbohydrate 40g • Fibre 8.5g • Sodium 930mg • Sugar 6g

**RUMOUR HAS IT,
WE PUT FLAVOUR
ENHANCERS IN OUR BEEF.
TRUE, SALT AND PEPPER
DO ENHANCE FLAVOUR.**



spreadtherumour.co.nz



1

2

FOUR WAYS *with* MEATBALL PITAS

A HANDFUL OF MINCE AND A PITA POCKET MAY NOT SOUND LIKE MUCH. BUT ADD SOME TASTY INGREDIENTS AND YOU HAVE A SPEEDY AND SIMPLE MEAL TO PLEASE!

Greek Meatball Pocket

PREP + COOK TIME 30 MINUTES SERVES 4

LS

Combine 500g **beef mince**, 1 **egg** and ½ cup **stale breadcrumbs** in a bowl; roll rounded tablespoons of mixture into balls, flatten slightly. Cook meatballs in a heated, oiled large frying pan until browned and cooked through. Cut 4 **pita pockets** in half horizontally. Fill pitas with meatballs and 2 cups packaged **Greek salad** and ¾ cup **tzatziki** (buy ready-made or use the recipe at foodtolove.co.nz/tzatziki).

PER POCKET Energy 493kcal, 2064kJ • Protein 38g • Total Fat 23.5g • Saturated Fat 9g • Carbohydrate 29.7g • Fibre 3.3g • Sodium 716mg • Sugar 5g

Lebanese Meatball Pocket

PREP + COOK TIME 30 MINUTES SERVES 4

DF

LS

Combine 500g **beef mince**, 1 **egg** and ½ cup **stale breadcrumbs** in a bowl; roll rounded tablespoons of mixture into balls, flatten slightly. Cook meatballs in a heated, oiled large frying pan until browned and cooked through. Cut 4 **pita pockets** in half horizontally. Spread pitas with ½ cup **hummus**, top with meatballs and 1 cup **tabbouleh** (buy ready-made or use the recipe at foodtolove.co.nz/tabbouleh).

PER POCKET Energy 539kcal, 2257kJ • Protein 36.8g • Total Fat 28.6g • Saturated Fat 8g • Carbohydrate 31.2g • Fibre 4.8g • Sodium 526mg • Sugar 2.3g

3

4

Napoletana Meatball Pocket

PREP + COOK TIME 30 MINUTES SERVES 4

LS

Combine 500g **beef mince**, 1 **egg** and $\frac{1}{2}$ cup **stale breadcrumbs** in a bowl; roll rounded tablespoons of mixture into balls, flatten slightly. Cook meatballs in a heated, oiled large frying pan until browned. Add $1\frac{1}{2}$ cups bottled **tomato pasta sauce**; bring to the boil. Reduce heat; simmer, uncovered, for 5 minutes or until meatballs are cooked through. Season to taste. Cut 4 **pita pockets** in half horizontally. Fill pitas with meatballs and sauce; sprinkle with 1 cup **pizza cheese**.

PER POCKET Energy 564kcal, 2363kj • Protein 44.7g • Total Fat 26.8g • Saturated Fat 11g • Carbohydrate 33.8g • Fibre 4.3g • Sodium 945mg • Sugar 8g

Mexican Meatball Pocket

PREP + COOK TIME 30 MINUTES SERVES 4

LS

Combine 500g **beef mince**, 1 **egg**, $\frac{1}{2}$ cup **stale breadcrumbs** and 35g **taco seasoning mix** in a bowl; roll rounded tablespoons of mixture into balls, flatten slightly. Cook meatballs in a heated, oiled large frying pan until browned and cooked through. Cut 4 **pita pockets** in half horizontally. Fill pitas with meatballs and $\frac{1}{2}$ cup **mild taco sauce**; sprinkle with $\frac{3}{4}$ cup **tasty cheese**.

PER POCKET Energy 513kcal, 2147kj • Protein 40g • Total Fat 26g • Saturated Fat 11.7g • Carbohydrate 27.8g • Fibre 2.6g • Sodium 742mg • Sugar 3g

Thai in

AS THAILAND MARKS SONGKRAN, THEIR TRADITIONAL NEW YEAR, WE TAKE A LOOK AT SOME OF THE NATION'S MOST POPULAR DISHES – WHICH ARE EASIER THAN YOU MIGHT THINK TO MAKE AT HOME

MAKE THIS FOR
UNDER \$15

→
**STICKY THAI
CHICKEN**
RECIPE ON
PAGE 91



PRAWN PAD THAI
RECIPE ON PAGE 91

Your Thai pantry

With culinary influences such as Portuguese, Dutch, French, Chinese and Japanese, Thai cuisine is famously fragrant. Lemongrass, coriander, makrut lime leaves, mint, lime, ginger and galangal (Thai ginger) all add a lightness and delicacy that makes Thai food a standout. Sweet, sour, bitter, salty and hot elements are blended in a variety of cooking methods including stewing, grilling, stir-frying and deep-frying. Fish sauce is used in Thai cuisine as a flavour enhancer; while it does have a strong fishy flavour, used judiciously it adds intensity rather than fishiness. Along with shrimp paste and tamarind, you'll find it's readily available in supermarkets. Sesame oil is another staple of Thai cooking, adding a nutty flavour, and coconut cream replaces ghee in Thai-style curries. You can freeze makrut lime leaves, lemongrass and galangal for future use.

Thai Pumpkin, Pea & Pak Choy Soup

PREP + COOK TIME 20 MINUTES SERVES 2

DF GF LS

- 1 tablespoon Thai green curry paste
- 200g pumpkin, peeled, thinly sliced
- 1 cup light coconut milk
- 2 cups vegetable stock
- ½ cup frozen peas
- 160g bok choy, trimmed
- 2 spring onions, thinly sliced
- 1 teaspoon fish sauce
- 2 teaspoons lime juice
- Thai basil leaves, to serve

1 Place the curry paste and pumpkin in a small saucepan over medium heat; cook, stirring for 2 minutes or until

fragrant. Add the coconut milk and stock; bring to the boil, reduce heat to medium-low and simmer, covered, for 5 minutes or until pumpkin is tender.

2 Add peas and bok choy; cook for a further 1 minute or until vegetables are tender. Remove pan from heat. Add half the onion, sauce and juice.

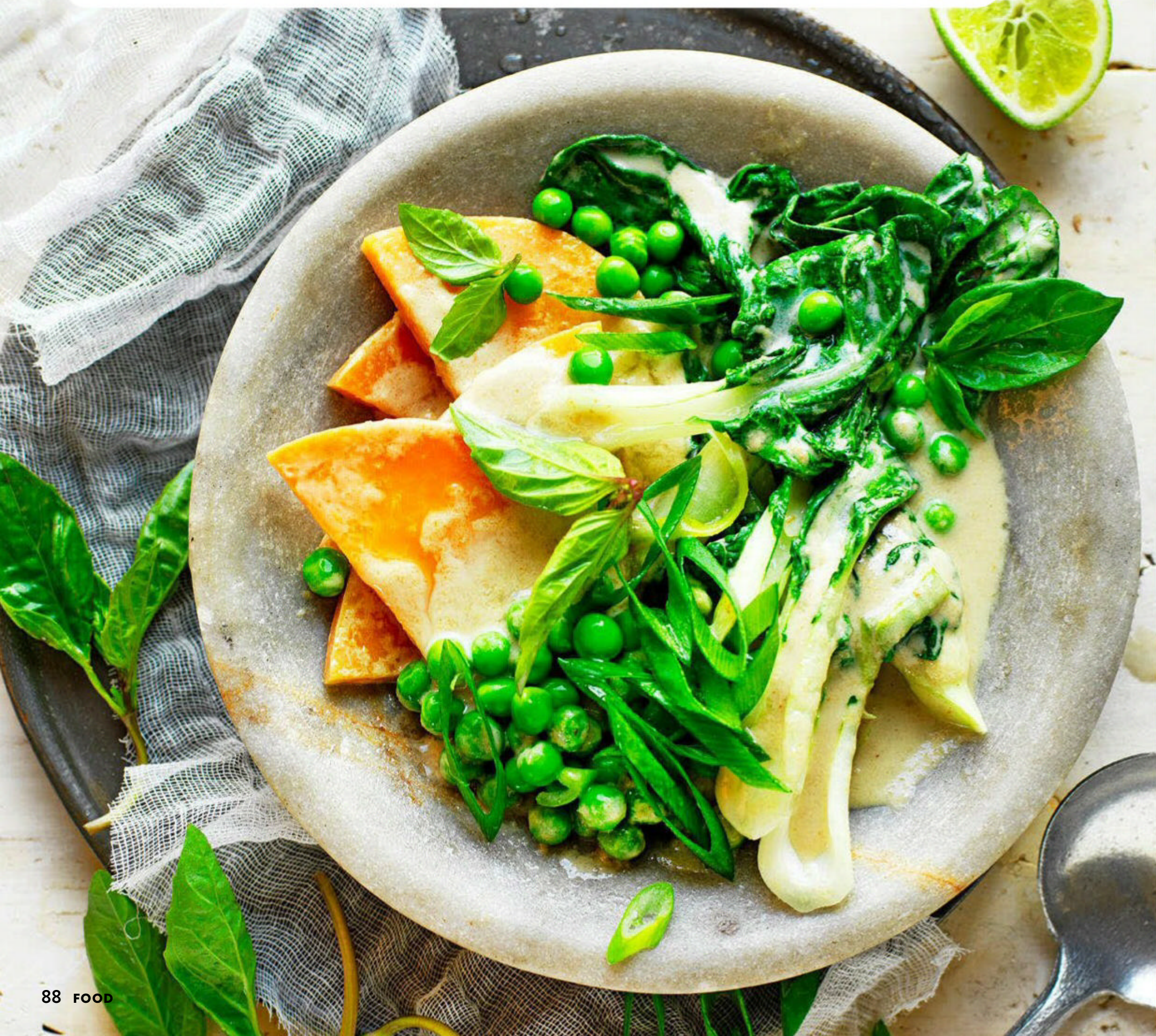
3 Serve soup topped with Thai basil and remaining onion.

PER SERVE Energy 301kcal, 1264kj • Protein 8.7g • Total Fat 22g • Saturated Fat 18.5g • Carbohydrate 14.3g • Fibre 6g • Sodium 1432mg • Sugar 10.2g

Make this
for 2!

TIP

Leftover frozen peas? For a fast pea, mint and yoghurt dip, blanch 2 cups thawed frozen **peas** in boiling water for 1 minute. Drain and refresh in cold water. Drain. In a food processor, combine peas with ½ cup **natural yoghurt** and 1 cup **mint leaves**. Process until almost smooth. Transfer to a small bowl, stir in 1 **spring onion**, finely chopped. Season.



Cook's NOTES

Bird's-eye chillies are one of the hottest varieties, but you can use any small red chilli (leave seeds in for added heat). You can add hot chilli paste or sweet Thai chilli sauce in place of sambal oelek.

Larb Gai

PREP + COOK TIME 45 MINUTES

SERVES 4



- 2 tablespoons long-grain white rice
- 1 tablespoon peanut oil
- 1 tablespoon finely chopped lemongrass
- 2 bird's-eye chillies, deseeded, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon finely chopped galangal or ginger
- 750g chicken mince
- 1 Lebanese cucumber, deseeded, thinly sliced
- 1 small red onion, thinly sliced
- 100g bean sprouts
- ½ cup Thai basil leaves
- 1 cup coriander leaves
- 4 large iceberg lettuce leaves

THAI DRESSING

- ⅓ cup lime juice
- 2 tablespoons fish sauce
- 2 tablespoons kecap manis
- 2 tablespoons peanut oil
- 2 teaspoons grated palm sugar
- ½ teaspoon sambal oelek

- 1 Make Thai dressing (see below).
- 2 Heat a dry wok; stir-fry rice until lightly browned. Blend, process or pound rice to a fine powder.
- 3 Heat oil in wok; stir-fry lemongrass, chilli, garlic and galangal until fragrant; remove. Stir chicken, in batches, until cooked through.
- 4 Return chicken and lemongrass mixture to wok with about a third of the Thai dressing; stir-fry for 5 minutes or until mixture slightly thickens.
- 5 Place remaining Thai dressing in a large bowl with chicken, cucumber, onion, sprouts and herbs; toss to combine. Place lettuce leaves on serving plates; divide larb salad among leaves and sprinkle with ground rice.

Thai dressing

Combine ingredients in a screw-top jar; shake well.

PER SERVE Energy 420kcal, 1759kj • Protein 40g • Total Fat 21.8g • Saturated Fat 5.2g • Carbohydrate 13.7g • Fibre 4g • Sodium 1034mg • Sugar 6g

How to REMOVE THE CORE FROM AN ICEBERG LETTUCE

With the core end on the bench, place your palms on top of the lettuce. Press down firmly using your weight, then flip the lettuce over and twist out the core.

Cook's
NOTES

Curry pastes keep for 1 week in the fridge, 1 month in the freezer

Red Curry Paste

PREP + COOK TIME 25 MINUTES
+ STANDING MAKES 1 CUP



Cover 20 **dried chillies** with boiling water; stand for 15 minutes, drain. Meanwhile, place 1 teaspoon **ground coriander**, 2 teaspoons **ground cumin** and 1 teaspoon **hot paprika** in a small frying pan over medium heat; cook, stirring continuously, for 1 minute or until fragrant. Process chillies and spices with a 2cm piece finely chopped **ginger**, 3 cloves coarsely chopped **garlic**, 1 coarsely chopped **red onion**, 1 stalk thinly sliced **lemongrass** (white part only), 2 tablespoons coarsely chopped **coriander root and stem** and 2 teaspoons **shrimp paste** until mixture forms a paste. Add 1 teaspoon **peanut oil**; continue to blend until smooth. Spoon into jar, cover with a thin layer of oil; seal, refrigerate.

Use this with red curries using barbecued duck, pineapple and tomato; or as the base for stir-fries and soups, especially pumpkin.

PER 12.5g SERVE Energy 10.8kcal, 45.5kj • Protein 0.3g • Total Fat 0.4g • Saturated Fat 0g • Carbohydrate 1g • Fibre 0.5g • Sodium 12.5mg • Sugar 0.7g

Green Curry Paste

PREP + COOK TIME 25 MINUTES
+ STANDING MAKES 1 CUP



Place 2 teaspoons each **coriander seeds** and **cumin seeds** in a frying pan; stir continuously over heat for 1 minute or until fragrant. Finely grind using a mortar and pestle. Process spices with 10 coarsely chopped **long green chillies**, 10 coarsely chopped **small green chillies**, 1 teaspoon **shrimp paste**, 1 clove quartered **garlic**, 4 coarsely chopped **spring onions**, 1 stalk thinly sliced **lemongrass** (white part only), 1cm piece finely chopped **galangal** and $\frac{1}{4}$ cup coarsely chopped **coriander root and stem** for 1 minute or until mixture forms a paste. Add 1 tablespoon **peanut oil**; continue to blend until smooth. Spoon into a jar, cover with a thin layer of oil; seal, refrigerate.

Use this with green curries using chicken or fish.

PER 12.5g SERVE Energy 21kcal, 91kj • Protein 0.8g • Total Fat 0.8g • Saturated Fat 0g • Carbohydrate 1.4g • Fibre 2.5g • Sodium 9mg • Sugar 1.2g

Yellow Curry Paste

PREP + COOK TIME 25 MINUTES
+ STANDING MAKES 1 CUP



Cover 2 **dried long red chillies** with boiling water; stand for 15 minutes, drain. Meanwhile, place 1 teaspoon each **ground coriander** and **ground cumin** and $\frac{1}{2}$ teaspoon **ground cinnamon** in a frying pan; stir continuously over heat for 1 minute until fragrant. Process spices and red chillies with 2 coarsely chopped **yellow banana chillies**, 1 teaspoon finely chopped **turmeric**, 2 cloves quartered **garlic**, 1 finely chopped **onion**, 1 stalk thinly sliced **lemongrass** (white part only), 2 teaspoons finely chopped **galangal**, 1 tablespoon coarsely chopped **coriander root and stem**, 1 teaspoon **shrimp paste** and 1 tablespoon **peanut oil** until smooth. Spoon into a jar, cover with a thin layer of oil; seal, refrigerate.

Use this with milder curries using chicken, beef or seafood, and in combination with coconut milk or cream.

PER 12.5g SERVE Energy 20kcal, 11kj • Protein 45.5g • Total Fat 0.7g • Saturated Fat 0g • Carbohydrate 0.6g • Fibre 0.5g • Sodium 6mg • Sugar 0.5g



TIP

If you are using chicken pieces on the bone, the cooking time will be longer. Cook with the lid down on the barbecue or if cooking on the stovetop, cover loosely with foil.

Sticky Thai Chicken

PREP + COOK TIME 1 HOUR + MARINATING SERVES 6

DF GF LS

- 1.5kg chicken pieces (we used a combination of thigh and breast fillets with skin on)
- limes, cucumber, coriander, spring onions, fresh mango, snow peas and chilli, to serve

THAI MARINADE

- ½ cup red curry paste
- ½ cup fish sauce
- ½ cup brown sugar
- 1 tablespoon finely grated ginger
- 2 cloves garlic, crushed

COCONUT RICE

- 3 cups jasmine rice
- 400ml canned coconut milk
- 300ml water

- 1 Make Thai marinade (see right).
- 2 Place chicken in a medium

dish; pour over two-thirds of the Thai marinade; reserve remaining marinade. Refrigerate for at least 30 minutes or overnight.

3 Meanwhile, make Coconut rice (see right).

4 Preheat a barbecue or skillet to medium low. Place a piece of baking paper onto a hot plate or pan to prevent marinade from burning. Drain the chicken from the marinade; discard marinade. Cook the chicken pieces over low heat for 15 minutes until browned on both sides and cooked. When the chicken is almost cooked, baste with reserved marinade.

5 Serve chicken with Coconut rice and accompaniments.

Thai marinade

Combine the curry paste,

fish sauce, sugar, ginger and garlic in a bowl.

Coconut rice

Soak rice in a bowl of cold water for 15 minutes. Drain. Rinse rice well until water is almost clear. Place rice, coconut milk and the water in a medium non-stick saucepan over medium-high heat. Cook, stirring, until only just beginning to boil. Reduce heat to low; simmer, covered, for about 12 minutes until liquid is absorbed. Remove from heat. Stand, covered without lifting lid, for 15 minutes. Fluff with a fork.

PER SERVE Energy 1087kcal, 4550kj • Protein 53.8g • Total Fat 45.5g • Saturated Fat 18.7g • Carbohydrate 114g • Fibre 4g • Sodium 2327mg • Sugar 26.5g



TIPS

If dried shrimps are unavailable, you can use fish sauce or mash up a couple of anchovies instead. Ensure you cover the noodles at the end of step 2 to stop them drying out. You could snip the noodles into shorter lengths in step 2 to make eating easier. You'll know the prawns are cooked when they change colour.

Prawn Pad Thai

PREP + COOK TIME 45 MINUTES + STANDING SERVES 6

DF LS

- 2 tablespoons small dried shrimps (see tips)
- 400g dried rice noodles
- ½ cup vegetable oil
- ¼ cup boiling water
- ½ cup brown sugar
- 1 tablespoon tamarind purée
- ¼ cup lime juice
- ½ cup fish sauce
- 2 tablespoons soy sauce
- 800g uncooked medium king prawns
- ½ cup roasted unsalted peanuts
- 3 cloves garlic, crushed
- 1 long red chilli, finely chopped
- 3 eggs, lightly beaten
- 6 spring onions, thinly sliced diagonally
- ½ cup fried shallots
- 150g bean sprouts
- 1 cup coriander leaves
- 2 limes, each cut into 6

1 Place shrimp in a bowl, cover with boiling water; stand for 30 minutes or until softened. Drain; finely chop.

2 Cover noodles with boiling water; stand for 5 minutes or until just tender; stir with a fork to separate strands. Drain; toss with 2 teaspoons of the oil. Cover.

3 Stir the ¼ cup boiling water, sugar, tamarind, lime juice and sauces in a bowl until sugar dissolves.

4 Peel and devein prawns, leaving tails intact. Chop half the peanuts coarsely; chop remaining nuts finely.

5 Heat a wok over high heat; add 1 tablespoon of the remaining oil. Add prawns; stir-fry for 2 minutes or until just beginning to change colour; remove from wok.

6 Add remaining oil, shrimp,

garlic and chilli to wok; stir-fry for 1 minute or until garlic is fragrant. Add egg; stir-fry for 1 minute or until just set. Add noodles, prawns, three-quarters of the spring onion and sauce mixture; stir-fry for 2 minutes or until noodles are heated through.

7 Remove from heat; sprinkle over finely chopped peanuts and half the shallots; toss to combine.

8 Divide between bowls. Combine remaining peanuts, bean sprouts, remaining spring onion, shallot and remaining coriander in a large bowl; sprinkle over pad Thai; serve with lime wedges.

PER SERVE Energy 513kcal, 2149kj • Protein 39g • Total Fat 23.6g • Saturated Fat 3.5g • Carbohydrate 33g • Fibre 5g • Sodium 2705mg • Sugar 18.7g

MAKE *your* OWN

Preserved lemons



Spiced Preserved Lemons

PREP + COOK TIME 20 MINUTES + PRESERVING MAKES 32 WEDGES



- 12 lemons
- 1½ cups rock salt
- 5 bay leaves
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds

1 Halve 8 of the lemons lengthways; carefully cut each lemon half in half again, without cutting all the way through. Open lemon halves out slightly.
2 Cut remaining 4 lemons in half crossways. Squeeze lemons over

a large stainless steel or glass bowl to catch the juice; you will need 1 cup lemon juice. (If you have more you can use it.)

3 Add lemon halves to the bowl of lemon juice, squeezing them slightly as you add them to release some juice.

4 Add salt, bay leaves, coriander seeds and cumin seeds to the bowl, mix well; pressing down on lemons to extract more juice.

5 Pack lemon mixture into a 1.5-litre

sterilised jar, or two smaller jars (see tips page 115); pour enough of the juice into the jar to cover the lemons.

6 Place a sealed plastic bag filled with water on top of lemons to keep them submerged; seal jar. Label and date jar; stand for 3 weeks. Once open, keep in the fridge.

PER WEDGE Energy 10.8kcal, 45kj • Protein 0.2g
• Total Fat 0.1g • Saturated Fat 0g • Carbohydrate 0.7g • Fibre 1g • Sodium 847mg • Sugar 0.6g

Make
Mum's Day



1 Halve 8 lemons lengthways, then cut each half in half again without cutting all the way through. Open lemon halves out slightly so the surface is larger for salt to be absorbed.



2 Cut the remaining 4 lemons in half crossways. Squeeze the lemons over a large glass or stainless steel bowl to catch the juice; you will need at least 1 cup; if there's extra you can use it.



3 Add the lemon halves to the bowl of lemon juice, gently squeezing some of them slightly with your hands as you add them to release some of the juice.



4 Pour the salt over the lemons in the bowl, then add bay leaves and cumin seeds. Mix well, using a wooden spoon; then use the back of the spoon to press down on the lemons to extract some of the juices.



5 Using a small ladle or serving spoon, transfer the lemon mixture into a 6-cup sterilised jar, or two smaller jars; then pour enough of the juice into the jar to cover the lemons.



6 Place a small plastic bag filled with water on top of the lemons to keep them submerged. Seal, then label and date. Store for 3 weeks out of direct sunlight before using. Refrigerate after opening. They'll keep for up to 3 months.

Lemon aid

To use preserved lemon, remove and discard pulp from the rind; rinse rind well, then slice according to the recipe. Use the rind in tagines, couscous, salads, sauces, stews and pilafs, or try these tasty ideas:

- **Chargrill 12 lamb cutlets**, basting with a little Moroccan seasoning combined with olive oil. Serve with

3 teaspoons finely chopped preserved lemon rind mixed with 1 cup Greek-style yoghurt and 2 teaspoons lemon juice.

- Try adding preserved lemon rind to your basil pesto in place of fresh lemon zest.

- Add preserved lemon rind to guacamole for an extra punch of flavour.

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Life STYLE

HEALTHY, TASTY FOOD FOR ALL

Snack RIGHT

Combos to keep
you satiated
that are just 150
calories each!

**1 WHOLEGRAIN
CRACKERBREAD**

**+ 1 SLICED TOMATO
+ 10g GOAT'S CHEESE**



2 LONG CELERY STALKS

**+ 1 TABLESPOON
ALMOND BUTTER**



140g CANNED CHICKPEAS

+ 75g CHERRY TOMATOES

+ 1 CUP BABY SPINACH LEAVES

+ LEMON JUICE



**2 TABLESPOONS
HUMMUS + 7 BABY
CARROTS**



**100g BOILED EDAMAME,
LIGHTLY SEASONED**



**2 EXTRA-LARGE
HARD-BOILED EGGS
+ TOGARASHI SPICE**



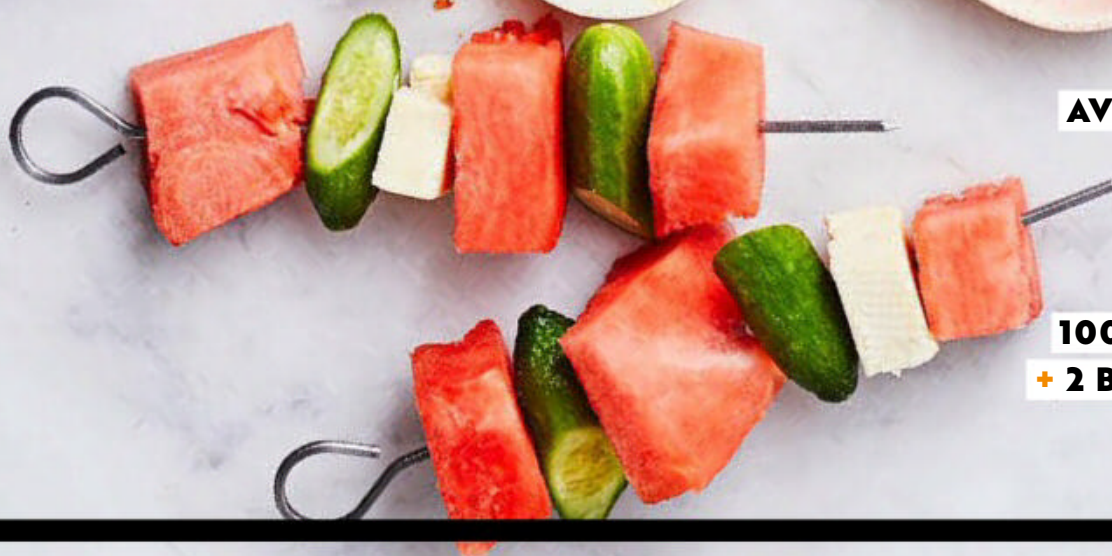
**1 SMALL RED CAPSICUM
IN WEDGES
+ 30g SOFT GOAT'S
CHEESE**



**½ MEDIUM
AVOCADO, LIGHTLY
SEASONED**



**100g WATERMELON
+ 2 BABY CUCUMBERS
+ 25g FETA**



KEEN ON Quinoa

IT'S LONG BEEN THE DARLING OF NUTRITIONISTS, AND WITH VERY GOOD REASON. HIGH IN FIBRE AND PROTEIN, NOT TO MENTION VITAMINS AND MINERALS, WE'RE ALL KEEN ON QUINOA



**QUINOA CALZONES
WITH RAINBOW
SILVERBEET**
RECIPE ON PAGE 100



SUPERFOODS

SEARED TUNA & QUINOA NIÇOISE SALAD

RECIPE ON PAGE 100

Make this
for 2!



Getting colour

Nutritionally, all quinoa types are equal; they're a good source of protein, high in fibre and contain all the essential amino acids. Red quinoa, however, has a slightly more fibrous texture, so holds its shape better after cooking.



Quinoa Porridge with Figs

PREP + COOK TIME 25 MINUTES SERVES 4

DF GF V LS

- 1 cup quinoa, rinsed, drained
- 3 cups water
- ½ cup soy milk
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 2 large figs, cut into wedges (see tips)
- 150g raspberries
- honey, to serve

1 Place quinoa and the water in a large saucepan; bring to the boil. Reduce heat to low; cook, covered, for 15 minutes or until quinoa is almost tender and water is absorbed. **2** Add soy milk, brown sugar and ground cinnamon; stir to combine. Cook for 5 minutes or until tender.

3 Serve the porridge topped with fresh figs and raspberries; drizzle with honey.

PER SERVE Energy 232kcal, 975kj
• Protein 8.3g • Total Fat 3.7g • Saturated Fat 0.5g • Carbohydrate 37.8g • Fibre 6.6g • Sodium 18mg • Sugar 13.5g

TIPS

You can use red or black quinoa for a bit of colour; the cooking time will remain the same. Use any dairy-free milk, or cow's milk if preferred. Swap out the figs and raspberries for kiwifruit, sliced banana or blueberries.



Cook's NOTES

You can use a mandoline or V-slicer to thinly slice the courgette or coarsely grate it.

MAKE THIS FOR UNDER \$15

Quinoa, Courgette & Feta Salad

PREP + COOK TIME 25 MINUTES + COOLING SERVES 4

GF V LS

- ¾ cup white quinoa
- 1½ cups water
- ½ cup hazelnuts
- 2 courgettes, cut into long thin strips
- 250g heirloom or mixed cherry tomatoes, halved
- ½ red onion, thinly sliced
- 100g feta cheese, crumbled
- 1 cup loosely packed small basil leaves
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar

1 Rinse quinoa under cold water; drain well. Place in a medium saucepan with the water; bring to the boil. Reduce heat; simmer, covered, for 15 minutes or until water is absorbed and

quinoa is tender. Transfer to a large serving bowl to cool.

2 Meanwhile, roast hazelnuts in a frying pan over medium heat for 4 minutes or until golden. Rub hot hazelnuts in a clean tea towel to remove most of the skin; discard skin. Coarsely chop nuts.

3 Add nuts to quinoa in a bowl with courgette, tomato and onion, half the feta and half the basil. Drizzle with combined oil and vinegar; toss gently to combine, season to taste. Serve topped with remaining feta and basil.

PER SERVE Energy 391kcal, 1636kj
• Protein 13.6g • Total Fat 25g • Saturated Fat 5.5g • Carbohydrate 24.3g • Fibre 7g • Sodium 122mg • Sugar 6.2g



TIPS

Calzones can be made up to 3 hours ahead, to the end of step 4. Keep covered in the fridge. If rainbow silverbeet is not available, you can use the regular green variety.

Quinoa Calzones with Rainbow Silverbeet

PREP + COOK TIME 1 HOUR 15 MINUTES + STANDING + CHILLING + COOLING **MAKES 4**



- 1½ cups white quinoa
- 2 teaspoons vegetable stock powder
- ½ teaspoon baking powder
- 3 eggs
- 1 tablespoon extra virgin olive oil
- 20g unsalted butter
- 1 onion, thinly sliced
- 2 cloves garlic, crushed
- 1 bunch rainbow silverbeet, coarsely chopped (see tips)
- ½ cup cream
- ¾ cup grated Swiss cheese
- 1 tablespoon quinoa flakes

1 Cook quinoa in a large saucepan of boiling salted water for 12 minutes or until tender; drain. Stand for 30 minutes or until cool enough to handle. Using

hands, squeeze out as much liquid as possible. Process quinoa to a sticky paste. Add stock powder, baking powder, 2 eggs and the oil. Process using the pulse button until well combined. Turn dough out; lightly knead. Divide dough into four even portions. Roll each portion between sheets of baking paper until 20cm round and about 3mm thick. Slide dough, still in paper, onto a tray; refrigerate for 20 minutes or until firmer.

2 Meanwhile, preheat oven to 210°C. Line two large oven trays with baking paper.

3 Heat butter in a large frying pan until melted; cook onion and garlic, stirring, for 3 minutes or until softened. Add silverbeet and cream;

cook for 10 minutes or until wilted and almost dry. Cool. Squeeze out as much liquid as possible. Transfer to a large bowl; season to taste. Stir in cheese.

4 Top each piece of dough with a quarter of the silverbeet mixture. Fold rounds in half, pressing edges to enclose filling. Seal edges using a wet fork. Transfer calzones to trays. Lightly beat remaining egg; brush calzones with egg. Sprinkle with quinoa flakes.

5 Bake the calzones for 30 minutes or until golden.

PER CALZONE Energy 607kcal, 2544kj • Protein 22.6g • Total Fat 37g • Saturated Fat 18.7g • Carbohydrate 43g • Fibre 7.2g • Sodium 330mg • Sugar 6.2g



TIPS

If you store eggs in the fridge, start them in a pot of cold water, bring to the boil, then boil for 10 minutes. If you want to 'centre' the egg yolks, gently stir the eggs until the water comes to the boil. For a vegetarian option, you can leave out the tuna.

Seared Tuna & Quinoa Niçoise Salad

PREP + COOK TIME 35 MINUTES **SERVES 4**



- 1½ cups red quinoa
- 4 eggs, room temperature
- 200g green beans, trimmed, halved lengthways
- 2 tablespoons olive oil
- 250g piece tuna
- 2 tablespoons finely chopped flat-leaf parsley, plus ½ cup extra
- 1 tablespoon finely chopped chives
- 250g cherry tomatoes, halved
- ½ cup pitted kalamatta olives, halved

CAPER & PARMESAN VINAIGRETTE

- 1 tablespoon drained baby capers, rinsed, chopped
- ¼ cup finely grated parmesan
- ¼ cup white wine vinegar

- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 1 teaspoon Dijon mustard
- 1 teaspoon caster sugar

1 Cook quinoa in a large saucepan of boiling water for 12 minutes or until tender; drain. Set aside to cool.

2 Meanwhile, cook the eggs in a saucepan of boiling water for 8 minutes or until hard-boiled. Drain; cool under cold running water. Peel eggs.

3 Boil, steam or microwave beans until tender; drain. Rinse under cold water; drain.

4 Meanwhile, make Caper and parmesan vinaigrette (see right).

5 Heat half the oil in a frying pan over high heat; cook the

tuna for 1 minute each side or until browned. Slice.

6 Combine parsley and chives in a bowl. Roll peeled eggs in remaining oil, then herb mixture.

7 Place quinoa and beans in a bowl with tomato, olives and extra parsley. Add Caper and parmesan vinaigrette; toss to combine. Serve topped with tuna and halved eggs.

Caper and parmesan vinaigrette

Combine ingredients in a small bowl; season to taste.

PER SERVE Energy 587kcal, 2459kj • Protein 34.7g • Total Fat 28.8g • Saturated Fat 5.5g • Carbohydrate 43g • Fibre 8g • Sodium 712mg • Sugar 7g

Kale, Quinoa & Pomegranate Salad

PREP + COOK TIME 25 MINUTES + STANDING SERVES 6



- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- ¼ cup white wine vinegar
- ¼ cup extra virgin olive oil
- 1 bunch curly green kale
- ½ cup raw quinoa, cooked, cooled (see Cook's notes)
- 1 avocado, thinly sliced
- ¼ small red onion, thinly sliced
- 250g cherry tomatoes, halved
- ¼ cup pistachios
- ½ cup pomegranate arils

1 Whisk honey, mustard, vinegar and olive oil together in a bowl; season generously with salt and freshly ground black pepper.

2 Tear leaves from kale stalks then finely shred. Place in a large bowl with half the dressing; toss well to coat in dressing. Stand for 30 minutes for flavours to be absorbed.

3 Just before serving, transfer kale to a serving bowl. Add quinoa, avocado, onion, tomato, remaining dressing

and half each of the pistachios and pomegranate seeds; toss gently to combine; season. Top with remaining pistachios and pomegranate arils.

PER SERVE Energy 254kcal, 1063kj • Protein 4.3g
• Total Fat 19g • Saturated Fat 3.2g • Carbohydrate 13.7g • Fibre 4.2g • Sodium 28mg • Sugar 5.4g

Cook's NOTES

To cook quinoa, use a ratio of 1 part quinoa to 2 parts water or stock. Bring to the boil, cover and simmer gently for 15 minutes or until liquid is absorbed. Rest for 5 minutes, then fluff with a fork.

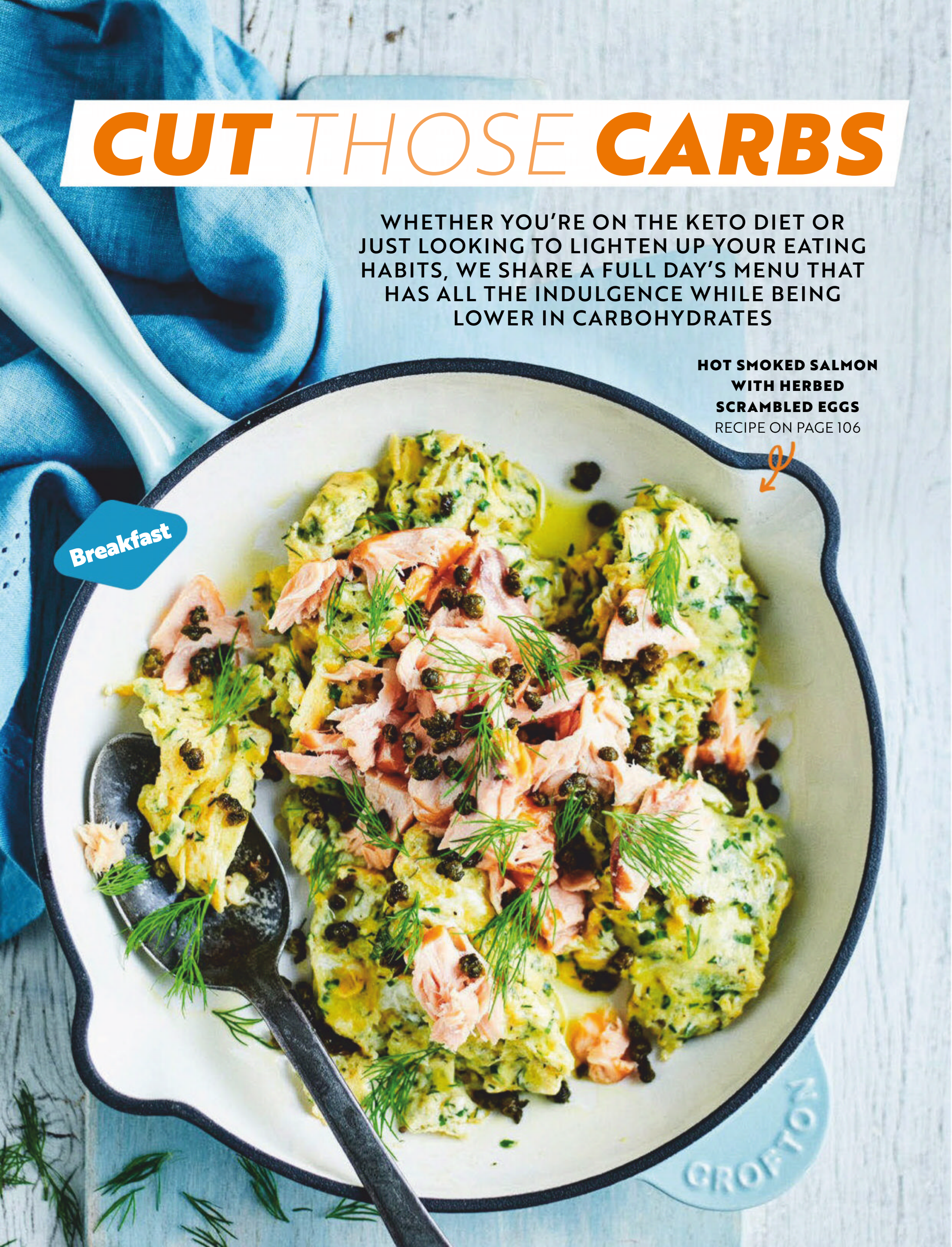


CUT THOSE CARBS

WHETHER YOU'RE ON THE KETO DIET OR JUST LOOKING TO LIGHTEN UP YOUR EATING HABITS, WE SHARE A FULL DAY'S MENU THAT HAS ALL THE INDULGENCE WHILE BEING LOWER IN CARBOHYDRATES

**HOT SMOKED SALMON
WITH HERBED
SCRAMBLED EGGS**
RECIPE ON PAGE 106

Breakfast



Lunch

**HONEY-ROASTED
EGGPLANT TART**
RECIPE ON PAGE 106





Dinner

Cook's
NOTES

To make your own za'atar, combine 2 tablespoons toasted **sesame seeds**, 1 tablespoon **dried thyme**, 2 teaspoons ground **sumac** and 2 teaspoons **sea salt flakes**. Freekeh and cumin dressing can be prepared a day ahead; keep refrigerated.

CARBS PER SERVE 22g

Lamb & Freekeh Tabbouleh with Za'atar Halloumi

PREP + COOK TIME 50 MINUTES
SERVES 4

LS

- ½ cup freekeh
- 3 cups water
- 1 cucumber, coarsely chopped
- 50g baby kale leaves
- ¼ cup pomegranate arils
- 1½ cups flat-leaf parsley leaves, stems reserved
- ½ cup loosely packed dill
- 400g lamb leg steaks
- 2 tablespoons extra virgin olive oil
- 250g halloumi, drained
- 1 egg, beaten lightly
- ¼ cup za'atar (see Cook's notes)

CUMIN DRESSING

- ½ cup extra virgin olive oil
- ¼ cup lemon juice
- 1 teaspoon ground cumin
- ½ clove garlic, crushed

1 Place freekeh in a saucepan over high heat; cook for 1 minute, stirring, until lightly toasted. Add the water; bring to the boil. Simmer for 30 minutes until just tender. Drain, rinse under cold water; drain well.

2 Meanwhile, make Cumin dressing (see below).

3 Combine freekeh, cucumber, kale and pomegranate in a bowl. Finely chop 2 tablespoons parsley stems. Add to bowl with parsley leaves and dill.

4 Season steaks. Heat half the oil in a frying pan over high heat. Cook steaks for 3 minutes or until cooked to your liking. Transfer to a plate; rest, loosely covered, for 2 minutes. Thinly slice.

5 Cut halloumi into 1cm-thick slices, then in half diagonally; pat dry with paper towel. Dip in egg; roll in za'atar. Heat remaining oil in a frying pan; fry halloumi slices for 1 minute each side.

6 Thinly slice the lamb. Toss the salad with half Cumin dressing then top with lamb and halloumi. Serve with the remaining dressing.

Cumin dressing

Combine ingredients; season to taste.

PER SERVE Energy 500kcal, 2094kj • Protein 27g • Total Fat 32g • Saturated Fat 7g • Carbohydrate 22g • Fibre 7.2g • Sodium 938mg • Sugar 3.7g



CARBS PER SERVE 5.5g

Dessert

Cacao Bombs with Passionfruit

PREP + COOK TIME 25 MINUTES + REFRIGERATION + FREEZING MAKES 15

DF GF V

- 4 fresh dates, pitted
- ¼ cup boiling water
- 60g cacao butter, coarsely chopped (see Cook's notes)
- ¼ cup coconut oil, solid (see Cook's notes)
- 2 tablespoons cacao powder
- 1 tablespoon sugar-free maple flavoured syrup
- 2 pinches sea salt
- ¼ teaspoon pure vanilla extract
- 3 passionfruit, pulp removed

1 Place dates in a small bowl; cover with boiling water. Set aside for 15 minutes. Place 15 mini-patty paper cases on a large oven tray.

2 Place cacao butter, coconut oil, cacao powder, syrup and a pinch of salt in a small saucepan over medium heat;

stir until melted and combined.

3 Divide half of the chocolate mixture evenly among paper cases, using 1½ teaspoons for each one. Reserve remaining chocolate mixture. Place in freezer for 10 minutes or until set.

4 Drain dates, reserving 1 tablespoon of the soaking water. Process dates, reserved water, vanilla and a pinch of salt until smooth. Spoon ½ teaspoon of the date caramel into centre of each patty case; top evenly with remaining chocolate mixture.

5 Refrigerate for at least 1 hour or until chocolate mixture is set; freeze. Serve topped with passionfruit pulp.

PER BOMB Energy 73kcal, 306kj • Protein 2.2g • Total Fat 4.2g • Saturated Fat 3.7g • Carbohydrate 5.5g • Fibre 1.6g • Sodium 150mg • Sugar 4.5g



CARBS PER SERVE 23g

Honey-Roasted Eggplant Tart

PREP + COOK TIME 55 MINUTES + STANDING + COOLING **SERVES 6**

GF V LS

- ½ cup polenta (see tips)
- 1½ cups ground almonds
- 1 tablespoon cumin seeds
- 1 teaspoon sea salt flakes
- 80g butter, cold, chopped
- 1 tablespoon iced water
- 1 large eggplant, cut into 3cm pieces
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 cup Greek-style natural yoghurt
- ¼ cup tahini
- 1 fresh long red chilli, finely chopped
- 1 clove garlic, crushed
- 2 teaspoons lemon juice
- 2 tablespoons pomegranate arils
- ½ cup loosely packed coriander leaves

1 Preheat oven to 190°C. Grease an 11.5cm x 35cm

fluted loose-based rectangular tart tin. Line an oven tray with baking paper. **2** Process polenta, ground almonds, cumin seeds and salt until combined. Add butter; pulse until mixture resembles crumbs. Add the iced water, a little at a time; pulse until mixture holds together when pinched. Using the back of a wet spoon, press mixture evenly over base and sides of tin. Place tin on an oven tray. **3** Combine eggplant, oil and honey; place on prepared tray, season. Bake the eggplant mixture and tart case, stirring eggplant once, for 30 minutes or until eggplant is golden and tart case is firm and lightly golden. Leave tart in tin for 15 minutes, then transfer to

a wire rack to cool. **4** Meanwhile, combine yoghurt, tahini, chilli, garlic and juice in a medium bowl; season to taste. Spread yoghurt mixture over base of cooled tart case. **5** Serve tart topped with the eggplant mixture, pomegranate arils and the fresh coriander.

PER SERVE Energy 526kcal, 2203kj
• Protein 14.6g • Total Fat 40.5g • Saturated Fat 10.5g • Carbohydrate 23g • Fibre 8g • Sodium 421mg • Sugar 11g

TIPS

For best results, use a fine polenta for this recipe. Pomegranate arils/seeds are available in small tubs from supermarkets, or you can remove them from a fresh pomegranate. You can make the tart case, eggplant mixture and tahini yoghurt up to 4 hours ahead. Assemble tart just before serving.



CARBS PER SERVE 0.5g

Hot Smoked Salmon with Herbed Scrambled Eggs

PREP + COOK TIME 30 MINUTES **SERVES 4**

GF LS

- 8 eggs
- 2 tablespoons chopped chives
- 2 tablespoons chopped dill, plus 4 sprigs extra, to serve
- 20g butter, plus 10g extra
- ⅓ cup capers, drained, patted dry (see tips)
- 300g hot smoked salmon, flaked

1 Whisk eggs, chives and dill in a jug; season. **2** Melt butter in a medium non-stick frying pan over medium heat. Add egg mixture; cook, without stirring,

for 1 minute or until egg starts to set, then use a wide spatula to gently scrape the set egg mixture along base of pan; cook until creamy and barely set. Remove pan from heat. **3** Melt extra butter in a small frying pan over high heat; cook capers, stirring, for 3 minutes or until crisp. **4** Serve egg topped with salmon, capers and dill sprigs.

PER SERVE Energy 300kcal, 1259kj
• Protein 28.7g • Total Fat 20.5g • Saturated Fat 7.3g • Carbohydrate 0.5g • Fibre 0.5g • Sodium 1247mg • Sugar 0.3g

Make this for 2!

TIPS

The capers need to be fairly dry for them to go crisp when fried, so make sure you drain them well on the paper towel first. You could serve this dish as a low-carb option for Mother's Day brunch.

Cook's NOTES

Savoury and satisfying, halloumi is easy to cook and a great addition to a keto kitchen. Use instead of bacon for breakfast or with avocado in a salad. It also makes a low-carb alternative to French fries and spuds; try as a snack with guacamole.

**Low carb
SUPERHERO**

CARBS PER SERVE 2.2g

Basic Halloumi

PREP + COOK TIME 10 MINUTES SERVES 4



- 400g vegetarian halloumi
- cooking-oil spray
- 1 lemon, cut into wedges

- 1 Cut each block of halloumi into slices at least 5mm thick.
- 2 Line a large frying pan with baking paper (to avoid sticking); spray lightly with oil. Place pan over high heat. When pan is hot, cook half the halloumi for 1 minute each side or until golden. Remove from pan; keep warm.

- 3 Repeat with remaining halloumi. Serve with lemon wedges.

PER SERVE Energy 260kcal, 1092kj • Protein 21.5g • Total Fat 17.5g • Saturated Fat 11g • Carbohydrate 2.2g • Fibre 0.6g • Sodium 2900mg • Sugar 2.2g

TIP

Eat halloumi while warm as it can become rubbery on cooling.

Cupcakes for all

LIGHT AND DELICATE,
THERE'S MUCH
TO LOVE ABOUT
CUPCAKES, AND
NOW EVEN THOSE
AVOIDING GLUTEN
AND DAIRY CAN
ENJOY THESE
SWEET TREATS

Gluten- & Dairy-Free Vanilla Cupcakes

PREP + COOK TIME 45 MINUTES + COOLING MAKES 14



- 1 cup caster sugar
- 1 teaspoon vanilla extract
- 3 eggs
- 125g dairy-free spread
- 1½ cups gluten-free self-raising flour, sifted
- ½ cup baby rice cereal
- ¼ cup soy milk

VANILLA FROSTING

- 125g dairy-free spread
- 1 teaspoon vanilla extract
- 1½ cups pure icing sugar, sifted
- 2 teaspoons soy milk

1 Preheat oven to 170°C. Line 14 holes of two 12-hole muffin pans with paper cases.

2 Beat sugar, vanilla and eggs in a bowl with an electric mixer for 5 minutes or until thick and pale. Add spread, a little at a time, beating well between additions. Gradually add sifted flour, rice cereal and milk.

3 Spoon mixture into paper cases. Bake for 20 minutes.

4 Stand for 5 minutes before turning, top-side up, onto a wire rack to cool.

5 Make Vanilla frosting (see below). Spread frosting over cupcakes.

Vanilla frosting

Beat spread and vanilla in a small bowl with an electric mixer until pale. Beat in sifted icing sugar and milk, in two batches, until well combined and smooth.

PER CUPCAKE Energy 316kcal, 1324kj • Protein 3.3g
• Total Fat 14g • Saturated Fat 5.7g • Carbohydrate
45.6g • Fibre 0.7g • Sodium 100mg • Sugar 30g

GLUTEN-FREE



Cook's
NOTES

Cupcakes are best eaten on the day of baking, but they can be frozen, un-iced, for up to 3 months.

TIP

If dairy is not a concern, use butter and milk in place of dairy-free spread and soy milk in these recipes.



CHOC-CHERRY
CUPCAKES

Choc-Cherry Cupcakes

PREP + COOK TIME 45 MINUTES + COOLING
MAKES 14



Follow the recipe for Gluten- & Dairy-Free Vanilla Cupcakes on the previous page, but instead of adding the baby rice cereal, stir in $\frac{1}{4}$ cup **desiccated coconut** and $\frac{1}{2}$ cup **sifted cocoa powder**, then the $\frac{1}{4}$ cup **soy milk**. Then stir in 100g finely chopped red **glacé cherries** and $\frac{1}{4}$ cup finely chopped **dairy-free dark chocolate**. Bake as directed; cool. To decorate, make a chocolate frosting by beating 125g **dairy-free spread** and 1 teaspoon **vanilla extract** in a small bowl with an electric mixer until pale. Beat in 1 cup sifted **pure icing sugar**, $\frac{1}{2}$ cup sifted cocoa powder and 2 teaspoons soy milk, in two batches, until well combined and smooth. Spread over cupcakes.

PER CUPCAKE Energy 380kcal, 1594kj • Protein 5.5g • Total Fat 17.5g • Saturated Fat 8g • Carbohydrate 50g • Fibre 3.8g • Sodium 129mg • Sugar 32g

Spiced Apple Cupcakes

PREP + COOK TIME 45 MINUTES + COOLING
MAKES 14



Follow the recipe for Gluten- & Dairy-Free Vanilla Cupcakes on the previous page up to the end of step 2, then stir in $\frac{1}{3}$ cup **canned apple pie filling**. Bake as directed; cool. To serve, combine 2 teaspoons **ground cinnamon** and 2 tablespoons **pure icing sugar**; use to dust cupcakes.

PER CUPCAKE Energy 213kcal, 892kj • Protein 3.3g • Total Fat 7.8g • Saturated Fat 3g • Carbohydrate 32.6g • Fibre 1g • Sodium 66mg • Sugar 17g

Blueberry Cupcakes

PREP + COOK TIME 45 MINUTES + COOLING
MAKES 14



Follow the recipe for Gluten- & Dairy-Free Vanilla Cupcakes on the previous page up to the end of step 2, then stir in $\frac{3}{4}$ cup **frozen blueberries**. Bake as directed; cool. Before serving, dust with **pure icing sugar**. You could also top with the Vanilla frosting, or decorate with ganache.

PER CUPCAKE Energy 209kcal, 878kj • Protein 3.3g • Total Fat 7.5g • Saturated Fat 3g • Carbohydrate 32.5g • Fibre 0.8g • Sodium 66mg • Sugar 17g



SPICED APPLE CUPCAKES

TIP

Leftover apple pie filling can be frozen and used in crumbles or other baking.



BLUEBERRY CUPCAKES

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FIBRE
One
90
CALORIE



I'm just a girl,
standing in front of
a *salad*, asking it
to be a *cake*.

Find me in the muesli bar aisle.



Have what you *cra*ve...

General Mills ©

FAMILY *First*

QUICK AND EASY EVERYDAY FOOD

Well
PRESERVED
Master the art of
home preserving with
Sophie Gray's guide
for getting it right

REMEMBER...

- ▶ Choose the right jar for the job. For example, jars with a small opening and narrow neck are ideal for fruits in syrups, while wide-mouthed, straight-sided jars are good for chunky preserves.
- ▶ Run all the jars, lids and tools through the dishwasher to sterilise, or warm jars in a low oven for 20 minutes and boil lids and seals in a saucepan of simmering water until needed.
- ▶ For a good seal to occur, both jars and lids must be hot, and the filling almost simmering.

JAM & MARMALADE

- ▶ Jam requires pectin to set. Some fruits, such as citrus, are high in pectin, others, including apricots, are low, with levels decreasing in riper fruit. Most fruits can be made into jam by either adding pectin in the form of a squeeze of lemon juice or by using a jam-setting sugar that contains added pectin. Blending a high and low pectin fruit together also works well, such as apple (high) and strawberry (low).
- ▶ Work in smallish batches as large quantities take a long time to achieve a setting point, resulting in overcooked fruit with dull flavour.
- ▶ Once setting point is reached, allow jam to settle off the heat for 10 minutes before filling the jars so the fruit is evenly distributed and bubbles have released.

CHUTNEY

- ▶ Chutney relies on sugar and vinegar as preservatives, so don't try to skimp on either as your efforts may spoil.
- ▶ Most chutneys need to mature for several months after sealing, so plan to keep them on the shelf for three to six months before using.

- ▶ You can use less than perfect produce in chutneys, including green tomatoes, windfall apples or end-of-season surpluses.

BOTTLED FRUIT

- ▶ Plums, apricots, peaches, pears and even stewed fruits can be bottled to enjoy out of season. Choose firm fruit and lightly poach in a sugar syrup before bottling in the syrup.
- ▶ Stone fruits such as plums and apricots can be bottled whole, which is quick and easy, or peel and slice to fit more into each jar. Run a long knife down the insides of the jar before sealing to release air bubbles.





EAT *the* WEEK

BATTLING WITH DINNER
INSPIRATION ON A BUSY
WORKDAY? REDUCE THE
STRESS WITH OUR 10 MEALS
READY IN 45 MINUTES OR LESS



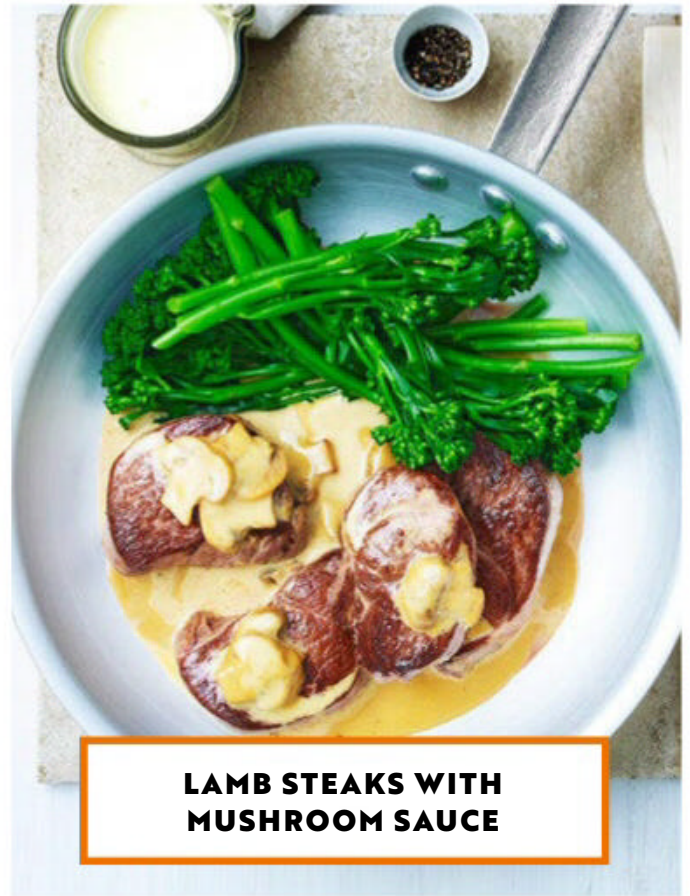
**BROCCOLI RICE WITH
CHILLI & CRISPY EGG**



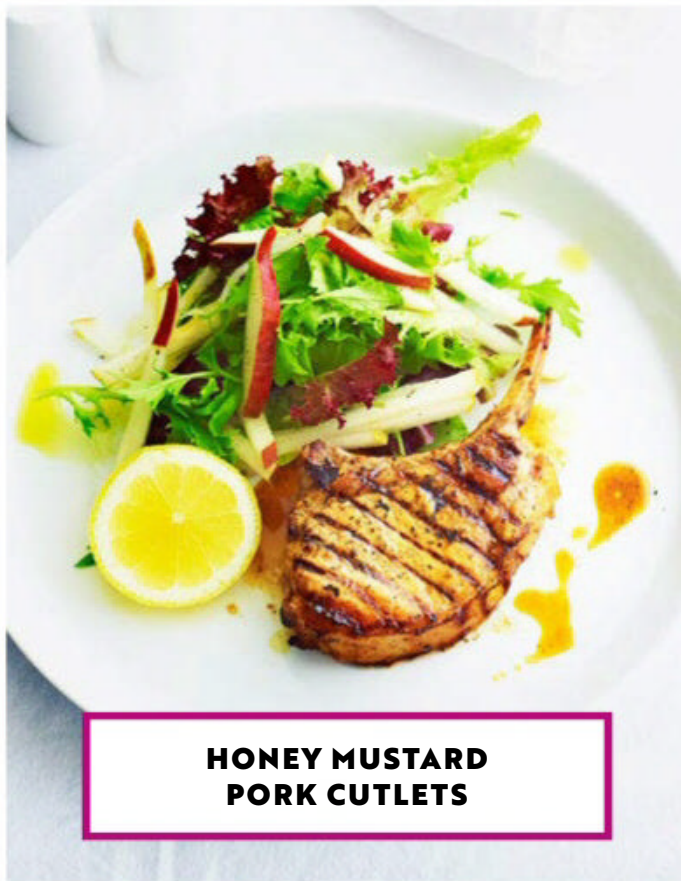
BUTTERMILK MAC 'N' CHEESE



THAI CHICKEN OMELETTES



**LAMB STEAKS WITH
MUSHROOM SAUCE**



**HONEY MUSTARD
PORK CUTLETS**



**SALMON WITH WALNUT
PESTO & PARSNIP CHIPS**



**SEARED HALLOUMI
WITH COURGETTE**



**SPAGHETTI WITH HOT
SALAMI & TOMATOES**



**RED WINE SAUSAGE
& HERB SALAD ROLLS**



**CREAMY BEEF PASTA WITH
BAKED KALE CHIPS**

Ready in
15
minutes

Buttermilk Mac 'N' Cheese

PREP + COOK TIME
15 MINUTES **SERVES 4**



- 250g macaroni pasta
- 1¼ cups sour cream
- 1½ cups buttermilk
- ½ teaspoon ground nutmeg
- 2½ cups pizza cheese
- ½ cup panko breadcrumbs
- 1 tablespoon fresh thyme leaves or ½ teaspoon dried thyme

- 1 Cook pasta in a large saucepan of boiling water until tender; drain.
- 2 Heat sour cream and buttermilk in a large saucepan over low heat; stir in nutmeg and about three-quarters of the cheese, stir until smooth. Season.
- 3 Preheat grill.
- 4 Meanwhile, combine remaining cheese, breadcrumbs and thyme in a small bowl. Stir pasta into hot cheese sauce; spoon into a greased 2-litre ovenproof dish. Sprinkle with breadcrumb mixture.
- 5 Grill for 2 minutes or until lightly browned on top.

PER SERVE Energy 798kcal, 3343kj
• Protein 35.6g • Total Fat 49g •
Saturated Fat 30g • Carbohydrate
50g • Fibre 3.6g • Sodium 713mg •
Sugar 8.3g

TIP

Pizza cheese is a combination of cheeses that provides flavour and stretch. You can use regular Cheddar or Edam.

MAKE THIS FOR
UNDER \$15

Ready in
20
minutes

Salmon with Walnut Pesto & Parsnip Chips

PREP + COOK TIME 20 MINUTES SERVES 4

DF GF LS

- 3 small parsnips
- 2 tablespoons olive oil
- 4 x 200g salmon fillets, skin on
- 1 lemon, halved crossways
- 1 tablespoon torn fresh flat-leaf parsley leaves
- 2 cups trimmed watercress

WALNUT PESTO

- 2 cloves garlic, quartered
- 1 cup roasted walnuts
- 1½ cups firmly packed mint leaves
- 1½ cups firmly packed parsley leaves
- ¼ cup lemon juice
- ½ cup olive oil

Make this
for 2!

- 1 Heat a barbecue or skillet over medium-high heat.
- 2 Using a mandoline or sharp knife, thinly slice parsnips lengthways. Combine parsnip with 1 tablespoon of the oil in a bowl, season. Cook on barbecue, in batches, about 2 minutes each side or until charred and tender.
- 3 Brush salmon with remaining oil; season. Cook salmon and lemon, cut-side down, on barbecue for about 4 minutes each side until salmon is cooked as desired and lemons are lightly charred.
- 4 Meanwhile, make Walnut pesto (see right).

- 5 Top salmon with Walnut pesto and parsley and serve with parsnip chips, watercress and lemon halves.

Walnut pesto

Blend or process garlic, walnuts, herbs and juice until finely chopped. While motor is operating, add oil in a thin steady stream; blend until mixture is combined. Season.

PER SERVE Energy 1035kcal, 4335kJ • Protein 51g • Total Fat 87g • Saturated Fat 12.5g • Carbohydrate 8.6g • Fibre 9g • Sodium 124mg • Sugar 4.7g

Cook's NOTES

If halving the recipe, make the full batch of pesto and freeze the surplus. This will save you time on another occasion, plus small batches of pesto are fiddly to prepare.

Ready in
15
minutes



MAKE THIS FOR
UNDER \$15

Spaghetti with Hot Salami & Tomatoes

PREP + COOK TIME 15 MINUTES SERVES 6

LS

- 500g dried spaghetti
- 200g shaved hot salami
- 1 long red chilli
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 250g cherry tomatoes
- 2 tablespoons baby capers, rinsed, drained
- 1 cup dry white wine
- ½ cup fresh oregano leaves or ½ teaspoon dried thyme
- ½ cup grated parmesan

- 1 Cook pasta in a saucepan of boiling water until tender; drain. Return to pan.
- 2 Meanwhile, coarsely chop salami. Finely chop chilli.
- 3 Heat oil in a large frying pan; cook salami, stirring, for 2 minutes or until browned and crisp. Remove from pan; cover to keep warm.
- 4 Cook chilli and garlic in the same pan, stirring, for

1 minute or until fragrant. Add tomatoes and capers; cook, stirring, until tomato skins begin to burst. Add wine; simmer, uncovered, until liquid is reduced by about a third.

5 Combine salami, sauce mixture and oregano in pan with pasta; cook over low heat until heated through, season to taste. Serve pasta topped with cheese.

PER SERVE Energy 476kcal, 1994kj
• Protein 19g • Total Fat 20.5g • Saturated Fat 6.5g • Carbohydrate 43.6g • Fibre 4.6g • Sodium 560mg • Sugar 2.3g

TIP

To save time, you could use 2 teaspoons store-bought bottled crushed garlic instead of fresh.

Make this
for 2!



Ready in
15
minutes

Lamb Steaks with Mushroom Sauce

PREP + COOK TIME 15 MINUTES SERVES 4

GF LS

- 4 lamb steaks
- 2 tablespoons olive oil
- 350g broccolini

MUSHROOM SAUCE

- 100g button mushrooms
- 30g butter
- 2 cloves garlic, crushed
- ¼ cup dry white wine
- 1 tablespoon balsamic vinegar
- 300ml cream

- 1 Heat an oiled skillet or barbecue.
- 2 Rub lamb with oil; season. Cook for 2 minutes each side or until cooked as desired. Remove from heat, cover; stand for 5 minutes.
- 3 Meanwhile, make Mushroom sauce (see right).
- 4 Microwave the broccolini until just tender.
- 5 Serve lamb with broccolini; drizzle with Mushroom sauce.

Mushroom sauce

Thinly slice mushrooms. Melt the butter in a frying pan; cook mushrooms and garlic, stirring, until tender. Add wine and vinegar; simmer, uncovered, until liquid is reduced by half. Add cream; simmer, uncovered, until sauce thickens. Season.

PER SERVE Energy 563kcal, 2357kj
• Protein 20g • Total Fat 50g • Saturated Fat 27g • Carbohydrate 3.7g • Fibre 2.5g • Sodium 90mg • Sugar 3g

TIPS

The Mushroom sauce works well with beef steaks too, or try it with gnocchi for a fast meat-free weeknight meal.

**RED WINE
SAUSAGE &
HERB SALAD
ROLLS**

RECIPE ON
PAGE 124



FAMILY FAVOURITES

Ready in
30
minutes



Thai Chicken Omelettes

PREP + COOK TIME 30 MINUTES
SERVES 4



- ¼ cup peanut oil
- 400g chicken breast fillets, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, crushed
- 2 tablespoons oyster sauce
- 8 eggs
- 1 teaspoon fish sauce
- 1 teaspoon soy sauce
- 100g raw vegetables (see tips)
- ½ cup loosely packed mint
- ½ cup loosely packed coriander
- 1 cup bean sprouts
- 2 limes, cut into wedges

1 Heat 2 teaspoons of the oil in a wok over high heat; stir-fry chicken, in batches, for 2 minutes or until browned. Remove from wok.

2 Heat another 2 teaspoons of the oil in wok; stir-fry onion and garlic for 30 seconds or until fragrant. Return chicken to wok with oyster sauce; stir-fry for 2 minutes or until hot. Remove from wok; cover to keep warm.

3 Whisk eggs with fish and soy sauces in a large jug. Heat 1 teaspoon of the remaining oil in same wok. Place the egg mixture in a plastic ziptop bag. Snip a small hole in one corner and drizzle ⅓ of mixture into a heated wok; cook for 1 minute or until almost set. Transfer omelette onto a serving plate; cover to keep warm. Repeat to make a total of 8 omelettes.

4 Fill omelettes with chicken mixture, raw vegetables, herbs and sprouts. Serve with lime wedges.

PER SERVE Energy 385kcal, 1614kJ • Protein 35g • Total Fat 24g • Saturated Fat 5.2g • Carbohydrate 4.5g • Fibre 3.2g • Sodium 733mg • Sugar 3.5g

TIPS

Use raw vegetables with a little crunch, such as enoki mushrooms or julienned carrot or cucumber. If you like spice, you can add some sliced red chilli to your Thai omelettes.

Cook's NOTES

To save time, buy beef stir-fry strips. Crispy, crumbly kale chips might not be your first thought to serve alongside pasta, but these easy roast leaves make for a 'can't-stop-at-one' side.

Ready in
30
minutes

Creamy Beef Pasta with Baked Kale Chips

PREP + COOK TIME 30 MINUTES **SERVES 6**



- 500g rigatoni pasta
- 600g beef fillet steak, thinly sliced
- ¼ cup plain flour
- 2 tablespoons extra virgin olive oil
- 20g butter
- 1 onion, thinly sliced
- 2 cloves garlic, crushed
- 375g button mushrooms, quartered
- ⅓ cup brandy
- 2 cups beef stock
- 1 cup light sour cream
- ¼ cup finely chopped flat-leaf parsley
- ¼ cup finely grated parmesan

KALE CHIPS

- 200g green kale, washed, dried
- 1 clove garlic, crushed
- 2 tablespoons olive oil

1 Make Kale chips (see right).

2 Cook pasta in a large saucepan of salted boiling water following packet directions until al dente; drain.

3 Meanwhile, coat beef in flour; shake off excess. Heat oil in a large saucepan over high heat; cook beef, in batches, until browned. Remove from pan; cover to keep warm.

4 Melt butter in same pan; cook onion, garlic and mushrooms, stirring occasionally, until softened. Add brandy; cook, stirring, for 30 seconds. Add stock; bring to the boil. Reduce heat to low; cook for 5 minutes. Add beef and sour cream; stir until smooth. Remove from heat; season. Add parsley; stir until combined.

5 Serve pasta topped with beef mixture, parmesan and Kale chips.

Kale chips

Preheat oven to 210°C. Line two large oven trays with baking paper. Tear leafy part of kale from stalks; tear into 3cm pieces. Discard stalks. Divide evenly between lined trays. Combine garlic and oil; drizzle half over each tray of kale; toss well to coat. Spread kale out in a single layer. Roast, turning kale and swapping trays from top to bottom shelves of oven halfway through cooking time, for 8 minutes or until kale is crisp.

PER SERVE Energy 666kcal, 2788kJ • Protein 37g • Total Fat 30.5g • Saturated Fat 12g • Carbohydrate 50g • Fibre 5.6g • Sodium 479mg • Sugar 5g

Make this
for 2!



TIP

Cauliflower can be used in place of broccoli: process cauliflower florets until they resemble grains, then microwave, covered, on HIGH for 5 minutes. Add to wok in step 4.

Broccoli Rice with Chilli & Crispy Egg

PREP + COOK TIME 30 MINUTES SERVES 4



- 750g broccoli
- 100g sugar snap peas, trimmed
- 100g snow peas, trimmed
- ¼ cup peanut oil
- 1 small red onion, thinly sliced
- 2 cloves garlic, crushed
- 2 teaspoons grated ginger
- 2 long red chillies, thinly sliced
- 1 cup bean sprouts
- 2 teaspoons soy sauce
- 4 eggs

1 Cut broccoli into florets, then coarsely chop stems. Add broccoli florets and stems to a saucepan of boiling water. Boil for 1 minute. Remove broccoli from the water with a slotted spoon. Place broccoli in

a bowl of iced water until cool. Remove from water. Drain on a clean tea towel or paper towel. Repeat with the sugar snap peas and snow peas, cooking snow peas for 30 seconds. Cut snow peas in half diagonally.

2 To make broccoli rice, process broccoli stems and florets in a small food processor until finely chopped and mixture resembles rice grains. Transfer to a bowl.

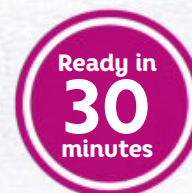
3 Heat 2 tablespoons of the oil in a wok or large frying pan over medium-high heat. Stir-fry onion for 3 minutes or until soft. Add garlic, ginger and chilli. Stir-fry for 1 minute or until fragrant. Add sugar snap peas and

snow peas. Stir-fry for about 1 minute or until veges are heated through.

4 Add broccoli rice, bean sprouts and soy sauce to wok. Stir-fry for 1 minute or until well combined. Divide broccoli mixture among four bowls or plates.

5 Heat 1 teaspoon of the remaining oil in a wok or frying pan. Cook 1 egg until white is set and edges are just crisp. Place egg on top of broccoli mixture in bowl. Repeat with remaining oil and eggs.

PER SERVE Energy 277kcal, 1162kj • Protein 17g • Total Fat 19g • Saturated Fat 3.6g • Carbohydrate 5.2g • Fibre 10g • Sodium 280mg • Sugar 4g



TIPS

Use chipolatas and mini bread rolls to serve these as finger food. You could swap the chervil for fennel leaves, tarragon or dill.

Red Wine Sausage & Herb Salad Rolls

PREP + COOK TIME 25 MINUTES + CHILLING MAKES 6



- 1 cup red wine
- 2 tablespoons light brown sugar
- 1 tablespoon red wine vinegar
- 2 cloves garlic, crushed
- 4 fresh bay leaves
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 6 thick beef sausages, split lengthways
- 6 long rolls, split lengthways
- 30g butter, soft
- 1½ tablespoons English mustard
- aioli or whole-egg mayonnaise, to serve

HERB SALAD

- 2 spring onions, sliced
- ½ cup flat-leaf parsley
- ½ cup loose chervil leaves
- 2 teaspoons red wine vinegar
- 2 teaspoons olive oil

1 Combine wine, sugar, vinegar, garlic, bay leaves and seeds in a large shallow dish; season. Add sausages; toss to coat. Cover; refrigerate for as long as possible, ideally overnight.

2 Remove sausages from marinade; discard marinade. Cook sausages on a heated oiled skillet or barbecue

for 10 minutes or until browned on both sides and cooked through.

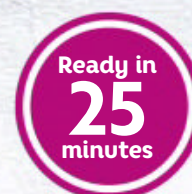
3 Meanwhile, make Herb salad (see below).

4 Spread rolls with butter and mustard; top with sausages, a dollop of aioli and the Herb salad.

Herb salad

Toss ingredients together in a bowl; season to taste.

PER ROLL Energy 548kcal, 2295kj • Protein 20.8g • Total Fat 30g • Saturated Fat 13g • Carbohydrate 37.7g • Fibre 5.8g • Sodium 1165mg • Sugar 6.3g





Seared Halloumi with Courgette

PREP + COOK TIME 20 MINUTES SERVES 4

GF V LS

- $\frac{3}{4}$ cup slivered almonds
- 2 courgettes
- 1 tablespoon finely grated lemon zest
- 1 tablespoon lemon juice
- 1 cup basil leaves
- 1 fresh small red chilli
- $\frac{3}{4}$ cup olive oil, plus 1 tablespoon extra
- 2 x 180g packets halloumi cheese
- 1 lemon, cut into wedges

1 Stir nuts in a frying pan over until lightly toasted. Remove from pan. Cool. Reserve 2 tablespoons.

2 Meanwhile, using a vegetable peeler, cut ribbons lengthways from courgette.

3 Blend zest, juice, basil, chilli, nuts and half the oil

until finely chopped. Transfer to a bowl; stir in remaining oil. Season to taste.

4 Just before serving, cut each block of halloumi in half horizontally, then cut each half into three pieces crossways. Heat extra oil in same pan over medium heat; cook halloumi over low heat until browned on both sides.

5 Layer halloumi and courgette on serving plates. Drizzle with basil mixture, then sprinkle with reserved nuts. Serve with lemon.

PER SERVE Energy 732kcal, 3066kJ
 • Protein 24g • Total Fat 67g • Saturated Fat 16.7g • Carbohydrate 4.6g • Fibre 4.6g • Sodium 1354mg • Sugar 4g



Honey Mustard Pork Cutlets

PREP + COOK TIME 25 MINUTES + CHILLING SERVES 4

DF GF LS

- 880g French-trimmed pork cutlets
- 2 tablespoons peanut oil
- 2 tablespoons honey
- 2 tablespoons Dijonnaise
- 60g mixed salad leaves
- 1 large pear, unpeeled, cut into long thin strips

1 Combine cutlets, oil, honey and Dijonnaise in a large bowl; season with salt and black pepper. If you have time, leave to marinate in the fridge for at least 30 minutes.

2 Cook cutlets on a heated oiled skillet or barbecue for 4-5 minutes each side or until cooked as desired. Rest, covered, for 5 minutes.

3 Meanwhile, combine salad

leaves and pear in a bowl. Serve salad with cutlets.

PER SERVE Energy 600kcal, 2515kJ
 • Protein 47g • Total Fat 38.7g • Saturated Fat 11.7g • Carbohydrate 14.4g • Fibre 2.5g • Sodium 164mg • Sugar 14g

TIPS

Get started marinating the meat the night before. We used a red-skinned pear to add colour to this dish, but you can use any ripe pear. Pork loin chops are also suitable for this recipe.



In the kitchen with Gran



AS MOTHER'S DAY DRAWS NEAR, SET UP A COOKING DATE FOR THE KIDS TO JOIN GRANDMA IN THE KITCHEN – THESE RECIPES WILL DELIGHT ALL GENERATIONS!



Cook's NOTES

Kids love cracking eggs, but avoid spills by having them hold the egg in their palm over a bowl and giving it a good tap with a table knife. They can then separate the halves and slip the egg into the bowl.

Cinnamon Cake

PREP + COOK TIME 50 MINUTES SERVES 8

V

- 60g butter, soft, plus 10g extra, melted
- $\frac{2}{3}$ cup caster sugar, plus 1 tablespoon extra
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup self-raising flour, sifted
- $\frac{1}{2}$ cup milk
- 1 teaspoon ground cinnamon

1 Preheat oven to 170°C. Grease a deep 20cm round cake pan; line the base with baking paper.

2 Beat butter, sugar, vanilla and egg in

a bowl with an electric mixer until light and fluffy. Stir in flour and milk until smooth. Spread mixture into pan.

3 Bake cake for 30 minutes or until a skewer inserted into the centre comes out clean. Turn cake, top-side up, onto a wire rack. Brush top of hot cake with extra melted butter; sprinkle with combined cinnamon and extra sugar while hot. Serve warm with butter.

PER SERVE Energy 203kcal, 851kJ • Protein 3g
• Total Fat 8g • Saturated Fat 5g • Carbohydrate 30.5g • Fibre 0.8g • Sodium 131mg • Sugar 18g

JOBS for the KIDS

This recipe uses fractions; ask the kids to measure the ingredients into a measuring cup and talk about the 1 cup, $\frac{2}{3}$ cup and $\frac{1}{2}$ cup markings. Get little kids brushing the butter on the cake and sprinkling over the sugar.

JOBS *for the* KIDS

Kids will love having a turn with the mixer. Hold the bowl firmly for them so it doesn't spin off the bench. Help youngsters divide the dough into portions and count to make sure there are enough pieces before rolling

Make
Mum's Day

Cook's NOTES

Bag up the biscuits and give to Mum as a gift. Unfilled biscuits will keep in an airtight container for up to 1 week. Filled biscuits will keep for up to 3 days in an airtight container in the fridge.

Melting Moments

PREP + COOK TIME 40 MINUTES
MAKES 25



- 250g butter, soft
- 1 teaspoon vanilla extract
- ½ cup icing sugar
- 1½ cups plain flour
- ½ cup cornflour

BUTTERCREAM

- 90g butter, soft
- ¾ cup icing sugar
- 1 teaspoon finely grated lemon zest
- 1 teaspoon lemon juice or milk

- 1 Preheat oven to 150°C. Line a large oven tray with baking paper.
- 2 Beat butter, vanilla and icing sugar in a small bowl with an electric mixer until light and fluffy. Transfer mixture to a large bowl; stir in combined sifted flours in two batches.
- 3 With floured hands, roll rounded teaspoons of mixture into balls; place on tray about 2.5cm apart. Flatten slightly with a floured fork.
- 4 Bake biscuits for 15 minutes or until pale golden. Leave on trays for 5 minutes before lifting onto wire racks to cool.
- 5 Meanwhile, make Buttercream (see below).
- 6 Sandwich biscuits with the Buttercream. Dust with a little more icing sugar before serving, if you like.

Buttercream

Beat butter, icing sugar and zest in a bowl with an electric mixer until pale and fluffy; beat in juice.

PER BISCUIT Energy 147kcal, 618kj • Protein 0.9g
• Total Fat 9.6g • Saturated Fat 4g • Carbohydrate 14.7g • Fibre 0.3g • Sodium 61mg • Sugar 7g

TIPS

Add a little lime zest and juice instead of the lemon, or mix in the sieved juice of a passionfruit. You could also fill biscuits with chocolate ganache.



Scones with Chantilly Cream

PREP + COOK TIME 45 MINUTES MAKES 20



- 4 cups self-raising flour
- 2 tablespoons icing sugar
- 60g butter, soft
- 1½ cups milk
- ¾ cup water, approx
- strawberry jam, to serve

CHANTILLY CREAM

- 300ml cream
- 2 teaspoons icing sugar
- 1 teaspoon vanilla extract

- 1 Preheat oven to 210°C. Grease a 20cm x 30cm lamington pan.
- 2 Sift flour and sugar into a large bowl; rub in butter using fingertips.
- 3 Make a well in centre of flour mixture; add milk and almost all the water. Use knife to 'cut' the milk and water through the flour mixture, mixing to a soft, sticky dough. Knead dough on floured surface until it becomes smooth.
- 4 Press dough out to 2cm thickness. Dip a 4.5cm round cutter in flour; cut as many rounds as you can from the

piece of dough. Place the scones, side by side, just touching, in pan.

5 Gently knead scraps of dough together; repeat pressing and cutting of dough, place in same pan. Brush tops with a little extra milk; bake for 15 minutes or until scones are just browned and sound hollow when tapped firmly on the top with fingers.

6 Make Chantilly cream (see below).

7 Serve scones with strawberry jam and Chantilly cream.

Chantilly cream

Beat the cream in a bowl, using an electric mixer, until it begins to thicken. Add sugar and vanilla. Beat until soft peaks form. Cover; chill.

PER Scone (WITHOUT JAM)

Energy 199kcal, 835kj • Protein 3.8g
• Total Fat 10.6g • Saturated Fat 6.7g
• Carbohydrate 21.8g • Fibre 1g • Sodium 200mg • Sugar 2.4g

GRANDMA'S *Scone Tips*

- Aim for a soft, sticky dough that just holds its shape when turned out of the bowl.
- Handle dough lightly, flattening it gently with lightly floured hands to about 2cm in depth all over, pressing from the centre outwards.
- Use a sharp metal cutter (for rounds) or knife (for squares), which has been dipped in flour. Remove cutter in an upward rather than a twisting motion.
- Place scones, barely touching each other, in lightly greased, shallow cake pans, so they support each other as they rise. The sides of the pan will stop the outside scones from toppling over.
- If you want crusty scones, place them about 1cm apart on an oven tray that has been lightly greased, only where the scones are going to stand.
- Bake in a very hot oven so scones can rise quickly for a light fluffy texture.

Scones should double in height after baking.

- Turn scones out onto a wire rack as soon as they come out of the oven, to prevent them from 'steaming' in the pan. Wrap them in a tea towel if you want a soft crust. Leave them uncovered to cool if you prefer them crusty.



WIN

SNACKS FOR LITTLE COOKS!

Send us a picture of your budding cook getting busy in the kitchen and you could win one of three Mother Earth prize packs, each worth \$35. The packs contain a selection of Mother Earth new fruity favourites: three boxes of Peach & White Chocolate Baked Oaty Slices, three boxes of White Chocolate & Strawberry Better Bars, and three boxes of Apple & Plum Fruit Sticks. To enter, send your picture and your child's name and age to foodmagazine@bauermedia.co.nz with Kids in the Kitchen in the subject line by May 17, 2020.

FOUR WAYS *with* QUICHES

FOUR DELICIOUS FILLINGS IN CONVENIENT BITE-SIZED PASTRIES
MAKE THESE MINI QUICHES SUPER VERSATILE FOR PARTIES,
SNACKS AND SCHOOL LUNCHES

1

Mini Blue Cheese Quiches

PREP + COOK TIME 40 MINUTES MAKES 12

V LS

Preheat oven to 170°C. Whisk 2 **eggs** with 1 tablespoon **milk** in a jug; season. Grease a 12-hole 2-tablespoon-capacity flat-based patty pan. Using a 7cm cutter, cut 12 rounds from 2 sheets of **shortcrust pastry**; press rounds into pan holes. Divide 150g crumbled **soft blue cheese** and 1 tablespoon chopped **flat-leaf parsley** among pastry cases. Top with egg mixture. Bake for 25 minutes or until quiches are set and pastry is lightly browned. Top with extra parsley.

PER QUICHE Energy 180kcal, 756kj • Protein 5g • Total Fat 11.7g • Saturated Fat 6g • Carbohydrate 13g • Fibre 0.6g • Sodium 313mg • Sugar 1.7g

3

Mini Caramelised Onion & Feta Cheese Quiches

PREP + COOK TIME 40 MINUTES MAKES 12

V

Preheat oven to 170°C. Heat 1 tablespoon **olive oil** and 20g **butter** in a frying pan over medium-high heat. Cook 2 large halved and thinly sliced **onions** with 1 teaspoon **salt** and 1 teaspoon **brown sugar**, stirring for 5 minutes or until onion starts to collapse. Reduce heat to medium; cook, covered, for 10 minutes, stirring occasionally or until caramelised. Remove from heat; stir in 1½ teaspoons fresh **thyme** and 1 teaspoon **lemon zest**. Whisk 2 **eggs** with 1 tablespoon **milk** in a jug; season. Grease a 12-hole 2-tablespoon-capacity flat-based patty pan. Using a 7cm cutter, cut 12 rounds from 2 sheets of **shortcrust pastry**; press rounds into pan holes. Spoon onion mixture into pastry cases, top with egg mixture, then 60g crumbled soft **feta**. Bake for 25 minutes or until quiches are set and pastry is lightly browned.

PER QUICHE Energy 178kcal, 749kj • Protein 4g • Total Fat 11g • Saturated Fat 5.5g • Carbohydrate 14.6g • Fibre 1.2g • Sodium 346mg • Sugar 3g

2

Mini Ham & Corn Quiches

PREP + COOK TIME 40 MINUTES MAKES 12

LS

Preheat oven to 170°C. Whisk 2 **eggs** with 1 tablespoon **cream** in a jug; season. Grease a 12-hole 2-tablespoon-capacity flat-based patty pan. Using a 7cm cutter, cut 12 rounds from 2 sheets of **shortcrust pastry**; press rounds into pan holes. Divide 90g chopped **leg ham** and 310g drained canned **corn kernels** between pastry cases. Top with egg mixture. Bake for 25 minutes or until quiches are set and pastry is lightly browned. Meanwhile, cook 2 slices **prosciutto** in a dry frying pan over medium heat, for 1 minute each side or until crisp. Crumble prosciutto on quiches.

PER QUICHE Energy 179kcal, 751kj • Protein 5.7g • Total Fat 9.3g • Saturated Fat 4g • Carbohydrate 17.6g • Fibre 1.4g • Sodium 340mg • Sugar 2.6g

4

Mini Chicken & Asparagus Quiches

PREP + COOK TIME 40 MINUTES MAKES 12

LS

Preheat oven to 170°C. Whisk 3 **eggs** with 1 tablespoon **milk** in a jug; season. Grease a 12-hole 2-tablespoon-capacity flat-based patty pan. Using a 7cm cutter, cut 12 rounds from 2 sheets of **shortcrust pastry**; press rounds into pan holes. Divide 5 chopped **asparagus spears**, 125g finely shredded **barbecued chicken** and 2 tablespoons finely chopped fresh **chives** among pastry cases. Top with egg mixture; sprinkle with ¼ cup finely grated **parmesan**. Bake for 25 minutes or until quiches are set and pastry is browned lightly.

PER QUICHE Energy 170 kcal, 713kj • Protein 7.5g • Total Fat 9.6g • Saturated Fat 4.4g • Carbohydrate 13g • Fibre 0.8g • Sodium 283mg • Sugar 1.8g

TIP

Pre-baked mini tart cases are available in supermarkets, or try bread cases (see Cook's notes).



The background of the advertisement is a vibrant, high-resolution photograph of a busy Italian piazza, likely Piazza del Popolo in Rome. In the foreground, a man in a dark suit and brown trousers sits at a small outdoor cafe table with a white tablecloth, looking towards a waiter. The waiter, dressed in a white shirt, dark vest, and tie, is holding a silver tray and smiling. Other people are visible in the background, some sitting at tables and others walking. The architecture is classical, with large buildings and a prominent obelisk in the distance. The sky is blue with scattered white clouds.

NESPRESSO®

Ispirazione Italiana



JOURNEY THROUGH REGIONAL COFFEE ARTISTRY

NESPRESSO.COM



ALWAYS RECYCLE
YOUR CAPSULES

SMART *Living*

INTERIORS, HEALTH, DRINKS AND MORE...

YOU WILL NEED

- 5 tiles per planter (see tips)
- construction adhesive such as Liquid Nails glue
- plants and potting mix

1 Run some glue down the edge of one tile. Stick tile to the back edge of another tile to create a right angle (ensure any pattern is the right way up). Press and hold tiles together for a few seconds until glue firms. Repeat until you have made a box with four tiles.

2 Run a small amount of Liquid Nails around the bottom edge of all four tiles. The fifth tile forms the base; carefully press and hold in position (it doesn't matter if the pattern side faces in or out). Leave overnight to set.

3 Fill your planter with potting mix and add a plant, or simply place a potted plant inside.

TIPS

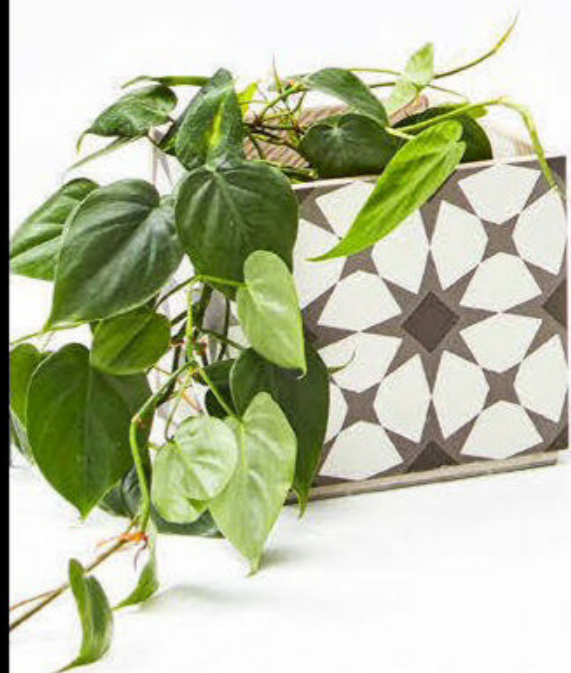
The fifth tile is the base so it doesn't have to match the others. Use the leftover tiles from your kitchen splashback to create these.

From tile **TO STYLE**

Spotted some beautiful tiles you'd love to use in your home? Or got some spares lying around? Turn them into an eye-catching planter in just a few easy steps

Hot **IDEA**

These planters would look great in the kitchen or dining area – you may need to add non-scratch rubber feet to the base.



GOOD MOOD FOOD

WANT TO FEEL LESS STRESSED,
MORE ALERT AND HAPPIER?
IT COULD BE AS SIMPLE AS
ADJUSTING YOUR DIET



TO DITCH THE NEGATIVE THINKING EAT SALMON

Salmon is packed full of omega-3 fatty acids, which have a positive impact on mood. Research also shows that omega-3 physically improves the structural components of areas of the brain directly involved in mood and emotion regulation.

TIP Avoid fast food. Studies show it can bump up your risk of depression by 36 per cent if you eat it regularly.



TO FIGHT FATIGUE EAT TWO KIWIFRUIT

People who consumed two kiwifruit a day as part of a six-week New Zealand study experienced less fatigue and had more energy compared with people who ate just half a kiwifruit. The difference came down to the high levels of vitamin C in the fruit; it activates a number of the body's enzymes involved in energy and brain neurochemical production.

TIP Don't be tempted to create the same effect with a supplement, as vitamin C from food is absorbed more effectively. Other great sources of vitamin C include red capsicum and grapefruit.



TO FEEL MORE ALERT

EAT A SPINACH OMELETTE

Eggs and spinach both contain tyrosine, an amino acid that improves reflexes and reaction times as soon as it's digested. The effect is due to tyrosine's role in the production of dopamine and epinephrine, two neurotransmitters that are crucial for keeping the brain alert. Make sure you use the whole egg to make the omelette, because tyrosine is only found in the yolk.

TIP When buying spinach, pick bags or bunches from the front of the shelf, where the spinach has been exposed to the most fluorescent light. After three days' exposure to bright store lighting, levels of key nutrients in spinach increase by as much as 100 per cent.

TO DE-STRESS

EAT TWO OR THREE SQUARES OF DARK CHOCOLATE

Dark chocolate reduces the amount of stress hormone circulating in your bloodstream. Highly stressed people who ate 40g of dark chocolate a day as part of a US study experienced a drop in their stress-hormone readings after 14 days, thanks to the chocolate's cocoa content.

TIP To lower your stress levels, choose a dark chocolate that contains at least 75 per cent cocoa solids.



TO IMPROVE CONCENTRATION

EAT A HANDFUL OF BLUEBERRIES

Antioxidant flavonoids in blueberries widen the body's blood vessels. This increases blood flow to the brain and helps improve cognitive performance. Research found that drinking a 200ml blueberry smoothie for breakfast increases concentration during the day by 20 per cent.

TIP Cooking blueberries lowers their antioxidant content, so while raw blueberries boost concentration, those used in baking (muffins, bread and desserts, for example) won't be as effective.

TO FIGHT PMS-RELATED MOOD SWINGS

EAT A PASTA DISH MADE WITH SUNDRIED TOMATOES

Sundried tomatoes are a valuable source of non-haem iron, and according to US researchers women whose diets are packed with non-haem iron-rich foods lower their chances of developing PMS by up to 40 per cent. Combining the sundried tomatoes with a pasta will give you a hit of carbohydrates, which stimulate the body's production of serotonin, a mood-enhancing hormone.

TIP

Drink a glass of orange juice with your meal. A dose of vitamin C helps the body absorb up to six times as much non-haem iron from food.

A matter OF TASTE

HOW THE COLOURS YOU USE TO DECORATE YOUR KITCHEN AFFECT YOUR APPETITE

The concept that some colours are more delicious than others – psychologically-speaking – has long been a topic of scientific study. While those in marketing are most interested in how this affects consumer habits, the findings can also be put to good use within your own home.

Now that kitchens are commonly designed as part of an open-plan layout, the places where you're cooking, eating and relaxing likely all exist within a single interior scheme. If you're concerned about the psychological effects your design and colour choices have on your family and visitors, consider this food for thought.

Colour is the single most important sensory cue when it comes to setting people's expectations for the likely taste and flavours of food and drink. While the colour of the food comes down to ingredients and cooking, the colours you surround your food with have been shown to have an effect too. In other words, the colours of your crockery, tables, walls, ceilings and floors can all set preconceptions about what's on the plate before the food even makes it to the mouth. Obviously colours hold different associations for various age groups

and cultures, but there are some common reactions across the board.

RED

Passionate and energetic, red is known to stimulate and excite. It also enhances the appetite. When we see red, neurons fire up in the hypothalamus part of the brain and we get an energy boost, just as we do when we are ready to feast.

Many food corporations and fast-food establishments include red in their logo or branding, due to its ability to elicit a reaction much quicker than any other colour. When using red in the kitchen just remember to use it cautiously, as too much of a good thing could feel like just that – too much. Try richer versions like Resene Shiraz, Resene Paprika or Resene Burgundy. Or, combine small pops of brighter varieties like Resene Candy Floss or Resene Jalapeno balanced with walls in a taupe like Resene Americano, Resene Swiss Coffee or Resene Almond Frost.

YELLOW

An all-yellow colour palette can be hard to trust in a kitchen, as the hue encourages our analytical instinct – the opposite of what you'd typically want in one of the most creative spaces in the home. However, small pops of



Resene Trinidad (orange) and Resene Banana Split (yellow) are set against the neutral walls and ceiling in Resene Bianca. The doors, horizontal architraves, frames and panels are in Resene Taupe Grey and the vertical architraves in Resene Ecu White. Designed by Parsonson Architects. Building by Scotty's Construction.

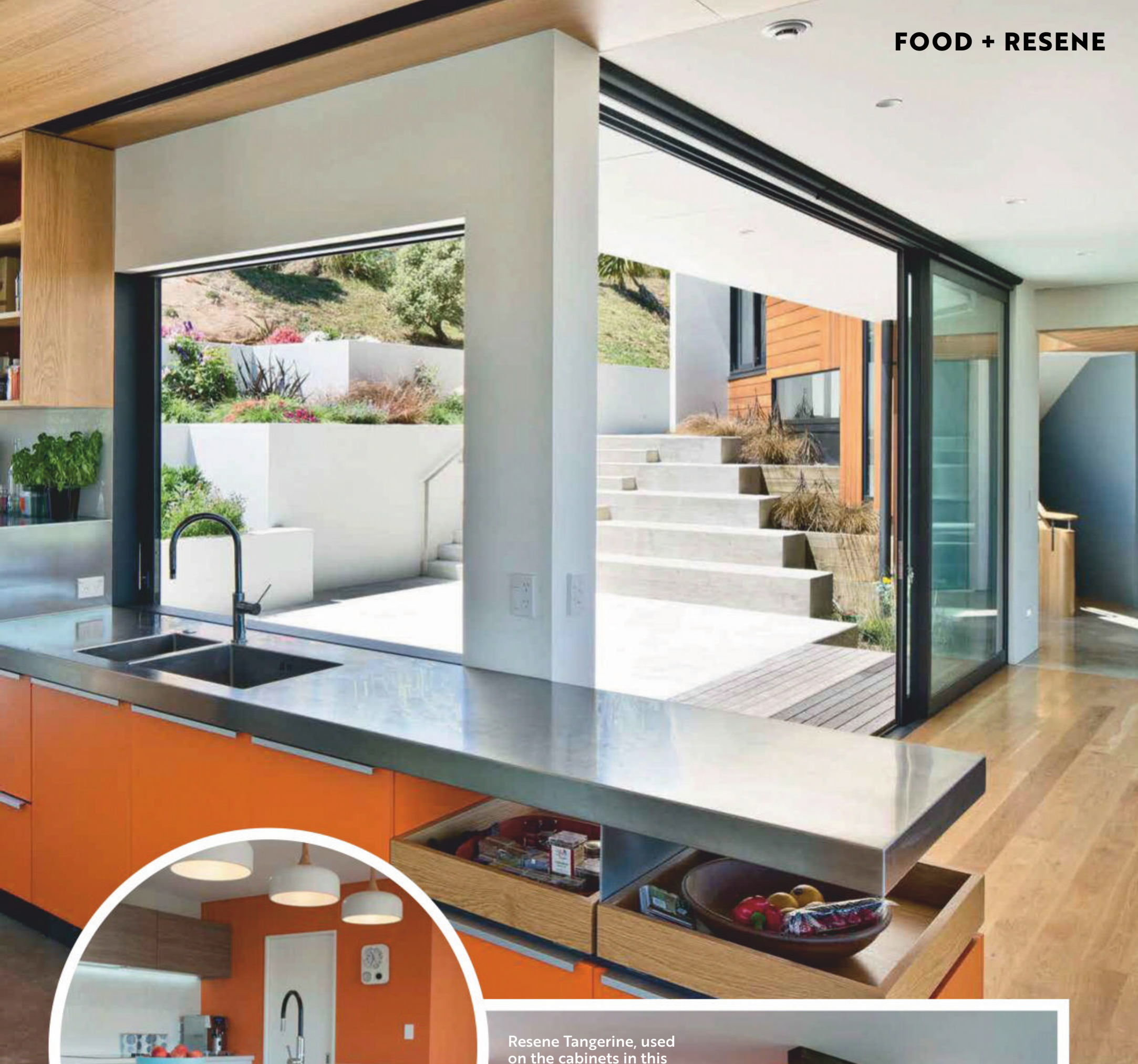


Resene
Clockwork
Orange



Resene
Double
Merino

yellow can be eye-catching and cheerful. Resene Lemon Twist is reminiscent of citrus, while more subtle beige tones such as Resene Manuka Honey or Resene Melting Moment call to mind honey and melted butter.



Resene Tangerine, used on the cabinets in this kitchen, is balanced by a timber feature wall and a floor stained in Resene Colorwood Walnut. The walls are painted Resene Alabaster.

Above: Accent walls in Resene Clockwork Orange define this Christchurch kitchen. Owners Sarah and Glen see the colour as a modern take on the traditional concept of the kitchen being the heart of the home. The other walls are painted Resene Double Merino.

Styling by Laura Lynn Johnston, photo by Bryce Carleton.



Balance out tasty-looking pops of bright red and orange with an earthy mushroom taupe like Resene Felix. Oval tray in Resene Bitter, large round tray in Resene Papier Mache, small tray with handle in Resene Salsa, cocoa cellar (with spoon) in Resene Guardsman Red, large lidded container in Resene Roxy, narrow vase (top left) in Resene Ayers Rock, wider vase (top middle) in Resene Crail, small vase (on oval tray) in Resene Papier Mache and small lidded container (on oval tray) in Resene Vanquish.

ORANGE

Orange can encourage impulse, but it's also considered a comfort colour. It typically stimulates both appetite and conversation. Try Resene Tangerine for a true orange or look to softer, dustier peaches such as Resene Whiskey Sour, Resene Manhattan or Resene Negroni.

GREEN

Green is commonly used in food because it's associated with freshness, being healthy, vegetarianism and,

generally speaking, good taste. While it's not often the first colour people think of for a kitchen colour palette, it is a natural fit, and considering sage greens are one of the hottest colours right now, it shouldn't be hard to accessorise. Renowned cast iron cookware brand Le Creuset recently released a collection of sage green crockery. On your walls or cabinetry, try Resene Avocado, Resene Lemon Grass, Resene Bitter or Resene Miso for on-trend options.

GREY

While it isn't a colour you're going to find nourishment from, grey can be associated with natural ingredients. Silverware and stoneware have long been fixtures in the kitchen as the colour represents class and cleanliness. As a neutral colour, it also has a way of bringing out brighter colours, and the right shade can actually make your food look fresher and more vibrant by contrast. For the most trendy variations, look to 'greige' with Resene Truffle, Resene Tea or Resene Caraway.

BROWN

Brown is associated with coffee shops, farming, pastries and chocolate, and can be used to stimulate appetite and create an organic presence. Brown encapsulates wholesomeness and comfort – perfect for a kitchen – so it's no wonder timber kitchens are so popular. Stain joinery in warm Resene Colorwood Nutmeg, darker Resene Tamarind or neutral Resene Natural wood stain. Heat things up with spicy shades like Resene Cinnamon, Resene Jambalaya or Resene Spice.

BLUE

Blue is the most unappetising colour; it's actually known to reduce hunger. Scientists theorise that this is because there are no naturally occurring truly blue foods – blueberries are technically purple. However, blue is also the most universally loved colour, known to evoke a sense of calm and trust. It makes sense to avoid blue plates, but try a deep dark shade like Resene Licorice on walls balanced with warm white cabinetry in Resene Rice Cake or Resene Milk White for an elegant look.

PERFECTLY PALATABLE



For more delicious colour combinations, visit your local Resene ColorShop. 0800 RESENE (737 363) Visit resene.co.nz/colorshops and view the Resene decorating inspiration gallery at resene.co.nz/inspirationgallery.





a hard-wearing veneer or laminate, which are often more affordable than solid wood. If you have a small space, a glass table is great as it allows light to pass through and has a subtle reflective quality. Don't forget to take into account the style and colour of the other furniture in your home, to ensure it all works together.

The seats

There is an almost endless array of stylish dining chairs out there, and there really aren't any right or wrong options – just be guided by your taste and budget. While matching dining suites used to be very popular, a more mix-and-match approach is now gaining favour, with eclectic settings of different styles and colours trending. Solid wood or veneer seats which are low-maintenance and easy to wipe down are popular, while rattan and woven leather chairs add texture to a dining space and can break up the solidity of your table.

In the zone

If your dining space only has one wall, it can be a challenge to create a comfortable area. The most effective way to anchor it is by using a large rug to break up the space and create a dining zone within the floor plan. The trick is to get a rug big enough to accommodate both the dining table and chairs when they are pulled out. You might also consider adding a sideboard or buffet to further delineate the dining space. These are also great for storing placemats, extra glasses, platters and other things you may need for entertaining.

Styling

As a table is a large surface, it's a good idea to break it up with some decorative objects when not in use. A candle arrangement, a cluster of mementos from your travels, or even a jug and glasses are all options that will help soften the surface. Consider clustering them on a tray. If you have a corner in your dining space that lacks natural light, a floor lamp or mirrors can be added. Sideboards, buffets or even a console table can all be introduced to an open-plan space to help define a dining area. When styling them, use items of different heights and textures to create visual interest. A smattering of greenery and a vase of flowers will be the finishing touch.

SETTING *the* TABLE

MAKE YOUR OPEN-PLAN DINING AREA AN ENTERTAINER'S DREAM WITH OUR HELPFUL HINTS

The formal dining room has almost become a thing of the past as Kiwis have fallen in love with open-plan living and its suitability for more casual entertaining. However, these types of spaces can be tricky to style as there are so few walls and you have to consider access to adjoining areas. We have compiled some tips for getting it right.

The table

Before you buy your dining table, consider how many people it needs to seat and what type of activities beyond eating it will be used for. This will help you narrow down the best size and surface to suit your needs. A solid timber table can be quite expensive but will stand the test of time, however many on-trend tables are made from



Embracing produce **WITHOUT PLASTIC**

COUNTDOWN TESTS NEW WAYS TO REDUCE PLASTIC IN PRODUCE

Over the past couple of years, Countdown has had a major focus on reducing plastic waste in its stores – including phasing out single-use plastic bags and removing more than 150 tonnes of plastic from its produce sections around the country.

But there's much more to do. One of the challenges is finding alternatives to plastic that do the same job – keeping food safe to eat and fresh, and avoiding food waste. That's why since February Countdown has been running 'Unwrapped' in three supermarkets, to test new options, see what works and what doesn't, and what the company might be able to roll out further.

During the 10-week test, Countdown Ōrewa, Ponsonby and Manukau customers in Auckland have been seeing a very different produce section with more than one tonne of plastic removed from fruit and veges. Sixty-eight products have been 'unwrapped' from their usual plastic wrap or pack, and plastic bags have also been removed from the produce department and bulk bins. Instead, there has been more loose produce as well as specially-designed paper bags and cardboard packaging, with customers encouraged to use reusable bags for their produce or paper for bulk foods.

Countdown's General Manager Corporate Affairs, Safety and Sustainability, Kiri Hannifin, says the company is excited to see how customers respond to the new-look produce area with far less plastic.

"What our customers in these stores will be experiencing is completely different to what they've seen before, and their feedback will be a hugely important part of our work to reduce plastic across the supermarket," she says. "Our teams

serve three million New Zealanders every week in our stores. While it might sound easy to change packaging, there is a complicated system behind the scenes to ensure that we can provide great quality, fresh food for every single one of those customers every day.

"'Unwrapped' is changing the way our customers shop for 10 weeks, but it could have a long-lasting impact on how all New Zealanders shop in the future and help guide our next steps."

Head to Countdown Ponsonby, Ōrewa and Manukau to check out the impressive changes.

BEFORE AND AFTER



Can you BEER IT?

WE ARE ALL ACQUAINTED WITH WINE AND FOOD MATCHING, BUT JUST AS A CRISP SAUVIGNON BLANC PAIRS WELL WITH SEAFOOD, SO TOO DOES YOUR FAVOURITE IPA OR LAGER HAVE A MEAL TO MATCH



When pairing your brew with your dish there are a few things to keep in mind. As with wine, delicate food goes best with crisp, clean lighter beers, while big bold flavours will be enhanced with a stronger, more robust beer. The aim is to harmonise the flavours and aromas – so if your beer has roasty elements, as with a stout, echo those in the food; the same with the nutty aspects of a traditional ale. Keep in mind that certain qualities in beer can help balance your meal. The carbonation in your drink helps cut through richness, while malty sweetness will soften both spiciness and acidity. Conversely, a fully bitter beer will emphasize the heat – something to consider when washing your curry down with an IPA.

Best matches

LIGHT LAGERS

» Salads, spicy dishes, burgers, fried food

DARK LAGERS

» Hearty casseroles, sausages, goulash

IPAS

» Barbecued food, curries, Mexican dishes

BRITISH-STYLE BITTERS

» Roasts, fish and chips, mild cheeses

STOUTS

» Rich and spicy dishes, chocolate, shellfish

Did you know...

...cenosillicaphobia is a fear of an empty glass, with sufferers becoming uncomfortable and angry? It's possibly a reason to drink beer out of cans!



Craft beer is increasingly popular – here are some top picks at the supermarket:

Halo by Liberty Brewing Co.

A trophy winner at the Brewers Guild of New Zealand Beer Awards, this popular pilsner packs a zesty punch, and doesn't go easy on the malt, creating a refreshing drop.



\$21.99
6-pack

Blacktop Oat Stout by Panhead Brewery

Another award winner, this black-as-the-night stout rolls together bitter hops with chocolate and coffee to make a roasty, dry and very drinkable beer.



\$7.99
500ml bottle

Falcon APA by ParrotDog

The tropical fruit flavours in this American pale ale combine with sweet malts and hop bitterness to deliver an enjoyable drink with a taste that pleasantly lingers.



\$21.99
6-pack

SHOWCASE

Products worth shouting about



MILKY DELIGHT

For some people who have trouble drinking regular cow's milk, it might be because of the A1 protein. a2 Milk™, brought to you by Anchor™, might make a difference, as many people say it just feels better in their bodies. It's perfect in smoothies, coffee, over cereal or just on its own. Available through leading retailers throughout New Zealand.

GUILT-FREE TREAT

If brownies have traditionally been a bad word in your healthy eating regimen, then good news; you can indulge guilt-free with a Fibre One Chocolate Fudge Brownie. A good source of fibre, the brownie features chocolate-flavoured fudge pieces and chocolate-flavoured drizzle. It's the delicious chocolatey fix you're craving, without all the calories. Find it in the muesli bar aisle, RRP **\$4.79**.



PACK A SNACK

Countdown's Macro snack pack range is great when you are on the go or simply feeling peckish. There are five yummy flavours to choose from, and all are priced at just \$1 each. They have no artificial colours, flavours or preservatives, plus they have a Health Star rating of four or more. Find them in store.



RANKED AMONG THE BEST IN THE WORLD

At Flos Olei 2020, the revered Italian guide to the world's best extra virgin olive oil, Rangihoua Estate was delighted to be named in the top 100.

It was not only praised for its outstanding organoleptic quality, but also Rangihoua's sustainable practices, special care and passion. So enhance your food and wellbeing with this delicious and nutritious olive oil. Based on Waiheke Island, Rangihoua Estate is open to visitors daily. You can also order online: www.rangihoua.co.nz.



HAM IT UP!

Freedom Farms are calling time on mediocre ham sandwiches! Their shaved ham is made from lean pork from a group of independently audited farms in South Canterbury. Thinly sliced in sandwich-friendly rounds, it packs a big ham flavour – helped along by a mānuka honey cure and natural wood smoke. It's gluten-free and packed in a handy twin pack. RRP **\$5.49**. www.freedomfarms.co.nz

GOOD NEWS FOR A NIGHT IN

Experience the soothing wonders of Pukka Night Time tea. Let the sleepy crush of organic oat flower, calming lavender and silky-sweet lime flower, combined with tulsi leaf and valerian root calm your mind at the end of the day and enjoy a deep, restorative sleep. Caffeine-free, it's 100% organically grown and ethically sourced. RRP **\$8.99**. Available in health food stores, supermarkets and online at www.pukkaherbs.com.



AT THE CHECKOUT



source of superb ingredients

Visit www.sabato.co.nz for this stunning Valrhona Chocolate Cherry Mini Cakes recipe, by Julie Le Clerc.

Ideal Mother's Day treat.

57 Normanby Rd, Mt Eden, Auckland • Open 7 days • Tel 09-630 8751

Having trouble getting up in the morning?

Depending on coffee to keep you going?

Craving salty or sweet snacks?

Feeling run down and stressed?

Simply too **tired** to enjoy life?

You're not alone...

In an Australian survey* of over 1000 women aged 18-54, over 800 said that tiredness and fatigue were significantly affecting their lives.

Fatigue may be due to a decrease in the ability of the adrenal glands to carry out their normal functions.

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food

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COMING NEXT THE COMFORT FOOD ISSUE

► SPOTLIGHT ON
PERFECT PIES

► MAKE MORE OF
ORANGES, PEARS
& WINTER VEGES

► NEW WAYS WITH
HEARTY SOUPS

► WARMING
WINTER DESSERTS

ON SALE MAY 18



COOK *the* COVER

CHILDHOOD PARTY FOOD MEETS
GROWN-UPS' DELIGHT IN THIS
COMBO OF KIWI FAVES

Layered Lolly Cake Cheesecake

PREP + COOK TIME 50 MINUTES
+ CHILLING SERVES 12

- 150g frozen raspberries
- 1 tablespoon water
- 1 teaspoon sugar
- 90g butter
- ¼ cup sweetened condensed milk
- 200g malt biscuits
- 125g Eskimo lollies or fruit puffs, chopped
- desiccated coconut (optional)

EASY CHEESECAKE FILLING

- 4 teaspoons powdered gelatine
- ½ cup cold water
- 750g cream cheese, soft
- ¾ cup caster sugar
- 2 teaspoons vanilla essence
- 1½ cups cream

1 Line the base and sides of a 20cm springform cake tin with non-stick baking paper and set aside.

2 Place berries in a small saucepan with the water and sugar; heat until pulpy. Press through a sieve with the back of a spoon to remove seeds; set purée aside.

3 Combine butter and condensed milk in a small saucepan. Heat gently until the butter is melted.

4 Crush or process the biscuits to fine crumbs and place in a large bowl. Add condensed milk mixture and mix. Using your hands, work in the lollies. Press the lolly cake mixture firmly over base of prepared tin. Chill in freezer.

5 Meanwhile make Easy cheesecake filling (see right).

6 Pour half the Easy cheesecake filling over the lolly cake mixture in the tin, level the top and return to the freezer.

7 Fold berry purée into remaining



Cook's NOTES

Decorate with flower petals or crushed freeze-dried raspberries for an easy, elegant presentation. You can use any fresh or frozen berries to make the purée.

Easy cheesecake filling. When base layer of filling has begun to set, pour over the berry layer, level the top and place in fridge for at least three hours or until set. Gently pat coconut around sides before serving.

Easy cheesecake filling

Combine gelatine and water in a small bowl and set aside for 10 minutes. In a large bowl, beat cream cheese until soft and smooth. Add sugar, vanilla and cream and beat to soft peaks. Microwave the gelatine mixture for 15 seconds, then 1 tablespoon at a time, stir 3 tablespoons of the cream

cheese mixture into the gelatine to 'temper' it. Fold into the remaining cream cheese mixture.

PER SERVE Energy 596kcal, 2497kJ • Protein 9g • Total Fat 46g • Saturated Fat 29.5g • Carbohydrate 38g • Fibre 1g • Sodium 270mg • Sugar 28g

TIP

This cheesecake freezes well for up to 1 month. Freeze then wrap in plastic wrap. Remove wrap before defrosting overnight in the fridge. Chill until needed.

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