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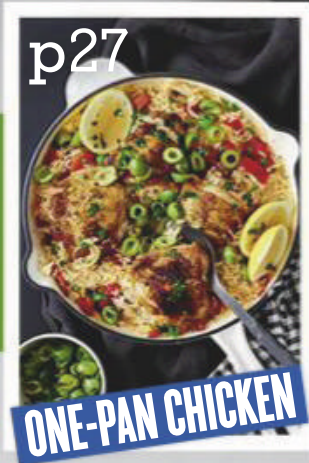
super Food Ideas

**SUPER-EASY
CURRIED
SAUSAGE TRAY
BAKE, p43**

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April 2020

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MUFFIN PAN TERIYAKI BEEF RISSOLES

Try these muffin-sized
meatloaves with
an Asian twist!

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ONE-POT CAJUN CHICKEN PILAF

Raid your pantry for this
satisfying main meal

COVER STAR

Super-easy Curried
Sausage Tray Bake, p43

RECIPE Charlotte

Binns-McDonald

PHOTOGRAPHY Brett Stevens

STYLING Jenn Tolhurst

FOOD PREP Breesa Swann



SPOTLIGHT ON...

LAST-MINUTE DINNERS

Need to whip up a no-fuss main at the end of a busy day? Keep a few key staples in the pantry - we're talking pasta, canned tuna, baked beans and the like - ready to make dinners (p20) the whole family will love.



**TURN TO PAGE 58 FOR
SLOW-COOKER RECIPES
UNDER \$5 A SERVE**

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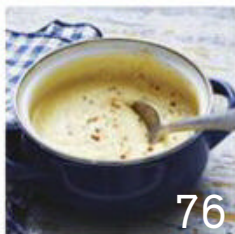
LAST-MINUTE MEALS, FIVE-INGREDIENT DINNERS, EASY ENTERTAINING AND MORE

SALADS, SIDES, LIGHT MEALS AND EXTRAS

Salads and sauces for your sausage sizzle, plus savoury muffin pan delights



Sweet Potato and Black Bean Salad



Mexican Cheese Sauce



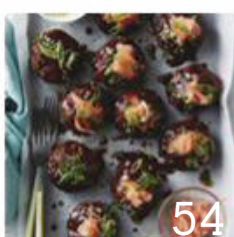
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Muffin Pan Lamb Tikka Filo Parcels



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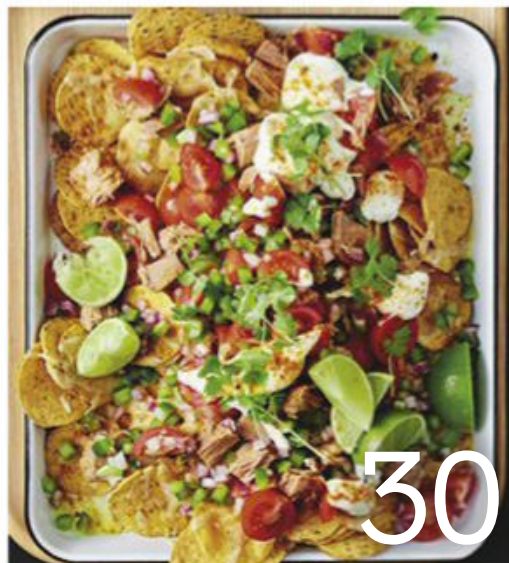
Muffin Pan Teriyaki Beef Rissoles



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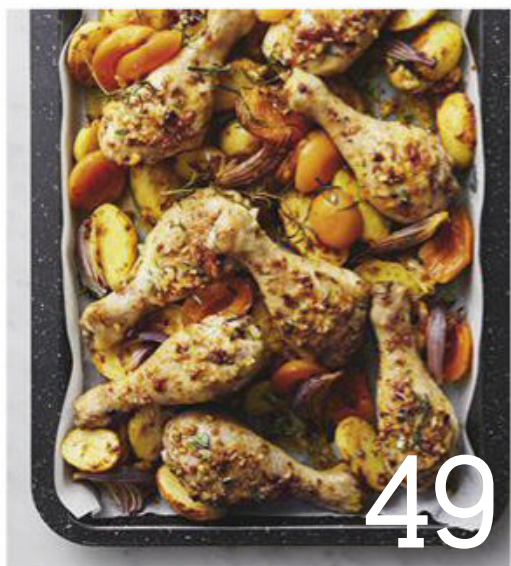
Not your everyday nachos!



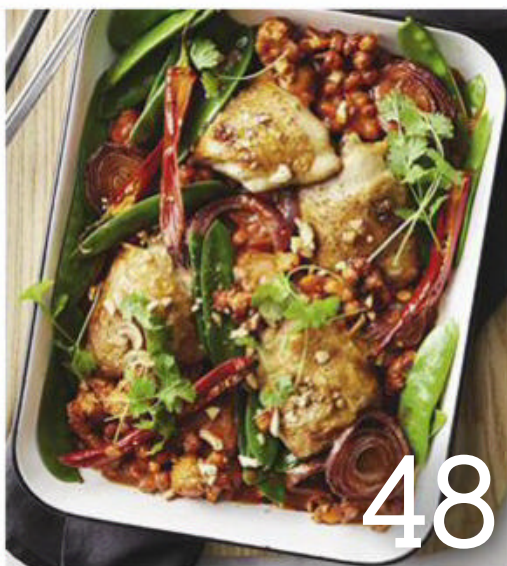
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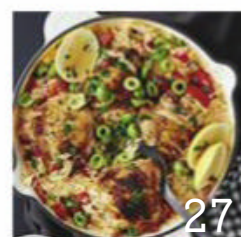
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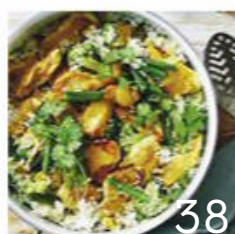
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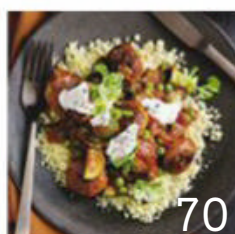
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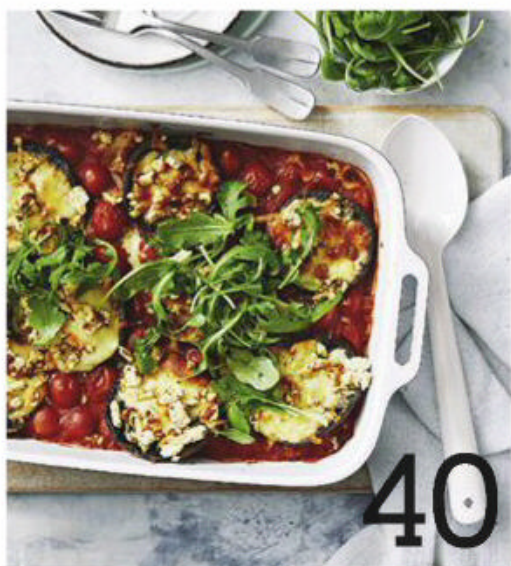
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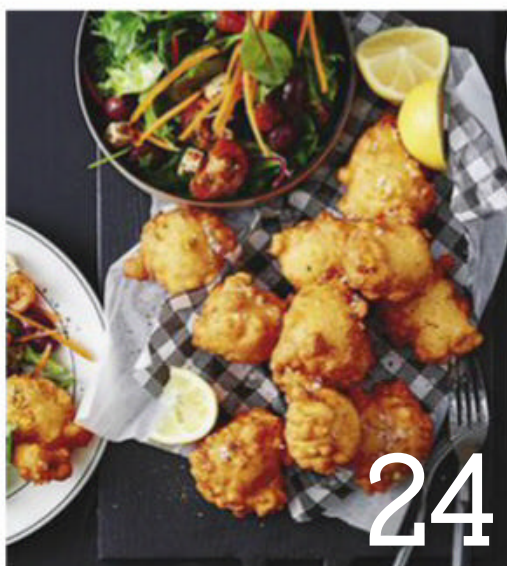
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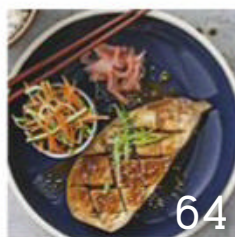
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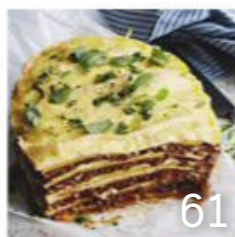
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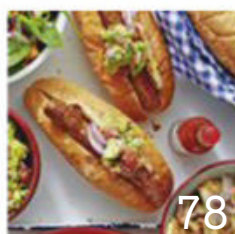
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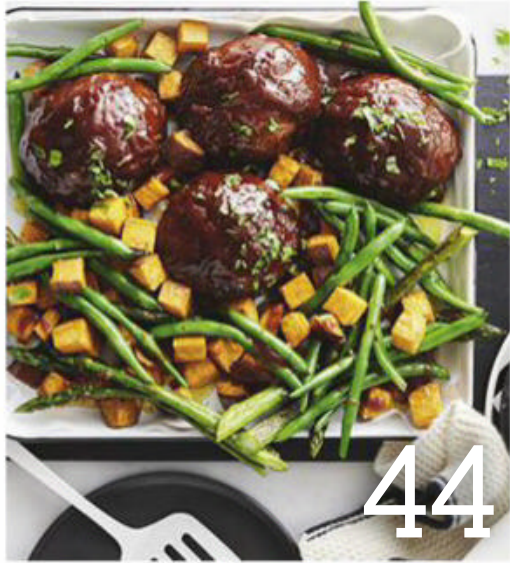
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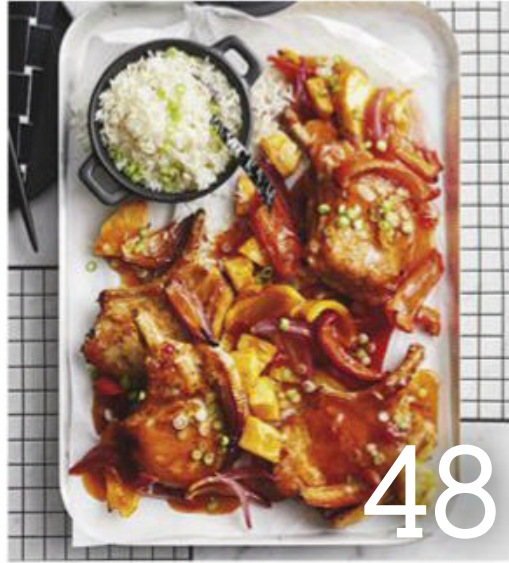
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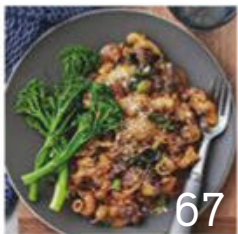
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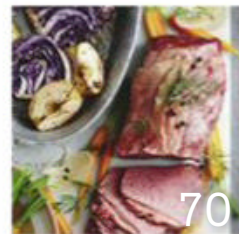
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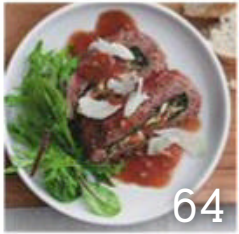
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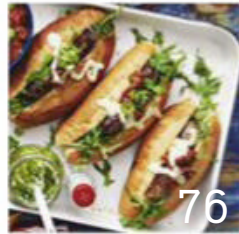
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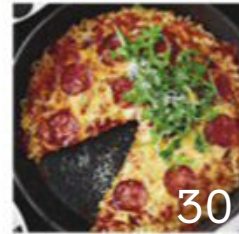
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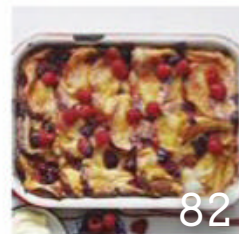
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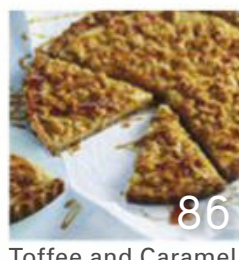
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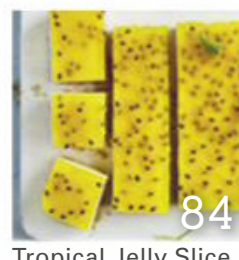
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Simple solutions

NEED TO MAKE LIFE A LITTLE EASIER? WE HEAR YOU! WE HAVE TONS OF IDEAS FOR WHEN YOU'RE UNDER THE PUMP, FROM FIVE-INGREDIENT MAINS TO SLOW-COOKER FAVES

GET IN TOUCH



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Here at *Super Food Ideas*, we understand all too well how crazy life can feel when everything's in full swing. At times like these, getting a good dinner on the table can feel like one chore too many, so we've dedicated this issue to making mealtimes as easy as possible.

Get started with our fab last-minute meals using staples from the pantry (p20), including speedy pasta, healthier nachos and one-pan chicken. We've also created clever mains made with just five ingredients (p36), and transformed favourite recipes into tray bakes (p42) for maximum convenience (and less washing up!). Our cover star curried sausage dish is a must-try! For the slow-cooker fans among you, we have 10 easy dinners ready to go (p58), and best of all, they're all under \$5 a serve.

From speedy shortcuts to prep-ahead superstars, we've got you covered. So cheers to easy dinners and less stress!

The SFI team

WE'RE LOVING...

#1 CONDENSED MILK MAGIC

Life is sweet with our collection of budget-friendly condensed milk treats (p84)! Pick from chocolate cake, macaroons, tropical jelly slice and more.

#2 MUFFIN PAN WINNERS

Make the most of your muffin pan with these savoury delights (p50), including filo parcels, rissoles and pizza puffs!

#3 FAMILY ENTERTAINING

Turn to p74 for classic sausage subs with a Mexican spin! With vego options and plenty of colourful salads, there's something for everyone, plus indulgent desserts to finish.

Your food *ideas*

LIKE SOMETHING? HATE SOMETHING? COOKED SOMETHING?
TOOK A PICTURE OF IT? WE LOVE ALL YOUR FEEDBACK!

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@ DOING DOUGHNUTS

I made the Choc-raspberry Doughnut Pudding (October 2019, p10). I shortened the recipe for two of us, and instead of the berries, I added Haigh's Chocolates Coffee Pastilles. It was easy to make - we both loved it and will definitely make it again with different flavours. Thank you. Donna Coombe, via email

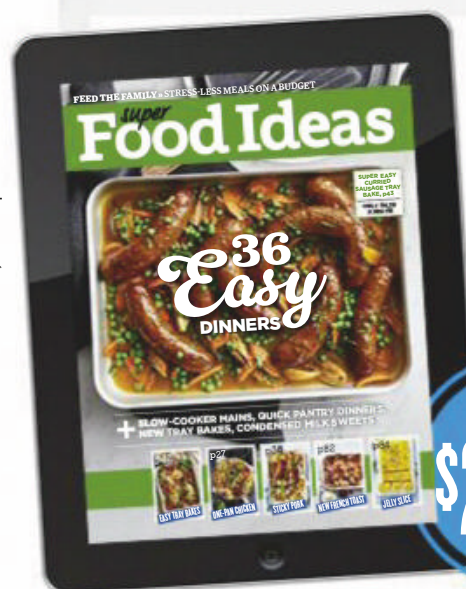
@ TRUSTED PARTNER

Who needs other recipes from books or the internet when you can have *Super Food Ideas* on hand? It's my go-to for weeknight meals for many mouths to feed. The recipes are cost-effective and tasty. I wouldn't be without it! I love the slow-cooker recipes. Please keep up the excellent work. J Quinn, via email



@ THYME TO SHINE

I loved how fresh and tasty the Ham, Thyme and Corn Relish Tarts (November 2019, p24) were. So simple, and the thyme really added a depth of flavour. The crispy filo pastry was delicious! I've already made them again! It's on regular rotation. I cooked for my husband, 4-year-old son and 1-year-old daughter. All big fans! Thanks so much for your amazing magazine. It's my go-to for meal planning. Megan Warby, via email



DID YOU MISS ANY OF OUR RECIPES?

Whether it's the Choc-raspberry Doughnut Pudding from our October 2019 issue or the Ham, Thyme and Corn Relish Tarts from our November 2019 issue, everyone has a favourite *Super Food Ideas* recipe. Now it's even easier to download past issues and relive best-loved dishes.

Download past issues, from May 2011 onwards, from only \$2.99 on iTunes. Visit appstore.com/superfoodideas.

WRITE IN AND WIN*

This month's prize pack from Luxey Cup, valued at \$109.85, ensures you'll be sustainable and stylish on your next coffee run. The prize includes a MiniLUX cup, an OriginalLUX cup and a SmoothieLUX cup (with stainless-steel straw). For more information, head to luxeycup.com.



Super spy

THE LATEST ON WHAT THE TEAM'S READING, SNACKING ON, COOKING WITH AND DEVOURING THIS MONTH



EASY SNACKING

Full of sun-sweetened flavour with a cool, cleansing crunch, these baby cucumbers are a source of folate for healthy cells, as well as fibre and vitamin C. A go-to for rumbling stomachs or hungry little hands, these crisp Qukes are ideal for an afternoon snack or kids' lunchboxes. Chop them into sticks for dips or pop them on your sandwich or salad. A unique variety that's made to be mini, Qukes will last in the fridge for up to five days in their packaging. They're available in supermarkets from \$4.

GOOD-FOR-THE-BELLY BITES

Whole Kids Organic Probiotic Bites make the perfect snack for little ones. These bite-sized morsels contain just six ingredients: organic dried dates, organic pumpkin seeds, organic dried figs, organic cocoa powder, organic vanilla and *lactobacillus bulgaricus* - gut-friendly good bacteria. Available for \$3.25 at Woolworths, they're a good source of dietary fibre and are suitable for children from 12+ months.



NOODLE NIGHT

Serving up a flavoursome meal, Mr Lee's Noodles are ready in three minutes - just add hot water. The whole range is gluten-free and contains no MSG; no palm oil; and no artificial additives, preservatives, colours or flavours. Choose from four flavours that draw inspiration from authentic Asian recipes: Coconut Chicken Laksa, Zen Garden Vegetables, Tai Chi Chicken and Hong Kong Street Beef. Find them for \$4 each at Woolworths and Harris Farm Markets.



GET YOUR GREENS!

Want to add some green goodness to your family meals? Meet the latest addition to the Aussie Sprouts range: broccoli sprouts. Brimming with antioxidants, nutrients and vitamins A and C, broccoli sprouts make great additions to salads, stir-fries, soups and even smoothies. They're proudly grown in Australia (even the seeds are Aussie), and you can find them at Woolworths nationwide for just \$2.50.



OH, SNAP

There's a new choc on the block!

Arnott's has introduced a newcomer to its chocolate range. The Butternut Snap chocolate block joins the ranks of the company's recently launched biscuit-inspired chocolate blocks. This creamy block of milk chocolate contains crunchy chunks of the popular Butternut Snap's golden oat and coconut biscuit pieces. It's ideal for sharing, so pull off a square and pass it around during family movie night or hand it out as an after-school or after-work reward. Find it in the confectionery aisle from \$5 at IGA stores and independent retailers.



BERRY COVER-UP

Childhood favourite Allen's Raspberries has launched a new product: Allen's Mini Chocolate Raspberries! This bite-sized snack takes the brand's much-loved raspberry lollies and smothers them in creamy milk chocolate. Mini Chocolate Raspberries have no artificial colours or flavours and are 100-per-cent gluten-free. They're the perfect treat for everything from picnics to parties. Grab them in the chocolate aisle at Woolworths and Coles nationwide for \$4.50.

know-how

ALL THE BITS AND BOBS YOU NEED
TO GET THE BEST FROM OUR RECIPES

RECIPE KNOW-HOW:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59-60g eggs.
- + We use 1100-watt microwaves, unless otherwise specified.

NUTRITION KNOW-HOW:

- + Heart Friendly: low saturated fat, high in fibre, lower sodium with heart-friendly fats. Desserts that are based on low-fat dairy without fruit/grain ingredients don't need to be high in fibre.
- + Diabetes Friendly: low saturated fat, high in fibre, lower sodium with lower-GI carbs.
- + Healthy: low saturated fat, less than 3000kJ and 800mg sodium per main meal.
- + Vegetarian: no meat, fish or poultry but may contain eggs and/or dairy.
- + Gluten Free: no gluten-containing ingredients (ie, wheat, rye, barley, oats or derivatives).
- + High in Calcium: at least 200mg of calcium per serve from lower-fat dairy products and/or canned fish with bones.
- + Lower GI: low saturated fat with at least 10g carbs per serve from lower-GI carbs.
- + Contains Omega-3: has at least 115g raw or 95g canned oily fish per serve, or at least 100g raw oysters, mussels, scallops or squid/calamari per serve.

	LOW KILOJOULE	LOW FAT	LOW SAT FAT	HIGH FIBRE	LOWER SODIUM
Main meal	< 2000kJ	< 15g	< 6g	> 5g	< 600mg
Meal component	< 1000kJ	< 8g	< 3g	> 3g	< 300mg per 100g
Light meal	< 1500kJ	< 10g	< 4g	> 4g	< 400mg
Snack/dessert	< 600kJ	< 5g	< 2g	> 3g	< 200mg

Email any questions about our recipes to superfoodideas@news.com.au

WHAT'S IN A SERVE?

Our 'to serves' are based on the below amounts for 4 people, and included in the nutrition analyses.

RICE = 4 cups cooked rice

PASTA = 375g uncooked dried pasta

COUSCOUS = 3 cups cooked
couscous made with water

MASHED POTATO = 800g peeled and
boiled desiree potatoes, 20g butter
and 2 tablespoons full-fat milk

BREAD = 4 x 50g slices crusty
white bread or 4 x 70g slices
sourdough bread

PARMESAN CHEESE = ⅓ cup
finely grated

SALAD LEAVES, BABY ROCKET
OR BABY SPINACH = 80g

SOUR CREAM = ⅓ cup

LEMON OR LIME WEDGES
= 1, cut into wedges

TOMATO SAUCE, BARBECUE SAUCE
OR SWEET CHILLI SAUCE = ⅓ cup

GRAVY = 1 cup instant gravy

PLAIN GREEK-STYLE YOGHURT
= ⅓ cup

DOUBLE CREAM = ⅓ cup

WHIPPED CREAM = ½ cup pure
cream, whipped

CUSTARD = 1 cup

CHOCOLATE CURLS OR
GRATED CHOCOLATE = 40g

ICE-CREAM = 4 x 45g scoops
vanilla ice-cream

TAGS:

Look out for THE INFO on recipes to find extra information.

THE INFO

+ HIGH IN FIBRE
+ ONE POT



super Food Ideas

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Healthy kitchen

STOCKING UP ON HEALTHY STAPLES FOR EASY DINNERS, ALL ABOUT BROCCOLI, BRAND-NEW INSIGHTS INTO FUSSY EATERS AND A GREAT HIGH-FIBRE MEAL IDEA



"STOCK YOUR PANTRY WITH HEALTHY STAPLES AND YOU'RE NEVER FAR FROM HAVING A GOOD-FOR-YOU MEAL."

Claire Brookman, Food Director

When we're busy, it's especially important to eat balanced meals that will give us the fuel we need to maintain energy levels and good health. And this is where stocking your pantry with healthy staples can be a lifesaver, because having these ingredients to hand makes whipping up a tasty, good-for-you meal simple. For example, canned beans and lentils are great sources of protein and fibre, canned corn provides fibre and B vitamins, and canned tuna is protein-rich and a good source of omega-3 fats. To get started, check out our easy last-minute meals using pantry staples (right).

BY THE NUMBERS...

Eating broccoli is great for a health boost, with plenty of benefits to enjoy.

- + Just **HALF A CUP OF COOKED BROCCOLI** counts as **ONE SERVE** of vegetables.
- + **100G OF BROCCOLI** provides enough vitamin C to meet your daily requirement.
- + Boiling broccoli reduces its vitamin C content **BY ABOUT HALF**, so steam when possible.
- + Broccoli is a low-GI vegetable, with a score of **10 ON THE GLYCEMIC INDEX**.
- + With **4G FIBRE PER 100G**, broccoli is a great vegie to include for bowel health, and the soluble fibre helps you to feel full for longer.



ONE-POT CAJUN CHICKEN PILAF



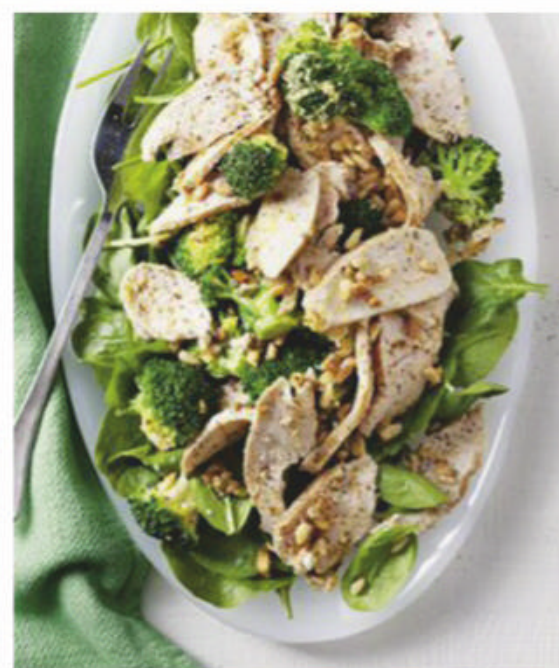
SPICY DHAL STUFFED SWEET POTATOES



TUNA NACHOS WITH FRESH TOMATO AND CAPSICUM SALSA

PICKY EATERS

Experts estimate that fussy eating in Australian kids ranges anywhere from 13 per cent to 50 per cent at some point in their childhood, and a new study from Deakin University hopes to discover whether oral sensitivity in children could be a factor. For example, this sensitivity may present itself in kids who have a preference for processed foods with simple textures over whole foods with more complex textures. It's the first time that researchers have explored the connection between food texture, mouthfeel and fussiness, and the hope is that the study will reveal novel ways that might encourage little ones to eat more widely and, in particular, help them to enjoy more healthy fruits and vegetables.



CHICKEN, BROCCOLI AND DUKKAH SALAD

THE INFO

+ LOW CARB
+ HIGH IN FIBRE

Bites with benefits: Ready in 25 minutes, this low-calorie, high-fibre salad is a delicious family favourite. Visit taste.com.au for the recipe.



BROCCOLI

High in fibre, folate and potassium, plus beta-carotene and vitamins C and E.



PINE NUTS

High in manganese, vitamin E and protein, and a source of iron and zinc.



BABY SPINACH

A great source of vitamins A, B2 and B6, C and K, plus a source of iron and fibre.

grab our latest COOKBOOK



Fill your day with wholesome food that's easy, better for you and delicious!
Get your copy now from newsagencies nationally.

Win it!

CHECK OUT THIS MONTH'S GREAT GIVEAWAYS*



\$114.97
RRP

PAN MACMILLAN PRIZE PACK, VALUED AT \$114.97

GET READY TO ADD TO YOUR COOKBOOK COLLECTION

This book lovers' prize pack contains three great cookbooks. *Eat More Vegan* by Luke Hines provides 100 flavour-packed plant-based recipes. *SuperFastDiet* by Victoria Black and Gen Davidson not only offers 80 delicious recipes, but also a go-to guide to intermittent fasting. And the new edition of *Community* by Hetty McKinnon focuses on fresh salads. Head to panmacmillan.com.au for more information.

CHEEKI PRIZE PACK, VALUED AT \$117.80

TAKE YOUR DRINKS ON THE GO WITH THIS STYLISH PRIZE PACK FROM CHEEKI

Cheeki offers reusable alternatives to plastic drink bottles. These stainless-steel water bottles and lifestyle products aim to last a lifetime, making 'refill and reuse' an easy motto to follow. The prize pack includes the Topaz Insulated Active bottle, the stylish Lemon Tumbler, a four-pack of stainless-steel straws and a Silicone Shield lid. All the Cheeki products are BPA- and toxin-free. Visit cheeki.net.au to see the full range of colours.



\$117.80
RRP

NUTRIBULLET BLENDER COMBO 1200, VALUED AT \$249.99

WHIP UP A STORM WITH THIS PRIZE PACK FROM NUTRIBULLET

You'll be a whiz in the kitchen with this prize from NutriBullet's new range: the 1200-watt Blender Combo. A stylish addition to any home, this user-friendly appliance comes with three speed settings, including a pulse function, so you can quickly and easily blend your smoothies, soups, juices, frappes and more. The Blender Combo also includes a 1.8-litre pitcher, three BPA-free cups ranging in size from 500mL to 900mL and two flip-top lids so your smoothie can travel with you. Go to bulletbrands.com.au to check out the full range.



\$249.99
RRP

3 EASY WAYS TO ENTER

Simply tell us, in 25 words or less, what's your favourite healthy dessert?



Email us, with the prize you'd like, at: superfoodideas@news.com.au



Enter via Instagram: [@superfoodideas](https://www.instagram.com/superfoodideas)



Enter via Facebook: [facebook.com/superfoodideas](https://www.facebook.com/superfoodideas)

*Entries open 00:01 05/03/2020 and close 23:59 01/04/2020. Australian residents aged 18 years and over only. Winners determined 09:00 08/04/2020 at 2 Holt Street, Surry Hills, NSW, Australia, 2010. Winners' names published online at superfoodideas.com.au. Total prize pool valued at \$482,76. Full terms and conditions available at superfoodideas.com.au/wint

LET'S
FIGHT
FOOD
WASTE



YOUR FAMILY COULD BE LOSING
\$195 A MONTH BY WASTING FOOD.

JOIN THE MOVEMENT
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WHAT'S IN SEASON *April*

The cool breeze of autumn means new fresh delights are here to enjoy. Learn all about kiwiberries and savour old favourites, including fennel, mushrooms and limes

"It's no wonder kiwiberries are increasingly in demand. They're a no-peel sweet treat for anyone who loves the flavour of kiwifruit."

CLAIRE BROOKMAN,
FOOD DIRECTOR



PICK OF THE BUNCH

KIWIBERRIES | BABY SPINACH | FENNEL | LIMES
| MUSHROOMS | THOMPSON SEEDLESS GRAPES

KIWIBERRIES

This bite-sized fruit, also known as hardy kiwi or cocktail kiwi, is a cousin of the better-known kiwifruit. Like kiwifruit, it has a soft, succulent flesh, but with a smooth, edible skin. Most kiwiberries are green, but you may spot a variety with darker skin and reddish flesh, too. Often sweeter than kiwifruit, and about the size of a large grape, they are perfect for snacking. You can also use them in smoothies, fruit salads, jams and tarts. Kiwiberries are rich in vitamin C, potassium, calcium and zinc.

PERFECT PARTNERS: Almonds, pineapple, orange, chilli, cream cheese, yoghurt, prawns, chicken, beef.

QUICK IDEA: Give this lighter dessert a whirl! Mix chopped kiwiberry with chopped dates, then layer in glasses with vanilla yoghurt. Top it all off with passionfruit and toasted flaked almonds.

BABY SPINACH

One of the most popular salad leaves, baby spinach is a source of vitamin C, iron and fibre. It's versatile, too - perfect for adding to stir-fries, blitzing into soup or tossing with pasta, as well as bumping up the goodness in salads.

PERFECT PARTNERS: Garlic, chilli, ricotta, haloumi, lemon, chicken, eggs, parsley, pumpkin, potato.

QUICK IDEA: For a versatile sauce, process baby spinach, ricotta, garlic, parmesan and lemon juice in a food processor until a thick sauce forms. Toss through pasta or boiled potatoes.

FENNEL

You can use every part of this tasty Mediterranean vegetable! Serve raw in slaw and salads, or cook it to bring out the natural sweetness and tone down the mild aniseed flavour.

PERFECT PARTNERS: Grapefruit, apple, tomato, potato, salmon, pork.

QUICK IDEA: This is an easy, fresh and crunchy side. Thinly slice fennel, celery and apple using a mandoline, then drizzle with lemon juice and olive oil. Season and toss to coat.

LIMES

An essential ingredient in many recipes, limes are a good source of vitamin C. Choose fruit with glossy green skin that feels heavy for its size.

PERFECT PARTNERS: Chilli, tropical fruit, ginger, coconut, prawns.

QUICK IDEA: Cook lime juice, caster sugar, vanilla extract and water in a small saucepan over low heat until sugar is dissolved. Pour over tropical fruit and ice-cream, and serve.

MUSHROOMS

A nutritious powerhouse, mushrooms are rich in protein, fibre and vitamin D, and are high in antioxidants. Choose mushrooms with a firm texture and store in a paper bag in the fridge.

PERFECT PARTNERS: Garlic, onion, butter, cream, parsley, tarragon, chicken, beef, bacon.

QUICK IDEA: Make this tasty twist on shakshuka. Fry sliced mushrooms in olive oil until golden. Stir through crushed garlic and baby spinach. Crack an egg into the pan, cover and cook until the egg white is set. Sprinkle with crumbled goat's cheese and serve.

THOMPSON SEEDLESS GRAPES

The top-selling grape variety in Australia, Thompson seedless are a sweet snack. Choose firm clusters that are securely attached to the stems.

PERFECT PARTNERS: Hazelnuts, walnuts, blue cheese, chicken, vanilla.

QUICK IDEA: Fill lettuce cups with shredded barbecued chicken, halved grapes, chopped walnuts and crumbled fetta for a super-simple starter. ■

40

HIGH FIVE
5-ingredient
meatball carbonara



Shelf talk

WITH ITS RICH CREAMY CONSISTENCY, VERSATILE YOGHURT MAKES FOR A GREAT BREKKIE, EASY SNACK OR COOL TOPPING FOR YOUR FAVE DINNER DISHES.

BUDGET FRIENDLY

**BROOKLEA SMOOTH
FLAVOURED YOGURT
FAMILY PACK, \$6.49**

✚ Whether you like a bit of variety in your daily yoghurt snack, or your family members all have a different favourite flavour, this value pack is ready to make life easy. With 18 x 90g packets, choose from vanilla, strawberry or passionfruit. Australian-made and available from Aldi, the yoghurt is gluten-free and has no preservatives and no artificial colours.



COCONUT

**COLES DAIRY FREE COCONUT
YOGHURT, 500G, \$5.40**

✚ There's no need for you to break the bank to enjoy coconut yoghurt. An ideal option for vegan and dairy-free diets, this rich, velvety yoghurt has a subtle coconut flavour and no added sugar. Plus, it includes live cultures, so it's good for your gut. Use it as a dip for barbecued pineapple skewers, as an addition to smoothies and desserts or as a topping for pancakes.



"THERE ARE SO MANY TYPES OF YOGHURT AVAILABLE AT THE SUPERMARKET, READY TO ADD TO MARINADES, DOLLOP OVER FRUIT OR JUST ENJOY AS-IS."

Claire Brookman, Food Director



DAIRY FREE

SO DELICIOUS DAIRY FREE VANILLA CASHEW YOGHURT, 550G TUB, \$8

+ Just because you can't eat dairy doesn't mean you have to miss out! With its creamy texture and delicious vanilla flavour, this yoghurt ticks all the boxes. It's naturally vegan-friendly and low in saturated fat, and it has no preservatives or artificial colours or flavours. There are also other flavours available in 150g tubs, ideal for lunchboxes.



PROBIOTIC

THE COLLECTIVE BLUEBERRY HEMP KEFIR LACTOSE FREE YOGHURT, 150G TUB, \$2.50

+ Kefir is picking up in popularity in Australia. Made from fermenting milk and live cultures (it contains 13 active culture strains), it's smooth, tastes a little sour and tickles your tongue with its natural sparkling effervescence. We love the blueberry flavour, but it comes in other varieties, too.



ALL IN ONE FOR BREAKFAST

TAMAR VALLEY GREEK YOGHURT AND CARMAN'S CLASSIC FRUIT & NUT MUESLI, 150G, \$2.50



+ This clever combo combines two breakfast favourites – Carman's muesli and Tamar Valley Dairy yoghurt – in one. With the muesli sealed in the lid, there's no risk of it becoming soggy. Plus, you can add as little or as much as you want to the yoghurt. It's perfect for breakfast on the run.

LOW FAT

SIGGI'S PLAIN YOGHURT WITH LESS THAN 0.5% MILKFAT, 150G TUB, \$2.50

+ Based on traditional Icelandic *skyr* (a cultured dairy product), this high-protein yoghurt contains no artificial preservatives, thickeners, sweeteners, flavours or colours, and has no added sugar. With only 0.5 per cent milkfat, it's a good healthy option. It comes in 150g tubs and is also available in strawberry and blueberry.



+ This decadent yoghurt may not be for everyday breakfast, but once you've tried it, it's hard to resist. It's super-creamy and swirled with sweet, juicy mango and tangy blood orange. Gippsland Dairy makes its yoghurt in small batches to create the perfect texture. It also comes in 160g tubs for \$2.50.



ON THE GO

CHOBANI RASPBERRY GREEK YOGHURT, 140G POUCH, \$2

+ Too busy to stop? This delicious yoghurt comes in a 140g pouch and is a great snack to have on hand instead of chocolate bars or packets of chips. It provides a protein hit when you don't have time for a full-on meal. It has a thick and creamy texture and a slightly tart raspberry flavour. It comes in lots of other flavours, but this one's our favourite.

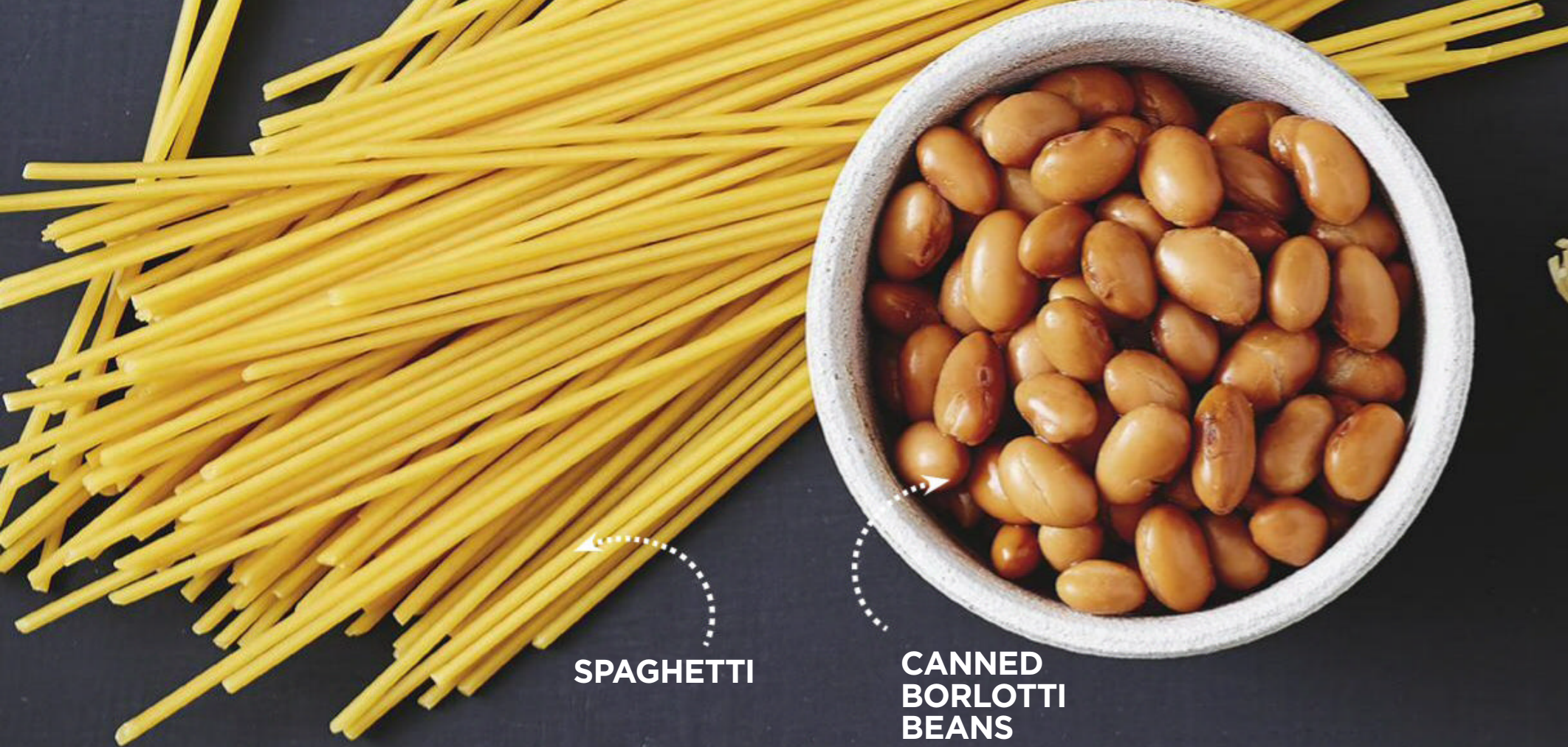


GREEK-STYLE

TASMANIAN TAMAR VALLEY DAIRY GREEK STYLE YOGHURT, 500G TUB, \$3.50

+ This Greek-style yoghurt will become one of your fridge essentials. The thick, rich yoghurt consists of all-natural ingredients and is so versatile. It's not only great for breakfast, but also perfect for dolloping on dinner as a low-fat alternative to sour cream. Think curries, Mexican dishes and soups, plus don't forget to try it in your baking, dips and sauces. It's also available in a 1kg tub for \$6.20.





SPAGHETTI

CANNED
BORLOTTI
BEANS

Last-minute **DINNERS** *from the pantry*



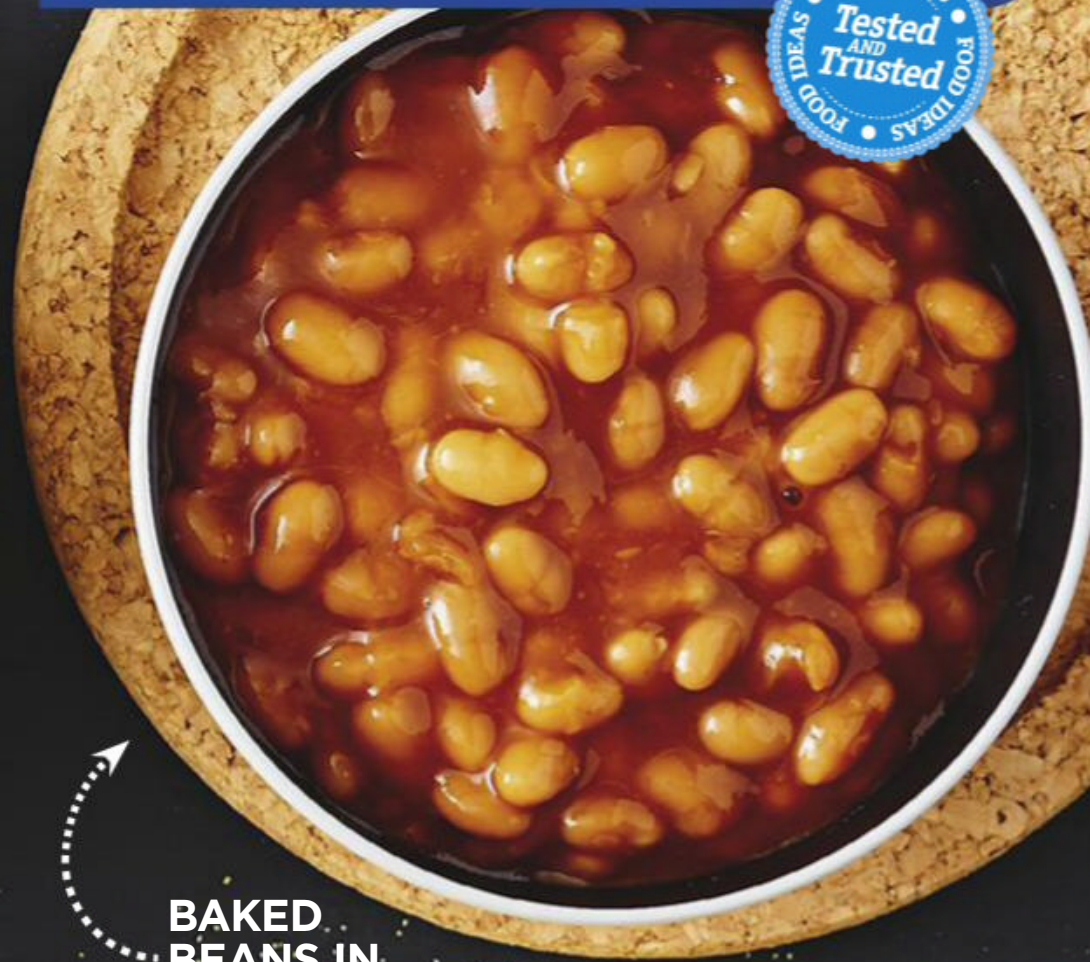
Claire says: Keep your pantry stocked with the essentials to make these clever dinner ideas. Take your pick from fritters, pasta, sausage ragu and more!

RICE





2-MINUTE
NOODLES



BAKED
BEANS IN
BBQ SAUCE



CANNED
CORN

POLENTA



CANNED
TOMATOES



CANNED
TUNA

SPICY DHAL STUFFED
SWEET POTATOES, p27

THE INFO

+ GLUTEN FREE
+ HIGH IN FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$4.83
PER SERVE

6
VEGIES PER
SERVE



CANNED TOMATOES
AND LENTILS UP THE
GOODNESS IN THIS
FIBRE-PACKED MAIN

SUPER EASY
CACIO E PEPE, p28

THE INFO

+ SUPER EASY
+ SUPER FAST
+ VEGETARIAN

\$2.43
PER SERVE

15



CREATE A
GOURMET DINNER
IN JUST 15 MINUTES
WITH SIMPLE DRIED
SPAGHETTI!

CORN FRITTERS WITH ANTIPASTO SALAD

THE INFO

+ GREAT FOR KIDS
+ VEGETARIAN

\$3.28
PER SERVE

30



TURN CANNED CORN
INTO DELICIOUS
GOLDEN FRITTERS
– THE KIDS WILL
LOVE 'EM!

CORN FRITTERS WITH ANTIPASTO SALAD

SERVES 4

PREP 10 MINUTES COOK 20 MINUTES

Vegetable oil, for deep-frying

1½ cups self-raising flour

½ teaspoon baking powder

½ teaspoon sea salt flakes

⅔ cup grated cheddar

410g can corn kernels, drained, rinsed

1 cup buttermilk

1 egg, lightly beaten

120g packet baby leaf salad mix with
sweet carrot

120g tub antipasto mix, undrained
(see notes)

Lemon wedges, to serve

1 Pour enough vegetable oil into a large saucepan to reach halfway up side of pan. Heat over medium-high heat.

2 Meanwhile, combine flour, baking powder, salt, cheese and corn in a large bowl. Make a well in the centre. Add buttermilk and egg. Season with pepper. Mix to combine. Using a 2 tablespoon-capacity spoon (see notes), drop 4 spoonfuls of mixture into the oil. Cook for 4 to 5 minutes or until golden and cooked through. Transfer to a tray lined with paper towel. Repeat with remaining mixture to make 16 fritters in total.

3 Meanwhile, combine salad and antipasto mix in a large bowl. Season with pepper. Toss to combine. Serve fritters with salad and lemon wedges.

NUTRITION: (per serve) 2558kJ; 36.2g fat; 28g sat fat; 18.3g protein; 51.5g carbs; 5.1g fibre; 85mg chol; 1407mg sodium.

SAUSAGE RAGU WITH CREAMY POLENTA

SERVES 4

PREP 15 MINUTES COOK 25 MINUTES

2 tablespoons extra virgin olive oil

500g Italian-style pork sausages,
casings removed

1 brown onion, finely chopped

4 garlic cloves, crushed

½ teaspoon dried chilli flakes

1 tablespoon chopped fresh thyme

2 tablespoons tomato paste

400g can borlotti beans, drained, rinsed

400g can chopped tomatoes

Small fresh basil leaves, to serve

Creamy Polenta

2 cups milk

¾ cup instant polenta

50g butter, chopped

⅓ cup finely grated parmesan

1 Heat oil in a large deep frying pan over medium-high heat. Add sausage mince. Cook, breaking up mince with a wooden spoon, for 7 to 8 minutes or until browned. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic, chilli, thyme and paste. Cook, stirring, for 1 minute or until fragrant.

2 Add beans, tomatoes and ½ cup water. Season with pepper. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 5 minutes or until mixture thickens.

3 Meanwhile, make Creamy Polenta

Combine milk and 2 cups cold water in a medium saucepan. Bring to the boil over medium-high heat. Gradually add polenta, stirring constantly, until combined. Reduce heat to medium-low. Cook, stirring constantly, for 2 minutes or until thickened. Remove from heat. Stir in butter and parmesan. Season with salt and pepper.

4 Spoon sausage ragu over polenta. Serve sprinkled with basil leaves.

NUTRITION: (per serve) 2971kJ; 41.1g fat; 18.5g sat fat; 34.4g protein; 49.5g carbs; 8.9g fibre; 111mg chol; 1183mg sodium. >

Cook's notes:

+ **FOR THE CORN FRITTERS WITH ANTIPASTO SALAD:** Our antipasto mix contained semi-dried tomatoes, fetta and olives.
+ We used a 2 tablespoon-capacity ice-cream scoop to measure the fritters.

SAUSAGE RAGU WITH
CREAMY POLENTA

THE INFO

+ HIGH IN FIBRE

\$3.65
PER SERVE

40

2
VEGIES PER
SERVE



CLASSIC COMFORT
FOOD IS A CINCH
WITH CANNED
BORLOTTI BEANS
AND POLENTA



ONE-POT CAJUN
CHICKEN PILAF

THE INFO

+ ONE PAN

\$4.00
PER SERVE

40



MAKE BASMATI
RICE THE BASE
FOR THIS HEARTY
CHICKEN PILAF



ONE-POT CAJUN CHICKEN PILAF

SERVES 4

PREP 10 MINUTES COOK 30 MINUTES

2 tablespoons extra virgin olive oil
4 chicken thigh cutlets (skin on)
2 tablespoons cajun seasoning
1 brown onion, thinly sliced
1 cup basmati rice
3 garlic cloves, crushed
310g jar roasted red pepper strips, drained
1 chicken stock cube, crumbled
230g jar pitted Sicilian olives, drained, halved
2 tablespoons finely chopped fresh flat-leaf parsley leaves
Lemon wedges, to serve

1 Heat half the oil in a large, deep frying pan over medium-high heat. Rub chicken with 1½ tablespoons seasoning. Cook chicken, turning, for 7 to 8 minutes or until golden and almost cooked through. Transfer to a plate. Cover to keep warm.
2 Heat remaining oil in pan over medium-high heat. Add onion. Cook, stirring, for 4 minutes or until softened. Add rice, garlic and remaining seasoning. Cook, stirring, for 1 minute or until fragrant. Add 2 cups water, capsicum and stock. Bring to the boil. Reduce heat to low. Top with chicken. Cover. Cook for 15 minutes or until rice is tender and chicken is cooked through.
3 Sprinkle pilaf with olives and parsley. Serve with lemon wedges.

NUTRITION: (per serve) 2551kJ; 35.1g fat; 8.5g sat fat; 23g protein; 47.9g carbs; 4.1g fibre; 86mg chol; 2064mg sodium.

SPICY DHAL STUFFED SWEET POTATOES

SERVES 6

PREP 15 MINUTES COOK 45 MINUTES

6 (350g each) orange sweet potatoes
2 tablespoons extra virgin olive oil
1 brown onion, finely chopped
2 x 400g cans brown lentils, drained, rinsed
2 garlic cloves, crushed
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon garam masala
1 teaspoon hot paprika
2 tablespoons tomato paste
270ml can coconut milk
400g can diced tomatoes
1½ tablespoons lemon juice

SPICY DHAL STUFFED SWEET POTATOES

THE INFO

+ CLASSIC MAKEOVER
+ GLUTEN FREE
+ LOWER SODIUM
+ VEGETARIAN

\$4.83
PER SERVE

6
VEGIES PER
SERVE



DIAL UP THE FLAVOUR OF THIS VEGETARIAN DINNER WITH SPICES FROM THE PANTRY

Plain Greek-style yoghurt, fresh coriander sprigs and mixed salad leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Place potatoes on prepared tray. Drizzle with half the oil. Season with salt and pepper. Bake for 45 minutes or until tender. Set aside for 5 minutes to cool slightly.
2 Meanwhile, heat remaining oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add lentils, garlic and spices. Cook, stirring, for 1 minute or until fragrant.
3 Add paste. Stir for 1 minute or until lentils are coated. Add coconut milk and tomatoes. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 10 minutes or until sauce reduces and thickens. Stir in juice. Season with salt and pepper.

4 Cut a 1cm-thick slice from the top of each potato. Place tops in a large bowl. Holding 1 potato with a clean tea towel, scoop flesh from potato, leaving a 1cm border. Transfer flesh to bowl with tops. Repeat with remaining potatoes. Roughly mash potato flesh. Add lentil mixture, folding to combine. Spoon lentil filling into potatoes. Drizzle with yoghurt and sprinkle with coriander sprigs. Serve with salad leaves.

NUTRITION: (per serve) 2320kJ; 16.7g fat; 7.4g sat fat; 18g protein; 71.8g carbs; 17.5g fibre; 6mg chol; 422mg sodium. >

SUPER EASY
CACIO E PEPE

THE INFO

+ SUPER EASY
+ SUPER FAST
+ VEGETARIAN

\$2.43
PER SERVE

15



ON TREND! THE
SECRET TO THIS
RESTAURANT FAVE
IS FRESHLY
GROUND PEPPER

SUPER EASY CACIO E PEPE

SERVES 4

PREP 5 MINUTES COOK 10 MINUTES

375g dried tubular spaghetti

75g butter, chopped

3 garlic cloves, crushed

3 teaspoons coarsely ground black pepper
(see note)

1 cup finely grated parmesan

½ cup finely grated pecorino

¼ cup finely chopped fresh chives

Garlic bread, to serve

1 Cook pasta in a large saucepan of boiling, salted water, following packet directions. Drain pasta, reserving 1 cup cooking liquid.

2 Melt butter in a large frying pan over medium-high heat. Add garlic and pepper. Cook, stirring, for 1 minute or until fragrant. Stir in reserved pasta water.

Add parmesan and pecorino. Whisk to form a thin sauce. Add pasta. Toss to coat.

3 Sprinkle cacio e pepe with chives. Serve with garlic bread.

NUTRITION: (per serve) 3918kJ; 42.2g fat; 26.7g sat fat; 34.1g protein; 101.5g carbs; 6.6g fibre; 84mg chol; 1039mg sodium.

SMOKY JACKAROO BEANS

SERVES 4

PREP 10 MINUTES COOK 25 MINUTES

1 tablespoon extra virgin olive oil

1 red onion, finely chopped

125g middle bacon rashers, trimmed, chopped

300g beef mince

¾ teaspoon dried chilli flakes

1 teaspoon smoked paprika

400g can cannellini beans, drained, rinsed

555g can baked beans in bbq sauce

2 teaspoons brown sugar

2 teaspoons Dijon mustard

⅓ cup finely chopped fresh flat-leaf parsley

Thickly sliced bread, toasted, to serve

1 Heat oil in a large saucepan over medium-high heat. Add onion and bacon. Cook, stirring, for 5 minutes or until onion is tender. Add mince. Cook, breaking up mince with a wooden spoon, for 7 to 8 minutes or until browned.

2 Add chilli and paprika. Cook, stirring, for 1 minute or until fragrant. Add cannellini beans, baked beans, ½ cup water, sugar and mustard. Bring to the boil. Reduce heat to low. Simmer for 5 to 7 minutes or until thickened. Stir in half the parsley.

3 Sprinkle beans with remaining parsley. Serve with toast.

NUTRITION: (per serve) 2962kJ; 28.2g fat; 10.4g sat fat; 35.8g protein; 69.4g carbs; 13g fibre; 80mg chol; 1628mg sodium. >

Cook's note:

+ FOR THE SUPER EASY CACIO E PEPE:

Freshly grind the pepper just before using.

Store-bought cracked pepper or ground black pepper will give you a much different result.

SMOKY JACKARD
BEANS

THE INFO

- + HIGH IN FIBRE
- + MAKE AHEAD
- + ONE PAN
- + SUPER EASY

\$2.57
PER SERVE

35

2
VEGIES PER
SERVE



CANNED BAKED
BEANS GIVE YOU A
FLAVOUR HEAD START
IN THIS HEARTY
CROWD-PLEASER



2-MINUTE NOODLE PEPPERONI PAN PIZZA

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$2.82
PER SERVE

30

THIS FUN TAKE ON PIZZA USING 2-MIN NOODLES WILL BE A HIT WITH THE WHOLE FAMILY!

2-MINUTE NOODLE PEPPERONI PAN PIZZA

SERVES 4

PREP 10 MINUTES COOK 20 MINUTES

- 4 x 74g packets chicken-flavoured 2-minute noodles
- 1 egg, lightly beaten
- 2 tablespoons extra virgin olive oil
- 1 cup grated pizza cheese
- $\frac{3}{4}$ cup tomato pasta sauce
- 50g sliced pepperoni salami
- 120g baby rocket
- 1½ tablespoons balsamic vinegar
- $\frac{1}{4}$ cup finely grated parmesan

1 Preheat oven to 220°C/200°C fan-forced. Cook noodles, with flavour sachets, in a large saucepan of boiling water for 1 minute or until almost cooked (noodles should be slightly softened). Drain. Transfer to a medium bowl. Add egg. Toss to combine.

2 Heat oil in a 22cm (base) cast-iron or ovenproof frying pan over medium heat. Add noodle mixture. Using a spatula, press noodles over base of pan and compress. Reduce heat to low. Sprinkle noodles with half the pizza cheese. Spread with pasta sauce. Top with remaining pizza cheese and salami. Transfer pan to oven. Bake pizza for 15 minutes or until golden. Stand for 5 minutes.

3 Meanwhile, combine rocket, vinegar and parmesan in a bowl. Season with salt and pepper. Cut pizza into wedges. Serve immediately with salad.

NUTRITION: (per serve) 1517kJ; 26.6g fat; 10.7g sat fat; 18.6g protein; 11.2g carbs; 1.6g fibre; 94mg chol; 748mg sodium.

TUNA NACHOS WITH FRESH TOMATO AND CAPSICUM SALSA

SERVES 4

PREP 15 MINUTES COOK 15 MINUTES

- 200g packet round corn chips
- 1 cup grated cheddar
- 3 teaspoons taco seasoning
- 1 large avocado, halved
- 1½ tablespoons lime juice, plus lime wedges to serve
- 2 x 185g cans tuna in oil, drained, roughly flaked
- 1 small red onion, finely chopped
- 1 small green capsicum, finely chopped
- 250g cherry tomatoes, halved and quartered
- $\frac{1}{4}$ cup chopped fresh coriander leaves
- $\frac{1}{2}$ cup sour cream

1 Preheat oven to 220°C/200°C fan-forced. Spread corn chips over the base of a large baking dish. Sprinkle with cheese and 2 teaspoons taco seasoning. Bake for 10 to 12 minutes or until cheese is golden and melted.

2 Meanwhile, scoop avocado flesh into a bowl. Add lime juice. Using a fork, mash until almost smooth. Season with salt and pepper.

3 Top corn chips with tuna, onion, capsicum, tomato and coriander. Serve with mashed avocado, lime wedges and sour cream, sprinkled with remaining taco seasoning.

NUTRITION: (per serve) 3070kJ; 48.8g fat; 18.5g sat fat; 29.1g protein; 40g carbs; 8.1g fibre; 72mg chol; 916mg sodium. ■

TUNA NACHOS WITH
FRESH TOMATO AND
CAPSICUM SALAD

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS
+ ONE PAN

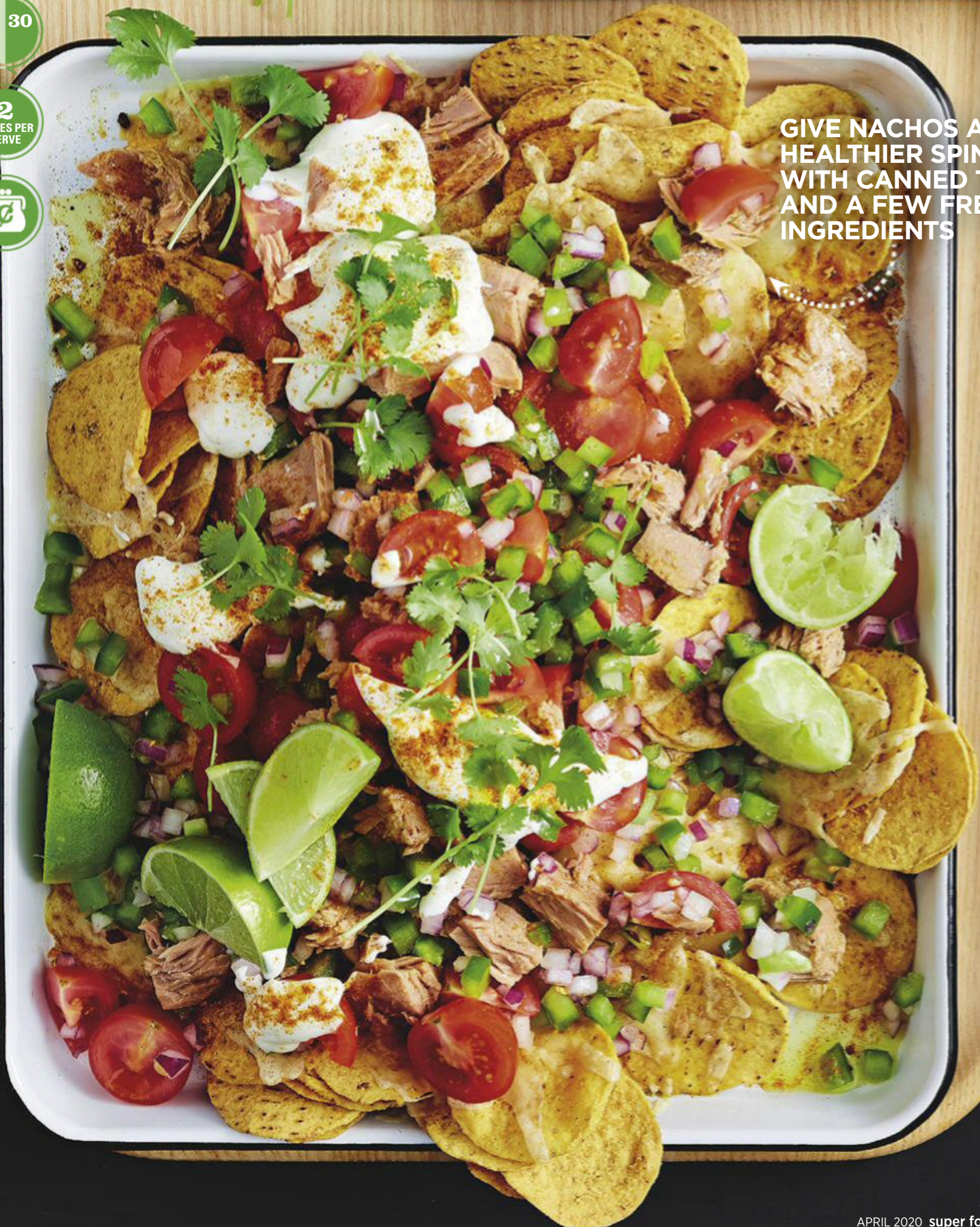
\$4.50
PER SERVE

30

2
VEGIES PER
SERVE



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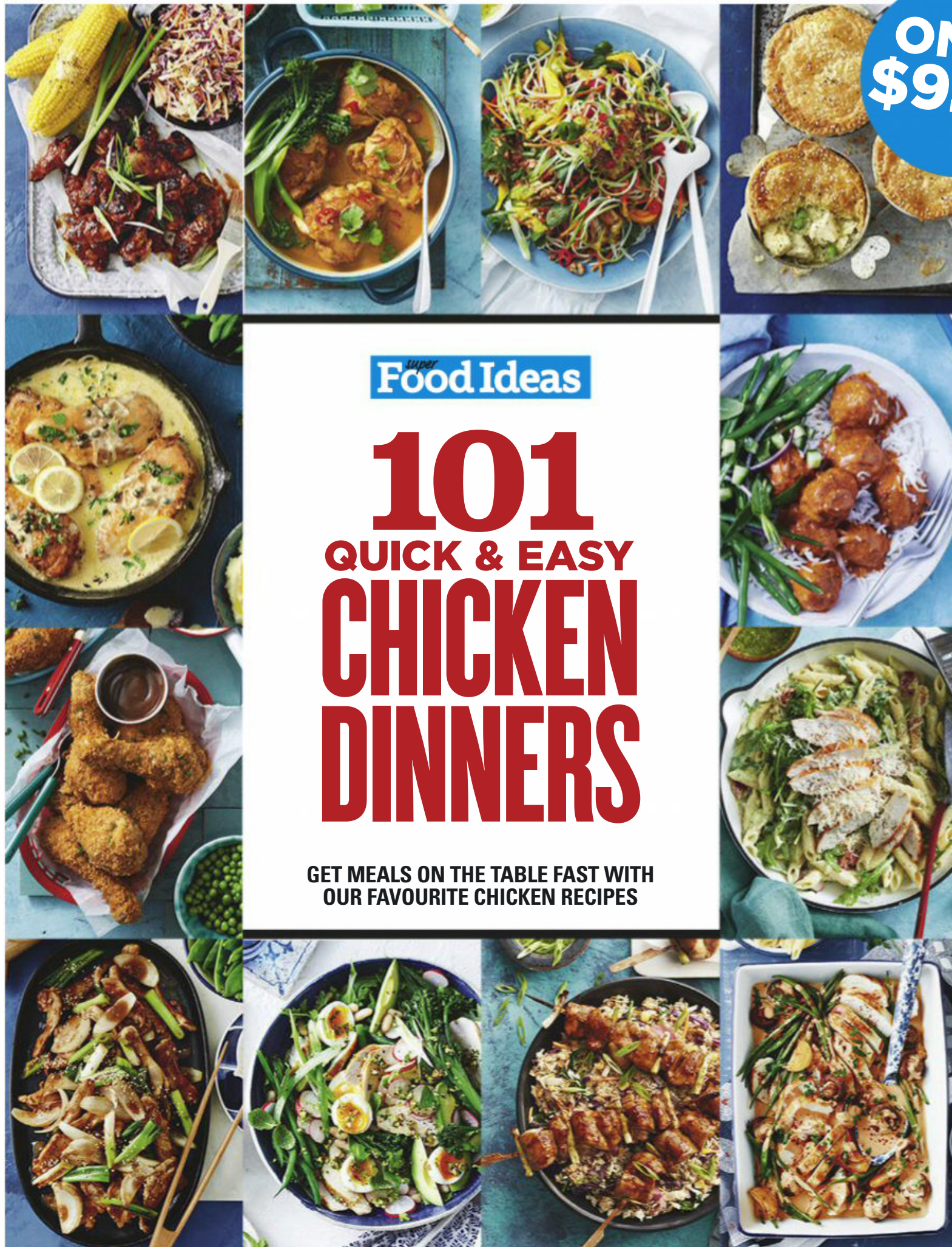
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APRICOT CHICKEN MAKEOVER!

EASY
FAMILY
FAVE



APRICOT CHICKEN
TRAY BAKE, p49

THE INFO

- + CLASSIC MAKEOVER
- + GREAT FOR KIDS
- + LOWER SODIUM
- + ONE PAN

\$2.80
PER SERVE

55

2
VEGIES PER
SERVE







FIVE INGREDIENTS ONE DINNER

SAVE TIME, SIMPLIFY YOUR SHOP,
GRAB SOME OIL OUT OF THE
PANTRY AND SAVOUR LOTS
OF FLAVOUR WITH THESE RECIPES
THAT USE ONLY 5 INGREDIENTS

SATAY BEEF SKEWERS WITH ASIAN SALAD

SERVES 4

PREP 20 MINUTES **COOK** 10 MINUTES

YOU'LL NEED 8 PRE-SOAKED BAMBOO
OR METAL SKEWERS FOR THIS RECIPE.

600g beef rump steak, cut into
2.5cm cubes

250ml bottle satay sauce

1 tablespoon vegetable oil

450g packet 2½-minute microwave
jasmine rice

350g bag Asian-style salad with soy
sesame dressing and crunchy noodles

3 Meanwhile, heat rice following packet directions. Place remaining sauce in a small saucepan over medium heat. Cook, stirring occasionally, for 3 to 5 minutes or until heated through.

4 Place salad ingredients, including dressing and noodles, in a large bowl. Toss to coat. Divide salad and rice among serving plates. Top with skewers and drizzle with sauce. Serve.

NUTRITION: (per serve) 3010kJ; 35.9g fat; 9.8g sat fat; 38.5g protein; 57.9g carbs; 5g fibre; 93mg chol; 986mg sodium. >

1 Place beef in a bowl. Add ½ cup satay sauce. Stir to coat. Thread beef onto 8 skewers.

2 Heat oil in a large frying pan over high heat. Cook skewers, turning, for 6 to 7 minutes for medium, or until browned and cooked to your liking.

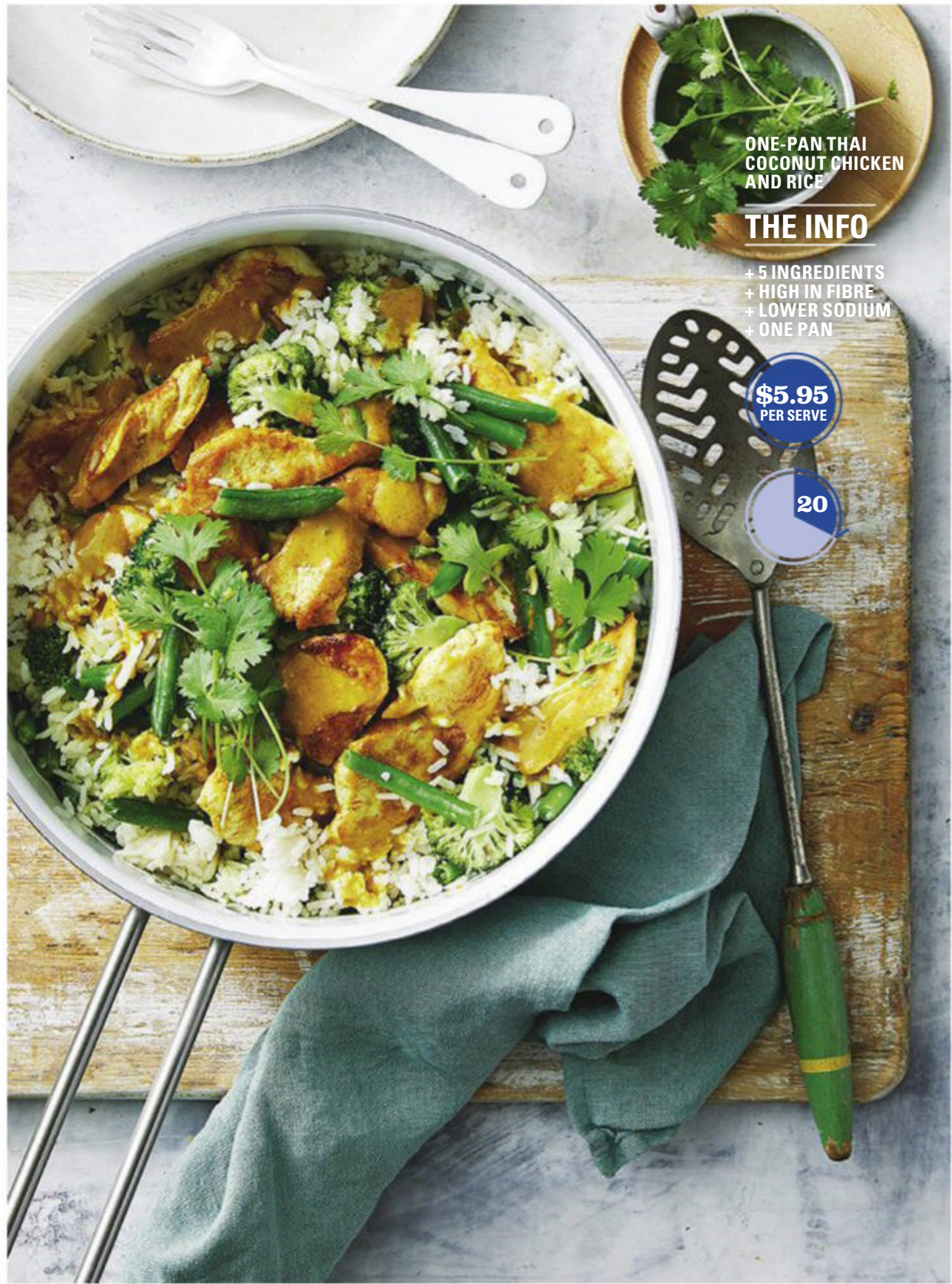
SATAY BEEF SKEWERS
WITH ASIAN SALAD

THE INFO

+ 5 INGREDIENTS
+ ENTERTAINING

\$5.39
PER SERVE

30



ONE-PAN THAI
COCONUT CHICKEN
AND RICE

THE INFO

+ 5 INGREDIENTS
+ HIGH IN FIBRE
+ LOWER SODIUM
+ ONE PAN

\$5.95
PER SERVE

20

ONE-PAN THAI COCONUT CHICKEN AND RICE

SERVES 4

PREP 5 MINUTES

COOK 15 MINUTES

1 tablespoon vegetable oil

2 chicken breast fillets, thickly sliced on an angle

½ x 450g packet Thai green curry cook-in sauce

2 x 250g packets 90-second microwave coconut rice

450g packet frozen steam fresh beans, broccoli and sugar snap peas (see note)

½ cup fresh coriander sprigs

1 Heat oil in a large, deep frying pan over high heat. Add chicken. Cook, turning, for 2 to 3 minutes or until browned. Add ½ cup curry sauce. Cook for 3 to 4 minutes

or until sauce thickens and chicken is cooked through. Transfer to a plate.

2 Place remaining sauce in a small microwave-safe bowl. Microwave on HIGH (100%) for 20 to 30 seconds or until heated through.

3 Meanwhile, add rice and vegetables to pan. Cook, stirring, for 2 to 3 minutes or until vegetables and rice are heated through. Top with chicken and drizzle with sauce. Serve sprinkled with coriander.

NUTRITION: (per serve) 2050kJ; 17.8g fat; 8.3g sat fat; 37.3g protein; 42.6g carbs; 6.5g fibre; 75mg chol; 345mg sodium.

STICKY MANGO PORK AND ROAST VEGIE TRAY BAKE

SERVES 4

PREP 10 MINUTES

COOK 35 MINUTES

600g packet frozen roast vegetables

2 tablespoons extra virgin olive oil

2 x 300g pork fillets

⅓ cup mango chutney

200g tub plain Greek-style yoghurt

½ cup fresh coriander leaves

1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Place vegetables on prepared tray. Roast for 20 minutes.

2 Meanwhile, heat oil in a frying pan over medium-high heat. Add pork. Cook, turning, for 5 minutes or until browned on all sides. Remove pan from heat. Add ¼ cup mango chutney. Turn pork to coat in chutney.

3 Add pork to vegetables in oven. Drizzle pork with chutney from pan. Bake for 15 minutes or until vegetables are tender and pork is just cooked through.

4 Meanwhile, place yoghurt in a serving bowl. Season with salt and pepper. Swirl through remaining chutney. Slice pork. Serve with vegetables and yoghurt, sprinkled with coriander.

NUTRITION: (per serve) 2190kJ; 25.5g fat; 6.7g sat fat; 39.9g protein; 31.4g carbs; 4.2g fibre; 91mg chol; 1477mg sodium. ➤

Cook's note:

+ FOR THE ONE-PAN THAI COCONUT CHICKEN AND RICE: We used Heinz Steam Fresh Beans, Broccoli and Sugarsnap Peas. You'll need all of the three vegie packets for this recipe.

**STICKY MANGO
PORK AND ROAST
VEGIE TRAY BAKE**

THE INFO

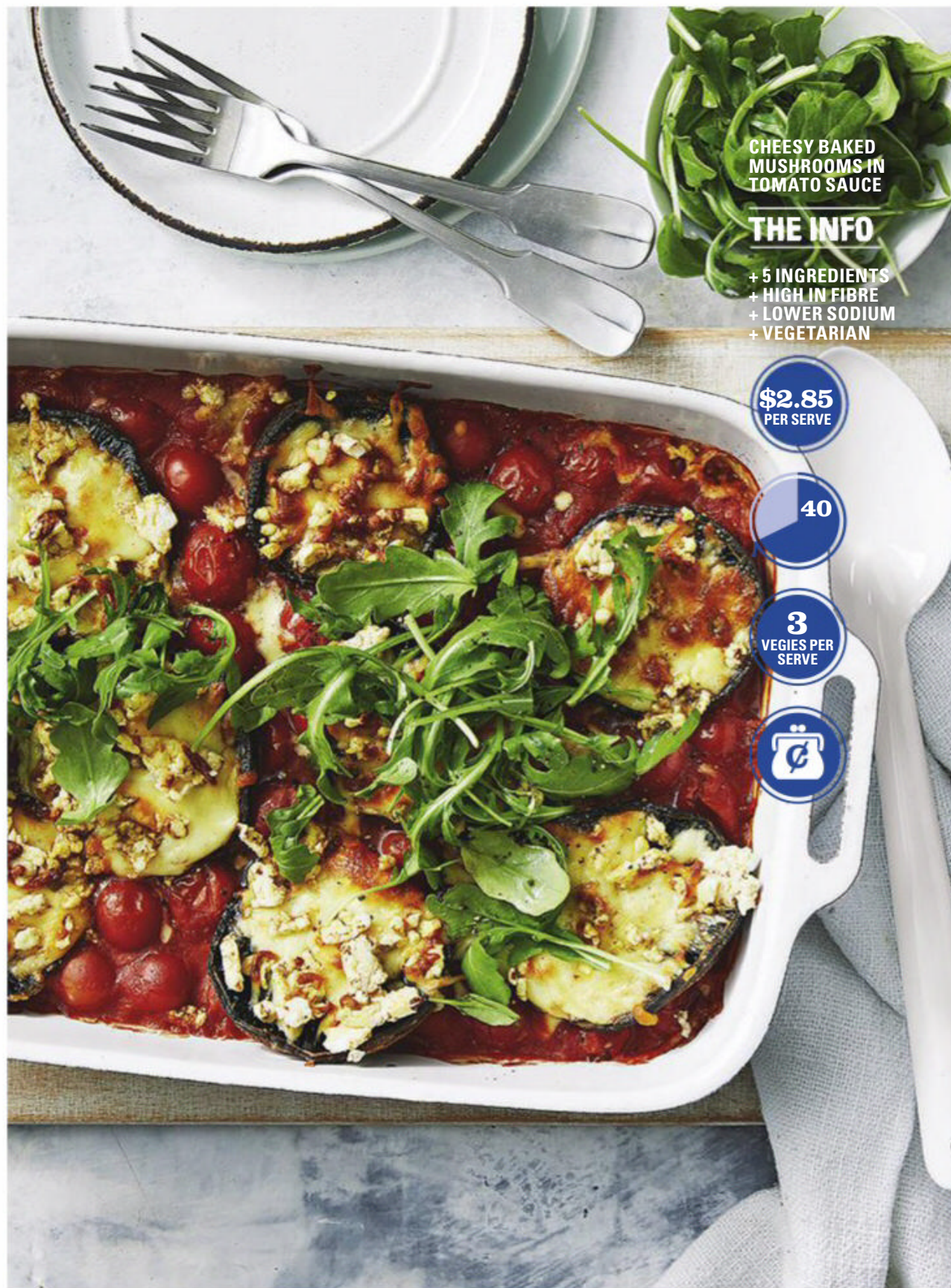
+ 5 INGREDIENTS
+ ENTERTAINING

\$4.40
PER SERVE

45

2
VEGIES PER
SERVE





CHEESY BAKED MUSHROOMS IN TOMATO SAUCE

THE INFO

+ 5 INGREDIENTS
+ HIGH IN FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$2.85
PER SERVE

40

3
VEGIES PER SERVE



CHEESY BAKED MUSHROOMS IN TOMATO SAUCE

SERVES 4

PREP 10 MINUTES

COOK 30 MINUTES

2 x 400g cans cherry tomatoes in juice
¼ cup extra virgin olive oil
8 portobello mushrooms, stems removed
3 Real Foods Ancient Grain Corn Thins, crumbled
1½ cups grated pizza cheese
60g baby rocket

1 Preheat oven to 200°C/180°C fan-forced.
2 Pour tomatoes over base of a 24cm x 32cm (base) roasting pan. Season well with salt and pepper. Drizzle over 1 tablespoon oil. Stir to combine. Top with mushrooms. Drizzle with remaining oil. Season with salt and pepper.

3 Combine corn thins and cheese in a bowl. Top mushrooms with mixture. Bake for 30 minutes or until sauce slightly thickens and mushrooms are tender. Sprinkle with rocket. Serve.

NUTRITION: (per serve) 1530kJ; 26.5g fat; 9.5g sat fat; 17.1g protein; 14.9g carbs; 5.2g fibre; 31mg chol; 459mg sodium.

SFI recommends:

Whole Grain Thins Ancient Grains are a mix of sorghum, corn, brown rice and buckwheat, creating a crispbread with a great nutty taste.



5-INGREDIENT MEATBALL CARBONARA

SERVES 4

PREP 10 MINUTES

COOK 10 MINUTES

325g dried spaghetti
500g pork sausages
1 tablespoon extra virgin olive oil
300ml light thickened cream
¾ cup finely grated parmesan
180g baby spinach

1 Cook pasta in a large saucepan of boiling, salted water, following packet directions. Drain, reserving ⅓ cup cooking liquid.

2 Meanwhile, squeeze sausage mince from casings. Roll level tablespoons of mixture into balls. Heat oil in a large, deep frying pan over medium-high heat. Cook meatballs, in batches, turning, for 5 to 6 minutes or until browned and cooked through.

3 Add cream and reserved cooking liquid to pan. Bring to the boil. Reduce heat to low. Simmer for 2 to 3 minutes or until sauce thickens slightly. Add ½ cup parmesan. Stir until smooth and combined. Add pasta and spinach. Cook for 1 to 2 minutes or until spinach wilts and pasta is coated in sauce. Serve sprinkled with remaining parmesan.

NUTRITION: (per serve) 3493kJ; 44.9g fat; 21.9g sat fat; 33.7g protein; 71.7g carbs; 5.4g fibre; 118mg chol; 1038mg sodium. ■

5-INGREDIENT
MEATBALL
CARBONARA

THE INFO

- + 5 INGREDIENTS
- + GREAT FOR KIDS
- + SUPER EASY

\$4.25
PER SERVE

20



SUPER-EASY
CURRIED SAUSAGE
TRAY BAKE

THE INFO

- + CLASSIC MAKEOVER
- + ONE PAN
- + SUPER EASY

\$4.39
PER SERVE





Tray chic

WHEN YOU'RE PRESSED FOR TIME, STREAMLINING MEALS IS THE KEY TO STAYING SANE! WE'VE TURNED FAMILY FAVOURITE RECIPES INTO NEW ONE-PAN TRAY BAKES TO HELP MAKE DINNERS SUPER SIMPLE

SUPER-EASY CURRIED SAUSAGE TRAY BAKE

SERVES 4

PREP 15 MINUTES COOK 45 MINUTES

1 tablespoon cornflour
 1½ cups chicken stock
 1 tablespoon curry powder
 2 garlic cloves, crushed
 1kg thick lamb sausages (see notes)
 2 carrots, halved lengthways, thinly sliced diagonally
 4 eschalots, cut into quarters (see notes)
 ½ cup frozen peas
 Chopped fresh flat-leaf parsley leaves and crusty bread, to serve

1 Preheat oven to 200°C/180°C fan-forced.
 2 Place cornflour in a jug. Gradually add ¼ cup stock, stirring until smooth. Add curry powder, garlic and remaining stock. Stir until combined.
 3 Arrange sausages, carrot and eschalot, in a single layer, on a large baking tray with sides. Pour over stock mixture. Turn sausages to coat.

4 Bake for 35 minutes or until sausages are golden. Sprinkle with peas. Bake for a further 10 minutes or until sausages are cooked. Sprinkle with parsley. Serve with bread.

NUTRITION: (per serve) 2725kJ; 34.1g fat; 15.8g sat fat; 45.8g protein; 37.8g carbs; 5.6g fibre; 120mg chol; 1639mg sodium. ➤

Cook's notes:

+ You could use beef, pork or chicken sausages instead of lamb sausages.
 + You could use 1 small brown onion, cut into thin wedges, instead of eschalots.

COVER
RECIPE

GLAZED MINI MEATLOAVES TRAY BAKE

SERVES 4

PREP 20 MINUTES COOK 1 HOUR

750g beef mince

1 small brown onion, coarsely grated

2 garlic cloves, crushed

1 egg

3 teaspoons tomato sauce

3 teaspoons barbecue sauce

3 teaspoons Worcestershire sauce

1 tablespoon finely chopped fresh flat-leaf
parsley leaves, plus extra to serve

$\frac{1}{4}$ cup plain flour

650g orange sweet potato, cut into
2cm cubes

1 tablespoon extra virgin olive oil

100g green beans, trimmed

1 bunch asparagus, trimmed

Sticky Glaze

$\frac{1}{3}$ cup tomato sauce

$\frac{1}{3}$ cup barbecue sauce

2 tablespoons maple syrup

2 teaspoons dijon mustard,
plus extra to serve

2 teaspoons red wine vinegar

1 teaspoon smoked paprika

1 Preheat oven to 200°C/180°C fan-forced.
Grease a large baking tray with sides.
Line with baking paper.

2 **Make Sticky Glaze** Combine tomato and
barbecue sauces, maple syrup, mustard,
vinegar, paprika and 1 tablespoon water in
a small bowl. Season with salt and pepper.

3 Place mince, onion, garlic, egg, tomato,
barbecue and Worcestershire sauces, and
parsley in a large bowl. Season with salt
and pepper. Mix until well combined. Divide
mixture into 4 even portions. Shape each
portion into an 8cm x 10cm oval loaf.

4 Place flour on a plate. Lightly coat mini
meatloaves in flour, shaking off excess.
Place on prepared tray. Spoon a little glaze
over meatloaves. Bake for 30 minutes.
Spoon remaining glaze over meatloaves.
Add sweet potato to tray. Drizzle with oil.
Bake for a further 30 minutes, adding beans
and asparagus for the last 10 minutes of
cooking time, or until meatloaves are cooked
through and vegetables are bright green
and tender. Season with salt and pepper.
Sprinkle with extra parsley. Serve with
extra mustard.

NUTRITION: (per serve) 3334kJ; 40g fat;
17.9g sat fat; 38.2g protein; 65.4g carbs;
8.6g fibre; 213mg chol; 965mg sodium. >





GLAZED MINI
MEATLOAVES
TRAY BAKE

THE INFO

- + CLASSIC MAKEOVER
- + HIGH IN FIBRE
- + ONE PAN

\$4.72
PER SERVE

3
VEGIES PER
SERVE



BUTTER CHICKEN
AND CHICKPEA
TRAY BAKE, p50

THE INFO

- + CLASSIC MAKEOVER
- + GREAT FOR KIDS
- + HIGH IN FIBRE
- + ONE PAN
- + SUPER EASY

\$4.16
PER SERVE

3
VEGIES PER
SERVE



SWEET AND SOUR PORK
CUTLET TRAY BAKE, p50

THE INFO

- + ASIAN
- + CLASSIC MAKEOVER
- + LOW FAT
- + ONE PAN
- + SUPER EASY

\$5.94
PER SERVE

50



BUTTER CHICKEN AND CHICKPEA TRAY BAKE

THE INFO

- + CLASSIC MAKEOVER
- + GREAT FOR KIDS
- + HIGH IN FIBRE
- + ONE PAN
- + SUPER EASY

\$4.16
PER SERVE

3
VEGIES PER
SERVE



BUTTER CHICKEN AND CHICKPEA TRAY BAKE

SERVES 4

PREP 10 MINUTES

COOK 50 MINUTES

- 1 red onion, thickly sliced into rounds
- 400g can chickpeas, drained, rinsed
- ¼ cauliflower, cut into florets
- 450g jar butter chicken simmer sauce
- 2 long red chillies, halved lengthways
- 4 chicken thigh cutlets (skin on)
- 1 tablespoon vegetable oil
- 200g snow peas, trimmed
- ½ cup roasted cashews, roughly chopped
- Fresh coriander sprigs and warmed naan bread, to serve

- 1 Preheat oven to 200°C/180°C fan-forced.
- 2 Place onion, chickpeas and cauliflower in a large bowl. Pour over sauce. Toss to coat. Arrange mixture on a baking tray with sides. Top with chillies and chicken, skin-side up. Drizzle with oil. Season with salt and pepper.

- 3 Bake for 40 minutes. Top with snow peas and cashews. Bake for a further 8 minutes or until chicken is cooked through and snow peas are bright green and tender. Sprinkle with coriander. Serve with naan.
- NUTRITION:** (per serve) 3407kJ; 47.8g fat; 14.3g sat fat; 33.2g protein; 58.1g carbs; 10g fibre; 93mg chol; 1199mg sodium.

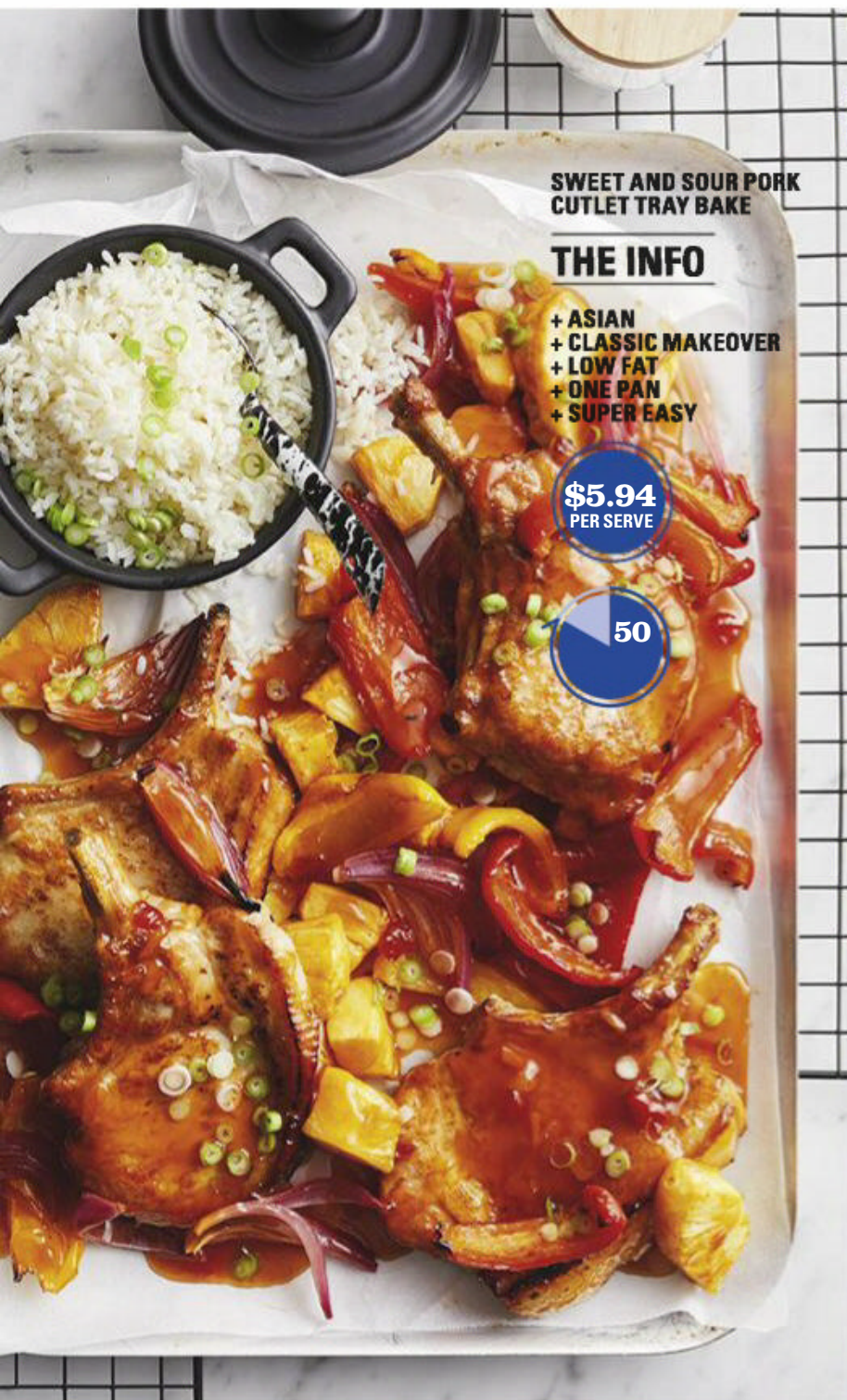
SWEET AND SOUR PORK CUTLET TRAY BAKE

SERVES 4

PREP 15 MINUTES COOK 35 MINUTES

- 270g jar sweet and sour sauce
- 1 tablespoon light soy sauce
- 2 tablespoons lime juice
- 1 red capsicum, thickly sliced
- 1 yellow capsicum, thickly sliced
- 1 red onion, cut into thick wedges
- ½ small pineapple, peeled, cored, cut into 4cm pieces (see notes)
- 4 pork cutlets, trimmed
- 450g packet 2½-minutes microwave jasmine rice
- 1 green onion, thinly sliced

- 1 Preheat oven to 200°C/180°C fan-forced. Grease a large baking tray with sides. Line tray with baking paper.
 - 2 Combine sauces and lime juice in a jug. Place capsicum, red onion and pineapple on prepared tray. Spoon over ¾ of the sauce mixture. Toss to coat. Arrange pork on top. Brush with remaining sauce mixture. Bake, basting occasionally, for 35 minutes or until pork is just cooked through.
 - 3 Meanwhile, heat jasmine rice following packet directions.
 - 4 Sprinkle pork and rice with green onion. Serve sweet and sour pork with rice.
- NUTRITION:** (per serve) 2408kJ; 9.6g fat; 2g sat fat; 42.5g protein; 75g carbs; 5g fibre; 72mg chol; 817mg sodium.



SWEET AND SOUR PORK
CUTLET TRAY BAKE

THE INFO

+ ASIAN
+ CLASSIC MAKEOVER
+ LOW FAT
+ ONE PAN
+ SUPER EASY

\$5.94
PER SERVE

50



APRICOT CHICKEN TRAY BAKE

SERVES 4

PREP 10 MINUTES **COOK** 45 MINUTES

695g tub apricot halves in juice

4 sprigs fresh rosemary

2 tablespoons French onion soup mix

1 tablespoon extra virgin olive oil

1kg chicken drumsticks (see notes)

500g baby chat potatoes, halved

1 red onion, cut into thin wedges

1 Preheat oven to 200°C/180°C fan-forced. Grease a large baking tray with sides. Line tray with baking paper.

2 Drain apricots, reserving ⅓ cup juice. Remove leaves from 1 rosemary sprig. Finely chop. Place soup mix, chopped rosemary, oil and reserved juice in a jug. Stir until well combined. Arrange chicken, potato and onion, in a single layer, on prepared tray. Drizzle over soup mixture. Season with salt and pepper.

3 Bake, turning chicken and adding remaining rosemary sprigs halfway,

for 45 minutes or until chicken is cooked through and potato is tender. Serve.

NUTRITION: (per serve) 1929kJ; 20.7g fat;

5.5g sat fat; 34g protein; 31.5g carbs;

4.5g fibre; 146mg chol; 215mg sodium. ■

Cook's notes:

+ FOR THE SWEET AND SOUR PORK CUTLET TRAY BAKE: You could use a 440g can of pineapple pieces in natural juice, drained, instead of fresh pineapple.

+ FOR THE APRICOT CHICKEN TRAY BAKE: You could use chicken thigh cutlets instead of drumsticks. Cook for a further 5 to 10 minutes or until cooked through.

APRICOT CHICKEN
TRAY BAKE

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS
+ LOWER SODIUM
+ ONE PAN

\$2.80
PER SERVE

55

2
VEGIES PER
SERVE



MUFFIN PAN MAKEOVERS

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MUFFIN PAN LAMB TIKKA FILO PARCELS

MAKES 8

PREP 30 MINUTES (PLUS COOLING)

COOK 55 MINUTES

8 sheets filo pastry
100g butter, melted
 $\frac{2}{3}$ cup plain Greek-style yoghurt
2 tablespoons shredded fresh mint leaves,
plus extra small fresh mint leaves
to serve

Lamb Tikka Masala Filling

1 tablespoon vegetable oil
1 brown onion, finely chopped
500g lamb mince
 $\frac{1}{2}$ red capsicum, finely chopped
2 tablespoons tikka masala curry paste
2 tomatoes, finely chopped
1 tablespoon tomato paste
100g baby spinach
 $\frac{1}{3}$ cup plain Greek-style yoghurt

1 Make Lamb Tikka Masala Filling Heat oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 3 to 4 minutes or until lightly browned. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until browned. Add capsicum and curry paste. Cook, stirring, for 2 minutes. Add tomato, tomato paste and $\frac{1}{3}$ cup water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 8 to 10 minutes or until curry is thick. Stir in spinach. Cook for 1 minute or until spinach wilts. Remove from heat. Stir in yoghurt and season with salt and pepper. Cool for 20 minutes.

2 Meanwhile, preheat oven to 180°C/160°C fan-forced. Place a large baking tray in oven. Lightly grease eight holes of a $\frac{1}{3}$ -cup-capacity muffin pan.

3 Place 1 sheet of filo on a flat surface. Brush with melted butter. Fold filo in half crossways. Brush with butter. Fold filo in half crossways. Cut lengthways into 3 rectangles. Brush rectangles with butter. Stack rectangles to form a star shape. Cover with a clean, slightly damp tea towel. Repeat with remaining filo sheets

and melted butter to make 8 stacks. Line prepared pan holes with pastry stacks.

4 Spoon cooled filling among filo cases. Gently fold edges of filo over filling to partially cover. Brush with butter. Place muffin pan on hot tray in oven. Bake for 20 to 25 minutes or until pastry is golden brown. Stand for 5 minutes.

5 Meanwhile, combine yoghurt and mint in a small serving bowl. Season with salt and pepper. Serve filo parcels dolloped with yoghurt mixture and sprinkled with extra mint leaves.

NUTRITION: (per parcel) 984kJ; 17.1g fat; 9.1g sat fat; 10.4g protein; 8.9g carbs; 1.4g fibre; 72mg chol; 255mg sodium. >

Cook's note:

+ Want to make this recipe even more budget-friendly? Save \$1.50 in total by using chicken or beef mince instead of lamb.



**MUFFIN PAN LAMB
TIKKA FILO PARCELS**

THE INFO

- + ENTERTAINING
- + LOWER SODIUM
- + SUPER EASY

\$2.10
EACH



MUFFIN PAN TOMATO
TARTE TATINS, p54

THE INFO

+ CLASSIC MAKEOVER
+ LOWER SODIUM
+ VEGETARIAN

\$1.05
EACH

45

\$



MUFFIN PAN CHORIZO
AND CAPSICUM
QUICHES, p55

THE INFO

+ CLASSIC MAKEOVER
+ SUPER EASY

\$0.90
EACH

55



MUFFIN PAN TOMATO TARTE TATINS

THE INFO

+ CLASSIC MAKEOVER
+ LOWER SODIUM
+ VEGETARIAN

\$1.05
EACH

45



MUFFIN PAN TOMATO TARTE TATINS

MAKES 6

PREP 25 MINUTES **COOK** 20 MINUTES
*YOU'LL NEED AN 8CM ROUND CUTTER
FOR THIS RECIPE.*

- 1/3 cup brown sugar
- 1/4 cup balsamic vinegar
- 4 garlic cloves, thinly sliced
- 1 tablespoon fresh thyme leaves,
plus extra sprigs to serve
- 3 roma tomatoes
- 1 sheet frozen butter puff pastry,
partially thawed
- 1/3 cup crème fraîche

1 Preheat oven to 200°C/180°C fan-forced. Grease a 6-hole, 3/4-cup-capacity Texas muffin pan. Line base of each hole with a 6.5cm circle of baking paper.

2 Combine sugar and vinegar in a small saucepan over high heat. Cook, stirring, for 3 minutes or until sugar dissolves. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 2 to 3 minutes

or until mixture is slightly thickened and caramelised. Divide mixture among prepared pan holes.

3 Sprinkle garlic and thyme over syrup mixture. Quarter tomatoes lengthways. Remove and discard seeds. Cut each quarter in half diagonally. Arrange 4 pieces of tomato, skin-side down, to cover garlic in each pan hole.

4 Using an 8cm round cutter, cut 6 rounds from pastry. Place 1 pastry round over tomato in each pan hole, tucking in edges around tomatoes. Bake for 10 to 12 minutes or until pastry is golden and puffed. Remove from oven. Stand for 3 minutes.

5 Carefully turn tarts out onto a wire rack set over a baking tray to catch any pan juices. Dollop tarts with crème fraîche. Season with salt and pepper. Sprinkle with thyme sprigs and drizzle with any pan juices. Serve.

NUTRITION: (per tart) 816kJ; 10.3g fat; 6.9g sat fat; 2.4g protein; 21.6g carbs; 2.5g fibre; 25mg chol; 68mg sodium.

MUFFIN PAN TERIYAKI BEEF RISsoles

MAKES 12

PREP 15 MINUTES **COOK** 25 MINUTES

- 750g beef mince
- 1 egg, lightly beaten
- 2/3 cup panko breadcrumbs
- 2cm piece fresh ginger, peeled,
finely grated
- 3 green onions, thinly sliced
- 3 garlic cloves, crushed
- 2/3 cup teriyaki marinade
- 2 tablespoons honey
- 2 tablespoons sesame seeds,
toasted
- 2 tablespoons pickled pink ginger
(optional)

1 Preheat oven to 200°C/180°C fan-forced. Grease a 12-hole, 1/3-cup-capacity muffin pan. Line a baking tray with baking paper.

2 Place mince, egg, breadcrumbs, fresh ginger and half the onion and garlic in a bowl. Add 2 tablespoons teriyaki marinade. Season with salt and pepper.



MUFFIN PAN TERIYAKI BEEF RISSOLES

THE INFO

+ ASIAN
+ CLASSIC MAKEOVER

\$0.70
EACH

40

BEST
VALUE

MUFFIN PAN CHORIZO AND CAPSICUM QUICHES

THE INFO

+ CLASSIC MAKEOVER
+ SUPER EASY

\$0.90
EACH

55



Mix well to combine. Divide mixture evenly among prepared pan holes, pressing firmly. Bake for 15 minutes.

3 Meanwhile, combine honey and remaining teriyaki marinade and garlic in a small saucepan over high heat. Cook, stirring, for 2 minutes or until honey dissolves. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 3 to 4 minutes or until thickened slightly.

4 Turn meatloaves onto prepared baking tray. Drizzle with half the teriyaki sauce mixture. Bake for a further 10 minutes or until lightly browned and cooked through.

5 Transfer meatloaves to a serving plate. Drizzle with remaining sauce mixture. Sprinkle with sesame seeds, pickled ginger (if using) and remaining onion. Serve.

NUTRITION: (per rissole) 933kJ; 13g fat; 5.9g sat fat; 12.5g protein; 13.5g carbs; 0.6g fibre; 71mg chol; 695mg sodium.

MUFFIN PAN CHORIZO AND CAPSICUM QUICHES

MAKES 12

PREP 25 MINUTES COOK 30 MINUTES

12 slices white toast bread,
crusts removed

Olive oil spray

2 chorizo sausages, thinly sliced

4 eggs

½ cup pure cream

⅓ cup milk

½ cup drained roasted red pepper strips

¾ cup grated tasty cheese

3 green onions, thinly sliced

1 Preheat oven to 180°C/160°C fan-forced. Grease a 12-hole, ½-cup-capacity muffin pan.

2 Using a rolling pin, flatten each slice of bread slightly. Spray each side of bread with oil. Line prepared pan holes with bread, pressing to form a case. Bake for 10 minutes or until lightly golden and crisp. Remove from oven.

3 Meanwhile, heat a large frying pan over medium-high heat. Add chorizo. Cook,

turning, for 3 to 4 minutes or until golden and crisp. Transfer to paper towel to drain.

4 Whisk eggs, cream and milk together. Season with salt and pepper. Divide pepper strips, chorizo, cheese and ⅔ of onion among bread cases. Carefully pour over egg mixture. Bake for 20 minutes or until golden and set. Serve quiches sprinkled with remaining onion.

NUTRITION: (per quiche) 967kJ; 14g fat; 6.9g sat fat; 10.6g protein; 14.6g carbs; 1g fibre; 101mg chol; 459mg sodium. >

Cook's note:

+ FOR THE MUFFIN PAN TERIYAKI BEEF RISSOLES: You could make rissoles into mini meatloaves. Press mixture into eight, ½-cup-capacity mini loaf pans. Bake for a further 5 minutes.

MUFFIN PAN PIZZA PUFFS

THE INFO

+ GREAT FOR KIDS
+ SUPER EASY

\$0.95
EACH

45



MUFFIN PAN PIZZA PUFFS

MAKES 12

PREP 20 MINUTES

COOK 25 MINUTES

100g crusty garlic bread,
cut into 2cm pieces
75g shaved salami, chopped
¼ cup pitted kalamata olives, chopped
¼ cup semi-dried tomatoes, chopped
¼ cup chopped fresh basil leaves, plus
extra small leaves to serve
¾ cup grated pizza cheese
4 eggs
1 ¼ cups milk

1 Preheat oven to 180°C/160°C fan-forced.
Line a 12-hole, ⅓-cup-capacity muffin pan
with paper cases (see note).

2 Divide half the bread among paper
cases. Top with salami, olives, tomato,
chopped basil and cheese, then remaining
bread. Whisk eggs and milk together.
Season with salt and pepper. Carefully
divide egg mixture among paper cases.
Stand for 5 minutes.

3 Bake for 20 to 25 minutes or until golden
and set. Stand puffs in pan for 2 minutes.
Transfer to a serving board. Sprinkle with
basil leaves. Serve.

NUTRITION: (per pizza puff) 551kJ; 8.6g fat;
4g sat fat; 7g protein; 6.3g carbs;
0.8g fibre; 88mg chol; 266mg sodium. ■

Cook's note:

+ We used café-style white paper cases.
You could also use two strips of baking paper,
lining each hole in a cross pattern.



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PART 1 | BEST-EVER

SLOW-COOKER DINNERS

**WE'RE LAUNCHING AN EXCITING FOUR-PART SERIES
FEATURING SLOW-COOKED MAINS EVERYONE WILL
LOVE. IN PART ONE, GET STARTED WITH 10 OF OUR
BEST-EVER BUDGET DINNERS TO FEED THE FAMILY**

SLOW-COOKER
BEEF BRISKET
BOURGUIGNON, p64

THE INFO

+ CLASSIC UPDATE
+ FREEZER FRIENDLY
+ MAKE AHEAD

\$4.59
PER SERVE

4
VEGIES PER
SERVE



10
under
\$5

GET READY TO 'SET AND FORGET' FOR A DELICIOUS SLOW-COOKED MEAL! HERE ARE A FEW TIPS FOR THE FOLLOWING RECIPES AND BEYOND, TO HELP YOU MAKE THE MOST OF YOUR SLOW COOKER

WHAT MEAT SHOULD I USE?

The great thing about slow cooking is that the tougher (and usually cheaper!) secondary cuts of meat, including lamb chops and chicken thigh cutlets, work the best (see pages 66 and 70 for delicious recipes using these cuts). Secondary cuts benefit from being cooked for longer and at lower temperatures than leaner meat, as the connective tissue breaks down to give that deep flavour and rich texture.

HOW ABOUT VEGETABLES?

A guiding rule is to make sure you cut vegetables roughly the same size, so they cook evenly. If you finely chop vegies, particularly onions, garlic and capsicum, they'll cook down to form a sauce-like base. If you want your vegetables to keep their shape and bulk, cut them into larger pieces. Add softer vegies, such as zucchini and green beans, towards the end of cooking time if you want them to hold their texture and shape.

LOW AND SLOW

FIVE SECRETS TO SUCCESSFUL SLOW COOKING

1 BROWNING BASICS: Browning meat and vegetables before cooking them in the slow cooker caramelises the ingredients, releasing their flavours.

2 SUPER BOWLS: Some slow-cooker models have a removable sear bowl, so you can brown on the stovetop before transferring the bowl back to the slow cooker. If your slow cooker doesn't have this option, you can use a frying pan instead.

3 SPICE IT UP: When adding dried spices or spice mixes, it's best to cook them at the same time as you're browning and caramelising your ingredients. If you don't, the spices will taste raw and not release their wonderful full flavour and aroma.

4 LESS LIQUID: Generally, you need less liquid when using a slow cooker, as it doesn't reduce through simmering. Ingredients such as vegetables also release a lot of liquid.

5 BEFORE YOU START: Always read manufacturer's directions before using slow cookers, as the operating procedures between brands can vary.

NEXT MONTH!

Keep an eye out for Part Two of our series, with all-new recipes for slow-cooker soups! >

SLOW-COOKER
VEGETARIAN
LENTIL LASAGNE

THE INFO

+ HIGH IN FIBRE

\$3.56
PER SERVE

5.5
VEGIES PER
SERVE





10
under
\$5

SLOW-COOKER VEGETARIAN LENTIL LASAGNE

SERVES 6

PREP 45 MINUTES (PLUS COOLING)

COOK 4 HOURS 35 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
1 carrot, finely chopped
2 celery stalks, finely chopped
200g Swiss brown mushrooms, roughly chopped
4 garlic cloves, crushed
1 tablespoon dried Italian herbs
½ cup dry red wine
2 x **400g** cans lentils, drained, rinsed
2 tablespoons tomato paste
700g jar tomato passata with basil
1 cup vegetable stock
400ml tub sour cream
2 eggs, lightly beaten
1 cup grated pizza cheese
Olive oil cooking spray
5 fresh lasagne sheets
800g butternut pumpkin, peeled, thinly sliced
2 zucchini, peeled into ribbons
Fresh oregano leaves, chopped fresh basil leaves and salad leaves, to serve

1 Heat oil in a large, deep frying pan over medium-high heat. Cook onion, carrot, celery and mushroom, stirring, for 10 minutes or until onion has softened. Add garlic and dried herbs. Cook for 1 minute or until fragrant. Add wine. Bring to the boil. Boil for 2 minutes or until reduced by half. Add lentils, tomato paste, passata and stock. Bring to the boil. Reduce heat to medium. Simmer for 20 minutes or until thickened. Season. Stand for 10 minutes to cool.

2 Place sour cream, eggs and half the cheese in a bowl. Stir to combine. Season.
3 Cut 4 x 50cm lengths of baking paper. Place one piece on a flat surface. Spray with oil. Top with a second piece. Repeat to make a second stack. Place stacks on top of each other to form a cross. Carefully place in greased slow cooker bowl and press against base and side to line bowl. Trim paper if necessary so it sits about 5cm below rim of bowl.
4 Reserve ⅓ cup sour cream mixture. Place 1 lasagne sheet in base of prepared bowl, trimming to fit. Spoon ¼ of the lentil mixture over lasagne sheet. Top with ¼ of the butternut pumpkin and zucchini, slightly overlapping. Drizzle with ¼ of the remaining sour cream mixture. Repeat layers 3 more times. Top with remaining lasagne sheet, trimming to fit. Drizzle with reserved sour cream mixture, spreading to cover top. Sprinkle with remaining cheese.
5 Cover with lid. Cook on LOW for 4 hours or until lasagne sheets and pumpkin are tender. Stand for 10 minutes (see note). Sprinkle with oregano and basil. Serve with salad.

NUTRITION: (per serve) 2862kJ; 37.5g fat; 19.4g sat fat; 25.4g protein; 52.7g carbs; 14.6g fibre; 174mg chol; 1034mg sodium. >

Cook's note:

+ Lasagne will need to stand for 30 minutes if you want to lift it whole from slow cooker. Using the baking paper, carefully lift lasagne from bowl to a serving board.



**SLOW-COOKER
MEATLOAF, p64**

THE INFO

+ CLASSIC MAKEOVER

\$4.45
PER SERVE

2
SERVES OF
VEGIES



10
under
\$5

MISO EGGPLANT
WITH PICKLED
VEGETABLES, p64

THE INFO

- + HIGH IN FIBRE
- + LOW FAT
- + LOW KILOJOULE
- + VEGETARIAN

\$2.13
PER SERVE

4
SERVES OF
VEGIES





SLOW-COOKER MEATLOAF

SERVES 6

PREP 25 MINUTES (PLUS STANDING)

COOK 4 HOURS

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

½ bunch English spinach, trimmed

800g beef mince

2 garlic cloves, crushed

2 tablespoons chopped fresh oregano leaves

1 egg, lightly beaten

1½ cups fresh breadcrumbs

¾ cup smooth ricotta

⅓ cup grated mozzarella

¼ cup caramelised onion relish

½ x 310g jar roasted pepper strips, drained

⅓ cup firmly packed fresh basil leaves

785g jar tomato, onion and garlic pasta sauce

Mixed salad leaves, shaved parmesan and bread, to serve

1 Place spinach in a microwave-safe bowl. Add 1 tablespoon water. Cover with plastic wrap. Microwave on HIGH (100%) for 1 to 2 minutes or until just wilted. Set aside to cool. Squeeze out excess water.

2 Place mince, garlic, oregano, egg and breadcrumbs in a bowl. Season. Mix well.

3 Place 1 sheet of baking paper on a flat surface. Place mixture on paper, pressing to form a 25cm x 28cm rectangle. Leaving a 1cm border, arrange spinach on top. Spread with ricotta. Sprinkle with mozzarella. Dollop with relish. Top with roasted peppers and basil. Using paper as a guide, roll up mince from 1 long end to enclose. Press ends to seal.

4 Pour half the pasta sauce into slow cooker. Place meatloaf, seam-side down, in sauce. Pour over remaining sauce. Season.

5 Cook on HIGH for 4 hours (or LOW for 6 hours) or until meatloaf is cooked through.

Turn slow cooker off. Stand for 10 minutes.

Lift meatloaf onto a board. Slice. Serve with sauce, salad, parmesan and bread.

NUTRITION: (per serve) 3109kJ; 35.6g fat; 18.4g sat fat; 40.7g protein; 60.4g carbs; 8g fibre; 181mg chol; 1254mg sodium.

MISO EGGPLANT WITH PICKLED VEGETABLES

SERVES 4

PREP 20 MINUTES **COOK** 2 HOURS

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

¼ cup white miso paste

2 teaspoons soy sauce

2 garlic cloves, crushed

½ teaspoon sesame oil

2 tablespoons mirin

2 teaspoons caster sugar

2 medium eggplant, halved lengthways

1 cup sushi rice

Pickled ginger, sliced green onion and toasted sesame seeds, to serve

Pickled Vegetables

1 small carrot, cut into thin matchsticks

1 small Lebanese cucumber, seeded, cut into thin matchsticks

⅓ cup rice wine vinegar

2 teaspoons caster sugar

1 Combine miso paste, soy sauce, garlic, oil, mirin, sugar and 2 tablespoons water in a jug. Spread 2 tablespoons miso mixture over base of slow cooker.

2 Using a sharp knife, score the flesh of the eggplant in a criss-cross pattern, being careful not to cut through the skin. Place in slow cooker, cut-side up. Spoon over remaining miso mixture. Cook on HIGH for 2 hours (or LOW for 4 hours), basting with miso mixture halfway through cooking.

3 Meanwhile, make Pickled Vegetables

Place carrot, cucumber, vinegar, sugar and 2 tablespoons water in a bowl. Season. Cover. Set aside for 2 hours.

4 Just before eggplant is ready to serve, rinse rice under cold water. Cook rice, following packet directions and using the absorption method.

5 Drain pickled vegetables. Rinse under cold water. Drain well. Serve eggplant with pickled vegetables, ginger, green onion and rice. Sprinkle with sesame seeds.

NUTRITION: (per serve) 1592kJ; 3.2g fat; 0.3g sat fat; 8.7g protein; 73g carbs; 6.8g fibre; 0mg chol; 1046mg sodium.

SLOW-COOKER BEEF BRISKET BOURGUIGNON

SERVES 6

PREP 20 MINUTES

COOK 6 HOURS 20 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

2 tablespoons extra virgin olive oil

1.5kg beef brisket

1 brown onion, cut into thin wedges

200g streaky bacon, roughly chopped

3 garlic cloves, crushed

6 sprigs fresh thyme, plus extra to serve

1 dried bay leaf

1 cup red wine

½ cup beef stock

1 tablespoon tomato paste

2 carrots, thickly sliced

400g button mushrooms

Steamed green beans and mashed potato, to serve

1 Heat half the oil in a flameproof slow-cooker bowl over medium-high heat. Cook beef for 5 minutes each side or until browned. Transfer to a plate.

2 Reduce heat to medium. Add remaining oil to bowl. Add onion and bacon. Cook, stirring, for 5 minutes or until onion softens. Add garlic and thyme. Cook for 1 minute. Transfer bowl to slow cooker. Add brisket, bay leaf, wine, stock and tomato paste. Top with carrot and mushroom. Cover with lid. Cook on LOW for 6 hours or until beef is very tender.

3 Discard bay leaf. Using 2 forks, shred meat coarsely. Season. Serve with green beans and mashed potato.

NUTRITION: (per serve) 3172kJ; 42.2g fat; 15.6g sat fat; 62.6g protein; 19.9g carbs; 7g fibre; 194mg chol; 814mg sodium. ➤

**SLOW-COOKER BEEF
BRISKET BOURGIGNON**

THE INFO

- + CLASSIC UPDATE
- + FREEZER FRIENDLY
- + MAKE AHEAD

\$4.59
PER SERVE

4
VEGIES PER
SERVE



10
under
\$5



**SPICY PORK STEW
WITH CHILLI POLENTA
DUMPLINGS**

THE INFO

+ HIGH IN FIBRE

\$4.79
PER SERVE

2.5
SERVES OF
VEGIES



**SPICY PORK STEW WITH
CHILLI POLENTA DUMPLINGS**

SERVES 6

PREP 25 MINUTES

COOK 4 HOURS 35 MINUTES

*YOU'LL NEED A 5.5-LITRE SLOW COOKER
FOR THIS RECIPE.*

2 tablespoons extra virgin olive oil
1kg diced pork scotch (neck) or leg
1 red onion, halved, sliced
2 red capsicums, cut into 3cm pieces
2 celery stalks, sliced
2 garlic cloves, thinly sliced
2 tablespoons ground cumin
1 tablespoon ground coriander
¼ teaspoon chilli powder
1 dried bay leaf
½ teaspoon cracked black pepper
¼ teaspoon ground cinnamon
¾ cup beef stock
2 tablespoons brown sugar
410g can chopped tomatoes with paste
400g can red kidney beans, drained, rinsed
2 tablespoons chopped fresh oregano
leaves, plus extra to serve
1 cup self-raising flour

½ cup polenta

1 long red chilli, seeded, finely chopped

½ cup milk

50g butter, melted

1 Heat half the oil in a large frying pan over medium-high heat. Cook pork, in batches, for 3 to 4 minutes or until browned all over. Transfer to slow cooker.
2 Heat remaining oil in pan. Add onion, capsicum and celery. Cook, stirring, for 5 minutes or until starting to soften. Add garlic, cumin, coriander, chilli powder, bay leaf, pepper and cinnamon. Cook, stirring, for 1 minute. Add to slow cooker. Stir in stock, sugar and tomatoes. Cover. Cook on HIGH for 3 hours (or LOW for 6 hours).
3 Discard bay leaf. Stir in beans and oregano.
4 Combine flour, polenta and chilli in a bowl. Season. Make a well. Add milk and butter. Mix well to combine. Roll level tablespoons of mixture into balls.
5 Place dumplings on top of pork mixture. Cover. Cook on HIGH for 1 hour or until dumplings double in size and are cooked through. Remove lid. Cook for 15 minutes

or until tops of dumplings are dry. Serve stew and dumplings with extra oregano.

NUTRITION: (per serve) 2749kJ; 28.5g fat; 10.8g sat fat; 45.5g protein; 49.3g carbs; 11g fibre; 99mg chol; 632mg sodium.

**SLOW-COOKER LAMB CHOPS
IN RED WINE SAUCE**

SERVES 4

PREP 20 MINUTES

COOK 5 HOURS 10 MINUTES

*YOU'LL NEED A 5.5-LITRE SLOW COOKER
FOR THIS RECIPE.*

1 teaspoon extra virgin olive oil
1kg lamb forequarter chops, trimmed
1 red onion, halved, thinly sliced
3 garlic cloves, thinly sliced
410g can finely chopped tomatoes and paste
1 cup dry red wine
5 sprigs fresh thyme
1 sprig fresh rosemary
1½ cups dried risoni pasta
100g reduced-fat fetta, crumbled
⅓ cup chopped fresh flat-leaf parsley leaves
2 teaspoons lemon zest

SLOW-COOKER
LAMB CHOPS IN
RED WINE SAUCE

THE INFO

+ SUPER EASY

\$4.98
PER SERVE



ITALIAN SAUSAGE
AND CHEESY TOMATO
MACARONI

THE INFO

+ CLASSIC MAKEOVER

\$3.59
PER SERVE



10
under
\$5

1 Heat oil in a large non-stick frying pan over medium-high heat. Season lamb. Cook, in 2 batches, for 2 to 3 minutes each side or until browned. Transfer to slow cooker.

2 Reduce heat to medium. Add onion to pan. Cook, stirring, for 5 minutes or until softened. Add garlic. Cook for 1 minute.

Add tomatoes, wine, thyme and rosemary. Season. Pour over lamb. Cover. Cook on LOW for 5 hours or until lamb is tender.

3 Cook risoni pasta in a large saucepan of boiling, salted water, following packet directions. Drain.

4 Sprinkle lamb with fetta, parsley and lemon zest. Serve with risoni.

NUTRITION: (per serve) 2893kJ; 22.3g fat; 7.9g sat fat; 46.5g protein; 63.8g carbs; 5.5g fibre; 95mg chol; 530mg sodium.

ITALIAN SAUSAGE AND CHEESY TOMATO MACARONI

SERVES 6

PREP 20 MINUTES (PLUS STANDING)

COOK 2 HOURS 25 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

1 **tablespoon extra virgin olive oil**

1 **brown onion, chopped**

3 **middle bacon rashers, trimmed, chopped**

500g **Italian pork sausages**

1 **cup chicken stock**

420g **can condensed tomato soup**

3 **cups dried pasta curls**

1**3** **cup light thickened cooking cream**

1**2** **cup frozen peas**

1**2** **cup firmly packed fresh basil leaves**

1**1****2** **cups grated mozzarella**

1**3** **cup panko breadcrumbs, toasted**

2 **bunches broccolini, steamed**

1 Heat oil in a large frying pan over medium-high heat. Add onion and bacon. Cook, stirring, for 5 minutes or until onion is softened. Squeeze sausages from casings into pan. Cook, breaking up sausage mince

with a wooden spoon, for 5 minutes or until browned. Transfer to slow cooker. Add stock, soup and 1 cup water. Cover. Cook on HIGH for 1 hour (or LOW for 2 hours).

2 Add pasta. Cook, stirring halfway through, on HIGH for 1 hour (or LOW for 2 hours) or until pasta is just tender.

3 Stir in cream, peas and basil. Season with pepper. Sprinkle with mozzarella, then breadcrumbs. Cook on HIGH for 15 minutes or until cheese is melted. Remove lid.

Turn cooker off. Stand for 5 minutes. Serve macaroni with steamed broccolini.

NUTRITION: (per serve) 2384kJ; 22.5g fat; 9.9g sat fat; 33.9g protein; 54g carbs; 5.5g fibre; 78mg chol; 1217mg sodium. >

SLOW-COOKER SPICED
CHICKEN MEATBALLS
IN TOMATO SAUCE, p70

THE INFO

+ HIGH IN FIBRE
+ LOWER SODIUM

\$2.05
PER SERVE

2
VEGIES PER
SERVE



10
under
\$5



CHICKEN, TOMATO
AND EGGPLANT
STEW, p70

THE INFO

+ ENTERTAINING
+ LOWER SODIUM
+ SUPER EASY

\$4.16
PER SERVE

5.5
VEGIES PER
SERVE





SLOW-COOKER SPICED CHICKEN MEATBALLS IN TOMATO SAUCE

CHICKEN, TOMATO AND EGGPLANT STEW

SLOW-COOKER SPICED CHICKEN MEATBALLS IN TOMATO SAUCE

SERVES 6

PREP 20 MINUTES (PLUS STANDING)

COOK 4 HOURS 25 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

- 1 slice wholemeal bread, crusts removed, torn
- 2 tablespoons milk
- 500g chicken mince
- 1 egg white
- ⅓ cup dried breadcrumbs
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 brown onion, finely chopped
- 3 garlic cloves, crushed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons tomato paste
- 700g jar tomato passata
- 2 tablespoons honey
- 2 zucchini, halved, thickly sliced
- ⅔ cup frozen peas
- Couscous, plain Greek-style yoghurt and fresh coriander sprigs, to serve

- 1 Place bread and milk in a large bowl. Stand for 10 minutes.
- 2 Add mince, egg white, breadcrumbs, ground coriander, paprika, cumin, ground ginger, half the onion and half the garlic to the bread mixture. Season with salt and pepper. Mix well to combine. Roll level tablespoons of mixture into balls.
- 3 Heat oil in a large frying pan over medium heat. Cook meatballs in 2 batches, turning, for 2 to 3 minutes or until just browned. Place in slow cooker.

- 4 Add remaining onion and garlic to pan. Cook, stirring, for 5 minutes or until onion softens. Stir in tomato paste, passata, honey and ½ cup water. Transfer mixture to slow cooker. Add zucchini. Cook on LOW for 4 hours or until meatballs are tender and cooked through.

- 5 Stir in peas. Cook for a further 10 minutes. Season with salt and pepper. Serve meatballs with couscous, yoghurt and fresh coriander sprigs.

NUTRITION: (per serve) 2187kJ; 15g fat; 4g sat fat; 29.9g protein; 64.2g carbs; 8.4g fibre; 52mg chol; 380mg sodium.

CHICKEN, TOMATO AND EGGPLANT STEW

SERVES 4

PREP 10 MINUTES

COOK 4 HOURS 15 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

- 1 tablespoon extra virgin olive oil
- 4 large chicken thigh cutlets, trimmed
- 2 eggplant, cut into 3cm pieces
- 1 red onion, cut into wedges
- 4 garlic cloves, thinly sliced
- 400g can cherry tomatoes in juice
- 2 tomatoes, roughly chopped
- 1 long red chilli, finely chopped
- 375g dried rigatoni pasta
- ½ cup fresh ricotta, crumbled
- ¼ cup small fresh basil leaves

- 1 Heat oil in a large frying pan over high heat. Cook chicken, turning, for 7 minutes or until browned. Transfer to slow cooker. Season with salt and pepper.
- 2 Return pan to medium-high heat. Cook eggplant, turning, for 7 minutes or until browned. Transfer to slow cooker.

- 3 Add onion, garlic, tomatoes and half the chilli to slow cooker. Cook on LOW for 4 hours or until chicken is falling off the bone. Season with salt and pepper.
 - 4 Cook pasta following packet directions until tender. Drain well. Top pasta with stew and serve sprinkled with ricotta, basil and remaining chilli.
- NUTRITION:** (per serve) 3210kJ; 29.8g fat; 9.8g sat fat; 40.8g protein; 78g carbs; 11.4g fibre; 136mg chol; 317mg sodium.

SLOW-COOKER CIDER-BRAISED CORNED BEEF

SERVES 8

PREP 20 MINUTES

COOK 8 HOURS 25 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER FOR THIS RECIPE.

- 2kg piece uncooked corned beef
- 1 brown onion, quartered
- 1 bunch baby (Dutch) carrots, trimmed
- 750g small baby white potatoes
- 2 cups apple cider
- 2 tablespoons apple cider vinegar
- 2 dried bay leaves
- 1 teaspoon whole black peppercorns
- Fresh dill sprigs, to serve
- [Fennel-roasted Apple and Cabbage](#)
- 4 pink lady apples, quartered
- ½ small red cabbage, cut into small wedges
- 1 teaspoon fennel seeds
- ¼ cup maple syrup, plus extra to serve
- 1 tablespoon extra virgin olive oil

- 1 Place corned beef, onion, carrot and potatoes in slow cooker. Add cider, ½ cup water, vinegar, bay leaves and peppercorns. Cover. Cook on LOW for 8 hours (or HIGH for 4 hours), turning corned beef and vegetables halfway through cooking.
 - 2 **Make Fennel-roasted Apple and Cabbage** Preheat oven to 200°C/180°C fan-forced. Place the apple and cabbage in a roasting pan. Sprinkle with fennel seeds. Drizzle with maple syrup and oil. Season with salt and pepper. Roast, turning the apple and cabbage halfway through cooking, for 20 to 25 minutes or until just tender.
 - 3 Transfer corned beef to a board. Slice thickly. Drizzle apple mixture with a little extra maple syrup. Serve corned beef with roasted apple mixture, potatoes, carrots and a little cooking liquid, sprinkled with dill.
- NUTRITION:** (per serve) 2244kJ; 22.7g fat; 5.3g sat fat; 40g protein; 35.9g carbs; 6.2g fibre; 75mg chol; 2883mg sodium. ■

10
under
\$5

SLOW-COOKER
CIDER-BRAISED
CORNEBEEF

THE INFO

+ GLUTEN FREE
+ HIGH IN FIBRE

\$4.69
PER SERVE

2
VEGIES PER
SERVE



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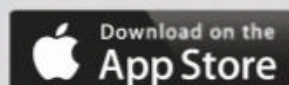
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WEEKEND *cooking*

SUPER-FUN ENTERTAINING WITH SNAGS | THE SWEETEST WAYS WITH CONDENSED MILK



FOOD IDEAS Tested AND Trusted FOOD IDEAS

SUPER-EASY OREO CAKE

GREAT FOR GUESTS!

COOKIES AND CREAM SLAB CAKE, p80

THE INFO

**+ ENTERTAINING
+ GREAT FOR KIDS**

**\$1.19
PER SERVE**

Bangin'

ENTERTAINING

WE'RE CROSSING FUN MEXICAN FLAVOURS WITH OLD-SCHOOL SAUSAGE SUBS TO MAKE A SUPER-EASY FEAST, PERFECT FOR SHARING! FINISH THE PARTY WITH TWO INDULGENT DESSERTS AND YOU'RE ALL SET TO SIZZLE!

CHICKEN SAUSAGE SUBS

SERVES 6

PREP 20 MINUTES COOK 30 MINUTES

6 thick chicken sausages

6 long crusty bread rolls, toasted

Corn chips and tomato sauce, to serve

Charred Corn and Bacon Salad

4 corn cobs, husks and silk removed

125g middle bacon rashers, trimmed

250g cherry tomatoes, quartered

1 large avocado, sliced

$\frac{2}{3}$ cup coarsely grated cheddar

$\frac{1}{3}$ cup ranch salad dressing (see note)

1 tablespoon lemon juice

1 tablespoon finely chopped fresh chives

1 tablespoon finely chopped fresh flat-leaf parsley leaves

1 Make Charred Corn and Bacon Salad

Heat a barbecue grill or chargrill pan over medium-high heat. Cook corn, turning, for 12 minutes or until tender and beginning to char. Transfer to a board. Add bacon to grill. Cook, turning, for 6 minutes or until browned and crisp. Transfer to board. Roughly chop bacon. Add to a serving bowl.

2 Using a small sharp knife, cut kernels from cobs, leaving kernels in chunks. Add to bacon in bowl with tomato, avocado, cheese, dressing, lemon juice, chives and parsley. Season with salt and pepper. Gently toss to combine.

3 Heat a greased barbecue hotplate on medium-high heat. Add sausages. Cook, turning often, for 12 minutes or until browned and cooked through.

4 Split rolls along centre and open out (do not cut all the way through). Divide sausages and some of the salad among rolls. Serve with corn chips, remaining salad and tomato sauce.

NUTRITION: (per serve) 3305kJ; 41.2g fat; 10.3g sat fat; 33.7g protein; 73.7g carbs; 9g fibre; 60mg chol; 1412mg sodium. >

Cook's note:

+ Ranch dressing is a creamy, mayonnaise-based dressing with buttermilk, garlic and herbs. It's available in the salad dressing aisle of the supermarket.





CHICKEN
SAUSAGE SUBS

THE INFO

- + BARBECUE
- + CLASSIC MAKEOVER
- + GREAT FOR KIDS
- + HIGH IN FIBRE

\$3.98
PER SERVE

50

2.5
VEGIES PER
SERVE



FEED THE
crowd!

KIDS WILL LOVE
THE SALAD IN
THESE ROLLS!

THE SPICY TOMATO SALSA IN OUR TEX-MEX SAUSAGE SUBS IS A SUPERSTAR - YOU CAN ALSO SERVE IT WITH STEAK AND SALAD, OR USE IT TO TOP BAKED SPUDS, THEN DRIZZLE OVER A LITTLE MEXICAN CHEESE SAUCE

TEX-MEX SAUSAGE SUBS

SERVES 6

PREP 20 MINUTES (PLUS COOLING)

COOK 30 MINUTES

6 thin beef sausages

6 long crusty bread rolls, toasted

60g baby rocket

1 quantity warm Mexican Cheese Sauce (right) and corn chips, to serve

Spicy Tomato Salsa

1 tablespoon extra virgin olive oil

250g cherry tomatoes

1 red capsicum, thinly sliced

2 garlic cloves, unpeeled

1 teaspoon cornflour

½ small white onion, finely chopped

2 tablespoons chopped fresh coriander leaves, plus extra leaves to serve

1 tablespoon finely chopped jalapeño chillies, plus extra, sliced, to serve

1 Make Spicy Tomato Salsa Heat oil in a large frying pan over medium heat. Add tomatoes, capsicum and garlic. Cook, stirring, for 10 to 15 minutes or until capsicum is charred and garlic is tender. Remove from heat. Carefully squeeze garlic from skin. Discard skin. Place tomato mixture and garlic in a food processor. Pulse until finely chopped. Return to pan over medium heat.

2 Blend cornflour with 1 tablespoon water in a small bowl. Add cornflour mixture, onion, chopped coriander and jalapeño to salsa. Season with salt and pepper. Cook, stirring, for 1 to 2 minutes or until mixture is thick and combined. Transfer to a serving bowl. Stand for 30 minutes to cool.

3 Meanwhile, heat a greased barbecue hotplate on medium-high heat. Add sausages. Cook, turning, for 12 minutes or until browned and cooked through.

4 Split rolls along centre and open out (do not cut all the way through). Divide

rocket and sausages among rolls. Top with salsa. Drizzle with cheese sauce. Top with extra coriander leaves and jalapeños and serve with corn chips.

NUTRITION: (per serve) 2848kJ; 38.2g fat; 18.2g sat fat; 26.8g protein; 55.3g carbs; 3.5g fibre; 64mg chol; 1275mg sodium.

MEXICAN CHEESE SAUCE

MAKES 1 CUP

PREP 5 MINUTES COOK 10 MINUTES

30g butter

1½ tablespoons plain flour

¾ cup milk

100g cheddar, coarsely grated

¼ cup finely grated parmesan

½ teaspoon Mexican chilli powder, plus extra to serve

1 Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in milk. Bring to the boil. Reduce heat to medium. Cook, stirring, for 2 minutes or until mixture boils and thickens.

2 Add ¼ cup cheddar. Whisk until smooth and combined. Continue adding cheddar, ¼ cup at a time, whisking until melted and smooth (see note). Stir in parmesan and chilli powder. Season with salt and pepper. Serve sauce immediately, sprinkled with extra chilli powder.

NUTRITION: (per 2 tablespoons) 659kJ; 12.4g fat; 8.1g sat fat; 7.7g protein; 3.6g carbs; 0.2g fibre; 34mg chol; 278mg sodium. >

Cook's note:

+ Gradually whisking in the cheddar and parmesan will help prevent the sauce from splitting and becoming oily.



MEXICAN CHEESE SAUCE

THE INFO

+ EASY
+ ENTERTAINING
+ VEGETARIAN

\$0.59
PER SERVE

15



BUILD LAYERS
of flavour
TOP ROLLS WITH
RICH SALSA AND
CHEESY SAUCE

TEX-MEX
SAUSAGE SUBS

THE INFO

+ BARBECUE
+ CLASSIC MAKEOVER

\$2.37
PER SERVE



THESE FULLY LOADED SUBS ARE BRIMMING WITH DELICIOUS FLAVOURS! GRILLING THE AVOCADO IS A MUST-TRY TRICK - IT ADDS A GENTLE SMOKY NOTE TO THE MORE-ISH GUACAMOLE

VEGETARIAN SAUSAGE SUBS WITH SMOKY GUACAMOLE

SERVES 6

PREP 25 MINUTES COOK 15 MINUTES

6 vegetarian sausages (see notes)
6 long crusty bread rolls, toasted
Sweet Potato and Black Bean Salad (right), to serve

Smoky Guacamole

2 avocados, unpeeled, halved, stone discarded
1 tomato, seeded, finely chopped
½ small red onion, finely chopped
½ cup chopped fresh coriander leaves
1½ tablespoons lime juice
1 tablespoon extra virgin olive oil

Cajun Lime Haloumi

2 x 225g packets haloumi, thinly sliced
2 tablespoons extra virgin olive oil
2 teaspoons cajun seasoning
½ small red onion, thinly sliced
2 teaspoons finely grated lime rind
1 tablespoon lime juice

1 Make Smoky Guacamole Heat a barbecue grill or chargrill pan over medium-high heat. Cook avocado for 3 to 4 minutes on each side. Carefully scoop avocado flesh from skin. Roughly chop. Transfer to a bowl. Add tomato, onion, coriander, lime juice and oil. Season with salt and pepper. Stir to combine. Cover. Set aside.

2 Heat a greased barbecue hotplate on medium-high heat. Add sausages. Cook, turning often, for 6 minutes or until cooked through. Transfer to a plate. Cover to keep warm.

3 Make Cajun Lime Haloumi Heat barbecue hotplate on medium-high heat. Place haloumi on a chopping board. Brush both sides with a little oil. Sprinkle one side with seasoning (see notes). Cook haloumi for 1 to 2 minutes, turning, until golden and heated through. Transfer to a bowl. Add onion, lime rind and juice and remaining oil. Toss to coat.

4 Split rolls along centre and open out (do not cut all the way through). Divide haloumi mixture and sausages among rolls. Top with guacamole. Serve with black bean salad.

NUTRITION: (per serve) 3763kJ; 54.6g fat; 20.6g sat fat; 32.3g protein; 63.5g carbs; 10.4g fibre; 63mg chol; 1389mg sodium.

SWEET POTATO AND BLACK BEAN SALAD

SERVES 6

PREP 10 MINUTES COOK 25 MINUTES

300g orange sweet potato, unpeeled, cut into 1cm pieces
2 tablespoons extra virgin olive oil
1½ tablespoons lemon juice
400g can black beans, rinsed, drained
4 radishes, trimmed, cut into matchsticks
60g baby spinach
1 long green chilli, thinly sliced

1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper. Place potato on prepared tray. Drizzle with half the oil. Season with salt and pepper. Bake for 20 to 25 minutes or until tender.

2 Transfer sweet potato to a large serving bowl. Add remaining oil, lemon juice, black beans, radish, spinach and chilli. Season with salt and pepper. Toss to combine. Serve.

NUTRITION: (per serve) 581kJ; 6.5g fat; 1g sat fat; 4.4g protein; 13.5g carbs; 4.2g fibre; 0mg chol; 375mg sodium. >

Cook's notes:

+ **FOR THE VEGETARIAN SAUSAGE SUBS WITH SMOKY GUACAMOLE:** We used Syndian Spicy Smoked Chipotle vegan sausages.
+ **For an extra kick of heat in the Cajun Lime Haloumi,** double the amount of cajun seasoning and coat both sides of the haloumi.



MAKE THEM
meat-free
OUR VEGO SUBS
ARE A REAL
CROWD FAVE!

GREAT-FOR-YOU
super salad
**FIBRE-RICH
BLACK BEANS
ADD A BOOST**

SWEET POTATO AND
BLACK BEAN SALAD

THE INFO

- + GLUTEN-FREE
- + HIGH IN FIBRE
- + LOW SATURATED FAT
- + SUPER EASY
- + VEGETARIAN

\$1.20
PER SERVE

35



VEGETARIAN SAUSAGE
SUBS WITH SMOKY
GUACAMOLE

THE INFO

- + BARBECUE
- + CLASSIC MAKEOVER
- + HIGH IN FIBRE
- + VEGETARIAN

\$5.21
PER SERVE

40

2.5
VEGIES PER
SERVE

COOKIES AND CREAM SLAB CAKE

SERVES 12

PREP 40 MINUTES (PLUS COOLING)

COOK 35 MINUTES

3 cups cake, biscuit and pastry plain flour

1½ cups caster sugar

1 teaspoon baking powder

½ teaspoon bicarbonate of soda

½ teaspoon salt

250g butter, softened

1 tablespoon vanilla extract

1¼ cups milk

3 eggs

2 x 137g packets original Oreo cookies

3 x 23g packets mini chocolate-filled

Oreo cookies

Chocolate sauce and strawberries, to serve

Vanilla Buttercream

250g butter, softened

500g icing sugar mixture

2 tablespoons milk

2 teaspoons vanilla extract

1 Preheat oven to 180°C/160°C fan-forced. Grease a 5cm-deep, 22cm x 32cm (base) baking pan. Line base and sides with baking paper, extending paper 4cm above edges on all sides.

2 Using an electric mixer, beat flour, sugar, baking powder, bicarb and salt on low speed until just combined. Add butter, vanilla, milk and eggs. Beat on medium speed until mixture is pale and creamy.

3 Reserve 6 original Oreo cookies and set aside. Roughly chop remaining original Oreo cookies and fold through cake batter. Spread mixture evenly into prepared pan. Bake for 30 to 35 minutes or until a skewer inserted into centre of cake comes out clean. Stand in pan for 10 minutes. Turn, top-side up, onto a wire rack to cool.

4 **Make Vanilla Buttercream** Using electric mixer, beat butter until pale and creamy. Gradually add icing sugar, beating until well combined. Add milk and vanilla. Beat until combined.

5 Spread top of cake with buttercream. Split 2 reserved cookies. Remove and discard filling, then roughly crumble cookie over the cake. Halve remaining reserved cookies. Top cake with halved and mini cookies. Drizzle with chocolate sauce and serve with strawberries.

NUTRITION: (per serve) 3881kJ; 42.7g fat; 28.2g sat fat; 7.6g protein; 128.1g carbs; 2.3g fibre; 129mg chol; 685mg sodium. >



GREAT FOR
parties

OREOS MAKE AN
EASY TOPPING
FOR THIS CAKE!

COOKIES AND CREAM
SLAB CAKE

THE INFO

+ ENTERTAINING
+ GREAT FOR KIDS

\$1.19
PER SERVE

RASPBERRY AND VANILLA FRENCH TOAST TRAY BAKE

SERVES 8

PREP 15 MINUTES (PLUS OVERNIGHT REFRIGERATION)

COOK 45 MINUTES

2 x 400g unsliced brioche loaves, cut into 1.5cm-thick slices
1 cup frozen raspberries, plus fresh raspberries, to serve
6 eggs
3 cups milk
1 cup maple syrup
1 tablespoon vanilla extract
½ teaspoon ground cinnamon
25g butter, chopped
250g tub mascarpone
2 tablespoons caster sugar
Pure icing sugar, to serve

1 Grease a 5cm-deep, 21cm x 30cm (base) rectangular ovenproof dish. Arrange the brioche and raspberries, overlapping, over base of prepared dish.

2 Whisk eggs, milk, ¼ cup maple syrup and 3 teaspoons vanilla in a bowl until combined. Pour over brioche. Sprinkle with cinnamon. Cover with plastic wrap. Refrigerate overnight (see notes).

3 Remove baking dish from fridge. Preheat oven to 180°C/160°C fan-forced. Remove and discard plastic wrap.

Dot brioche with butter. Bake for 40 to 45 minutes until golden and set.

4 Meanwhile, place remaining maple syrup and vanilla in a medium saucepan over high heat (see notes). Bring to the boil. Reduce heat to low and simmer, uncovered, for 3 to 4 minutes or until

reduced by one-third. Remove from heat. Cover to keep warm.

5 Combine mascarpone and caster sugar in a bowl. Top tray bake with extra raspberries. Drizzle with warm syrup and dust with icing sugar. Serve with mascarpone mixture.

NUTRITION: (per serve) 3042kJ; 32.2g fat; 19.3g sat fat; 16g protein; 91.6g carbs; 4.4g fibre; 227mg chol; 504mg sodium. ■

Cook's notes:

+ Refrigerate bread mixture for at least 8 hours to allow flavours to develop. Refrigerate uncooked bread mixture for up to 24 hours.
+ For an adults-only version, add 1 tablespoon bourbon or rum to the maple syrup mixture at the beginning of Step 4.

RASPBERRY AND VANILLA FRENCH TOAST TRAY BAKE

THE INFO

+ CLASSIC MAKEOVER
+ ENTERTAINING
+ GREAT FOR KIDS

\$2.41
PER SERVE

MAKE-AHEAD
dessert

PREP THE DAY BEFORE, THEN BAKE AND SERVE



SUPER SHELF

Check out these great products in shops and supermarkets

The perfect balance

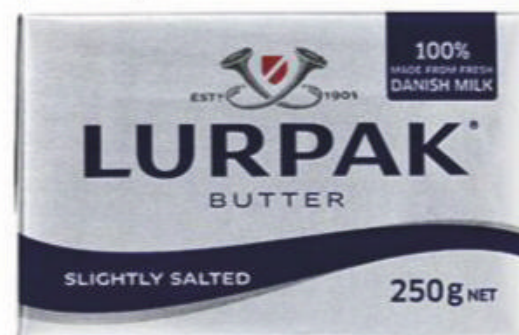
What do you do when you love meat but know you need to eat more vegies? Perfectly Balanced has the answer! Adding sweet potato and kale to prime

Australian beef gives the classic-style meatballs a fresh, delicate flavour. Find them at Woolworths and visit perfectlybalanced.com.au for more info.



Danish and delicious

Enhance your favourite bakes and sides. Fresh cream and a sprinkling of salt make Lurpak butter ideal for melting over tender crisp steamed vegetables, baking into cakes or simply spreading on a thick slice of fresh sourdough bread. So good, it's hard to imagine using any other butter. Learn more and discover some buttery recipes at lurpak.com.



Indulge your senses

Castello Double Cream Brie is a white mould cheese that's deliciously rich and brie-lliantly creamy. It's handcrafted in open vats using traditional methods to achieve its thin rind and softness throughout. Its buttery taste pairs well with grilled peaches, or simply enjoy it with crisp crackers and a glass of Chardonnay. It's also available in a 300g size.



Get dressed

The timeless love story between olive oil and vinegar has a new chapter. New Oli & Vine salad dressings are carefully crafted and rich in flavour. No artificial colours or flavours, just true love. The range is available at Woolworths, IGA and Foodland. Find your new love at oliandvine.com.au.



A lighter bite

These tasty slices are made using a delicious mix of ancient grains, including sorghum, corn, brown rice, buckwheat and linseed. The grains pop like popcorn and are then squished to make a delicious crispbread with a more-ish taste. Gluten-free and non-GMO, they are the perfect crispbread to have with your favourite toppings. Available in the biscuit aisle of most Woolworths stores. Visit cornthins.com for more.



Milk options

Looking for a great-value alternative to dairy milk that you can keep in the cupboard? The Inner Goodness range includes low-cholesterol Oat Milk, which is made with just four ingredients, and Unsweetened Almond Milk. Use them on cereal, in baking or for coffee and tea. Available at Aldi.



How sweet it is!

IT'S THE VERSATILE SECRET INGREDIENT THAT'S OH-SO-EASY TO KEEP ON HAND. YOU'VE PROBABLY ALREADY GOT IT IN YOUR PANTRY! MEET CONDENSED MILK — YOUR NEW BAKING BEST FRIEND

TROPICAL JELLY SLICE

SERVES 20

PREP 25 MINUTES (PLUS REFRIGERATION)

250g plain sweet biscuits

150g butter, melted

395g can sweetened
condensed milk

½ cup lemon juice, strained

1⅓ cups boiling water

2 teaspoons gelatine powder

85g packet pineapple
jelly crystals

3 passionfruit, halved

Fresh mint leaves,
to serve

- 1 Grease a 3cm-deep, 18cm x 28cm (base) slice pan. Line base and sides with baking paper, extending paper 5cm above edges on all sides. Place biscuits in a food processor. Process until fine crumbs form. Add butter. Process until just combined. Press biscuit mixture into base of prepared pan. Refrigerate for 30 minutes or until firm.
- 2 Stir condensed milk and lemon juice in a bowl until combined. Place ¾ cup boiling water in a small jug. Sprinkle over gelatine. Stir until dissolved. Stir gelatine mixture into condensed milk mixture. Pour over biscuit base. Refrigerate for 1 hour or until set.
- 3 Meanwhile, place jelly crystals in a large heatproof bowl. Add remaining boiling water. Stir until dissolved. Add 200ml cold water. Stir to combine. Stir in passionfruit pulp. Stand for 10 to 15 minutes to cool to room temperature.
- 4 Pour jelly mixture over slice. Refrigerate for 2 hours or until set. Carefully remove slice from pan. Sprinkle with mint leaves. Cut into pieces. Serve.

NUTRITION: (per serve) 828kJ; 9.6g fat;
6.1g sat fat; 3g protein; 24.1g carbs;
0.8g fibre; 19mg chol; 130mg sodium. >





TROPICAL JELLY SLICE

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$0.56
PER SERVE



TOFFEE AND CARAMEL
ANZAC TART

THE INFO

+ CLASSIC MAKEOVER
+ ENTERTAINING

\$0.75
PER SERVE



TOFFEE AND CARAMEL
ANZAC TART

SERVES 12

PREP 25 MINUTES (PLUS COOLING
AND REFRIGERATION) COOK 40 MINUTES

1 cup plain flour
1 cup traditional rolled oats
 $\frac{3}{4}$ cup desiccated coconut
 $\frac{1}{3}$ cup brown sugar
 $1\frac{1}{3}$ cups caster sugar
125g butter, chopped
2 tablespoons golden syrup
 $\frac{1}{2}$ teaspoon bicarbonate of soda
Sweetened Condensed Milk Caramel
395g can condensed milk
 $\frac{1}{4}$ cup brown sugar
40g butter
2 tablespoons golden syrup

1 Preheat oven to 180°C/160°C fan-forced.
Grease a 3cm-deep, 23cm (base) round

loose-based fluted tart pan. Place prepared
pan on a baking tray.

2 Combine flour, oats, coconut, brown
sugar and $\frac{1}{3}$ cup caster sugar in a large
bowl. Make a well in the centre. Place butter,
golden syrup and 2 tablespoons cold water
in a saucepan over low heat. Cook, stirring
occasionally, for 4 to 5 minutes or until
butter has melted. Remove from heat. Stir
in bicarbonate of soda. Stir butter mixture
into oat mixture until combined. Spoon
 $\frac{3}{4}$ of the oat mixture into prepared pan.
Press evenly over base and sides. Bake for
20 minutes or until lightly golden. Stand
for 20 to 25 minutes to cool slightly.

3 **Meanwhile, make Sweetened Condensed
Milk Caramel** Combine condensed milk,
brown sugar, butter and golden syrup in
a medium saucepan over medium-low
heat. Cook, stirring constantly, for 8 to
10 minutes or until mixture thickens and

is golden. Pour into tart case. Use the back
of a spoon to smooth surface. Sprinkle with
remaining oat mixture. Bake for 10 minutes
or until firm. Stand for 30 minutes to cool.
Refrigerate for 2 hours or until set.

4 Place tart on a serving plate. Place
remaining 1 cup caster sugar and $\frac{1}{2}$ cup
hot water in a saucepan over low heat.
Cook, stirring, for 3 minutes or until sugar
is dissolved. Increase heat to high. Bring
to the boil. Boil, without stirring, for
8 minutes or until mixture turns golden.
Set aside for 30 seconds for bubbles to
subside. Drizzle toffee over tart. Stand
for 15 minutes or until set. Serve.

NUTRITION: (per serve) 1925kJ; 18.3g fat;
12.7g sat fat; 5.2g protein; 69g carbs;
2.1g fibre; 32mg chol; 204mg sodium.

LEMON DRIZZLE POUND CAKE**SERVES** 10**PREP** 20 MINUTES (PLUS COOLING)**COOK** 1 HOUR**150g butter, softened****⅓ cup caster sugar****1 tablespoon finely grated lemon rind****1 teaspoon vanilla extract****2 eggs****⅔ cup sweetened condensed milk (see note)****1 cup plain flour****¾ cup self-raising flour****2 tablespoons lemon juice****Lemon Glaze****½ cup sweetened condensed milk (see note)****20g butter****½ cup icing sugar mixture, sifted****2 tablespoons lemon juice****¼ cup coconut flakes, toasted**

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 9cm x 20cm (base) loaf pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.

2 Using an electric mixer, beat butter, sugar, lemon rind and vanilla until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in condensed milk until combined. Sift over flours. Fold until just combined. Fold in lemon juice to combine. Spoon mixture into prepared pan. Smooth top.

3 Bake for 50 to 55 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 10 minutes. Transfer to a wire rack to cool completely.

4 Meanwhile, make **Lemon Glaze** Combine condensed milk and butter in a medium

saucepan over medium heat. Cook, stirring, for 2 minutes or until butter has melted. Remove from heat. Whisk in icing sugar and lemon juice. Strain into a bowl. Refrigerate for 15 minutes or until glaze thickens slightly. Pour glaze over cake and allow to drizzle down sides. Stand for 10 to 15 minutes or until set. Top with toasted coconut flakes. Serve.

NUTRITION: (per serve) 1780kJ; 19.7g fat; 13.2g sat fat; 7.3g protein; 53.9g carbs; 1.5g fibre; 89mg chol; 262mg sodium. ➤

Cook's note:

+ You will need just one 395g can sweetened condensed milk for this recipe, divided as indicated in the ingredient list.

**LEMON DRIZZLE
POUND CAKE****THE INFO****+ SUPER EASY****\$0.70**
PER SERVE

SNICKERS AND PEANUT BUTTER CARAMEL POKE CAKE

SERVES 16

PREP 25 MINUTES (PLUS COOLING AND REFRIGERATION) **COOK** 1 HOUR

180g block dark chocolate, chopped

$\frac{2}{3}$ cup caster sugar

200g butter, softened

3 eggs, lightly beaten

1 cup self-raising flour

$\frac{1}{3}$ cup plain flour

$\frac{1}{4}$ cup cocoa powder

395g can sweetened condensed milk

$\frac{1}{2}$ cup smooth peanut butter

$\frac{2}{3}$ cup icing sugar mixture

2 x 50g snickers bars, thinly sliced

Chocolate syrup, to serve

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm (base) square

cake pan. Line pan with baking paper, extending paper 2cm above edges of pan.

2 Combine chocolate, sugar, 125g butter and $\frac{1}{2}$ cup water in a small saucepan over low heat. Cook, stirring, for 3 to 4 minutes or until chocolate melts and mixture is smooth. Cool for 15 minutes. Transfer to a large bowl. Whisk eggs into chocolate mixture. Fold in flours and cocoa powder until combined. Pour cake mixture into prepared pan. Bake for 45 to 50 minutes or until a skewer inserted into the centre comes out clean. Stand cake in pan for 30 minutes to cool.

3 While cake is still warm, push the end of a wooden spoon into the top of the cake to make deep holes, spacing them about 3cm apart and being careful not to push the whole way through the cake. Allow cake to cool completely.

4 Combine condensed milk and peanut butter in a saucepan over medium-low heat. Cook, stirring constantly, for 5 minutes or until mixture boils and thickens slightly. Cool for 5 minutes.

5 Place cake on a serving plate. Place half the warm peanut butter caramel sauce in a jug. Reserve remaining sauce. Carefully pour sauce into each hole in the cake. Cover cake. Refrigerate for 30 minutes.

6 Using an electric mixer, beat icing sugar and remaining butter until light and fluffy. Beat in remaining cooled sauce until combined. Refrigerate for 10 minutes or until frosting is thick. Spread frosting over cake. Top with sliced snickers bars and drizzle with chocolate syrup. Serve.

NUTRITION: (per serve) 1852kJ; 23.1g fat; 11.6g sat fat; 8.5g protein; 49.6g carbs; 1.5g fibre; 75mg chol; 252mg sodium.

SNICKERS AND
PEANUT BUTTER
CARAMEL POKE CAKE

THE INFO

+ ENTERTAINING

\$0.99
PER SERVE





FOUR-INGREDIENT APRICOT MACAROONS

MAKES 20

PREP 20 MINUTES (PLUS COOLING)

COOK 20 MINUTES

100g dried apricots, finely chopped

4 cups shredded coconut

395g can sweetened condensed milk

100g dark chocolate, melted

1 Preheat oven to 180°C/160°C fan-forced. Line 2 large baking trays with baking paper.
2 Combine apricot and coconut in a large bowl. Add sweetened condensed milk. Stir

until combined. Using damp hands, shape 2 level tablespoons of mixture into balls. Place balls, 5cm apart, onto prepared trays.
3 Bake for 15 to 18 minutes or until macaroons are lightly browned. Cool completely on trays.

4 Place melted chocolate in a small bowl. Dip the base of 1 macaroon in melted chocolate, allowing excess chocolate to drain off. Return to tray. Stand for 30 minutes or until set. Serve.

NUTRITION: (each) 928kJ; 14.8g fat; 12.4g sat fat; 3.2g protein; 17.4g carbs; 2.3g fibre; 5mg chol; 27mg sodium. ■

FOUR-INGREDIENT
APRICOT MACAROONS

THE INFO

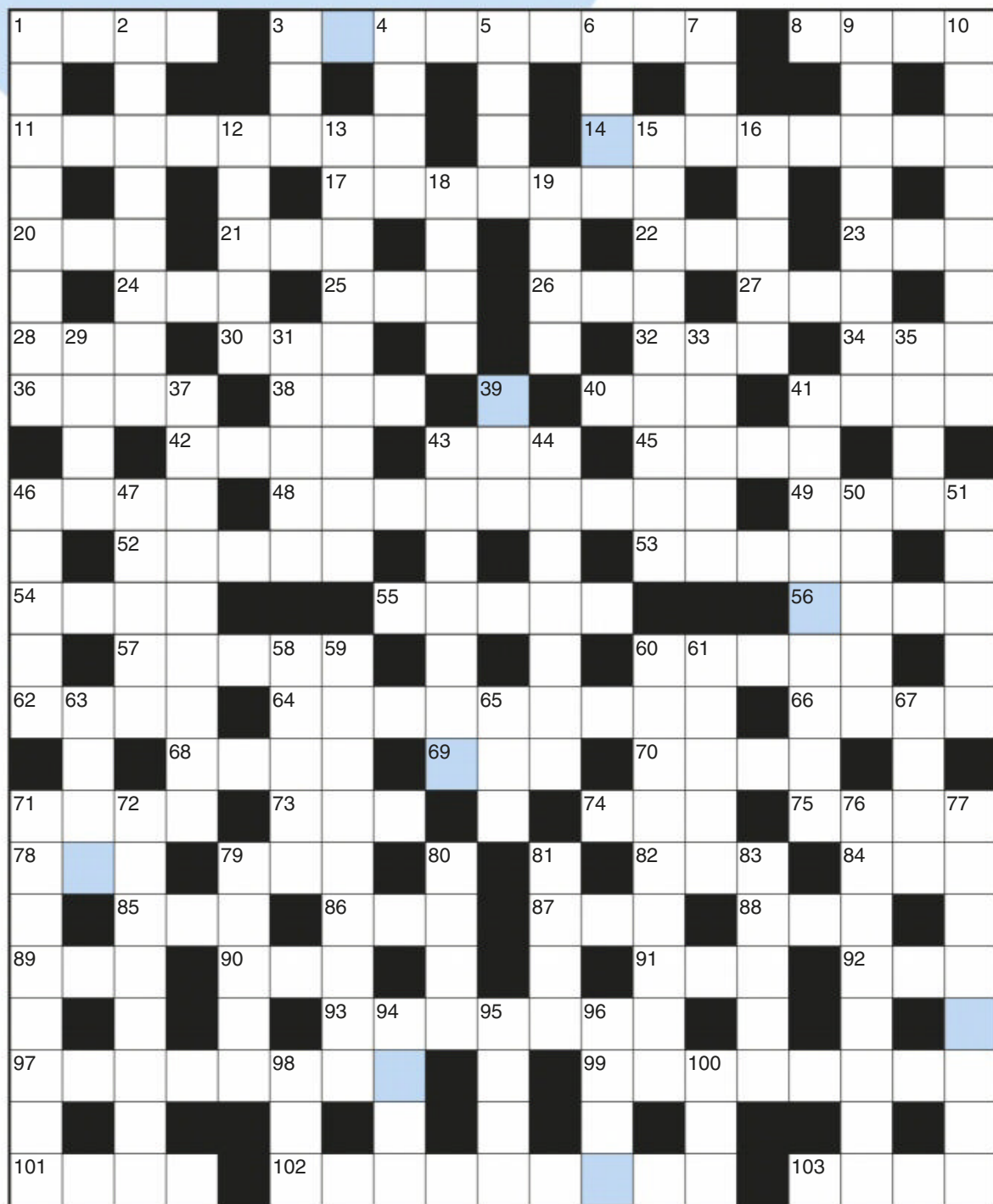
+ JUST 4 INGREDIENTS
+ SUPER EASY

\$0.30
EACH



Puzzles

WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT MYSTERY WORDS



ACROSS

1. Quiche
3. Italian noodles
8. Norway's capital
11. Guacamole fruits
14. Get too warm
17. Regains consciousness (5,2)
20. Race (motor)
21. Dine
22. Jug rim
23. Masterpiece, work of ...
24. Geological age
25. Porridge flake
26. Gene acid (1,1,1)
27. Barley spike
28. Neither fish ... fowl
30. Egyptian cobra
32. Raises (the ante)
34. Creeping vine
36. Serving platter
38. Centre of activity
40. December 24, Christmas ...
41. Problems
42. Rams' mates
43. Commuter coach
45. Engrave
46. Mekong valley nation
48. Jetliner
49. Scotland's ... of Skye
52. Blends using spoon
53. Depend on
54. Chop into cubes
55. Throbbled painfully
56. Liver spread
57. Districts
60. Type of orange
62. Social misfit
64. Put (money) into account
66. No ... for the wicked
68. Cambodia's continent
69. Japanese currency
70. Departed
71. Risqué
73. Telepathy (1,1,1)
74. ... or against
75. Idiotic
78. Texas is there (1,1,1)
79. Twosome
82. Golf mound
84. Lion zodiac sign
85. Dessert, apple ...
86. Pecan or macadamia
87. CD brand (1,1,1)
88. By that route
89. Owns
90. Hawaiian flower necklace
91. Alcoholic brew

DOWN

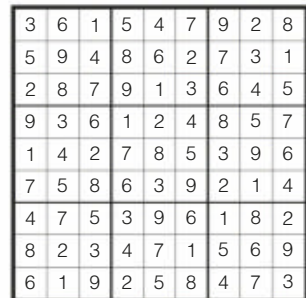
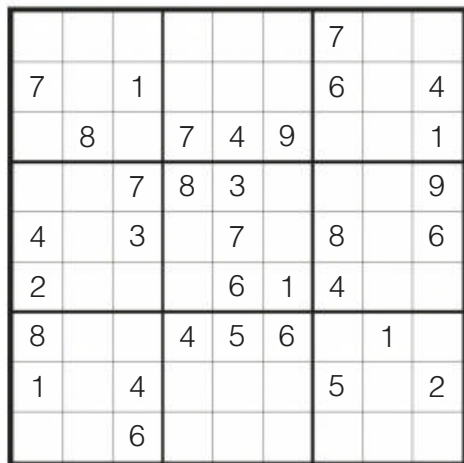
92. ... and saucer
93. Closest
97. Swap
99. Harassed
101. Identical
102. Onlooker
103. Seaweed
1. Aromatic
2. Cosmetic healing gel (4,4)
3. Downcast
4. As well
5. Sharpen
6. Horse's gait
7. Dairy treat, ... cream
9. Plot outline
10. Wears out (one's welcome)
12. Sports ground
13. Squid relatives
15. Savoury puff (3-2-4)
16. Stout cords
18. Oven glove
19. Fizzy drink
29. Ocean predator
31. Clip fleece
33. Beatrix Potter bunny, ... Rabbit
35. Schnitzel meat
37. 24 hours ago
39. Canine newborn
41. Spoke softly
43. Chinese cabbage (3,4)
44. Snooze through alarm (5,2)
46. Encumbered
47. Film trophy
50. Old (bread)
51. Expel
58. French farewell
59. Adding salt or spices
60. Bargain (with)
61. Love deeply
63. Significant periods
65. Establish (precedent)
67. Out of danger
71. Pitiless
72. Red or green pepper
76. From the menu (1,2,5)
77. Refilled (6,2)
79. River-mouth land
80. Europe's tallest volcano
81. This place
83. Occasion
94. Congers or morays
95. Country, Costa ...
96. Potato
98. Capture (criminal)
100. Knight's title

SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3 x 3 box

MARCH ISSUE'S SOLUTIONS

Sudoku (below left)
Crossword (below right):
Silverbeet



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SOLUTION:

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Next month

ONE-PAN DINNERS | SLOW-COOKER SOUPS
AUTUMN SALADS | CLEVER PANTRY MAINS
SUPER-FUN EASTER TREATS

+ 3-step main
SWEET APPLE AND SALTY
PROSCIUTTO TAKE THIS
EASY ONE-PAN PORK
TO THE NEXT LEVEL

ON SALE
APRIL 2