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Search choosewisely.org.au to find eating spots that care about animal welfare and are serving cage-free eggs.

**CHOOSE
WISELY.**
PUTTING HUMANE FOOD ON THE MENU



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An initiative of the **RSPCA** 

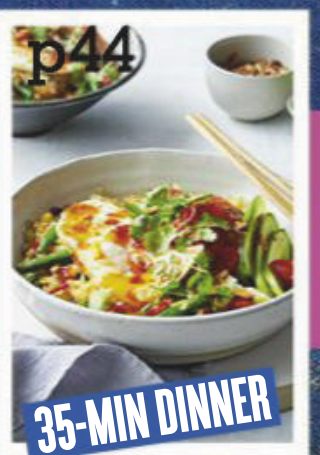
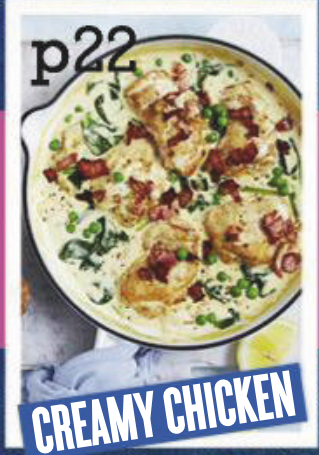
FEED THE FAMILY » STRESS-LESS MEALS ON A BUDGET

super Food Ideas

56 Budget DINNERS AND TREATS

+ CHOC-CHIP WINNERS, MINCE MAKEOVERS AND EVERY DINNER UNDER \$5 A SERVE!

EASY DOUBLE CHOC-CHIP CARAMEL SLICE, p82
ONLY \$0.48 PER PIECE



Quick, Easy & Deliciously Tasty



Pesto, Bocconcini & Tomato

INGREDIENTS

3 ANCIENT GRAINS slices
Cherry tomatoes (sliced)
3 Bocconcini balls (sliced)
2 Tbsp. Pesto

TO MAKE PESTO

2 cups basil
4 cloves of garlic
1/2 cup of olive oil
1/2 cup pine nuts
3/4 cup of grated parmesan cheese

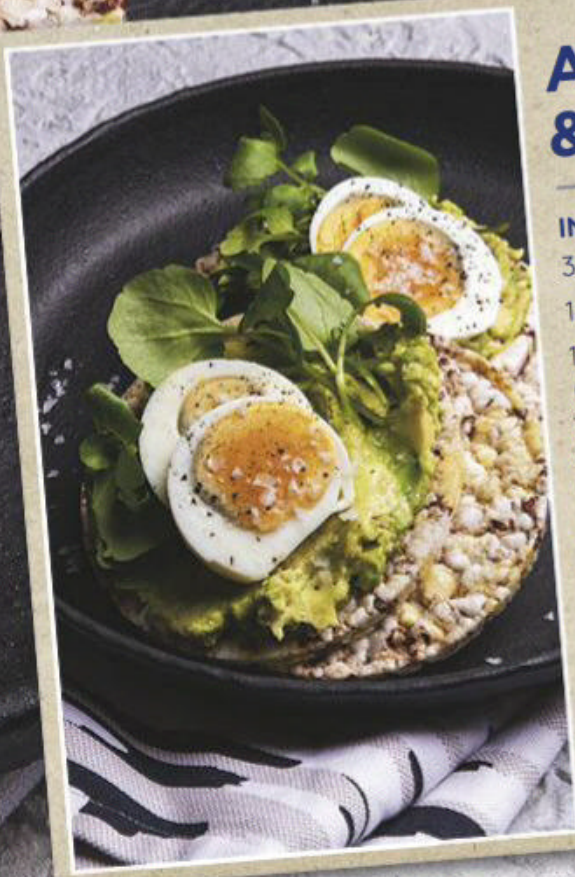
DIRECTIONS

Spread pesto across ANCIENT GRAINS slices, then layer on bocconcini cheese and cherry tomatoes. Add pepper & salt if desired.

TO MAKE PESTO

Place basil, garlic pine nuts and parmesan cheese into a blender or food processor. While blending these ingredients slowly add in oil till all is well mixed. Add salt & pepper if desired.

NEW



Avocado, Boiled Egg & Watercress

INGREDIENTS

3 CORN THINS® slices
1-2 egg
1/2 a large avocado (mashed. For a bit of tang, add a dash of vinegar or salad dressing)
Watercress
Pepper & salt as desired

DIRECTIONS

Boil a couple of eggs for about 10 mins, then put aside to cool. Once cool, slice.

Spread smashed avocado across CORN THINS® slices, then top with slices of boiled egg & watercress. Sprinkle on salt & pepper as desired.



Try the **MOREISH** grainy/nutty taste of our **NEW** Whole Grain Thins™ **ANCIENT GRAINS**, or the delicious **POPCORN** taste of Corn Thins® products. All are **Gluten Free & Non-GMO**, so are the perfect crispbread to enjoy with your favourite topping. Corn Thins® can be found in the biscuit aisle of most supermarkets, while Whole Grain Thins **ANCIENT GRAINS**™ can be found in Woolworths.

March 2020

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EASY PUMPKIN, SPINACH AND RICOTTA CANNELLONI

A tasty bake that's
less than \$5 a serve!



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BASIL CHILLI CHICKEN STIR-FRY

This prep-ahead recipe
makes dinners easier

COVER STAR

Double Choc-chip
Caramel Slice, p82

RECIPE Liz Macri

PHOTOGRAPHY Brett Stevens

STYLING Justine Poole

FOOD PREP Breesa Swann



SPOTLIGHT ON...

BUYING A BARGAIN

Spotted a great price on chicken? Our recipe duos (p20) will help you make the most of it! Use half for dinner, then marinate the rest and put it in the fridge or freezer for another simple meal. It's a great way to save time.



**TURN TO PAGE 54 FOR
GREAT BUDGET-FRIENDLY
WAYS WITH MINCE**

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Take eggs beyond breakfast with these great dinner recipes.

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BAKED CHOC-CHIP PRETZELS

Little chocolate bits star in these buttery beauties

You can help cure childhood cancer



When you become a Cupcakes 4 a Cure host, you'll not only share your delicious baking with family and friends, you'll raise funds for childhood cancer research.

Register today - it's a piece of cake!

cupcakes4acure.org.au



Recipe index

EASY WALLET-FRIENDLY MAINS, SIDES TO IMPRESS AND NEW SPINS ON SWEET TREATS

SALADS, SIDES AND LIGHT MEALS

Fresh ways with eggplant, plus entertaining faves



Agedashi Eggplant



Baked Goat's Cheese Polenta with Roasted Vegetables



Cajun Roasted Smashed Potatoes



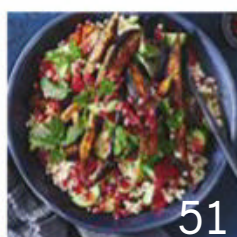
Chilli Crab Cakes with Coriander Mayonnaise



Eggplant Caponata Salad



Indian-spiced Eggplant Skewers



Middle Eastern Eggplant Salad



Tabouli-stuffed Roasted Eggplant



Tarte Flambée

BEEF, LAMB AND PORK

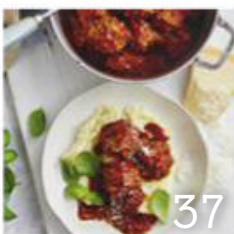
Delicious crowd favourites, all under \$5 per serve



Croque Monsieur Strata



Beef and Mushroom Meatballs with Spaghetti



Beef and Vegetable Porcupine Meatballs



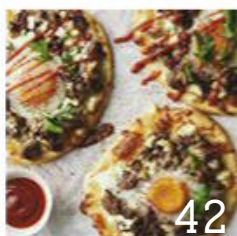
Beef Lasagne



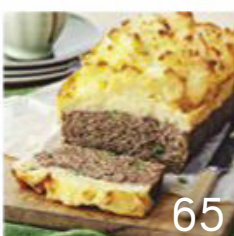
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Cheat's Turkish Pizzas



Cheesy Mash-topped Meatloaf



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Indonesian Sticky Mince and Rice



Italian Cottage Pie with Cauliflower Cheese Mash



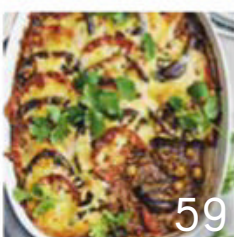
Mexican Tortilla Pie



Mince and Potato Pasties



Mince Wellington



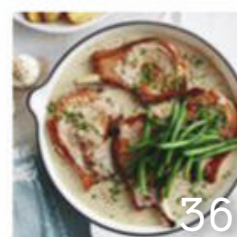
Moroccan Beef, Eggplant and Chickpea Bake



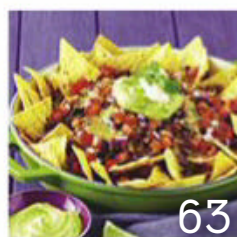
Mum-style Chop Suey



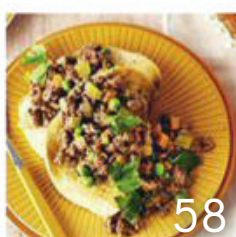
One-pot Spaghetti Bolognese



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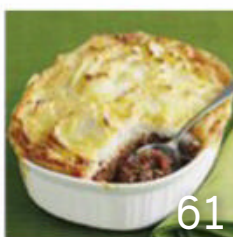
Savoury Mince



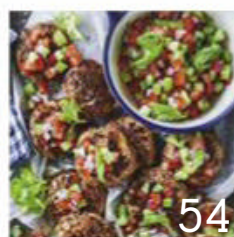
Speedy Mince and Noodle Stir-fry



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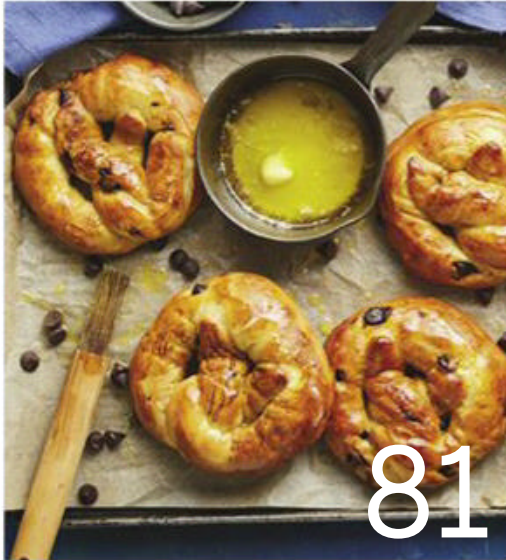
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Thai Beef Larb

SWEETS

Choc-chip creations, banoffee layer cake and more



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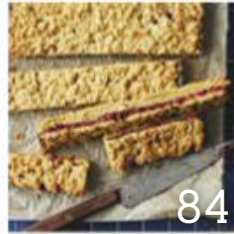
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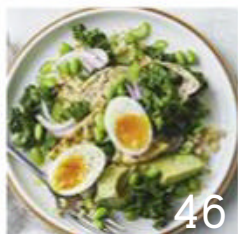
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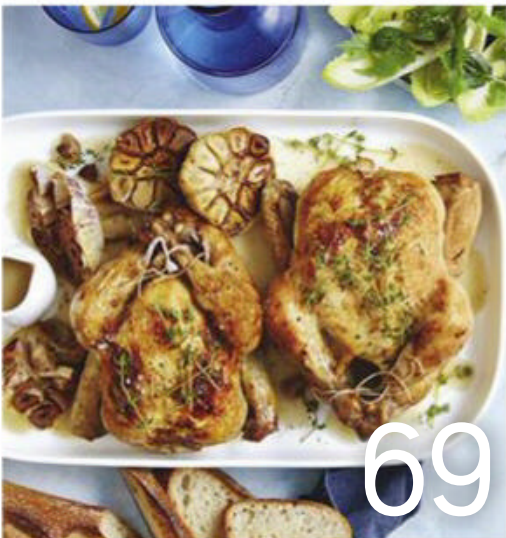
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Winner, winner budget-friendly chicken dinners!



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40 Cloves of Garlic Roast Chicken



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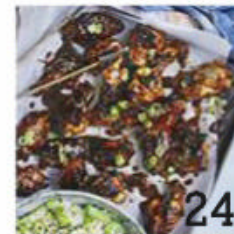
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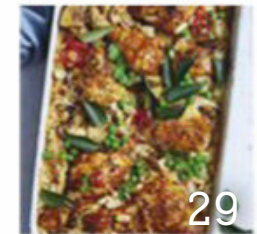
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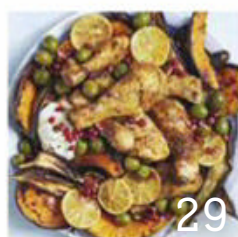
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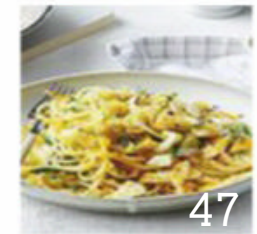
Spicy Apricot
Chicken Wings
with Broccoli Salad**FISH AND SEAFOOD**

Make this super-simple comfort food pasta bake



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One-pan Creamy Tuna and Leek Pasta Bake



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Cheap & cheerful

AT *SUPER FOOD IDEAS*, WE LOVE A BARGAIN – WHETHER IT'S SNAPPING UP DEALS IN THE MEAT DEPARTMENT, OR THROWING A SUPER-EASY (BUT IMPRESSIVE) DINNER PARTY

This issue is all about value – choosing how and where we spend our money at the supermarket. Minimum cash for maximum effect, in fact. Because, no matter your income, no one wants to waste their precious dollars.

Our food team has always been about providing food the family will love without breaking the bank, but this month we've gone all out to bring you our best-ever budget issue. Take a look at the following pages to discover 56 dinners and sweet treats that will not only keep your account in the black, but still taste delicious. Every meal costs less than \$5 a serve (and some are much less) and none of them will make you feel that you are missing out just because they are affordable. From taking advantage of bulk buys (see our chicken special from p20) to egg recipes beyond the breakfast basics (p40), we've got your dinner (and food finances) under control.

The SFI team

WE'RE LOVING...

#1 CHOC-CHIP CHARMERS
Indulge in our collection of chocolate-chip studded treats, including such delicious delights as the Double Choc-chip Caramel Slice (below, p82).

#2 CHICKEN FEED
Save time and money with make-ahead marinades, tasty rubs and creamy one-pot meals using everyone's favourite meat, p20.

#3 MINCE MAKEOVERS
Need great ideas for mince? See p54 for our favourite go-to recipes, from curry and pasties to a beef and eggplant bake or a speedy mince and noodle stir-fry, all under \$5.



Your food *ideas*

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



"DELICIOUS AND
SO EASY TO MAKE"



NEW FAVOURITE

The absolutely delicious Salmon and Broccoli Linguine (May 2017, p49) was so quick and easy to make. The only thing I had to buy was the salmon – I had everything else in the pantry and fridge, which is always great, and now I stock canned salmon just to make this recipe. *Katrina Lahood, via Instagram*



BETTER BARBECUE

Thanks to the October 2019 issue my family's barbecues are bursting with exotic flavours! The Vietnamese Pork Banh Mi Burgers with pickled carrot (p26) and Thai Mango and Noodle Chicken Salad (p42) are super delicious and colourful. *Judith Caine, via email*



VIETNAMESE PORK
BANH MI BURGERS



FAMILY COOKING

Each week my kids choose one recipe from past issues of *Super Food Ideas*. It can be dinner, dessert, snacks or treats. This week we had Vietnamese Pork Banh Mi Burgers (October 2019, p26) and Twice-cooked Green Bean and Pork Stir-fry (February 2014, p13). We were also treated to Choc-chip Peanut Butter Cheesecake Slice (November 2019, p70). Thanks for making it easy for them to learn a valuable life skill. *Cara Grandy, via email*

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FROM
\$2.99

DID YOU MISS ANY OF OUR RECIPES?

Whether it's the Salmon and Broccoli Linguine from our May 2017 issue or the Choc-chip Peanut Butter Cheesecake Slice 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 great prize of all-natural spreads from Mayver's includes their Tahini, Cacao Super Spread and Dark Roast Peanut Butter, plus four 'Goodness to Go' packs. Find the range at Coles and Woolworths. For more about Mayver's, visit mayvers.com.au.



*The next 'write in and win' opens 06/02/2020 and closes 04/03/2020. Australian residents only. Winners selected on 13/03/2020 at NewsLifeMedia. For Terms & Conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p90

Super spy

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



AUSSIE GOLD

Delicious, golden Aussie honey is the simple treat everyone loves! Nature Nate's Honey is 100% raw and unfiltered, so this high-quality product from Woolworths gives you the bees' best. Drizzle it over yoghurt, spread it on toast or stir it into tea. Available at Woolworths nationally in four sizes, from \$6. Visit naturenates.com.au.

COMPLETE YOUR CURRY

For a satisfying accompaniment to your curry, grab something from Patak's new range. Soft naan breads (\$3.50) come in three flavours: Plain, Sultana & Coconut, and Garlic & Coriander. Delicious as a side for dipping or great on their own, Patak's Naan range contains no artificial colours or flavours. For another option, try Patak's light and crisp Ready-to-Eat Pappadums (\$4). Find the full range at Woolworths nationwide.



PARTY TIME

Woolworths' new frozen cakes are perfect for any occasion – just thaw for eight hours before serving. The Neapolitan Surprise has layers of vanilla, strawberry and chocolate sponge, topped with buttercream and with chocolate-coated salted caramel popcorn inside, while the Chocolate Mud Cake has a cheesecake centre and is decorated with gold-dusted pearls. Find the delicious duo at Woolworths nationally for \$30 each.

CRACKING PORK

Love roast pork but can't get the crispy crackling you desire? Introducing Riverview Farms Pork Roast with Crackle, cooked in-store and sold hot and ready to eat. An award-winner at this year's Australian Food Awards, this slow-cooked juicy pork has the perfect crackling everyone wants – great for a weeknight dinner or when entertaining friends (it reheats easily, too). Available at Coles for \$20. Visit riverviewfarms.com.au.



SLURPABLE SNACKS

Need food on the move, or struggling to keep your hungry teenager full? Try Yoplait's on-the-go Yoghurt Smoothie range, which offers a fuss-free choice for all the family. Creamy and rich in calcium, these nutritious and filling slurpable snacks combine real fruits and yoghurt, and each 300g bottle contains 10g of protein. With four irresistible flavours to pick from – Passionfruit & Mango, Strawberry with a hint of Banana, Mango & Peach, or Mixed Berry – these are a handy option for keeping tummies full and happy between meals. Find the Yoghurt Smoothie range at Coles and independent retailers for \$3. Visit yoplait.com.au for more information.

COOL TREAT

Does anything represent Aussie summer more than a Zooper Dooper? The classic childhood treat now has a new no-sugar range. There are 24 delicious flavours to choose from, so you can keep kids and adults happy! Cool down with these great freeze-and-share iceblocks with the full-flavoured taste that you love, minus the sugar. Find the new range in packs of 24 at convenience stores and supermarkets now for \$5.80.



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.

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



	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

S&B®

GOLDEN CURRY JAPAN'S HEARTY FAVOURITE

Since the late 1800s, curry has been a hugely popular dish in Japan. With S&B Golden Curry, you can create a flavoursome and mildly-spiced Japanese classic.



Curry Tsukemen Dipping Ramen with Curry Broth
Prep Time 10mins | Cook Time 15mins | Serves 2

Ingredients

- 180g ramen noodles, 2 bundles
- 300ml water
- 100g chicken thigh, sliced
- 5g dashi stock powder mixed with 500ml water
- 2 tsp soy sauce
- 1 tbsp mirin
- 1 tsp sake
- 2 cubes S&B Golden Curry Mild
- 15g spring onion, finely sliced, for garnish

Method

1. Cook ramen as per pack instructions. Cool in iced water, drain then set aside.
2. In a saucepan bring water to boil, add chicken & poach for 10 minutes.
3. Add dashi mix, soy sauce, mirin & sake to make broth, mix well.
4. Add S&B Golden Curry cubes & mix well, making a dipping sauce.
5. Serve curry in a small bowl or cup & garnish. On the side, serve cold noodles on a plate & enjoy dipping ramen noodles in the curry sauce.

Tip: Use S&B Golden Curry Medium Hot for a spicier alternative.

Available in the Asian food section of selected leading supermarkets & Asian grocery stores.
oriental.com.au or sbfoods-worldwide.com



Healthy kitchen

THE SURPRISING SUPERFOOD THAT CAN BE FOUND IN YOUR FRIDGE, FIVE TIPS FOR LOOKING AFTER YOUR KIDNEY HEALTH AND A GREAT GLUTEN-FREE MEAL IDEA



"PROTEIN-RICH EGGS PACK A NUTRITIONAL PUNCH WAY BEYOND THEIR SIZE AND REPUTATION."

Claire Brookman, Food Director

There will always be the latest, trendiest superfood, often expensive and hard to find. But look in your fridge, and you'll probably discover you already have one: the humble egg! Eggs are among the most nutritious foods on the planet. They are a very good source of inexpensive, high-quality protein, plus a rich source of vitamins D, B6 and B12, and minerals such as zinc, iron, copper and selenium. And, to top it all off, eggs are so versatile, there is an abundance of recipes to choose from for every meal of the day. Check out some of our favourite mains (right) to get inspired.

BY THE NUMBERS...

Coeliac disease is a serious condition that affects thousands of Australians.

- + **MARCH 13-20** is Coeliac Awareness Week.
- + Coeliac disease affects approximately **1 IN 70 AUSTRALIANS**. However, about **80%** of this number remain undiagnosed.
- + People with a close family member diagnosed with coeliac disease are **10%** more likely to also have the condition.
- + A **100%** gluten-free diet is the only medical treatment for coeliac disease.
- + Visit coeliac.org.au for more information.



p44

**STICKY SWEET CHILLI
EGG NASI GORENG**



p46

**LEMON GARLIC TOFU WITH
BARLEY AND KALE SALAD**



p47

**EGG AND PANGRATTATO
SPAGHETTI**

WORLD KIDNEY DAY MARCH 12

**FIVE THINGS YOU CAN DO TO
LOOK AFTER YOUR KIDNEYS**

- 1** Try to keep active – even brisk walking will help kidney function.
- 2** Regularly check your blood sugar levels. The number one cause for kidney failure is type 2 diabetes.
- 3** Be aware of your blood pressure. High blood pressure is the second leading cause of kidney failure.
- 4** Eat a healthy diet. Try to keep your weight in check and take steps to actively reduce your salt intake.
- 5** Be informed about over-the-counter pills. Overuse of common drugs such as ibuprofen may cause damage. Visit worldkidneyday.org for more tips.



GLUTEN-FREE CAULIFLOWER PATTIES WITH WALNUT SALAD

THE INFO

- + GLUTEN FREE
- + MAKE AHEAD

Bites with benefits: These patties are a great dinner standby – and perfect for the lunchbox. Visit taste.com.au for this and other gluten-free recipes.



CAULIFLOWER

High in fibre and B vitamins and provides antioxidants and phytonutrients.



ALMOND MEAL

High in protein, manganese, vitamin E and low in carbs.



WALNUTS

A good source of antioxidants, plant-based omega-3 fat, as well as vitamins B and E.

^{super} Food Ideas

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S&B®

— WASABI — JAPAN'S SPICY CLASSIC

Wasabi and sushi, what a perfect Japanese combo! Add a hit of heat to this traditional rice creation with S&B Wasabi Paste.



Temaki Cone Style Sushi

Prep Time 40mins | Make Time 5mins | Serves 2

Ingredients

- Japanese mayonnaise, to taste
- S&B Wasabi Paste, to taste
- 100g steamed sushi rice
- 2 sheets nori, cut in half
- 20g x 2 sashimi grade salmon, cut into strips
- 20g x 2 sashimi grade tuna, cut into strips
- 2 cucumber, sticks
- 2 firm avocado, section into 1/8 sticks
- Lettuce leaves
- Sushi & sashimi soy sauce, to serve

Method

1. Combine mayonnaise with wasabi, adding wasabi to preferred taste.
2. On nori sheets, spread rice followed by wasabi & mayonnaise mix.
3. Top with fish & vegetables.
4. Roll into a cone shape & serve with soy sauce.

Available in the Asian food section of selected leading supermarkets & Asian grocery stores.
oriental.com.au or sbfoods-worldwide.com

Win it!

CHECK OUT THIS MONTH'S GREAT GIVEAWAYS*



\$106.85
RRP

ECO AND BASICS PACK, VALUED AT \$106.85

REDUCE WASTE AND SINGLE-USE PLASTICS WITH CONSCIOUS COMPANY ECO AND BASICS

Be kind to the planet with this amazing prize pack from Eco and Basics. Their ethos of supporting sustainability is commendable, and their environmentally friendly products are also just plain fantastic. Food can be stored and transported with ease, thanks to silicone storage bags that come in multiple sizes. Included in the prize is a large bag that is freezer-, microwave- and dishwasher-safe, as well as a 'Kick Cling-Wrap to the Kerb' bundle of stretchy, airtight food covers and more. It's the perfect eco-friendly starter pack! Visit ecoandbasics.com.au.

3 EASY WAYS TO ENTER

Simply tell us, in 25 words or less, *what's your most creative egg recipe?*



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



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WIN FABULOUS GLASS BOTTLES FROM THE LIFEFACORY® COLLECTION

Keep you and your family hydrated thanks to this prize pack from Lifefactory®, which includes three hydration classic cap bottles in various sizes from the range. Great for cold drinks, these practical, yet stylish, glass bottles feature a protective silicone sleeve to provide non-slip grip and a wide mouth for easy cleaning. Head to thermos.com.au for more on Lifefactory®.



\$119.00
RRP



SOLIDTEKNICS BAKING TRAY, VALUED AT \$299.95

\$299.95
RRP

SOLIDTEKNICS ADDS A TOUCH OF ELEGANCE TO BAKING WITH NÖNI

Solidteknics presents a world-first in innovative cookware: the nöni baking tray. This stunning addition to any kitchen is wrought from one seamless piece of high-quality ferritic stainless steel and can be used for all your baking needs. Made right here in Australia, and with no rivets, welds or coatings, the tray is also nickel-free for extra conductivity and built to last for multiple generations. Enjoy baking with this sophisticated product that cooks like it's made of iron and cleans like it's made of stainless steel. Head to solidteknics.com for more information on nöni.

*Entries open 00:01 06/02/2020 and close 23:59 04/03/2020. Australian residents aged 18 years and over only. Winners determined 09:00 13/03/2020 at 2 Holt Street, Surry Hills, NSW, Australia, 2010. Winners' names published online at superfoodideas.com.au. Total prize pool valued at \$525,80. Full terms and conditions available at superfoodideas.com.au/wint



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NEWMAN'S OWN
FOUNDATION

WHAT'S IN SEASON *March*

From fragrant longans to crispy witlof and fruits from all over the world, we're celebrating seasonal ingredients perfect for easy salads



"This little sister of the lychee packs a real punch in terms of flavour and versatility."

CLAIRE BROOKMAN, FOOD DIRECTOR

PICK OF THE BUNCH

LONGANS | GUAVAS | WITLOF
| EGGPLANT | POMEGRANATES | BROCCOLI

LONGANS

These juicy pearls, also called dragon's eye, are a close relative of the lychee and similar in terms of taste and texture. Longans are native to southern Asia and work well in salads and icy desserts as their subtle flavour can be easily overwhelmed. Encased in a thin shell, they can be released by simply squeezing the outer layer and 'popping' out for use. Low in calories, 28 grams (about three longans) provides 40 per cent of your daily vitamin C recommendation.

PERFECT PARTNERS: Coconut, chicken, white fish fillets, lemon.

QUICK IDEA: Add to a salad of roasted macadamias, poached chicken, butter lettuce and snow pea sprouts. Serve with a zesty dressing of finely chopped mint leaves and lemon juice.

GUAVAS

With their soft pink hue, guavas make a tropical and pretty addition to fruit salads. Thought to be native to Central America, they have a strong, almost lemony, aroma and four times the amount of vitamin C as oranges.

PERFECT PARTNERS: Ginger, lemon, watermelon, passionfruit, coconut, almonds.

QUICK IDEA: Guavas make the perfect base for a champagne cocktail. Blend guava flesh with pineapple then stir through passionfruit. Divide among glasses and top up with sparkling wine. Top with fresh raspberries to serve.

WITLOF

Also called endive, this crispy green vegetable works as a quick appetiser or side dish. Look for tightly packed leaves with fresh tips. Store in a paper bag in the crisper for up to two days.

PERFECT PARTNERS: Smoked salmon, chicken, parmesan, parsley.

QUICK IDEA: Melt a little butter in a pan. Add some sliced garlic and cook until fragrant. Add witlof halves, cut-side down. Cook until golden, then add a few splashes of white wine and season. Cover and simmer until tender. Sprinkle with parsley to serve.

EGGPLANT

A great staple for vegetarians, eggplant is perfect for barbecue weather, with its silky texture and smoky flavour. Eggplants can be the star in everything from moussaka and baba ghanoush to ratatouille and eggplant parmigiana.

PERFECT PARTNERS: Barbecued lamb, tofu, capsicum.

QUICK IDEA: Thickly slice eggplant and chargrill. Top with chopped tomato, fetta and basil. Drizzle with oil and balsamic vinegar.

POMEGRANATES

This delicious Middle Eastern fruit brings rich colour and a burst of flavour to everything from salads to juices.

PERFECT PARTNERS: Green beans, fetta, tabouli, watermelon.

QUICK IDEA: Combine yoghurt and honey with seeds from three-quarters of a pomegranate. Spoon among four serving glasses. Top with mint leaves, orange zest and remaining seeds. Serve with shortbread.

BROCCOLI

One of the most nutritious vegetables around, broccoli contains vitamins A and E, plus folate, calcium and iron. Perfect in stir-fries, it also adds colour and crunch to salads and pastas.

PERFECT PARTNERS: Cream, beef, carrots, mushrooms.

QUICK IDEA: Make broccoli rice by processing one large head of broccoli until finely chopped. Heat sesame oil in a large frying pan and add broccoli and ginger. Cook, stirring, until heated through. Serve topped with grilled salmon and lemon wedges. ■



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STAR SIDE
Middle Eastern
Eggplant Salad

Shelf talk

KEEP SOME PASTA SAUCE IN THE CUPBOARD OR THE FRIDGE AND YOU'VE GOT INSTANT FLAVOUR TO ADD TO ALL KINDS OF DISHES

VEGIE-PACKED

**DOLMIO EXTRA
GARDEN VEGETABLES,
500G, \$3.30**

✦ From one of the long-established names in the bottled sauce arena, this great-value Australian-made pasta sauce is full of garden vegies – but the kids won't even notice! Zucchini, onion, capsicum, celery and just the right amount of garlic are blended with vine-ripened tomatoes to create a reliable favourite the whole family will love. Stir it through pasta and top with cheese for a simple meal, or add it to a pot of mince to provide flavour and vegetables all at once. You could also use it as the base for a tomato soup.



THE CHUNKY

**SACLÀ WHOLE CHERRY
TOMATO AND BASIL,
420G, \$4.40**

✦ This sauce boasts a sweet tomato and basil flavour with whole cherry tomatoes that pop in your mouth. It's made with tomato paste and diced tomatoes too, creating a rich sauce that's a great way to bring a touch of Italy to your table. Simply cook your favourite pasta then toss through the sauce until heated. Add some shaved parmesan, if you like. Buon appetito!



"WHETHER YOU STIR IT THROUGH SPAGHETTI FOR AN EASY MEAL OR USE IT AS A BASE FOR BOLOGNESE OR LASAGNE, PASTA SAUCE IS A VERSATILE ALL-ROUNDER."

Claire Brookman, Food Director



LIKE MUM'S BOLOGNESE

PAUL NEWMAN'S OWN HOMESTYLE BOLOGNESE, 680G, \$4.90

+ Adding this sauce to mince and letting it simmer down is a cheat's way to make nonna-style bolognese. The sauce is thick and full of flavour, and the Newman's Own Foundation continues Paul Newman's original commitment to donating all profits from sales to charities worldwide.



THE CLASSIC

CASA BARELLI NAPOLETANA PASTA SAUCE, 500G, \$1.99

+ This sauce is easy on the wallet and easy to use, too. A subtle mix of chopped tomato, tomato paste, eggplant, zucchini and capsicum, its lighter flavour suits fussy eaters and also makes it a great choice to spread on a pizza base or to top chicken parmigiana.



THE SPICY

BARILLA ARRABBIATA WITH CHILLI PEPPERS, 400G, \$3.75

+ The big flavours of an arrabbiata sauce (arrabbiata means angry in Italian, so some versions can be spicy!) are especially popular in the area around Rome. Here, Barilla has created a rich, slow-cooked sauce with a chilli flavour that isn't overpowering. It's made in Italy with at least eight vine-ripened tomatoes in every jar, and has no added preservatives. Great if you like food with a little bite!

THE FLAVOUR BOOSTER

LEGGO'S STIR THROUGH ROASTED VEGETABLES, 350G, \$4.00

+ One of six options in the Leggo's Stir Through range, this rich sauce is an instant flavour hit not only for pasta but also for soups, stews and casseroles. It's made with tomato, zucchini, eggplant and capsicum, with no artificial colours or flavours.



THE BUDGET

RAGULETTO RED WINE & GARLIC BOLOGNESE SAUCE, 500G, \$1.70

+ At just \$1.70 a bottle, this is excellent value for money, but still delivers plenty of flavour. With a hint of red wine and garlic, plus its larger bottle size of 500g, it's a great choice for making lasagne.



THE FRESH

LATINA FRESH ITALIAN TOMATO & GARLIC, 425G, \$5.80

+ Look for this Australian-made fresh pasta sauce in the refrigerator section. Fresh sauces are especially good for tossing with filled fresh pasta such as ravioli – pick both up at the supermarket for a quick, easy meal! Along with tomato and garlic, this sauce also has a hint of basil.



RICH AND CREAMY

COLES ITALIA SUGO POMODORO E MASCARPONE, 415G, \$3.00

+ If you love cream cheese, try this and discover how good cream cheese and tomato are together. This is a shelf-stable sauce, making it a great one to keep in the pantry for when you want to add a creamy touch to dishes. The combination of tomato and mascarpone – a smooth Italian cream cheese – makes this sauce a great choice for pasta bakes, as well as for stirring through chunky pasta shapes.



MOROCCAN RUB



**SMOKY MAPLE
MARINADE**



**HONEY SOY
MARINADE**



CHILLI MARINADE

Dinner's SORTED

WANT TO GET AHEAD ON MEAL PREP AND SAVE MONEY TOO? WHEN YOU SEE CHICKEN ON SPECIAL, BUY DOUBLE! USE HALF FOR DINNER, THEN MARINATE THE REST AND FREEZE OR REFRIGERATE FOR ANOTHER EASY MEAL



ONE-PAN CREAMY CHICKEN AND BACON

THE INFO

+ ONE PAN
+ SUPER EASY

\$4.05
PER SERVE

40



+ Get ahead!
USE CHICKEN THIGHS FOR
THIS ONE-PAN DINNER AND
PREP THE REMAINDER FOR
THE BASIL CHILLI STIR-FRY

ON
SPECIAL

ONE-PAN CREAMY CHICKEN AND BACON

SERVES 4

PREP 15 MINUTES

COOK 25 MINUTES

2 tablespoons extra virgin olive oil

500g chicken thigh fillets

1 brown onion, finely chopped

125g middle bacon rashers,
trimmed, chopped

3 garlic cloves, crushed

300ml light cooking cream

1 chicken stock cube, crumbled

1/3 cup finely grated parmesan

1/2 cup frozen peas

60g baby spinach

1 teaspoon finely grated
lemon rind

Crusty bread, to serve

1 Heat half the oil in a large frying pan over medium-high heat. Add chicken. Cook, turning, for 5 minutes or until golden and browned. Transfer to a plate.

2 Add remaining oil to pan. Add onion and bacon. Cook, stirring, for 5 minutes or until onion softens and bacon is golden. Add garlic. Cook, stirring, for 30 seconds or until fragrant. Transfer 1/4 of the bacon mixture to a bowl. Cover to keep warm.

3 Return chicken to pan with cream, stock, parmesan and 1 1/3 cups water. Bring to the boil. Reduce heat to medium. Simmer, uncovered, stirring occasionally, for 10 minutes or until chicken is cooked through and sauce has thickened.

4 Stir in peas and spinach. Cook for 1 to 2 minutes or until heated through. Remove pan from heat. Stir in lemon rind. Season with salt and pepper. Sprinkle with reserved cooked bacon. Serve with crusty bread.

NUTRITION: (per serve) 2534kJ; 13.5g fat; 13.5g sat fat; 41.7g protein; 32.9g carbs; 4.3g fibre; 153mg chol; 1149mg sodium.

BASIL CHILLI CHICKEN STIR-FRY

SERVES 4

PREP 20 MINUTES (PLUS REFRIGERATION)

COOK 15 MINUTES

1 tablespoon salt-reduced soy sauce
 ¼ cup oyster sauce
 2 tablespoons kecap manis
 2 teaspoons honey
 1 tablespoon vegetable oil
 150g sugar snap peas, trimmed
 150g snow peas, trimmed
 ⅔ cup fresh Thai basil leaves
 1 long red chilli, thinly sliced
 Steamed jasmine rice, to serve

Chilli Chicken Marinade

1 tablespoon salt-reduced soy sauce
 1 tablespoon fish sauce
 2cm piece fresh ginger, peeled, finely grated
 3 garlic cloves, crushed
 1 long red chilli, thinly sliced
 500g chicken thigh fillets, cut into 3cm chunks

1 Make Chilli Chicken Marinade Place soy sauce, fish sauce, ginger, garlic and chilli in a freezable airtight container. Add chicken. Toss to coat. Cover with lid. Refrigerate for 30 minutes, if time permits (or see note).

2 Meanwhile, combine soy sauce, oyster sauce, kecap manis, honey and 2 tablespoons water in a small jug.
3 Heat a wok over medium-high heat. Add oil. Swirl to coat. Add half the marinated chicken. Stir-fry for 5 minutes. Transfer to a plate. Repeat with remaining chicken.
4 Return chicken to wok. Add peas and sauce mixture. Stir-fry for 3 minutes or until peas are tender and sauce thickens.
5 Add ½ cup basil to chicken mixture. Toss to combine. Sprinkle with chilli and remaining basil. Serve with rice.
NUTRITION: (per serve) 2454kJ; 15.9g fat; 3.8g sat fat; 30.8g protein; 76.3g carbs; 5.7g fibre; 99mg chol; 1733mg sodium. ➤

BASIL CHILLI CHICKEN STIR-FRY

THE INFO

+ ASIAN
 + FREEZER FRIENDLY
 + LOW SATURATED FAT
 + MAKE AHEAD
 + SUPER EASY

\$4.75
PER SERVE

35



TO REFRIGERATE

FOLLOW RECIPE METHOD UP TO END OF STEP 1. REFRIGERATE FOR UP TO 2 DAYS.

TO FREEZE

FOLLOW METHOD UP TO END OF STEP 1. FREEZE FOR UP TO 2 MONTHS.

TO THAW

THAW CHICKEN OVERNIGHT IN THE REFRIGERATOR. CONTINUE RECIPE METHOD FROM STEP 2.



SPICY APRICOT CHICKEN WINGS WITH ROASTED BROCCOLI SALAD

THE INFO

+ CLASSIC MAKEOVER
+ HIGH IN FIBRE

\$3.55
PER SERVE

SPICY APRICOT CHICKEN WINGS WITH ROASTED BROCCOLI SALAD

SERVES 4

PREP 15 MINUTES COOK 45 MINUTES

- ½ cup apricot jam
- ¼ cup chilli jam
- 1 tablespoon soy sauce
- 1kg chicken wing nibbles
- 2 heads broccoli, cut into 1cm-thick slices
- 3 garlic cloves, crushed
- ½ teaspoon dried chilli flakes
- ¼ cup extra virgin olive oil
- ¼ cup natural flaked almonds
- 30g baby rocket
- 2 tablespoons chopped dried apricots
- 1 tablespoon dried cranberries
- 1 tablespoon chopped fresh chives
- 2 teaspoons lemon juice

1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.

2 Whisk jams and soy sauce together in a large bowl. Reserve ¼ cup marinade. Add chicken. Stir to coat. Place a wire rack over 1 baking tray. Place chicken, skin-side up, on wire rack. Roast for 40 to 45 minutes, basting with reserved marinade during the last 15 minutes of cooking time.

3 Meanwhile, place broccoli, in a single layer, on remaining tray. Combine garlic, chilli and 2 tablespoons oil in a small bowl. Drizzle oil over broccoli. Roast for 20 to 25 minutes, sprinkling with almonds halfway through cooking time. Season.

4 Transfer broccoli mixture to a large bowl. Add rocket, dried apricots, cranberries and chives. Drizzle over lemon juice and remaining oil. Toss to combine.

5 Divide broccoli mixture among serving plates. Top with wings. Serve.

NUTRITION: (per serve) 2871kJ; 44.3g fat; 9.8g sat fat; 28.7g protein; 42.3g carbs; 6.3g fibre; 118mg chol; 510mg sodium.

HONEY SOY WINGS WITH ASIAN GREENS RICE

SERVES 4

PREP 15 MINUTES (PLUS REFRIGERATION)

COOK 35 MINUTES

- 2 teaspoons kecap manis
- 1 tablespoon honey
- 450g packet 2½-minute microwave jasmine rice
- 1 tablespoon sesame seeds, toasted
- 1 bunch pak choy, roughly chopped
- 200g packet frozen shelled edamame
- 3 green onions, thinly sliced
- Honey Soy Chicken Marinade**
- ¼ cup salt-reduced soy sauce
- 3 garlic cloves, crushed
- 1½ tablespoons kecap manis
- ¼ cup honey
- 1kg chicken wing nibbles

1 Make Honey Soy Marinade Place soy sauce, garlic, kecap manis and honey in a freezable airtight container. Add chicken. Toss to coat. Cover with lid. Refrigerate for 2 hours, if time permits (or see note).

2 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with foil. Combine kecap manis and honey in a small bowl. Place chicken, skin-side up, on prepared tray. Bake for 30 to 35 minutes, basting with kecap manis and honey mixture halfway through cooking.

3 Meanwhile, heat rice following packet directions. Transfer to a large bowl. Stir in ¾ of the sesame seeds.

4 Cook pak choy and edamame in a medium saucepan of boiling water for 1 to 2 minutes or until just tender. Drain. Transfer to a serving bowl. Add rice and ⅓ of the onion. Stir to combine. Season with salt and pepper.

5 Preheat grill to high. Grill chicken, rotating tray, for 4 to 5 minutes or until golden (keep a close eye on wings as they can burn due to the honey).

6 Sprinkle wings with remaining onion and sesame seeds. Serve with Asian greens rice.

NUTRITION: (per serve) 3010kJ; 29.7g fat; 7.6g sat fat; 36.4g protein; 75.4g carbs; 5.3g fibre; 118mg chol; 739mg sodium. ➤

THIS MONTH CHICKEN ON SPECIAL

HONEY SOY WINGS
WITH ASIAN
GREENS RICE

THE INFO

+ ASIAN
+ FREEZER FRIENDLY
+ MAKE AHEAD

\$3.95
PER SERVE

50



TO REFRIGERATE

FOLLOW RECIPE
METHOD UP TO END OF
STEP 1. REFRIGERATE
FOR UP TO 2 DAYS.

TO FREEZE

FOLLOW METHOD
UP TO END OF STEP 1.
FREEZE FOR UP TO
2 MONTHS.

TO THAW

THAW CHICKEN
OVERNIGHT IN THE
REFRIGERATOR.
CONTINUE RECIPE
METHOD FROM STEP 2.

ON
SPECIAL

+ New favourites
GREAT DEAL ON CHICKEN
BREASTS? PUT A TWIST ON
THE CLASSICS — ONE FOR
NOW AND ONE FOR LATER

CHICKEN
PUTTANESCA

THE INFO

+ CLASSIC MAKEOVER
+ HIGH IN FIBRE

\$4.25
PER SERVE

50

4.5
VEGIES PER
SERVE



TO REFRIGERATE

FOLLOW RECIPE METHOD UP TO END OF STEP 1. REFRIGERATE FOR UP TO 2 DAYS.

TO FREEZE

FOLLOW METHOD UP TO END OF STEP 1. FREEZE FOR UP TO 2 MONTHS.

TO THAW

THAW CHICKEN OVERNIGHT IN THE REFRIGERATOR. CONTINUE RECIPE METHOD FROM STEP 2.

SMOKY MAPLE CHICKEN BURGERS**THE INFO**

+ BARBECUE
+ HIGH IN FIBRE

\$4.25
PER SERVE

45

4.5
VEGIES PER
SERVE

**SMOKY MAPLE CHICKEN BURGERS**

MAKES 4

PREP 20 MINUTES (PLUS REFRIGERATION)

COOK 25 MINUTES

2 corn cobs, husks and silk removed, halved

Olive oil spray

200g streaky bacon, halved

¼ small red cabbage, finely shredded

1 carrot, grated

3 green onions, thinly sliced

¼ cup whole-egg mayonnaise

2 teaspoons lemon juice

100g salted butter, softened

1 tablespoon maple syrup

1 gem lettuce, leaves separated

4 brioche rolls, split

Smoky barbecue sauce, to serve

Oven baked sweet potato chips, to serve

Smoky Maple Chicken Marinade

2 chicken breast fillets, halved diagonally

¼ cup maple syrup

1½ teaspoons mild paprika

3 garlic cloves, crushed

1 Make Smoky Maple Marinade Place

1 piece of chicken between 2 pieces of plastic wrap. Using a meat mallet, pound to slightly flatten. Repeat with remaining chicken.

Place maple syrup, paprika and garlic in a freezable airtight container. Add chicken. Toss to coat. Cover with lid. Refrigerate for 1 hour, if time permits (or see note).

2 Heat a barbecue grill on medium-high heat. Spray corn with oil. Season with salt and pepper. Cook, turning occasionally, for 10 minutes or until tender and charred. Transfer to a plate. Cover to keep warm.

Add bacon to grill. Cook for 4 minutes each side or until golden. Transfer to a plate. Cover to keep warm. Reduce heat to medium. Add chicken to grill.

Cook for 5 minutes each side or until cooked through. Transfer to a plate.

3 Meanwhile, combine cabbage, carrot and onion in a bowl. Add mayonnaise and lemon juice. Season. Toss to combine.

4 Place butter and maple syrup in a bowl. Season with pepper. Mash with a fork until well combined. Divide lettuce among roll bases. Top each with slaw, bacon and chicken. Drizzle with a little barbecue sauce. Sandwich with roll tops. Dollop corn with butter. Serve burgers with corn and chips.

NUTRITION: (per serve) 4712kJ; 64.8g fat; 25g sat fat; 54.2g protein; 96.9g carbs; 10.2g fibre; 169mg chol; 1539mg sodium. ➤

CHICKEN PUTTANESCA

SERVES 4

PREP 20 MINUTES **COOK** 30 MINUTES

800g desiree potatoes, peeled, chopped

50g butter, chopped

¼ cup milk

2 tablespoons extra virgin olive oil

4 small chicken breast fillets

1 red onion, finely chopped

6 anchovy fillets, chopped

3 garlic cloves, crushed

2 x 400g cans cherry tomatoes in juice

½ teaspoon caster sugar

½ teaspoon dried oregano

¼ teaspoon dried chilli flakes

220g jar mixed marinated olives, drained

1 tablespoon drained capers

⅓ cup small fresh basil leaves

1 Cook potato in a large saucepan of boiling salted water for 12 to 15 minutes or until just tender. Drain. Reduce heat to low.

Return potato to pan. Add butter and milk. Mash until smooth. Season with salt and pepper. Cover to keep warm.

2 Meanwhile, heat half the oil in a large frying pan over high heat. Add chicken. Cook, turning, for 4 minutes or until browned. Transfer to a plate.

3 Add remaining oil to pan. Heat over medium-high heat. Add onion, anchovy and garlic. Cook, stirring, for 5 minutes or until onion is soft. Add tomatoes, sugar, oregano, chilli and ¼ cup water. Cook, stirring occasionally, for 5 minutes.

4 Return chicken to pan with olives. Cook, stirring, for 12 minutes or until chicken is cooked through and sauce thickens slightly. Stir in half the capers. Sprinkle chicken with basil and remaining capers. Serve with mashed potato.

NUTRITION: (per serve) 2488kJ; 31.8g fat; 10.4g sat fat; 42.6g protein; 29.8g carbs; 8g fibre; 116mg chol; 1224mg sodium.

**INDIAN-SPICED
DRUMSTICKS WITH
COCONUT PEANUT RICE**

THE INFO

+ ONE PAN
+ SUPER EASY

\$4.55
PER SERVE



+ Bake off!
TURN A BARGAIN BUY OF
DRUMSTICKS INTO TWO
TASTY BAKES, BOTH FULL
OF GREAT FLAVOURS

**ON
SPECIAL**

MOROCCAN
DRUMSTICKS WITH
MINTED COUSCOUS

THE INFO

+ FREEZER FRIENDLY
+ HIGH IN FIBRE
+ MAKE AHEAD

\$4.40
PER SERVE



TO REFRIGERATE

FOLLOW RECIPE
METHOD UP TO END OF
STEP 1. REFRIGERATE
FOR UP TO 2 DAYS.

TO FREEZE

FOLLOW METHOD
UP TO END OF STEP 1.
FREEZE FOR UP
TO 2 MONTHS.

TO THAW

THAW CHICKEN
OVERNIGHT IN THE
REFRIGERATOR.
CONTINUE RECIPE
METHOD FROM STEP 2.

MOROCCAN DRUMSTICKS
WITH MINTED COUSCOUS

SERVES 4

PREP 15 MINUTES

COOK 50 MINUTES

¼ cup extra virgin olive oil

800g kent pumpkin, unpeeled,
cut into 8 wedges

3 baby eggplant, halved lengthways

1 lemon, thinly sliced

230g jar pitted Sicilian green
olives, drained

1 cup couscous

1 cup boiling water

2 teaspoons finely grated lemon rind

¼ cup fresh mint leaves, finely chopped

¼ cup pomegranate seeds

Plain Greek-style yoghurt, to serve

[Moroccan Chicken Rub](#)

1½ tablespoons Moroccan seasoning

1cm piece fresh ginger, finely grated

4 garlic cloves, crushed

8 chicken drumsticks (about 1.2kg)

1 Make Moroccan Chicken Rub Place seasoning, ginger and garlic in a freezable airtight container. Add chicken. Rub to coat. Cover with lid. Refrigerate for 2 hours, if time permits (or see note).

2 Preheat oven to 200°C/180°C fan-forced. Line 2 baking trays with baking paper.

3 Place chicken on 1 prepared tray. Drizzle with 1 tablespoon oil. Season with salt and pepper. Bake for 45 to 50 minutes or until golden and cooked through.

4 Meanwhile, place pumpkin, in a single layer, on remaining prepared tray. Drizzle with remaining oil. Bake in oven with chicken for 40 minutes, adding eggplant to tray for the last 20 minutes of cooking time. Add lemon slices and olives to tray for the last 10 minutes of cooking time.

5 Meanwhile, place couscous, boiling water and lemon rind in a heatproof bowl. Cover. Stand for 5 minutes. Fluff with a fork to separate grains. Stir mint into couscous. Season with salt and pepper.

6 Transfer vegetables and chicken to a large serving plate. Sprinkle with pomegranate seeds. Serve with couscous and yoghurt.

NUTRITION: (per serve) 3000kJ; 32.5g fat; 7.6g sat fat; 50.8g protein; 49.8g carbs; 9.7g fibre; 178mg chol; 835mg sodium. ■

INDIAN-SPICED DRUMSTICKS
WITH COCONUT PEANUT RICE

SERVES 4

PREP 15 MINUTES (PLUS STANDING)

COOK 1 HOUR

¾ cup plain Greek-style yoghurt

⅓ cup rogan josh curry paste

3 garlic cloves, crushed

8 chicken drumsticks (about 1.2 kg)

1 tablespoon vegetable oil

1 brown onion, thinly sliced

2cm piece fresh ginger, peeled, finely grated

1 sprig fresh curry leaves

⅓ cup unsalted roasted peanuts

1½ cups basmati rice

1½ cups chicken stock

400ml can coconut milk

½ cup frozen peas

2 tablespoons fried shallots

½ cup fresh coriander sprigs

Sliced long red chilli and curry leaves
(optional), to serve

1 Preheat oven to 180°C/160°C fan-forced. Place yoghurt, paste and garlic in a large bowl. Add chicken. Stir to coat.

2 Heat oil in a heavy-based, flameproof roasting pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until light golden. Add ginger, curry leaves and peanuts. Cook, stirring, for 2 to 3 minutes or until nuts are golden. Add rice. Stir to coat.

3 Add stock and milk to rice mixture. Bring to the boil, stirring occasionally. Place chicken on top. Cover tightly with foil. Bake for 40 minutes. Remove foil. Move chicken to one side. Fluff rice with a fork. Arrange chicken and peas over rice. Bake, uncovered, for 5 to 10 minutes or until rice is tender and chicken is browned and cooked through.

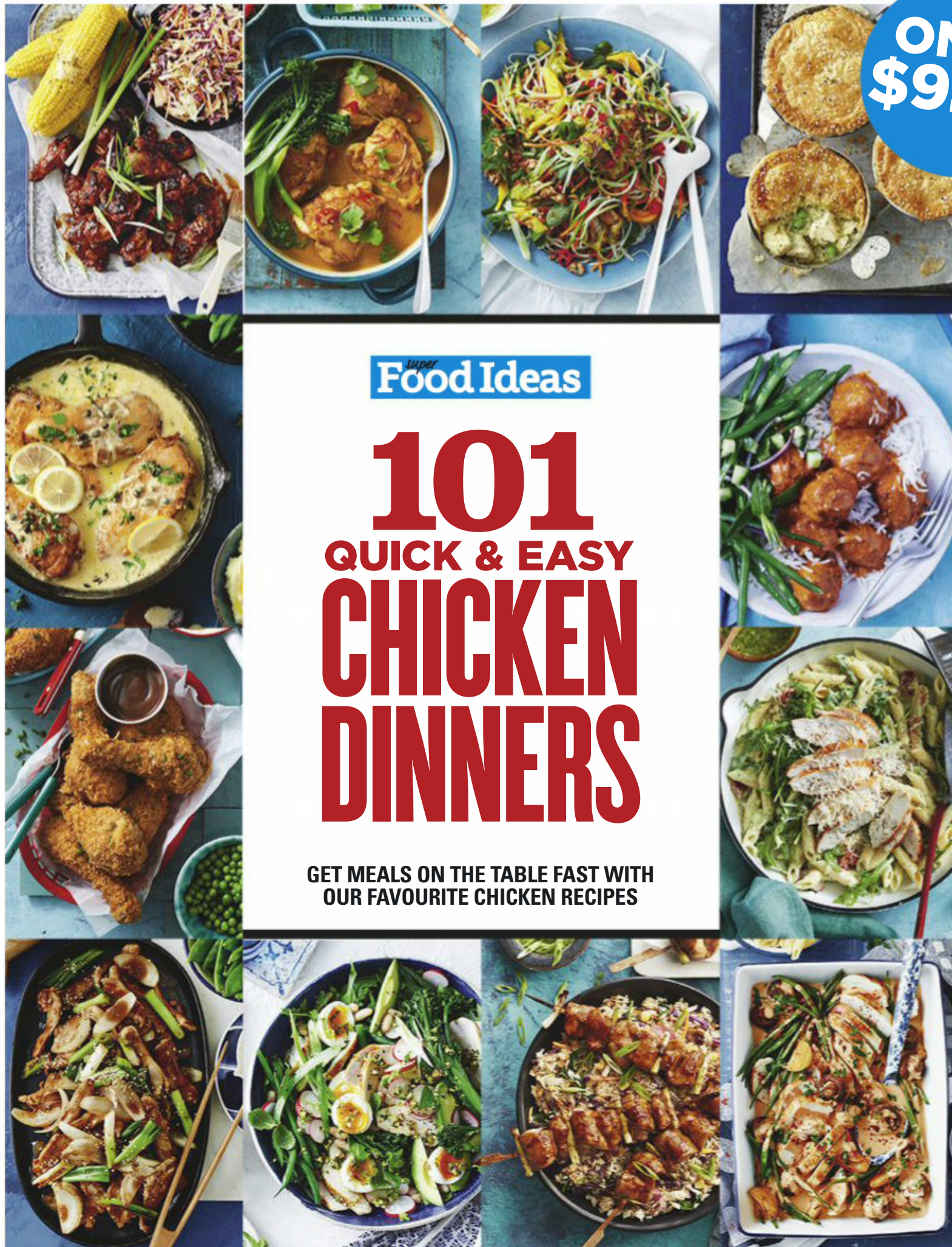
4 Serve chicken sprinkled with shallots, coriander, chilli and curry leaves (if using).

NUTRITION: (per serve) 4698kJ; 61.7g fat; 24.6g sat fat; 58.9g protein; 75.5g carbs; 4.6g fibre; 221mg chol; 1050mg sodium.

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MIDWEEK *meals*

EGGS FOR DINNER | GREAT BUDGET MEAL HACKS | EGGPLANT SIDES | CLEVER WAYS WITH MINCE

FOOD IDEAS
Tested
AND
Trusted
FOOD IDEAS

WALLET-FRIENDLY MEATBALLS

WITH
HIDDEN
VEGIES!

BEEF AND
VEGETABLE
PORCUPINE
MEATBALLS, p37

THE INFO

+ GREAT FOR KIDS

\$3.35
PER SERVE

5
VEGIES PER
SERVE

\$

SOUPED UP

ADD A CAN OF SOUP TO SIMPLE PIES, TASTY MEATBALLS AND CREAMY BAKES TO TRANSFORM THEM INTO HEARTY FAMILY MEALS. THE INGREDIENT HACK MAKES A CLEVER SHORTCUT THAT ALSO BRINGS THE PRICE PER SERVE DOWN

*FIND MORE GREAT WALLET-FRIENDLY IDEAS
AT [BESTRECIPES.COM.AU/BUDGETCLUB](https://bestrecipes.com.au/budgetclub)*

ONE-PAN CREAMY TUNA AND LEEK PASTA BAKE

THE INFO

+ GREAT FOR KIDS
+ ONE PAN
+ SUPER EASY

\$3.70
PER SERVE



ONE-PAN CREAMY TUNA AND LEEK PASTA BAKE

SERVES 4

PREP 15 MINUTES COOK 50 MINUTES

10g butter, chopped
1 leek, trimmed, cut into 1cm-thick slices
2 garlic cloves, crushed
535g can potato and leek soup
375g penne pasta
1 lemon
425g can tuna in olive oil, drained, flaked
½ cup frozen baby peas
¼ cup sour cream
⅓ cup chopped fresh flat-leaf parsley leaves
1 cup grated pizza cheese
Baby rocket, to serve

1 Preheat oven to 180°C/160°C fan-forced. Melt butter in a large, heavy-based ovenproof frying pan over medium heat. Add leek. Cook, stirring, for 3 to 4 minutes or until softened. Add garlic. Cook for 30 seconds or until fragrant. Add soup and 2 cups water. Bring to the boil. Season with salt and pepper. Stir in pasta. Cover. Bake for 30 to 35 minutes, stirring halfway through, or until pasta is tender.

2 Meanwhile, using a zester, remove rind from lemon. Juice lemon (you'll need 1 tablespoon of juice).

3 Increase oven to 220°C/200°C fan-forced. Stir tuna, peas, sour cream, lemon juice and parsley into pasta mixture. Sprinkle pizza cheese over top. Bake, uncovered, for 10 minutes or until cheese is golden and melted. Sprinkle with lemon zest and baby rocket. Serve.

NUTRITION: (per serve) 3188kJ; 28.6g fat; 12.8g sat fat; 40.8g protein; 80.3g carbs; 7.6g fibre; 75mg chol; 945mg sodium. >



CREAMY CHICKEN
AND CORN PIE, p36

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$4.60
PER SERVE



MAINS TAKE A CAN OF SOUP

**PORK CUTLETS WITH
MUSHROOM AND
THYME SAUCE, p36**

THE INFO

**+ HIGH IN FIBRE
+ SUPER EASY**

\$3.10
PER SERVE

3.5
VEGIES PER
SERVE



**BEST
VALUE**

CREAMY CHICKEN AND CORN PIE

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$4.60
PER SERVE



CREAMY CHICKEN AND CORN PIE

SERVES 4

PREP 20 MINUTES (PLUS COOLING)

COOK 50 MINUTES

10g butter

1 brown onion, finely chopped

2 middle bacon rashers, trimmed, chopped

2 garlic cloves

3 teaspoons chopped fresh thyme leaves

420g can condensed cream of chicken soup

⅓ cup pure cream

1 cup frozen corn

2 teaspoons finely grated lemon rind

2 cups chopped cooked chicken

30g baby spinach, plus extra to serve

**4 sheets frozen puff pastry,
partially thawed**

1 egg, lightly beaten

1 Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.

2 Melt butter in a large frying pan over medium-high heat. Add onion and bacon. Cook, stirring, for 3 to 4 minutes or until

softened. Add garlic and thyme. Cook for 1 minute or until fragrant. Add soup and cream. Bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 5 to 7 minutes or until thickened. Stir in corn, lemon rind, chicken and spinach. Set aside to cool for 15 minutes.

3 Stack 2 pastry sheets on top of each other. Place on prepared tray. Spoon chicken mixture in centre of pastry. Brush pastry border with egg. Stack remaining 2 pastry sheets on top of each other. Using a rolling pin, roll out to form a 27cm square. Using a 4cm round cutter, cut out a small round from the centre of the pastry stack and discard. Place pastry over filling. Trim edge to form a round. Pinch and roll edges together to seal. Brush pie with egg. Season with sea salt and pepper.

4 Bake for 30 to 35 minutes or until pastry is golden. Stand for 5 minutes. Serve pie with extra baby spinach.

NUTRITION: (per serve) 3662kJ; 43.8g fat; 21.1g sat fat; 38.9g protein; 78.1g carbs; 8.8g fibre; 156mg chol; 1261mg sodium.

PORK CUTLETS WITH MUSHROOM AND THYME SAUCE

SERVES 4

PREP 15 MINUTES

COOK 45 MINUTES

800g chat potatoes, halved

2 tablespoons extra virgin olive oil

4 pork cutlets

3 garlic cloves, thinly sliced

1 tablespoon chopped fresh thyme leaves

420g can condensed cream

of mushroom soup

⅓ cup pure cream

2 tablespoons chopped fresh chives

Steamed green beans, to serve

1 Preheat oven to 200°C/180°C fan-forced. Place potatoes in a large, heatproof, microwave-safe dish. Cover with plastic wrap. Microwave on HIGH (100%) for 3 to 4 minutes or until just tender. Drain. Pat dry with paper towel. Transfer to a roasting pan. Drizzle with half the oil. Season with salt and pepper. Toss to coat.



PORK CUTLETS WITH MUSHROOM AND THYME SAUCE

THE INFO

+ HIGH IN FIBRE
+ SUPER EASY

\$3.10
PER SERVE

3.5
VEGIES PER SERVE

**BEST
VALUE**



BEEF AND VEGETABLE PORCUPINE MEATBALLS

THE INFO

+ GREAT FOR KIDS

\$3.35
PER SERVE

5
VEGIES PER SERVE



Arrange in a single layer. Roast, turning, for 35 to 40 minutes or until potatoes are golden and tender.

2 Meanwhile, heat remaining oil in a large frying pan over medium-high heat. Add pork cutlets. Cook for 2 to 3 minutes each side or until browned. Transfer to a plate.

3 Add garlic and thyme to pan. Cook, stirring, for 2 minutes or until golden. Add soup and cream. Bring to the boil. Reduce heat to medium-low. Simmer for 5 minutes. Season with salt and pepper. Return pork to pan. Simmer, turning pork occasionally, for 6 to 8 minutes or until pork is cooked through and sauce has thickened slightly.

4 Sprinkle pork with chives. Serve with roasted potatoes and steamed beans.

NUTRITION: (per serve) 2563kJ; 36.6g fat; 13.2g sat fat; 35.1g protein; 32.8g carbs; 6.2g fibre; 92mg chol; 494mg sodium.

BEEF AND VEGETABLE PORCUPINE MEATBALLS

SERVES 4

PREP 15 MINUTES COOK 55 MINUTES

500g beef mince

1 carrot, grated

1 zucchini, grated

½ cup long grain white rice

1 egg, lightly beaten

1 tablespoon Worcestershire sauce

½ teaspoon smoked paprika

1 brown onion, finely chopped

2 garlic cloves, crushed

1 tablespoon extra virgin olive oil

420g can condensed tomato soup

Mashed potato, finely grated parmesan and small fresh basil leaves, to serve

1 Place mince, carrot, zucchini, rice, egg, Worcestershire sauce, paprika and half the onion and garlic in a large bowl. Mix well. Using 2 level tablespoons of mixture at a time, roll mixture into balls.

2 Heat oil in a large saucepan over medium heat. Add remaining onion. Cook, stirring,

for 5 minutes or until softened. Add remaining garlic. Cook for 30 seconds or until fragrant. Stir in tomato soup and 1½ cups water. Bring to the boil. **3** Carefully drop meatballs into sauce. Reduce heat to low. Simmer, covered, for 30 minutes. Uncover. Simmer for 10 to 15 minutes or until rice is tender and sauce has thickened. Serve porcupine meatball mixture over mashed potato, sprinkled with parmesan and basil. **NUTRITION:** (per serve) 3004kJ; 36.4g fat; 17.4g sat fat; 34.7g protein; 57g carbs; 8g fibre; 178mg chol; 801mg sodium. ➤

**EASY PUMPKIN,
SPINACH AND RICOTTA
CANNELLONI**

THE INFO

+ CLASSIC MAKEOVER
+ HIGH IN FIBRE
+ VEGETARIAN

\$4.90
PER SERVE

3
VEGIES PER
SERVE



**EASY PUMPKIN, SPINACH
AND RICOTTA CANNELLONI**

SERVES 4

PREP 20 MINUTES

COOK 1 HOUR

405g can pumpkin soup
250g packet frozen chopped
spinach, thawed
400g fresh ricotta
⅓ cup chopped fresh basil leaves
⅔ cup finely grated parmesan
4 fresh lasagne sheets
1 cup grated mozzarella
1 gem lettuce, leaves separated
125g cherry tomatoes, halved
2 baby cucumbers,
quartered lengthways
½ small red onion, thinly sliced
¼ cup small fresh basil leaves,
plus extra to serve
2 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar

1 Preheat oven to 180°C/160°C fan-forced. Lightly grease a 5cm-deep, 20cm x 32cm rectangular baking dish. Place soup in a large jug. Add ¾ cup water. Season with salt and pepper. Stir to combine. Pour half the soup mixture into prepared dish, spreading evenly over base.

2 Place spinach in a sieve set over a bowl. Using the back of a spoon, press spinach to drain excess liquid. Place ricotta, spinach, chopped basil and half the parmesan in a large bowl. Season with salt and pepper. Mix well to combine. Cut each lasagne pasta sheet in half crossways. Place ½ cup ricotta mixture along 1 long edge of 1 piece of pasta. Roll up to enclose filling. Place in prepared dish, seam side down. Repeat with remaining ricotta mixture and pieces of pasta. Spoon remaining soup mixture over cannelloni. Cover with foil. Bake for 50 minutes.

3 Increase oven to 220°C/200°C fan-forced. Remove foil from cannelloni. Sprinkle with mozzarella and remaining parmesan. Bake, uncovered, for 10 minutes or until cheese is golden and melted.

4 Place lettuce, tomato, cucumber, onion and basil leaves in a serving bowl. Toss to combine. Whisk oil and vinegar in a small bowl. Season with salt and pepper. Drizzle dressing over salad. Sprinkle cannelloni with extra basil leaves and serve with salad.

NUTRITION: (per serve) 2571kJ; 34.9g fat; 16.1g sat fat; 34.8g protein; 35.1g carbs; 7.9g fibre; 94mg chol; 1129mg sodium. ■



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EGG AND PANGRATTATO
SPAGHETTI, p47

THE INFO

+ LOW SATURATED FAT
+ SUPER FAST

\$1.77
PER SERVE

25



MONEY-SAVERS

EGGCELLENT *creations*



Claire says: Eggs aren't just brilliant for breakfast. From cheat's pizzas to a hearty egg and ham bake, they make great budget-friendly dinners too!



SLICE
OF
HEAVEN

+ Cheesy and easy!
ALL THE DELICIOUSNESS
OF CLASSIC HAM AND
CHEESE TOASTIES
— IN ONE MAIN MEAL

CROQUE MONSIEUR
STRATA, p46

THE INFO

+ CLASSIC MAKEOVER

\$4.50
PER SERVE



CHEAT'S TURKISH PIZZAS

SERVES 4

PREP 15 MINUTES COOK 15 MINUTES

280g packet garlic naan bread
1 red onion
2 thick lamb sausages
2½ tablespoons extra virgin olive oil
1 cup grated mozzarella
50g fetta, crumbled
4 eggs
1 baby cos lettuce, leaves torn
4 radishes, thinly sliced
¼ cup small fresh mint leaves
1 tablespoon red wine vinegar
Sumac, sriracha chilli sauce, fresh
flat-leaf parsley leaves and lemon
wedges, to serve

1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper. Arrange bread on trays.

2 Finely chop half the onion. Remove and discard casing from sausages. Heat 2 teaspoons oil in a large frying pan over medium-high heat. Crumble sausage in pan and add onion. Cook, stirring occasionally, for 3 minutes or until sausage is browned. Arrange sausage mixture evenly over bread. Sprinkle with cheeses. Make a slight indent in centre of toppings on bread. Bake for 3 minutes. Break an egg into each indent. Season with salt and pepper. Bake for 8 to 10 minutes or until white is set but yolks are still runny.

3 Meanwhile, thinly slice remaining onion. Place lettuce, radish, mint and onion in a large bowl. Drizzle over vinegar and remaining oil. Season with salt and pepper. Toss to combine.

4 Sprinkle eggs with sumac. Drizzle pizzas with sriracha and sprinkle with parsley. Serve with salad and lemon wedges.

NUTRITION: (per serve) 2380kJ; 33.8g fat; 11.6g sat fat; 26.5g protein; 37.9g carbs; 3.2g fibre; 259mg chol; 1263mg sodium. >



CHEAT'S TURKISH PIZZAS

THE INFO

+ SUPER EASY

\$4.22
PER SERVE

30





+ Bowl of plenty EGGS AND SWEET CHILLI ARE THE SUPERSTARS IN THIS POPULAR INDONESIAN STIR-FRY

FRIED RICE FAVE

STICKY SWEET CHILLI EGG NASI GORENG

SERVES 4

PREP 15 MINUTES COOK 20 MINUTES

1½ cups white long grain rice (see note)
2 tablespoons vegetable oil
150g green beans, trimmed, cut into 3cm lengths
4 green onions, thinly sliced, plus extra to serve
1 cup frozen peas, corn and capsicum mix
1½ tablespoons kecap manis
4 eggs
⅓ cup sweet chilli sauce
1½ tablespoons lime juice, plus extra lime wedges to serve
1 long red chilli, thinly sliced
1 tablespoon fried shallots
¼ cup fresh coriander leaves
Sliced tomato and baby cucumber, to serve

1 Cook rice following packet directions.
2 Meanwhile, heat a wok over high heat. Add half the oil. Swirl to coat. Add beans. Cook, stirring occasionally, for 3 minutes or until lightly charred. Add onion. Stir-fry for 1 minute. Add rice with pea and corn mix. Stir-fry for 1 minute. Add kecap manis. Stir-fry for 2 minutes or until hot.
3 Meanwhile, heat remaining oil in a large frying pan. Break 2 eggs into the pan. Cook for 2 minutes or until whites are set but yolks are still runny. Turn eggs. Cook for 20 seconds. Transfer to a large plate. Cover to keep warm. Repeat with remaining eggs.
4 Place sweet chilli sauce and lime juice in a small saucepan. Heat over medium heat for 2 minutes or until simmering.
5 Divide rice mixture among 4 serving bowls. Top each with an egg and drizzle with sauce mixture. Sprinkle with chilli, shallots, coriander leaves and extra green onion. Serve with sliced tomato, cucumber and lime wedges.

NUTRITION: (per serve) 2367kJ; 14.9g fat; 2.6g sat fat; 15.5g protein; 87.3g carbs; 9g fibre; 215mg chol; 530mg sodium. >

Cook's note:

+ You can also use leftover cooked rice and skip Step 1. You'll need 4 cups cooked rice. Or use a 450g packet of 2½-minute white long grain rice. Heat following packet directions.

STICKY SWEET CHILLI EGG NASI GORENG

THE INFO

+ HEART FRIENDLY
+ HIGH IN FIBRE
+ LOW FAT
+ VEGETARIAN

\$1.66
PER SERVE

35

3
VEGIES PER SERVE





CROQUE MONSIEUR
STRATA

THE INFO

+ CLASSIC MAKEOVER



CROQUE MONSIEUR STRATA

SERVES 4

PREP 15 MINUTES (PLUS STANDING)

COOK 50 MINUTES

40g butter

2 tablespoons plain flour

1 cup milk

¼ cup white wine

1 teaspoon finely chopped fresh thyme
leaves, plus extra sprigs to serve

6 eggs

1 cup thickened cream

320g baguette, cut into 1.5cm slices

250g sliced ham, torn into large pieces

1 cup grated cheddar

Salad leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Grease an 8-cup-capacity, 6cm-deep 22cm x 32cm oval baking dish.

2 Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 3 minutes or until golden. Remove from heat. Slowly whisk in milk until smooth. Return to heat.

Add wine and thyme. Cook, stirring, for 3 to 4 minutes or until mixture starts to boil and thicken. Season with salt and pepper. Set aside to cool slightly.

3 Whisk eggs and cream in a bowl until combined. Season with salt and pepper. Working with 1 bread slice at a time, spread both sides generously with white sauce. Top with ham. Place upright in prepared dish. Repeat with remaining bread, sauce and ham, arranging bread upright in dish. Pour over egg mixture. Sprinkle with cheese. Stand for 10 minutes. Bake for 40 minutes or until golden and set. Sprinkle with extra thyme. Serve with salad leaves.

NUTRITION: (per serve) 3418kJ; 51.2g fat; 30.3g sat fat; 37.2g protein; 46.2g carbs; 4.6g fibre; 453mg chol; 1598mg sodium.

**LEMON GARLIC TOFU WITH
BARLEY AND KALE SALAD**

SERVES 4

PREP 20 MINUTES **COOK** 40 MINUTES

½ cup pearl barley, rinsed, drained

4 eggs

1 tablespoon lemon herb and
garlic seasoning

500g packet firm tofu, drained,
thickly sliced

¼ cup extra virgin olive oil

½ bunch kale, trimmed

2 garlic cloves, thinly sliced

2 celery stalks, thinly sliced

1 red onion, halved, thinly sliced

200g packet shelled edamame, thawed

¼ cup lemon juice

4 Real Foods Whole Grain Thins Ancient
Grains, broken into large pieces

1 small avocado, cut into wedges

1 Cook barley in a large saucepan of boiling water for 40 minutes or until just tender. Drain. Refresh under cold water. Drain well.

LEMON GARLIC TOFU WITH BARLEY AND KALE SALAD

THE INFO

+ HIGH IN FIBRE
+ LOWER SODIUM
+ SUPER EASY
+ VEGETARIAN

\$3.96
PER SERVE

2
VEGIES PER SERVE

25

EGG AND PANGRATTATO SPAGHETTI

THE INFO

+ LOW SATURATED FAT
+ SUPER FAST

\$1.77
PER SERVE

25

25

25

2 Meanwhile, place eggs in a small saucepan. Cover with water. Bring to the boil. Boil for 4 minutes. Drain. Refresh under cold water. Peel.

3 Meanwhile, place seasoning on a large plate. Add tofu. Turn to lightly coat. Heat 1 tablespoon oil in a large, deep frying pan over medium-high heat. Add tofu. Cook for 4 minutes each side or until golden. Transfer to a large plate. Cover to keep warm.

4 Meanwhile, remove and discard stems and centre veins from kale. Roughly chop leaves.

5 Heat 1 tablespoon oil in pan. Add kale. Cook, stirring, for 6 minutes or until bright green and tender. Add garlic. Cook, stirring, for 1 minute or until fragrant. Remove from heat. Add barley, celery, onion, edamame and lemon juice. Toss to combine.

6 Arrange Whole Grain Thins on serving plates. Spoon over barley mixture. Top with tofu and avocado. Halve eggs and arrange on salad. Drizzle with remaining oil. Serve.

NUTRITION: (per serve) 2458kJ; 33.7g fat; 6.1g sat fat; 34.9g protein; 31.3g carbs; 14.3g fibre; 215mg chol; 350mg sodium.

EGG AND PANGRATTATO SPAGHETTI

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

165g sourdough bread, roughly chopped
1/3 cup extra virgin olive oil
4 garlic cloves, finely chopped
3 anchovies, finely chopped
375g spaghetti
4 eggs
1/3 cup roughly chopped fresh flat-leaf parsley leaves
1 tablespoon lemon zest
Dried chilli flakes, to serve

1 Place bread in a food processor. Process until coarse crumbs form. Heat 1/4 cup oil in a large, deep frying pan over medium-high heat. Add breadcrumbs. Cook, tossing occasionally, for 5 minutes or until golden and crisp. Add garlic and anchovies. Cook for a further 2 minutes or until fragrant. Season with salt and pepper. Transfer to paper towel to drain. Wipe pan clean.

2 Cook pasta following packet directions. Drain, reserving 1/2 cup cooking liquid.

3 Meanwhile, break eggs into frying pan. Cook for 2 minutes or until white is set but yolk is still runny.

4 Reduce heat to low. Add pasta, breadcrumb mixture, cooking liquid and half the parsley leaves to egg. Gently toss for 1 minute or until just combined and eggs break. Sprinkle pasta with lemon zest, dried chilli and remaining parsley leaves. Drizzle with remaining oil. Serve.

NUTRITION: (per serve) 2577kJ; 19g fat; 3.5g sat fat; 21.9g protein; 85.2g carbs; 5g fibre; 217mg chol; 535mg 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.



A BIT ON THE SIDE

Sleek-skinned eggplants are marvellously versatile and a great canvas for all kinds of flavours. Stuff them, grill them or fry them and see what a great addition they make to any meal

TABOULI-STUFFED ROASTED EGGPLANT

THE INFO

+ CLASSIC UPDATE
+ HIGH IN FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$2.00
PER SERVE

3.5
VEGIES PER
SERVE



TABOULI-STUFFED ROASTED EGGPLANT

SERVES 6

PREP 25 MINUTES COOK 50 MINUTES

3 medium eggplants, halved lengthways

Olive oil spray

1 cup burghul (cracked wheat)

2 tomatoes, seeded, finely chopped

$\frac{2}{3}$ cup chopped fresh flat-leaf
parsley leaves

$\frac{1}{3}$ cup chopped fresh mint leaves, plus
extra leaves to serve

2 green onions, thinly sliced

1 tablespoon lemon juice, plus
lemon wedges to serve

2 tablespoons extra virgin olive oil

Yoghurt and Garlic Dressing

$\frac{1}{2}$ cup plain Greek-style yoghurt

1 small garlic clove, crushed

1 teaspoon ground cumin

2 teaspoons lemon zest

1 Preheat oven to 180°C/160°C fan-forced. Line a large baking tray with baking paper. Using a skewer, prick eggplant halves all over. Place on prepared tray. Spray with oil. Bake for 45 to 50 minutes or until golden and tender.

2 Meanwhile, prepare burghul following packet directions. Set burghul aside for 10 minutes to cool.

3 Make Yoghurt and Garlic Dressing

Combine yoghurt, garlic, cumin, half the zest and 2 tablespoons water in a small bowl. Season with salt and pepper.

4 Place tomato in a large bowl. Add parsley, mint, onion, lemon juice, oil and burghul. Season with salt and pepper. Stir until well combined.

5 Using a metal teaspoon and leaving a 1cm border, scoop out eggplant flesh. Roughly chop flesh. Add to tabouli mixture. Stir to combine. Transfer eggplant shells to a serving plate. Spoon tabouli mixture evenly into shells. Drizzle with a little dressing. Top with remaining zest and extra mint leaves. Serve.

NUTRITION: (per serve) 1084kJ; 10.5g fat; 2.5g sat fat; 7.6g protein; 27.5g carbs; 11.2g fibre; 9mg chol; 98mg sodium. >





INDIAN-SPICED EGGPLANT SKEWERS

THE INFO

+ BARBECUE
+ HIGH IN FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$1.71
PER SERVE

35

3.5
VEGIES PER
SERVE



INDIAN-SPICED EGGPLANT SKEWERS

SERVES 6

PREP 20 MINUTES

COOK 15 MINUTES

*YOU WILL NEED 12 LONG METAL
OR PRE-SOAKED BAMBOO SKEWERS
FOR THIS RECIPE.*

3 eggplants, trimmed
1 sprig fresh curry leaves
1 Lebanese cucumber,
halved lengthways
½ cup plain Greek-style yoghurt
Lime wedges, to serve

Indian Spice Mix

1 tablespoon yellow
mustard seeds
1 tablespoon cumin seeds
1 teaspoon turmeric powder
½ teaspoon chilli flakes
2 garlic cloves, crushed
⅓ cup vegetable oil

1 Make Indian Spice Mix Combine spices, garlic and oil in a small bowl. Season with salt and pepper.

2 Cut eggplant into 5cm cubes. Thread 4 eggplant pieces onto each skewer. Place on a baking tray. Brush spice mixture onto eggplant.

3 Heat barbecue grill on medium-high heat. Cook skewers for 2 to 3 minutes each side, brushing with extra spice mixture, or until tender and beginning to char. Transfer to a serving plate. Add curry leaves to grill. Cook for 1 minute or until fragrant.

4 Meanwhile, using a metal teaspoon, remove and discard seeds from cucumber. Grate cucumber. Place in a small bowl. Add yoghurt. Season with salt and pepper. Stir to combine. Serve skewers with yoghurt, curry leaves and lime wedges.

NUTRITION: (per serve) 901kJ; 16.3g fat; 3g sat fat; 4.4g protein; 9.4g carbs; 6g fibre; 9mg chol; 91mg sodium.

MIDDLE EASTERN EGGPLANT SALAD

SERVES 6

PREP 25 MINUTES COOK 15 MINUTES

2 cups vegetable stock

½ x 400g packet pearl couscous

2 teaspoons Middle Eastern spice blend

½ cup extra virgin oil

4 baby eggplants, quartered lengthways

1 small red capsicum, cut into 1cm pieces

1 Lebanese cucumber, halved

lengthways, sliced

⅓ cup fresh mint leaves

⅓ cup fresh coriander leaves

1 pomegranate

1 Bring stock to the boil in a saucepan over medium-high heat. Add couscous. Reduce heat to low. Simmer, partially covered and stirring occasionally, for 10 minutes or until couscous is tender. Set aside for 5 minutes to cool.

2 Meanwhile, combine spice blend and half the oil in a small bowl. Place eggplant on a baking tray. Brush oil mixture over eggplant wedges.

3 Heat 1 tablespoon of remaining oil in a large frying pan over medium heat. Cook eggplant, turning, for 3 to 4 minutes or until golden and tender. Transfer to paper towel to drain.

4 Place capsicum, cucumber, half the mint and half the coriander in a serving bowl. Add couscous. Toss to combine.

5 Remove seeds from pomegranate over a bowl to catch the juice (you'll need 2 tablespoons juice). Add pomegranate seeds and remaining oil to pomegranate juice. Season with salt and pepper. Whisk to combine.

6 Top couscous mixture with eggplant, remaining mint and coriander. Spoon over dressing. Serve.

NUTRITION: (per serve) 1297kJ; 14.1g fat; 2.1g sat fat; 7.2g protein; 35g carbs; 6.6g fibre; 0mg chol; 568mg sodium. >



MIDDLE EASTERN EGGPLANT SALAD

THE INFO

+ ENTERTAINING
+ HIGH IN FIBRE
+ LOW SATURATED FAT
+ LOWER GI
+ VEGETARIAN

\$1.98
PER SERVE

40



AGEDASHI EGGPLANT

THE INFO

+ ASIAN
+ HIGH IN FIBRE
+ LOW SATURATED FAT
+ LOWER SODIUM

\$0.94
PER SERVE

30

2
VEGIES PER
SERVE



AGEDASHI EGGPLANT

SERVES 6

PREP 15 MINUTES

COOK 15 MINUTES

**2 medium eggplants, cut into
2cm-thick rounds**

Canola oil, for shallow frying

2 green onions, shredded

1 tablespoon pickled ginger

**1 teaspoon sesame seeds,
toasted**

Broth

3g sachet dashi powder (see notes)

1½ cups boiling water

1 tablespoon mirin

¼ cup salt-reduced soy sauce

1 Using a small sharp knife, score each eggplant round in a cross-hatch pattern on both sides (see notes).

2 Add enough oil to a large frying pan to come 5mm up side of pan. Heat over medium heat. Cook eggplant, in batches, for 2 to 3 minutes each side or until golden and very tender, adding a little more oil between batches, if necessary. Transfer to paper towel to drain.

3 Meanwhile, make Broth Place dashi in a small saucepan. Add boiling water. Stir until powder dissolves. Add mirin and soy sauce to pan. Bring to the boil over medium-high heat. Remove pan from heat and cover to keep warm.

4 Place eggplant in a large dish with sides. Pour over warm broth. Sprinkle with onion, pickled ginger and sesame seeds. Serve immediately.

NUTRITION: (per serve) 430kJ; 6.9g fat; 0.5g sat fat; 2g protein; 5.8g carbs; 3.9g fibre; <1mg chol; 32mg sodium.

Cook's notes:

+ Dashi powder can be found in Asian grocery stores. You could substitute with chicken stock. This will give a milder flavour.

+ When scoring eggplant on both sides, ensure cuts aren't too deep to prevent it breaking up.

EGGPLANT CAPONATA SALAD**SERVES** 6**PREP** 15 MINUTES**COOK** 10 MINUTES

1 garlic clove, crushed
 ½ cup extra virgin olive oil
 4 baby eggplants, cut lengthways into 5mm strips
 2 tablespoons red wine vinegar
 100g tomato medley mix, halved
 2 tomatoes, thickly sliced

¼ cup pitted kalamata olives

3 bocconcini, roughly torn

¼ cup fresh basil leaves

1 Place garlic and half the oil in a bowl.

Season with salt and pepper.

2 Place eggplant strips on a large baking tray. Brush garlic oil over eggplant. Heat barbecue grill on medium-high heat. Cook eggplant for 1 to 2 minutes each side or until tender and charred.

Transfer eggplant to a large serving dish. Set aside for 10 minutes to cool.

3 Whisk vinegar and remaining oil in a small bowl. Season with salt and pepper.

4 Add tomato, olives, bocconcini and basil to eggplant. Toss gently to combine. Drizzle with dressing. Serve.

NUTRITION: (per serve) 692kJ; 14g fat; 3.9g sat fat; 4.3g protein; 4.1g carbs; 3.1g fibre; 10mg chol; 140mg sodium. ■



**EGGPLANT
CAPONATA
SALAD**

THE INFO

+ GLUTEN FREE
 + HIGH IN FIBRE
 + SUPER FAST
 + VEGETARIAN

\$1.79
PER SERVE

25

2
VEGIES PER SERVE



MONEY-SAVERS

MAKE MAGIC WITH MINCE



Claire says: From pies to rissoles, this collection of top-rated dinners shows the great meals you can make with beef mince – and all less than \$5 a serve!

SUPER-EASY
RISsoles WITH
CRUNCHY SALSA

\$3.04
PER SERVE

SUPER-EASY RISsoles WITH CRUNCHY SALSA

SERVES 4

PREP 20 MINUTES (PLUS 15 MINUTES
REFRIGERATION) **COOK** 10 MINUTES

650g beef mince

1 small brown onion, grated

2 garlic cloves, crushed

1 teaspoon celery salt

1 tablespoon tomato paste

1 tablespoon Worcestershire sauce

1¼ cups fresh breadcrumbs

1 egg, lightly beaten

2 tablespoons extra virgin olive oil

4 slices crusty bread, to serve

Crunchy Salsa

1 celery stalk

**2 small vine-ripened tomatoes, seeded,
finely chopped**

¼ small red onion, finely diced

2 teaspoons lime juice

1 teaspoon extra virgin olive oil

1 teaspoon Tabasco sauce (optional)

1 Place mince, brown onion, garlic, celery salt, tomato paste, Worcestershire sauce, breadcrumbs and egg in a bowl. Season with pepper. Mix well to combine. Shape mixture into 12 rissoles. Place on a tray. Cover. Refrigerate for 15 minutes.

2 Meanwhile, make Crunchy Salsa

Trim celery, reserving the small young leaves. Finely dice celery stalk. Place in a bowl with tomato, red onion, lime juice, oil, reserved celery leaves and Tabasco sauce (if using). Season.

3 Heat oil in a large frying pan over medium-high heat. Cook rissoles, in 2 batches, for 4 to 5 minutes each side or until browned and cooked through. Serve rissoles with crunchy salsa and crusty bread.

NUTRITION: (per serve) 2961kJ; 30g fat; 9.8g sat fat; 48.7g protein; 57.5g carbs; 5.6g fibre; 127mg chol; 1118mg sodium. >

Cook's note:

+ You can prepare the rissoles to the end of Step 1 up to 1 day ahead. Cover with plastic wrap and refrigerate.

20

mince
dinners
under

\$5

EASY DINNER FOR A BUSY DAY!

PREP A DAY
AHEAD



CHILLI
CON CARNE

BEEF
LASAGNE

\$2.06
PER SERVE

\$4.64
PER SERVE

CHILLI CON CARNE

SERVES 8

PREP 15 MINUTES

COOK 1 HOUR 10 MINUTES

2 teaspoons extra virgin olive oil
125g rindless shortcut bacon,
roughly chopped
750g lean beef mince
2 brown onions, finely chopped
2 red capsicums, chopped
3 garlic cloves, crushed
1 long red chilli, chopped
2 tablespoons Mexican chilli powder
800g can chopped tomatoes
400g can red kidney beans, drained, rinsed
Pickled jalapeño chillies, light sour cream,
fresh coriander leaves and grated light
tasty cheese, to serve

1 Heat oil in a large saucepan over medium heat. Add bacon. Cook for 5 to 6 minutes or until crisp. Add mince. Cook, stirring with a wooden spoon to break up mince, for 15 minutes or until browned.
2 Add onion, capsicum, garlic and chopped chilli. Cook for 5 to 6 minutes or until vegetables are soft. Add chilli powder. Cook, stirring, for 1 minute or until fragrant.
3 Add tomatoes and 1 cup cold water to saucepan. Bring to the boil. Reduce

heat to medium-low. Simmer, partially covered, for 30 minutes or until sauce has reduced slightly.
4 Add beans. Increase heat to medium. Cook for 15 minutes or until beans are heated through and sauce has thickened. Serve chilli con carne with jalapeño, sour cream, coriander and tasty cheese.
NUTRITION: (per serve) 1482kJ; 18.4g fat; 9g sat fat; 28.8g protein; 13.9g carbs; 6.9g fibre; 95mg chol; 548mg sodium.

BEEF LASAGNE

SERVES 4

PREP 25 MINUTES

COOK 1 HOUR 10 MINUTES

2 teaspoons extra virgin olive oil
1 brown onion, finely chopped
2 garlic cloves, crushed
600g lean beef mince
737g bottle tomato pasta sauce
½ cup red wine
1 teaspoon caster sugar
250g packet dried lasagne pasta sheets
2 cups thickened cream
2 cups grated tasty cheese
¼ cup finely grated parmesan

1 Heat oil in a heavy-based saucepan over medium heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion

is tender. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 minutes or until browned. Add sauce, wine and sugar. Season. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 40 minutes or until sauce has thickened. Remove from heat.
2 Preheat oven to 180°C/160°C fan-forced. Lightly grease a 7cm-deep, 25cm (base) square baking dish. Spoon ½ cup mince mixture over base of dish. Arrange ¼ of pasta sheets over meat mixture, breaking sheets to fit. Spoon ⅓ of the remaining mince mixture over pasta. Drizzle with ¼ of the cream. Sprinkle with ¼ of the tasty cheese. Repeat layers twice. Top with remaining pasta sheets, cream and tasty cheese. Sprinkle with parmesan. Cover loosely with foil.
3 Bake for 45 minutes. Remove foil. Bake for 15 minutes or until pasta is tender and cheese is golden. Stand for 10 minutes before serving.
NUTRITION: (per serve) 5550kJ; 86.1g fat; 52.2g sat fat; 60.4g protein; 67.5g carbs; 7g fibre; 263mg chol; 1206mg sodium.

ITALIAN COTTAGE PIE WITH CAULIFLOWER CHEESE MASH

SERVES 6

PREP 30 MINUTES

COOK 1 HOUR 15 MINUTES

1 tablespoon extra virgin olive oil
1 brown onion, finely chopped
2 celery stalks, finely chopped
1 large carrot, finely chopped
750g beef mince
2 garlic cloves, finely chopped
2 tablespoons plain flour
2 tablespoons tomato paste
½ cup beef stock
410g can crushed tomatoes
3 sprigs fresh thyme
2 teaspoons chopped fresh rosemary leaves
¾ cup frozen peas
¾ cup grated three cheese blend
Cauliflower Cheese Mash
650g cauliflower, cut into florets
600g potatoes, peeled, chopped
25g butter
2 tablespoons plain flour
1½ cups milk

1 Heat oil in a large, deep frying pan over medium-high heat. Add onion, celery and carrot. Cook, stirring, for 5 minutes or until softened. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until just browned.

2 Add garlic, flour and tomato paste. Stir well to combine. Gradually stir in stock and tomatoes. Season. Bring to the boil. Add thyme and rosemary. Reduce heat to low. Simmer for 15 minutes or until mixture thickens and vegetables start to soften.

3 **Meanwhile, make Cauliflower Cheese Mash** Place cauliflower and potato in a large saucepan of water over high heat. Bring to the boil. Boil for 8 to 10 minutes or until vegetables are tender. Drain well. Return to pan. Place over low heat. Mash until almost smooth. Remove from heat.

4 Melt butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until smooth and combined. Return to heat. Cook, stirring constantly, until mixture just starts to boil and thicken. Remove from heat. Season. Stir ½ the sauce through cauliflower mash.
5 Preheat oven to 200°C/180°C fan-forced. Remove and discard thyme from mince mixture. Stir in peas. Spoon mince mixture into an 8-cup-capacity ovenproof dish. Dollop with mash. Drizzle remaining sauce over mash. Sprinkle with cheese. Place dish on a baking tray with sides. Bake for 35 to 40 minutes or until top is golden. Stand for 5 minutes. Serve.
NUTRITION: (per serve) 2192kJ; 24.1g fat; 12.1g sat fat; 41.3g protein; 31.5g carbs; 7.7g fibre; 97mg chol; 714mg sodium. >

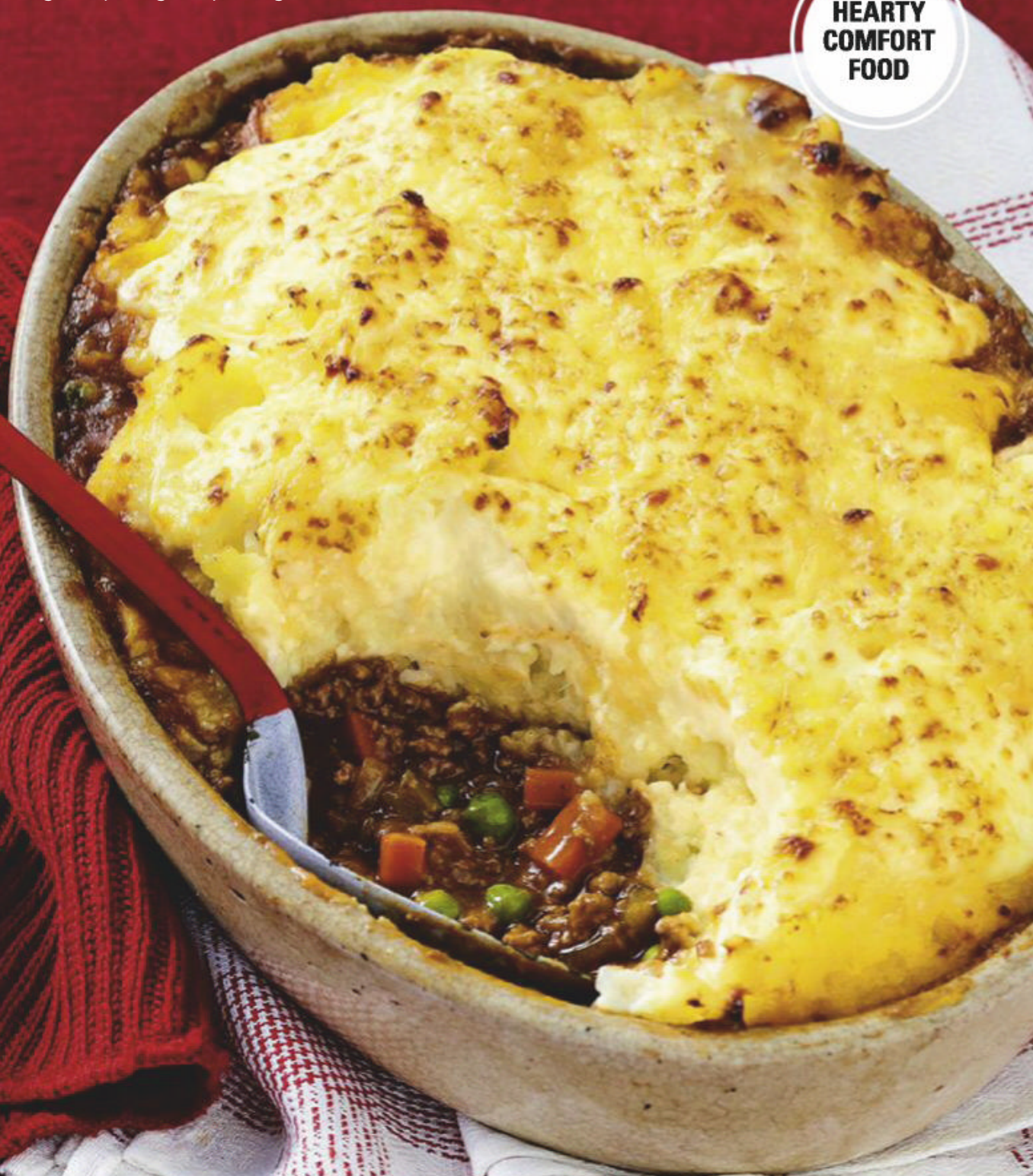
ITALIAN COTTAGE
PIE WITH CAULIFLOWER
CHEESE MASH

\$2.91
PER SERVE

20
mince
dinners
under
\$5

REALLY EASY AND SO CHEESY!

HEARTY
COMFORT
FOOD





MINCE AND POTATO PASTIES

\$1.34
EACH

MINCE AND POTATO PASTIES

MAKES 12

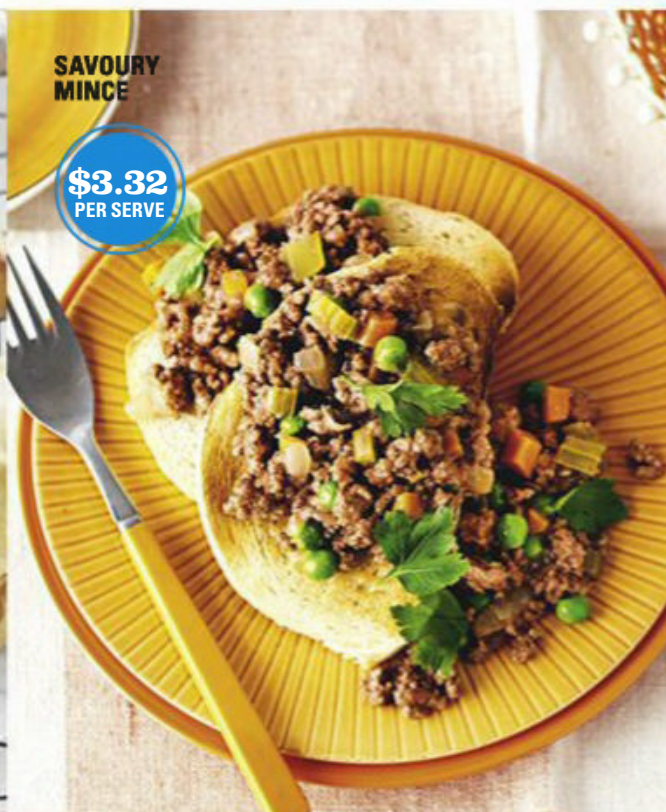
PREP 20 MINUTES

COOK 40 MINUTES

- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, crushed
- 500g beef mince
- 4 green onions, thinly sliced
- 1 large desiree potato, peeled, cut into 2cm cubes
- $\frac{1}{4}$ cup sweet chilli sauce
- 2 tablespoons lemon juice
- 2 tablespoons fish sauce
- 1 tablespoon brown sugar
- $\frac{1}{2}$ cup fresh coriander leaves, roughly chopped
- 6 sheets frozen shortcrust pastry, partially thawed
- 1 egg, beaten
- 1 cup tomato chutney, to serve

- 1 Heat oil in a frying pan over medium heat. Add garlic. Cook for 1 minute. Increase heat to high. Add mince. Cook, stirring with a wooden spoon, for 5 minutes. Stir in onion, potato, sweet chilli sauce, lemon juice, fish sauce and sugar. Cook for 2 minutes. Remove from heat. Cool completely. Stir in coriander.
- 2 Preheat oven to 200°C/180°C fan-forced. Cut 2 x 14cm rounds from each pastry sheet. Spoon $\frac{1}{4}$ cup of mince mixture onto each round. Brush edges with water. Pinch pastry together to enclose filling. Press edges to seal and form frills. Stand pasties, frill-side up, on a baking paper-lined baking tray.
- 3 Brush pasties with egg. Bake for 30 minutes or until golden. Serve with tomato chutney.

NUTRITION: (each) 2407kJ; 31.4g fat; 13.6g sat fat; 14g protein; 58.5g carbs; 3.2g fibre; 79mg chol; 897mg sodium.



SAVOURY MINCE

\$3.32
PER SERVE

SAVOURY MINCE

SERVES 4

PREP 20 MINUTES

COOK 35 MINUTES

- 1 tablespoon extra virgin olive oil
- 1 brown onion, finely chopped
- 1 carrot, finely diced
- 2 celery stalks, finely diced
- 2 garlic cloves, crushed
- 600g beef mince
- 1 tablespoon plain flour
- 1 cup beef stock
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$ cup frozen peas
- 8 small slices crusty bread, toasted, to serve
- Fresh flat-leaf parsley leaves, to serve

- 1 Heat oil in a large non-stick frying pan over medium-high heat. Add onion, carrot and celery to pan. Cook, stirring occasionally, for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Add mince. Cook, breaking up with a wooden spoon, for 8 to 10 minutes or until mince is browned and cooked through.
- 2 Add flour. Cook, stirring, for 1 minute. Stir in stock and Worcestershire sauce. Season with pepper. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 10 to 12 minutes or until sauce thickens slightly.
- 3 Stir in peas. Cook for 2 to 3 minutes or until peas are bright green and tender. Serve mince mixture spooned over toast, sprinkled with parsley.

NUTRITION: (per serve) 1948kJ; 17.8g fat; 6.3g sat fat; 39.8g protein; 34.5g carbs; 4.3g fibre; 83mg chol; 778mg sodium.



ONE-POT SPAGHETTI BOLOGNESE

\$2.91
PER SERVE

ONE-POT SPAGHETTI BOLOGNESE

SERVES 6

PREP 10 MINUTES **COOK** 30 MINUTES

- 1 tablespoon extra virgin olive oil
- 1 brown onion, chopped
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 4 shortcut bacon rashers, trimmed, chopped
- 2 garlic cloves, finely chopped
- 600g beef mince
- $\frac{1}{3}$ cup tomato paste
- 2 x 410g cans crushed tomatoes
- 3 cups salt-reduced chicken stock
- 6 sprigs fresh thyme
- 250g dried spaghetti
- $\frac{1}{4}$ cup chopped fresh flat-leaf parsley leaves, plus extra to serve
- Finely grated parmesan, to serve

- 1 Heat oil in a large heavy-based flameproof casserole dish over medium-high heat. Add onion, carrot and celery. Cook, stirring occasionally, for 3 minutes or until onion starts to soften. Add bacon. Cook for 3 minutes or until golden. Stir in garlic.
- 2 Add mince to dish. Cook, breaking up mince with a wooden spoon, for 5 minutes or until browned. Stir in tomato paste, tomatoes, stock and thyme. Cover. Bring to the boil. Add spaghetti. Reduce heat to medium. Simmer, uncovered, for 15 minutes or until spaghetti is tender and sauce has thickened, stirring mixture every 5 minutes.
- 3 Remove dish from heat. Remove and discard thyme. Add parsley. Season. Stir to combine. Serve topped with extra chopped parsley and parmesan.

NUTRITION: (per serve) 1966kJ; 16.9g fat; 6.6g sat fat; 36.2g protein; 40.4g carbs; 5.6g fibre; 81mg chol; 1097mg sodium.

MOROCCAN BEEF,
EGGPLANT AND
CHICKPEA BAKE

\$3.16
PER SERVE

20
mince
dinners
under
\$5

GREAT FOR LEFTOVERS!

PACKED
WITH
PROTEIN

MOROCCAN BEEF, EGGPLANT AND CHICKPEA BAKE

SERVES 8

PREP 15 MINUTES COOK 30 MINUTES

1 tablespoon extra virgin olive oil

750g beef mince

1 tablespoon Moroccan seasoning

410g can chopped tomatoes
and paste

1½ cups beef stock

400g can chickpeas, drained, rinsed

⅓ cup chopped fresh coriander leaves,
plus extra sprigs to serve

4 large tomatoes, sliced into rounds

400g sliced chargrilled eggplant

2 cups grated three cheese blend

1 Preheat oven to 200°C/180°C fan-forced.
Grease a 5cm-deep, 20cm x 30cm
rectangular baking dish.

2 Heat oil in a large, deep frying pan over
high heat. Add mince. Cook, breaking up
mince with a wooden spoon, for 5 minutes
or until browned. Stir in seasoning, tomatoes,
stock and chickpeas. Bring to the boil.
Reduce heat to medium. Simmer, stirring
occasionally, for 10 minutes or until sauce
thickens. Remove from heat. Stir in coriander.

3 Spoon ½ the mince mixture into prepared
dish, spreading to cover base. Layer ½ the
tomato and ½ the eggplant, overlapping
slices, over mince mixture. Spoon remaining
mince mixture over tomato and eggplant
to cover. Layer remaining tomato and
eggplant, overlapping slices, over mince
mixture. Sprinkle with cheese.

4 Bake for 15 minutes or until the cheese
has melted.

5 Serve sprinkled with extra coriander.

NUTRITION: (per serve) 1702kJ; 23.1g fat;
10.6g sat fat; 33.3g protein; 13.8g carbs;
4.7g fibre; 64mg chol; 765mg sodium. >



THAI BEEF LARB

\$3.49
PER SERVE

THAI BEEF LARB

SERVES 4

PREP 10 MINUTES

COOK 20 MINUTES

- 1 tablespoon peanut oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 2cm piece fresh ginger, peeled, finely grated
- 1 lemongrass stalk (white part only), finely chopped
- 600g beef mince
- 2 teaspoons fish sauce
- ¼ cup sweet chilli sauce
- 2 tablespoons lime juice
- ½ cup fresh mint leaves, torn
- ½ cup fresh coriander leaves
- ⅓ cup chopped roasted unsalted peanuts
- Cooked vermicelli noodles and lime wedges, to serve

- 1 Heat oil in a large frying pan over medium-high heat.
 - 2 Add onion. Cook, stirring, for 3 minutes or until onion has softened. Add garlic, ginger and lemongrass. Cook, stirring, for 1 minute or until fragrant. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until mince is browned.
 - 2 Add fish sauce, sweet chilli sauce and lime juice. Cook, stirring, for 2 minutes. Remove from heat.
 - 3 Stir mint and coriander into the mince mixture. Sprinkle with chopped peanut. Spoon mince mixture over noodles and serve with lime wedges.
- NUTRITION:** (per serve) 2818kJ; 38.2g fat; 15.5g sat fat; 29.1g protein; 47.9g carbs; 5g fibre; 127mg chol; 625mg sodium.



MEXICAN TORTILLA PIE

\$3.68
PER SERVE

MEXICAN TORTILLA PIE

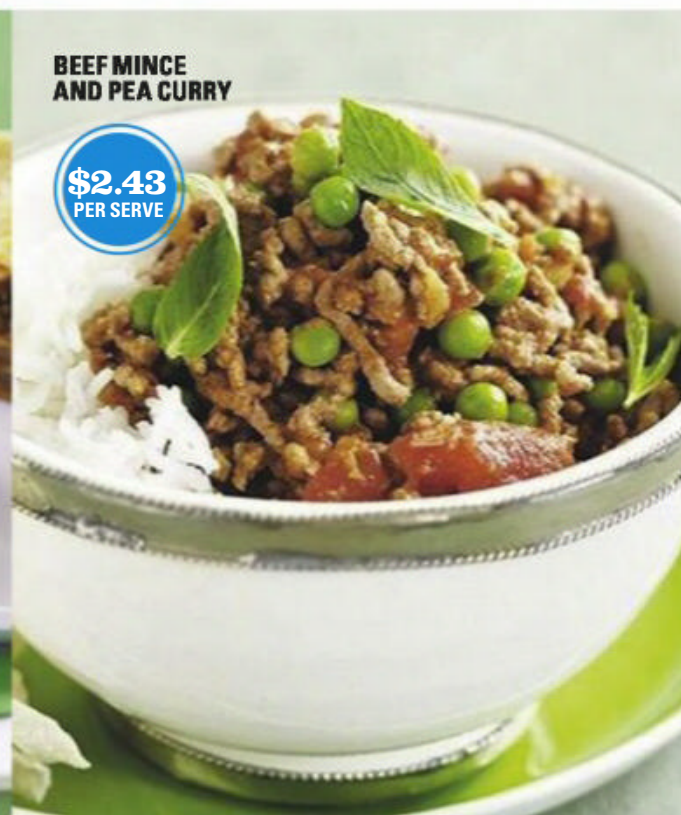
SERVES 4

PREP 10 MINUTES

COOK 35 MINUTES

- 2 teaspoons extra virgin olive oil
- 1 large red onion, finely chopped
- 2 garlic cloves, crushed
- 500g beef mince
- 1 small red capsicum, finely chopped
- 125g can corn kernels, drained, rinsed
- 2 teaspoons Mexican chilli powder
- 415g can diced tomatoes
- ½ cup torn fresh coriander leaves
- 4 flour tortillas
- 1½ cups grated tasty cheese
- 1 large tomato, deseeded, finely chopped

- 1 Preheat oven to 180°C/160°C fan-forced. Heat oil in a frying pan over medium-high heat. Reserve 2 tablespoons onion. Add garlic and remaining onion to pan. Cook, stirring, for 3 minutes or until soft and fragrant. Add mince. Cook, breaking up mince with a wooden spoon, for 8 minutes or until browned.
- 2 Add capsicum, corn and chilli powder. Cook, stirring, for 3 minutes or until capsicum is just tender. Stir in tomatoes. Reduce heat to medium. Simmer, stirring, for 5 minutes or until mixture is thick. Add half the coriander. Season with salt. Stir to combine. Set aside for 10 minutes to cool.
- 3 Place a 6cm-deep, 20cm round springform pan on a baking tray. Place 1 tortilla in base of pan. Spread ⅓ of the mince mixture over tortilla. Sprinkle with ⅓ cup cheese. Repeat layers twice with remaining tortillas, mince mixture and cheese, finishing with 1 tortilla on top. Sprinkle with remaining cheese.



BEEF MINCE AND PEA CURRY

\$2.43
PER SERVE

- 4 Bake for 15 minutes or until cheese is golden. Set aside for 5 minutes before removing from pan.

- 5 Meanwhile, combine chopped tomato and reserved onion and coriander in a bowl. Serve pie with tomato mixture.
- NUTRITION:** (per serve) 2339kJ; 33g fat; 17g sat fat; 42g protein; 21g carbs; 5g fibre; 129mg chol; 599mg sodium.

BEEF MINCE AND PEA CURRY

SERVES 4

PREP 10 MINUTES

COOK 15 MINUTES

- 2 tablespoons vegetable oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons madras curry paste
- 650g beef mince
- 400g can diced tomatoes
- 1 cup frozen peas
- Steamed basmati rice, fresh mint leaves, and pappadums, to serve

- 1 Heat oil in a large saucepan over medium-high heat. Add onion. Cook, stirring, for 3 to 4 minutes or until soft. Add garlic. Cook for 1 minute. Add paste. Cook, stirring, for 1 minute or until fragrant.
 - 2 Add mince. Cook, stirring with a wooden spoon, for 4 minutes or until browned. Add tomatoes and bring to the boil.
 - 3 Reduce heat to medium. Cook for 5 minutes or until liquid has almost evaporated. Stir in peas. Cook for 1 minute or until peas are cooked through. Spoon curry over rice. Top with mint. Serve with pappadums.
- NUTRITION:** (per serve) 3419kJ; 41.4g fat; 15.9g sat fat; 35.2g protein; 70.1g carbs; 7.1g fibre; 138mg chol; 382mg sodium.

20
mince
dinners
under
\$5

YOU'LL WANT TO DIG RIGHT IN!

**GOLDEN
CHEESY
TOPPING**



**SUPER-EASY
COTTAGE PIE**

\$3.18
PER SERVE

SUPER-EASY COTTAGE PIE

SERVES 6

PREP 10 MINUTES

COOK 1 HOUR 10 MINUTES

1 tablespoon extra virgin olive oil
900g lean beef mince
1 large brown onion, chopped
3 garlic cloves, crushed
¼ cup instant gravy powder
1 cup beef stock
400g can diced tomatoes with
oregano and basil
1.2kg sebago potatoes,
peeled, chopped
50g butter, chopped

½ cup milk

¼ cup grated tasty cheese

1 Preheat oven to 200°C/180°C fan-forced. Heat oil in a non-stick frying pan over medium-high heat. Cook mince in 2 batches, stirring with a wooden spoon to break up mince, for 10 minutes or until browned. Transfer to a bowl. Add onion and garlic to pan. Cook, stirring, for 3 minutes or until softened.

2 Return mince to pan. Add gravy powder. Cook, stirring, for 1 minute. Stir in stock and tomato. Bring to the boil. Reduce heat to medium-low. Simmer, stirring

occasionally, for 25 to 30 minutes or until thickened.

3 Meanwhile, cook potato in a saucepan of boiling, salted water for 12 minutes or until tender. Drain. Return to pan over low heat. Mash until smooth. Add butter and milk. Stir until butter has melted and mixture is combined.

4 Spoon mince mixture into a 1.4-litre-capacity casserole dish. Top with potato mixture. Sprinkle with cheese. Bake for 20 to 25 minutes or until golden. Serve.

NUTRITION: (per serve) 2222kJ; 28g fat; 14g sat fat; 35.6g protein; 29.8g carbs; 5.3g fibre; 134mg chol; 778mg sodium. >

MINCE WELLINGTON

SERVES 4

PREP 30 MINUTES (PLUS COOLING)

COOK 1 HOUR 25 MINUTES

2 teaspoons extra virgin olive oil

1 brown onion, finely chopped

1 carrot, coarsely grated

3 garlic cloves, crushed

50g butter

250g cup mushrooms, very finely chopped

2 teaspoons chopped fresh thyme leaves

1 slice white bread

$\frac{2}{3}$ cup milk

500g beef mince

2 tablespoons tomato sauce

1 tablespoon Worcestershire sauce

1 tablespoon finely chopped fresh flat-leaf parsley leaves

2 sheets frozen puff pastry, partially thawed

1 egg, lightly beaten

1kg cream delight potatoes, peeled, chopped

Steamed vegetables and gravy, to serve

1 Heat oil in a large frying pan over medium heat. Add onion and carrot. Cook, stirring, for 5 minutes or until softened. Add half

the garlic. Cook for 1 minute. Remove from heat. Transfer to a heatproof bowl. Set aside to cool completely.

2 Melt 30g butter in pan over medium-high heat. Add mushroom. Cook, stirring, for 8 minutes or until softened and liquid has evaporated. Stir in thyme and remaining garlic. Cook, stirring, for 1 minute or until fragrant. Remove from heat. Set aside to cool completely.

3 Preheat oven to 190°C/170°C fan-forced. Line a large baking tray with foil. Place a wire rack on tray. Top with a 9cm x 20cm piece of baking paper. Place bread on a small plate. Drizzle with 2 tablespoons milk. Stand for 1 minute. Squeeze out excess milk. Tear bread into small pieces. Add to onion mixture with mince, tomato and Worcestershire sauce and parsley. Season. Mix well. Shape mince mixture into a 9cm x 20cm log.

4 Place 1 sheet of pastry on a flat surface. Cut remaining pastry sheet in half. Place 1 pastry half on each side of pastry sheet, overlapping slightly to form a horizontal rectangle. Press lightly to secure. Leaving a 3cm border on all sides, spread $\frac{3}{4}$ of the mushroom mixture over pastry. Place

mince log on centre of mushroom mixture and spread with remaining mushroom mixture. Fold long sides of pastry over mince to cover. Fold in short sides to enclose, trimming any excess pastry. Reserve trimmings. Press seams of pastry to secure. Carefully turn over Wellington and place on prepared rack. Brush with egg. Cut reserved pastry trimmings into leaves. Arrange on pastry. Brush with egg. Season.

5 Bake for 1 hour 10 minutes or until pastry is golden and puffed. Stand for 10 minutes.

6 Meanwhile, place potato in a saucepan. Cover with water. Bring to the boil over high heat. Cook for 15 minutes or until tender. Drain. Return to pan over low heat. Toss for 1 minute or until excess liquid has evaporated. Remove from heat.

Roughly mash with a potato masher. Add remaining milk and butter. Mash until smooth. Season with salt and white pepper. Cover to keep warm.

7 Thickly slice Wellington and serve with mashed potato, vegetables and gravy.

NUTRITION: (per serve) 4059kJ; 42.8g fat; 21g sat fat; 49.2g protein; 88.7g carbs; 14g fibre; 163mg chol; 1371mg sodium.

PERFECT FOR ENTERTAINING!

GOLDEN
PASTRY
PARCEL

MINCE WELLINGTON

\$4.55
PER SERVE



SPEEDY MINCE AND NOODLE STIR-FRY

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

450g fresh hokkien noodles
1½ tablespoons peanut oil
500g beef mince
1 brown onion, halved, cut into thin wedges
3 garlic cloves, crushed
300g broccoli, cut into small florets
115g baby corn, thinly sliced diagonally
1 carrot, halved, thinly sliced diagonally
1 small red capsicum, cut into 1cm pieces
¼ cup soy sauce
¼ cup barbecue sauce
1 teaspoon sesame oil
2 green onions, thinly sliced diagonally

1 Place noodles in a heatproof bowl. Cover with boiling water. Stand for 2 to 3 minutes or until tender. Using a fork, separate noodles. Drain.
2 Meanwhile, heat a wok over high heat. Add 1 tablespoon peanut oil. Swirl to coat. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 minutes or until browned. Transfer mince to a bowl, draining fat. Add remaining peanut oil to wok. Swirl to coat. Add brown onion and garlic. Stir-fry for 1 minute.
3 Add broccoli, corn, carrot and capsicum. Stir-fry for 3 to 4 minutes or until tender. Return mince to wok. Add soy sauce, barbecue sauce and sesame oil. Stir-fry for 1 minute. Add noodles and green onion. Stir-fry to combine. Serve.

NUTRITION: (per serve) 2870kJ; 34.2g fat; 13g sat fat; 34.5g protein; 55.2g carbs; 9.2g fibre; 106mg chol; 1583mg sodium.



INDONESIAN STICKY MINCE AND RICE

SERVES 4

PREP 10 MINUTES COOK 15 MINUTES

2 tablespoons vegetable oil
500g lean beef mince
3 garlic cloves, thinly sliced
1 long fresh red chilli, finely chopped
1 bunch baby pak choy, finely shredded
300g packet finely shredded coleslaw mix
2 cups cold cooked white long-grain rice
1 tablespoon fish sauce
¼ cup kecap manis
1 tablespoon lime juice
½ cup fresh Thai basil leaves, torn if large, plus extra to serve
4 eggs

1 Heat half the vegetable oil in a large frying pan or wok over high heat. Add mince. Cook, breaking up mince with a wooden spoon, for 6 to 8 minutes or until browned. Add garlic and half the chilli. Cook, stirring, for 1 minute or until fragrant.
2 Add pak choy and coleslaw. Cook, stirring, for 2 minutes. Add rice. Cook, stirring, for 2 minutes or until heated through. Add fish sauce and kecap manis. Cook, stirring, for 1 minute or until heated through. Remove from heat. Stir in lime juice and basil.
3 Meanwhile, heat remaining oil in a frying pan over high heat. Fry eggs for 2 to 3 minutes or until cooked to your liking. Divide rice mixture among serving dishes. Top each with an egg, remaining chilli and extra Thai basil. Serve.

NUTRITION: (per serve) 2319kJ; 25.1g fat; 7g sat fat; 40.6g protein; 38.4g carbs; 5.6g fibre; 344mg chol; 1039mg sodium.



QUICK-SMART NACHOS

SERVES 4

PREP 10 MINUTES

COOK 30 MINUTES

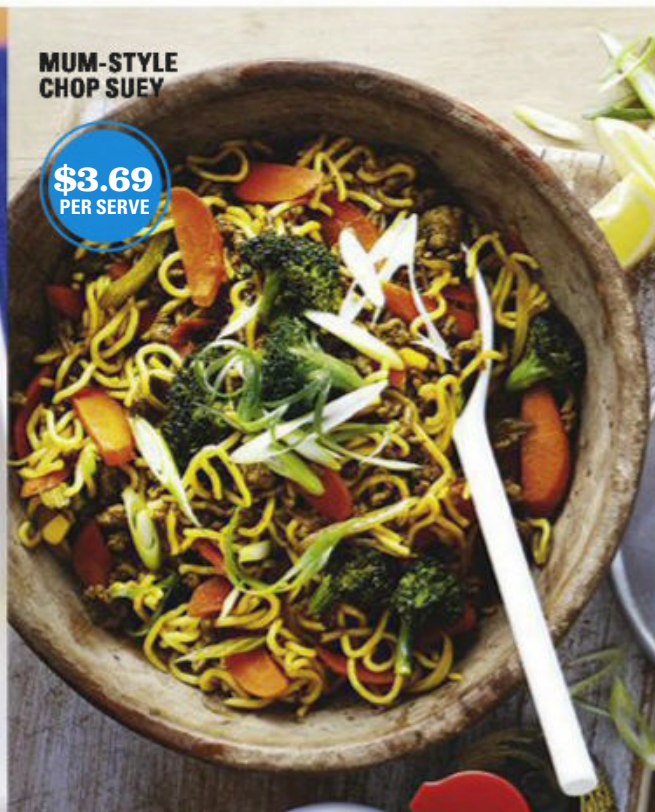
1 tablespoon extra virgin olive oil
1 large red onion, finely diced
500g beef mince
2 teaspoons Mexican seasoning
410g can tomato and paste with basil and garlic
420g can red kidney beans, rinsed, drained
175g packet original corn chips
½ cup grated tasty cheese
2 tomatoes, diced
Guacamole, sour cream and fresh coriander leaves, to serve

1 Preheat oven to 180°C/160°C fan-forced.
2 Heat oil in a large frying pan over medium-high heat. Add ¾ of the onion. Cook, stirring, for 5 minutes or until softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 8 to 10 minutes or until browned all over. Add seasoning. Cook for 1 minute. Stir in canned tomato and beans. Reduce heat to low. Cook, stirring, for 5 minutes. Remove from heat.
3 Arrange corn chips in a 6cm-deep, 10-cup-capacity round ovenproof dish. Spoon over mince mixture. Sprinkle with cheese. Bake for 10 minutes or until heated through and cheese has melted. Top nachos with tomato and remaining onion. Serve with guacamole, sour cream and coriander.
NUTRITION: (per serve) 3583kJ; 52.6g fat; 21.7g sat fat; 43.3g protein; 48.6g carbs; 9.7g fibre; 111mg chol; 637g sodium. ➤



BEEF QUESADILLAS WITH AVOCADO SMASH

\$4.75
PER SERVE



MUM-STYLE CHOP SUEY

\$3.69
PER SERVE



BEEF AND MUSHROOM MEATBALLS WITH SPAGHETTI

\$3.64
PER SERVE

BEEF QUESADILLAS WITH AVOCADO SMASH

SERVES 4

PREP 5 MINUTES COOK 20 MINUTES

- 1 tablespoon vegetable oil
- 400g beef mince
- 35g sachet taco seasoning
- ½ cup thick and chunky salsa
- 3 green onions, thinly sliced
- 400g can kidney beans, drained, rinsed
- 2 small avocados
- ¼ cup lemon juice
- 8 flour tortillas
- 1 cup grated reduced-fat tasty cheese
- Olive oil cooking spray
- Lemon wedges, to serve

1 Heat oil in a saucepan over medium-high heat. Add mince. Cook, stirring to break up mince, for 6 to 8 minutes or until browned and cooked through. Stir in seasoning, salsa, onion and beans.

2 Meanwhile, mash avocado and lemon juice together in a bowl. Set aside.

3 Place 1 tortilla on a flat surface. Spread with ¼ of mince mixture. Top with ¼ cup cheese. Top with 1 tortilla.

4 Spray a frying pan with oil. Heat over medium heat. Place quesadilla in pan. Spray top with oil. Cook, pressing down lightly with a spatula, for 1 to 2 minutes or until base is golden. Carefully turn quesadilla over. Cook for 1 to 2 minutes or until golden. Transfer to a plate. Cover to keep warm. Repeat with remaining tortillas, mince mixture and cheese.

5 Cut quesadillas into wedges. Serve with avocado smash and lemon wedges.

NUTRITION: (per serve) 3642kJ; 49.4g fat; 20.5g sat fat; 37.9g protein; 63.1g carbs; 9g fibre; 101mg chol; 1555mg sodium.

MUM-STYLE CHOP SUEY

SERVES 4

PREP 15 MINUTES COOK 20 MINUTES

- 440g packet shelf-fresh thin hokkien noodles
- 2 tablespoons peanut oil
- 500g lean beef mince
- 3 teaspoons curry powder
- ⅓ cup chicken stock
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons brown sugar
- 1 brown onion, cut into thin wedges
- 2 carrots, sliced diagonally
- 2 celery stalks, sliced diagonally
- 1 head broccoli, cut into florets
- 2 garlic cloves, crushed
- 125g can corn kernels, drained
- Sliced green onions, to serve

1 Place noodles in a heatproof bowl. Cover with boiling water. Drain immediately. Separate noodles with a fork.

2 Heat a large wok over high heat. Add 1 tablespoon oil. Swirl to coat. Add mince. Stir-fry, breaking up mince, for 8 minutes or until browned. Add curry powder. Stir-fry for 1 minute. Transfer to a bowl, draining any excess fat.

3 Meanwhile, combine stock, soy sauce, vinegar and sugar in a small jug.

4 Add remaining oil to wok. Swirl to coat. Add onion, carrot and celery. Stir-fry for 3 to 4 minutes or until tender. Add broccoli. Stir-fry for 2 minutes. Add garlic. Stir-fry for 1 minute or until fragrant.

5 Return mince to wok with corn kernels and stock mixture. Stir-fry for 1 minute or until combined. Add noodles. Toss until heated through. Top with green onion. Serve.

NUTRITION: (per serve) 2151kJ; 18.1g fat; 5.3g sat fat; 36.2g protein; 46.9g carbs; 10.1g fibre; 64mg chol; 1197mg sodium.

BEEF AND MUSHROOM MEATBALLS WITH SPAGHETTI

SERVES 4

PREP 20 MINUTES COOK 40 MINUTES

- 600g lean beef mince
- 1 small zucchini, grated
- 3 green onions, finely chopped
- 80g mushrooms, grated
- 1 teaspoon dried mixed herbs
- 2 tablespoons extra virgin olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 1 red capsicum, chopped
- 500g jar tomato pasta sauce
- ¼ cup chopped fresh basil leaves
- Cooked spaghetti, to serve

1 Combine mince, zucchini, green onion, mushroom and dried herbs in a bowl. Season. Roll level tablespoons of mixture into balls. Place on a plate.

2 Heat 1 tablespoon oil in a large non-stick saucepan over medium-high heat. Cook meatballs in batches, turning, for 5 to 6 minutes until browned. Transfer to a plate.

3 Heat remaining oil in pan. Add brown onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add capsicum. Cook, stirring, for 2 minutes. Add pasta sauce. Bring to the boil. Return meatballs to pan. Reduce heat to low. Simmer, covered, for 20 minutes or until meatballs are cooked through. Stir in basil. Serve meatball mixture with spaghetti.

NUTRITION: (per serve) 3270kJ; 26.5g fat; 9.3g sat fat; 43.7g protein; 85.4g carbs; 10.6g fibre; 112mg chol; 500mg sodium.

20
mince
dinners
under
\$5

CHEESY AND A SLIGHT CRUNCH

CLASSIC
WITH A
TWIST

**CHEESY MASH-TOPPED
MEATLOAF**

\$2.37
PER SERVE

**CHEESY MASH-TOPPED
MEATLOAF**

SERVES 6

PREP 15 MINUTES (PLUS COOLING)

**COOK 1 HOUR 10 MINUTES
(PLUS STANDING)**

1 tablespoon extra virgin olive oil
1 large brown onion,
finely chopped
3 garlic cloves, crushed
750g beef mince
½ cup frozen peas
1 egg, lightly beaten
¾ cup dried breadcrumbs
¼ cup barbecue sauce
¼ cup tomato sauce
¼ cup chopped fresh flat-leaf
parsley leaves
Gravy, to serve

Mashed Potato

750g desiree potatoes, peeled, chopped
50g butter, chopped
¼ cup milk
¼ cup grated cheddar

1 Heat oil in a small frying pan over medium-high heat. Cook onion for 5 minutes or until soft. Add garlic. Cook, stirring, for 1 minute or until fragrant. Remove from heat. Cool for 10 minutes.
2 **Meanwhile, make Mashed Potato** Cook potato in a saucepan of boiling, salted water for 12 to 15 minutes or until tender. Drain well. Return to pan over low heat. Add 40g butter and milk. Mash until smooth. Add cheese. Season.
3 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 11cm x 21cm loaf pan.

Line base and sides with baking paper, extending paper 3cm above edges on all sides of pan. Place mince, peas, egg, breadcrumbs, barbecue sauce, tomato sauce, parsley and onion mixture in a large bowl. Season with salt and pepper. Mix well. Spoon mixture into the prepared pan, pressing with the back of spoon to level.
4 Bake for 25 minutes or until browned and almost cooked through. Remove from oven. Increase temperature to 200°C/180°C fan-forced. Spoon potato on top of meatloaf. Dot with remaining butter. Bake for 20 to 25 minutes or until golden. Stand meatloaf in pan for 10 minutes. Lift onto a plate. Serve, cut into slices, with gravy.
NUTRITION: (per serve) 2208kJ; 24g fat; 11.4g sat fat; 36.8g protein; 39.2g carbs; 4.1g fibre; 129mg chol; 762mg sodium. ■

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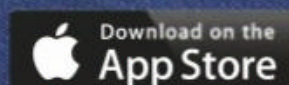
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WEEKEND *cooking*

SIMPLE RECIPES FOR ENTERTAINING ON A BUDGET | FIVE DELICIOUS CHOC-CHIP SWEETS



GREAT FOR A LARGE GROUP!

SLICE
AND
SERVE

BAKED GOAT'S CHEESE
POLENTA WITH ROASTED
VEGETABLES, p72

THE INFO

+ ENTERTAINING
+ HIGH IN FIBRE

\$2.00
PER SERVE



SURPRISINGLY SIMPLE ROAST!

FEED THE CROWD





More for less

CATERING FOR GUESTS DOESN'T HAVE TO COST THE EARTH. THESE EIGHT RECIPES WILL HELP YOU PUT ON A MEAL TO REMEMBER, WITHOUT BREAKING THE BANK!

40 CLOVES OF GARLIC
ROAST CHICKEN

THE INFO

+ ENTERTAINING

\$2.98
PER SERVE



40 CLOVES OF GARLIC ROAST CHICKEN

SERVES 6

PREP 20 MINUTES

COOK 1 HOUR 10 MINUTES

2 tablespoons extra virgin olive oil
3 garlic bulbs
50g butter, softened
2 green onions, thinly sliced
1 tablespoon fresh lemon thyme leaves,
plus extra to serve
2 x 1kg whole chickens
2 cups chicken stock
1 tablespoon plain flour
1 tablespoon apple cider vinegar
Crusty bread, to serve
**Green Salad with Lemon
Mustard Dressing**
¼ cup lemon juice
2 tablespoons extra virgin olive oil
1 teaspoon wholegrain mustard
Pinch caster sugar
100g mixed salad leaves
1 witlof, leaves separated

1 Preheat oven to 180°C/160°C fan-forced. Drizzle oil in a large flameproof roasting pan. Cut 2 garlic bulbs in half crossways. Place in prepared pan cut-side up.
2 Remove garlic cloves from remaining whole bulb and bruise with the back of a knife. Combine butter, onion and thyme in a small bowl. Season with salt and pepper. Rub 1 tablespoon butter mixture into the cavity of each chicken. Place the bruised garlic cloves in each cavity. Using your fingers, gently lift the skin away from

the breast meat on each side of 1 chicken, to form 2 pockets. Gently stuff ⅓ of the remaining butter mixture under skin. Repeat with the remaining chicken and half the remaining butter mixture. Tie chicken legs together with kitchen string to secure. Tuck wings under chicken. Rub chickens all over with the remaining butter mixture.

3 Place chickens on and around garlic in pan. Pour half the stock into pan. Roast for 1 hour or until juices run clear when thickest part of each chicken is pierced with a skewer.

4 Transfer chickens and garlic to a large serving plate with sides. Cover loosely with foil. Set aside to rest. Meanwhile, strain juices from pan into a heatproof jug. Discard fat from surface, reserving 2 tablespoons. Return reserved fat to pan. Place pan over medium heat. Add flour. Cook, stirring and scraping base constantly, for 1 minute. Gradually stir in reserved pan juices, vinegar and remaining stock. Bring to the boil. Cook, stirring, for 3 to 4 minutes or until mixture thickens slightly. Pour into a serving jug.

5 Make Green Salad with Lemon Mustard Dressing Place lemon juice, oil, mustard and sugar in a small bowl. Whisk to combine well. Place salad leaves and witlof in a large serving bowl. Drizzle over dressing. Toss gently to coat salad.

6 Uncover chicken and garlic. Drizzle with gravy. Sprinkle chicken with extra thyme. Serve with green salad and crusty bread.

NUTRITION: (per serve) 3570kJ; 51.5g fat; 16g sat fat; 52.9g protein; 40.6g carbs; 7g fibre; 193mg chol; 923mg sodium. >



CHILLI CRAB CAKES WITH CORIANDER MAYONNAISE

MAKES 15

PREP 20 MINUTES (PLUS REFRIGERATION)

COOK 15 MINUTES

2 x 170g cans crab meat, drained well

¾ cup panko breadcrumbs

2 green onions, thinly sliced

1 long red chilli, finely chopped, plus extra chopped chilli to serve

1 tablespoon fish sauce

1 egg

⅓ cup chopped fresh coriander leaves, plus extra leaves to serve

2 tablespoons lime juice, plus lime wedges to serve

¼ cup whole-egg mayonnaise

Vegetable oil, for shallow-frying

1 Line a large baking tray with baking paper. Place crab meat, breadcrumbs,

onion, chilli, fish sauce, egg, half the coriander and half the lime juice in a large bowl. Season with salt and pepper. Using clean hands, mix well to combine.

2 Using 1 level tablespoon at a time, shape mixture into 15 patties. Place on prepared tray. Cover. Refrigerate for 20 minutes or until firm.

3 Meanwhile, place mayonnaise, remaining coriander and remaining lime juice in a small food processor. Process until almost smooth. Season with salt and pepper.

4 Pour enough oil into a large frying pan to come 5mm up side of pan. Heat over medium heat. Cook crab cakes, in 3 batches, for 2 minutes each side or until light golden. Transfer to a tray lined with paper towel to drain. Cover to keep warm.

5 Place crab cakes on a serving tray. Dollop with coriander mayonnaise. Sprinkle with

extra chilli and coriander leaves.

Serve with lime wedges.

NUTRITION: (each) 386kJ; 7.7g fat;

1.1g sat fat; 3.1g protein; 2.3g carbs;

0.6g fibre; 32mg chol; 295mg sodium.

TARTE FLAMBÉE

SERVES 6

PREP 30 MINUTES (PLUS STANDING)

COOK 20 MINUTES

1 cup plain flour

1 teaspoon instant dried yeast

¼ teaspoon sea salt

1½ tablespoons extra virgin olive oil, plus extra to serve

2 middle bacon rashers, cut into 1cm pieces

1 leek, trimmed, cut into 5mm-thick slices

10g butter

½ cup crème fraîche

1 tablespoon fresh thyme leaves

1 Place flour, yeast and salt in a large bowl. Stir to combine. Make a well. Combine 1 tablespoon oil and ⅓ cup warm water in a jug. Gradually add water mixture to flour mixture, stirring to form a sticky dough. Turn dough out onto a well-floured surface. Knead for 8 to 10 minutes or until smooth and elastic. Place dough in a large greased bowl. Cover. Set aside in a warm place for 30 minutes or until dough has doubled in size.

2 Meanwhile, heat remaining oil in a large frying pan over medium-high heat. Add bacon. Cook, stirring, for 2 to 3 minutes or until lightly browned. Transfer to paper towel to drain. Wipe pan clean. Add leek and butter to pan. Cook, stirring occasionally, for 4 to 5 minutes or until softened. Transfer to a plate to cool.

3 Preheat oven to 220°C/200°C fan-forced. Using your fist, punch dough down. Knead on a lightly floured surface for 30 seconds. Using a lightly floured rolling pin, roll out dough to form a 20cm x 35cm rectangle. Transfer to a large greased baking tray. Leaving a 1.5cm border, spread crème fraîche evenly over dough. Sprinkle with bacon and leek.

4 Bake for 10 to 12 minutes or until base is crisp. Stand for 5 minutes. Transfer to a serving board. Sprinkle with thyme and drizzle with extra oil. Cut into pieces. Serve.

NUTRITION: (per serve) 1209kJ; 20g fat;

9g sat fat; 7.2g protein; 18.9g carbs;

2.6g fibre; 39mg chol; 394mg sodium. ➤

TARTE
FLAMBÉE

THE INFO

+ ENTERTAINING

\$1.75
PER SERVE



TART UP YOUR ENTRÉE

THE FINER
THINGS
IN LIFE



CAJUN ROASTED SMASHED POTATOES

THE INFO

+ ENTERTAINING
+ HIGH IN FIBRE
+ VEGETARIAN

\$1.20
PER SERVE

55

4.5
VEGIES PER
SERVE



CAJUN ROASTED SMASHED POTATOES

SERVES 6

PREP 10 MINUTES

COOK 45 MINUTES

2kg white washed potatoes
2 tablespoons extra virgin olive oil
1 long red chilli, thinly sliced
3 garlic cloves, thinly sliced
¼ cup sour cream
½ cup fresh coriander leaves
Cajun Spice Mix (see note)
2 teaspoons garlic salt
1 teaspoon smoked paprika
1 teaspoon dried thyme
1 teaspoon dried oregano
½ teaspoon cayenne pepper

1 Preheat oven to 200°C/180°C fan-forced. Grease a large baking tray. Place potatoes on a large microwave-safe plate lined with

paper towel. Sprinkle 1 tablespoon water over. Cover potatoes with another piece of paper towel. Microwave on HIGH (100%) for 6 to 8 minutes or until just tender.

2 Meanwhile, make Cajun Spice Mix Combine garlic salt, paprika, thyme, oregano and cayenne pepper in a bowl.

3 Arrange potatoes on prepared tray. Using a potato masher, gently crush each potato slightly. Drizzle with oil. Sprinkle with spice mix. Roast for 20 to 25 minutes.

4 Sprinkle potato with chilli and garlic. Roast for a further 10 minutes or until potato is golden and tender. Transfer to a serving dish. Season with salt. Dollop with sour cream and sprinkle with coriander. Serve.

NUTRITION: (per serve) 1224kJ; 10g fat; 3.5g sat fat; 8.4g protein; 37g carbs; 7.8g fibre; 9mg chol; 588mg sodium.

BAKED GOAT'S CHEESE POLENTA WITH ROASTED VEGETABLES

SERVES 12

PREP 25 MINUTES (PLUS REFRIGERATION)

COOK 40 MINUTES

1 litre chicken stock
2 cups instant polenta
80g butter, chopped
150g goat's cheese, crumbled
250g packet sweet baby capsicums, halved
3 zucchini, thickly sliced into rounds
2 tablespoons extra virgin olive oil
200g grape tomatoes, halved
3 garlic cloves, thinly sliced
½ bunch fresh oregano
Olive oil spray
2 tablespoons balsamic glaze

1 Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above pan on all sides.

2 Place stock and 1 litre water in a large saucepan over high heat. Bring to the boil. Add polenta, stirring constantly, in a slow, steady stream. Reduce heat to low. Cook, stirring, for 6 to 7 minutes or until thick. Remove from heat. Stir in butter. Season with salt and pepper. Spread half the polenta into prepared dish. Sprinkle with half the goat's cheese. Spread remaining polenta over cheese. Sprinkle with remaining cheese. Refrigerate for 4 hours or until firm.

3 Preheat oven to 200°C/180°C fan-forced. Line 3 baking trays with baking paper.

4 Divide capsicum and zucchini between 2 prepared trays. Drizzle with oil. Season with salt and pepper. Toss to coat. Roast for 20 minutes. Add tomatoes, garlic and oregano sprigs to vegetables. Spray with oil. Roast a further 10 minutes or until tender.

5 Meanwhile, remove polenta from pan and place on remaining baking tray. Spray with oil. Bake for 12 to 15 minutes or until crisp and golden. Transfer to a serving board. Top with vegetables and oregano. Drizzle with balsamic. Slice and serve.

NUTRITION: (per serve) 1059kJ; 12.6g fat; 6.2g sat fat; 6.7g protein; 26.4g carbs; 3.4g fibre; 20mg chol; 508mg sodium. ➤

Cook's note:

+ **FOR THE CAJUN ROASTED SMASHED POTATOES:** Spice mix can be replaced with 3 teaspoons cajun seasoning instead.



LAYERS OF FLAVOUR IN A BAKE

EASY,
BREEZY,
CHEESY!



BAKED GOAT'S CHEESE
POLENTA WITH
ROASTED VEGETABLES

THE INFO

- + ENTERTAINING
- + HIGH IN FIBRE

\$2.00
PER SERVE



STICKY ASIAN PULLED PORK

SERVES 6

PREP 20 MINUTES

COOK 2 HOURS

1kg piece pork scotch (neck)
1 tablespoon sesame oil
2 cups chicken stock
¼ cup oyster sauce
2 tablespoons honey
2 tablespoons lemon juice
3 teaspoons Chinese five spice
2 garlic cloves, crushed
2cm piece fresh ginger, peeled, finely grated
2 cups bean sprouts
½ cup fresh coriander leaves
½ cup fresh mint leaves
2 gem lettuces, leaves separated
2 carrots, cut into matchsticks
1 continental cucumber, cut into matchsticks
¼ cup fried shallots
Steamed jasmine rice, to serve

1 Preheat a barbecue grill (with hood) on high heat. Brush pork all over with oil. Cook on barbecue grill, turning, for 5 minutes or until browned all over. Transfer pork to a greased foil baking tray. Set aside. Reduce grill heat to low with hood closed. Pour stock into tray around pork.
2 Combine oyster sauce, honey, lemon juice, five spice, garlic and ginger in a bowl. Brush pork with half the sauce mixture. Cover with foil. Cook pork in barbecue, using indirect heat, with hood closed, basting twice with remaining sauce mixture, for 1 hour 45 minutes or until pork is very tender (see note).

3 Meanwhile, combine sprouts, coriander and mint in a bowl. Arrange lettuce, carrot, cucumber, fried shallot and sprout mixture on a large serving platter.

4 Transfer pork to a plate. Cover with foil. Set aside for 10 minutes to rest. Meanwhile, strain pan juices into a small saucepan. Bring to the boil over medium-high heat. Reduce heat to low. Simmer, uncovered, for 8 to 10 minutes or until slightly thickened.

5 Using two forks, roughly shred pork. Place in a bowl. Drizzle over ¾ of the reduced sauce. Toss to coat. Transfer pork to serving platter. Drizzle with remaining reduced sauce. Serve with steamed rice.

NUTRITION: (per serve) 3281kJ; 31.9g fat; 11.8g sat fat; 39.8g protein; 80.6g carbs; 5.9g fibre; 83mg chol; 978mg sodium. >

Cook's note:

+ The pork can also be cooked, covered with foil, in a preheated 160°C/140°C fan-forced oven for 2 hours or until tender.

STICKY ASIAN
PULLED PORK

THE INFO

+ ASIAN
+ ENTERTAINING

\$4.40
PER SERVE

2
VEGIES PER
SERVE





COOKED ON THE BARBECUE!

FAMILY
FAVOURITE

VIOLET CRUMBLE AND FUDGE ICE-CREAM CAKE

THE INFO

+ ENTERTAINING
+ JUST 5 INGREDIENTS
+ SUPER EASY

\$0.99
PER SERVE



VIOLET CRUMBLE AND FUDGE ICE-CREAM CAKE

SERVES 12

PREP 25 MINUTES (PLUS FREEZING)

COOK 5 MINUTES

1 cup pure cream

300g dark chocolate, chopped

3 litres vanilla ice-cream

**5 x 50g Violet Crumble
chocolate bars**

**½ x 250g packet butternut snap
biscuits, roughly chopped**

1 Grease a 9cm-deep, 11.5cm x 20cm (base measurement) loaf pan. Line base and sides with baking paper, extending paper 4cm above edges on all sides.

2 Place cream and chocolate in a medium saucepan over low heat. Cook, stirring, for 2 to 3 minutes or until smooth. Set aside to cool for 5 minutes. Spread chocolate

mixture over base of prepared pan. Freeze for 20 minutes or until firm.

3 Meanwhile, place ice-cream in a large bowl. Stand for 10 minutes or until softened (ice-cream should not be melted).

4 Meanwhile, roughly chop 3 chocolate bars. Fold chopped bars through ice-cream. Spoon ice-cream mixture into prepared pan. Smooth surface with a spatula.

5 Arrange chopped biscuits on top of ice-cream, pressing down gently to form a crust that will become the base. Cover. Freeze overnight.

6 Cut remaining chocolate bars into long shards. Remove ice-cream cake from freezer. Stand for 5 minutes. Carefully turn onto a serving plate. Arrange chocolate bar shards on top. Serve immediately.

NUTRITION: (per serve) 3464kJ; 41.5g fat; 28.5g sat fat; 8.1g protein; 103.3g carbs; 0.5g fibre; 78mg chol; 241mg sodium.

BANOFFEE DESSERT CAKE

SERVES 12

PREP 20 MINUTES

COOK 1 HOUR (PLUS COOLING)

4 large ripe bananas

125g butter, softened

⅔ cup brown sugar

2 eggs

½ teaspoon bicarbonate of soda

1½ cups self-raising flour

½ cup milk

1 cup thickened cream

1 cup sour cream

1 tablespoon icing sugar

¼ cup chopped roasted hazelnuts

Dark chocolate curls, to serve

Sticky Caramel Sauce

60g butter

½ cup brown sugar

½ cup thickened cream

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 20cm round cake pan. Line base and side with baking paper.

2 Mash 2 bananas. Using an electric mixer, beat butter and brown sugar until light and fluffy. Beat in eggs, one at a time. Beat in mashed banana. Sift bicarbonate of soda and half the flour over banana mixture. Add half the milk. Fold until just combined. Repeat with remaining flour and milk.

3 Spread cake mixture into pan. Bake for 1 hour or until a skewer inserted into centre comes out clean. Stand cake in pan for 10 minutes. Transfer to a wire rack to cool.

4 Meanwhile, make Sticky Caramel Sauce

Melt butter and brown sugar in a large frying pan over medium-high heat. Cook for 2 minutes or until melted and smooth. Add cream. Stir to combine. Bring to a simmer. Reduce heat to medium. Simmer for 2 to 3 minutes or until sauce is slightly thickened. Set aside for 15 minutes to cool.

5 Using an electric mixer, beat cream, sour cream and icing sugar until just-firm peaks form. Cut cake, horizontally, into 3 layers. Place 1 cake layer on a serving plate. Spread with ⅓ of the cream mixture. Top with second layer, then half the remaining cream mixture. Sandwich with remaining layer. Dollop with remaining cream mixture. Slice remaining bananas into rounds. Arrange on top. Drizzle with caramel sauce. Sprinkle with hazelnuts and chocolate. Serve immediately.

NUTRITION: (per serve) 2056kJ; 34.5g fat; 21.4g sat fat; 5.7g protein; 40.1g carbs; 2g fibre; 101mg chol; 321mg sodium. ■

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BANOFFEE
DESSERT CAKE

THE INFO

- + CLASSIC MAKEOVER
- + ENTERTAINING

\$0.77
PER SERVE



THIS DESSERT TAKES THE CAKE!

STICKY
AND
SWEET



choc-chip HEAVEN

EVERYONE LOVES CHOC CHIPS! TO TAKE THIS SIMPLE INGREDIENT TO THE NEXT LEVEL, WE CREATED FIVE FANTASTIC SWEETS, INCLUDING COMBO COOKIES, PRETZELS, SLICES AND PEANUT BUTTER ICE-CREAM



**CHOC-CHIP COOKIE MASH-UP****MAKES** 24**PREP** 30 MINUTES (PLUS REFRIGERATION)**COOK** 30 MINUTES

250g butter, softened

1 cup firmly packed
brown sugar

1 cup caster sugar

2 eggs

2 teaspoons vanilla extract

2½ cups plain flour

1 teaspoon bicarbonate of soda

½ teaspoon salt

⅔ cup dark chocolate chips

2 tablespoons cocoa powder

⅔ cup white chocolate chips

1 Preheat oven to 180°C/160°C fan-forced.
Line 2 large baking trays with baking paper.

2 Using an electric mixer, beat butter and sugars until thick and pale. Add eggs and vanilla. Beat until combined. Sift over 2½ cups flour, bicarbonate of soda and salt. Stir to combine.

3 Transfer half the mixture to a separate bowl. Add remaining flour and dark chocolate chips to 1 portion. Stir until combined. Add cocoa powder and white chocolate chips to remaining portion. Stir until combined. Refrigerate both portions for 30 minutes or until mixtures firm slightly.

4 Using 1 level tablespoon of dough at a time, roll mixtures into balls and place on 2 large plates. Using 1 vanilla dough ball and 1 chocolate dough ball, press and shape balls together to form a large ball (do not roll together as flavours will merge). Repeat with remaining dough balls.

5 Place half the dough balls on prepared trays, leaving 5cm to allow room for spreading. Using the palm of your hand, flatten slightly. Bake for 15 minutes or until golden. Stand on trays for 5 minutes to cool. Transfer to a wire rack to cool completely. Repeat with remaining dough balls. Serve.

NUTRITION: (each) 1057kJ; 12.2g fat; 7.6g sat fat; 2.9g protein; 33.1g carbs; 0.7g fibre; 36mg chol; 194mg sodium. ➤

Cook's note:

+ Store cookies in an airtight container for up to 3 days. You can also shape mixtures into logs at the end of Step 3, wrap well and freeze. Thaw before continuing with Step 4.

CHOC-CHIP COOKIE
MASH-UP**THE INFO**

+ GREAT FOR KIDS
+ MAKE AHEAD

\$0.35
EACH





BAKED CHOC-CHIP
PRETZELS

THE INFO

+ CLASSIC MAKEOVER

\$0.85
EACHBAKED CHOC-CHIP
PRETZELS

MAKES 6

PREP 30 MINUTES (PLUS STANDING)

COOK 15 MINUTES

1 cup milk, warmed
 2 tablespoons brown sugar
 7g sachet dried yeast
 1 teaspoon salt
 2½ cups plain flour
 60g butter, softened
 ½ cup dark chocolate chips
 2 tablespoons bicarbonate of soda

1 Place milk and sugar in a large bowl. Sprinkle over yeast. Stand for 10 minutes or until mixture is frothy. Stir in salt, flour and half the butter to make a sticky dough.
 2 Turn dough out onto a lightly floured surface. Knead until smooth and elastic. Knead in chocolate chips. Place dough in a large greased bowl. Cover. Stand in a warm place for 1½ hours or until dough has doubled in size.

3 Meanwhile, grease 2 large baking trays. Preheat oven to 230°C/210°C fan-forced.

4 Divide dough into 6 even portions. Roll 1 portion into a 70cm-long log (see notes). Twist to create a pretzel shape. Place on prepared trays. Repeat with remaining dough portions.

5 Place 1½ cups warm water in a shallow dish. Add bicarbonate of soda. Stir until dissolved. One at a time, carefully dip each pretzel in the bicarbonate of soda mixture, allowing excess to drain off. Return to prepared trays. Bake for 12 minutes or until golden and cooked through.

6 Meanwhile, melt remaining butter in a small saucepan over medium heat. Brush pretzels with butter. Transfer to a wire rack. Stand for 10 minutes to cool slightly. Serve.

NUTRITION: (each) 1661kJ; 14.6g fat; 8.9g sat fat; 8.8g protein; 55.9g carbs; 2.4g fibre; 21mg chol; 2143mg sodium. >

Cook's notes:

+ Hold ends of dough log and slap the middle of the log on the benchtop to stretch it out.
 + Baked Choc-chip Pretzels are best served on the day they are made.



DOUBLE CHOC-CHIP CARAMEL SLICE

MAKES 24

PREP 20 MINUTES (PLUS REFRIGERATION)

COOK 35 MINUTES

150g butter, softened

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

1 egg

Pinch salt

2 teaspoons vanilla extract

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

$\frac{3}{4}$ teaspoon baking powder

$\frac{1}{2}$ cup milk chocolate chips

395g can sweetened condensed milk

$\frac{1}{4}$ cup golden syrup

1 $\frac{1}{4}$ cups white chocolate chips

200g block dark chocolate, chopped

1 tablespoon vegetable oil

1 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan on all sides.

2 Using an electric mixer, beat 120g butter and sugar until pale and creamy. Add egg. Beat until well combined. Add salt and vanilla. Beat until combined.

3 Sift over flour and baking powder. Stir to combine. Stir in milk chocolate chips. Press mixture over base of prepared pan. Bake for 18 to 20 minutes or until golden.

4 Meanwhile, combine condensed milk, syrup, remaining butter and $\frac{1}{4}$ cup white chocolate chips in a small saucepan over medium heat. Cook, stirring, for 8 minutes or until thickened and light golden. Pour over base. Bake a further 10 to 12 minutes or until firm. Allow to cool for 30 minutes.

5 Place dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds, for 1 minute or until melted and smooth. Stir in vegetable oil. Spoon chocolate mixture over caramel in pan. Spread to cover evenly. Top with remaining white chocolate chips. Refrigerate for 3 hours or until set. Cut into pieces. Serve.

NUTRITION: (each) 1193kJ; 14.1g fat; 8.3g sat fat; 3.7g protein; 35.6g carbs; 0.3g fibre; 27mg chol; 98mg sodium. >

DOUBLE CHOC-CHIP
CARAMEL SLICE

THE INFO

+ CLASSIC MAKEOVER

\$0.48
PER PIECE



COVER
RECIPE



WHITE CHOC-CHIP
AND JAM
SHORTBREAD

THE INFO

+ GREAT FOR KIDS

\$0.40
EACH



WHITE CHOC-CHIP AND
JAM SHORTBREAD

MAKES 18

PREP 25 MINUTES (PLUS COOLING)

COOK 40 MINUTES

185g butter, softened

$\frac{3}{4}$ cup firmly packed brown sugar

1 egg

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

$\frac{1}{2}$ cup self-raising flour

$\frac{1}{2}$ teaspoon mixed spice

$\frac{3}{4}$ cup raspberry jam

$\frac{1}{2}$ cup white chocolate chips

1 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan.

Line base and sides with baking paper, extending paper 2cm above edges of pan on all sides.

2 Place butter and sugar in a bowl. Using a wooden spoon, stir until well combined. Add egg. Stir to combine. Sift over flours and spice. Stir until well combined. Reserve $\frac{1}{3}$ of the shortbread mixture and shape into a log. Place in freezer.

3 Meanwhile, press remaining shortbread mixture over base of prepared pan. Bake

for 20 minutes. Remove from oven and allow to cool for 20 minutes. Increase oven to 200°C/180°C fan-forced.

4 Spread jam over shortbread base. Sprinkle with chocolate chips.

5 Remove reserved shortbread mixture from freezer. Grate shortbread mixture over chocolate chip layer. Bake for 20 minutes or until golden. Cool completely in pan. Cut into pieces. Serve.

NUTRITION: (each) 912kJ; 10.5g fat; 6.6g sat fat; 2.3g protein; 29.2g carbs; 0.8g fibre; 30mg chol; 117mg sodium.

PEANUT BUTTER CHOC-CHIP ICE-CREAM

SERVES 8

PREP 10 MINUTES (PLUS REFRIGERATION AND OVERNIGHT FREEZING)

COOK 4 MINUTES

100g dark chocolate, chopped

¼ cup thickened cream

2 litres vanilla ice-cream

⅓ cup smooth peanut butter

⅔ cup milk chocolate chips

⅓ cup peanut butter chips

1 Place dark chocolate and cream in a small saucepan over low heat.

Cook, stirring, for 2 to 3 minutes or until melted and smooth. Set aside for 10 minutes to cool.

2 Meanwhile, place ice-cream in a large bowl. Stand for 10 minutes or until softened (ice-cream should not be melted).

3 Place peanut butter in a small microwave-safe bowl. Microwave on MEDIUM (50%) for 20 to 30 seconds or until softened. Fold peanut butter, ½ cup chocolate chips and ¼ cup peanut butter chips into ice-cream.

4 Place half the ice-cream in a 7cm-deep, 11cm x 21cm loaf pan. Dollop half the melted chocolate mixture over ice-cream.

Using a butter knife, swirl mixture through ice-cream. Top with remaining ice-cream. Spread to level.

5 Drizzle with remaining chocolate mixture. Sprinkle with remaining chocolate chips and peanut butter chips. Freeze overnight or until firm.

6 Remove from freezer. Stand for 10 minutes to soften slightly. Serve.

NUTRITION: (per serve) 2060kJ; 28.5g fat; 15.5g sat fat; 8.7g protein; 49.7g carbs; 0.8g fibre; 43mg chol; 126mg sodium. ■

PEANUT BUTTER
CHOC-CHIP
ICE-CREAM

THE INFO

+ FREEZER FRIENDLY
+ MAKE AHEAD
+ SUPER EASY

\$0.86
PER SERVE



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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.



Sauce it up

Your taste buds will love the spicy kick and tangy twist of this Indonesian chilli sauce. Indonesian cuisine is a wonderful mix of sweet, spicy, salty and sour, and this ABC sauce is a great way to bring an authentic taste of Indonesia to your table. Use it for dipping your spring rolls, add it to fried rice or drizzle into noodle soups! For more meal ideas, visit asianinspirations.com.au/exploreindonesia.



In the bag

Glad's Glad to be Green range includes two great environmentally-friendly options. The Plant Based Bags bin liners come in three sizes, are fragrance free and are made using 20% renewably sourced bio-material. There are also two sizes of Compostable Kitchen Caddy Liners made with corn starch that are industrially compostable. See glad.com.au for more.



From the start

Cobram Estate Meal Starters are infused Australian extra virgin olive oils that bring another layer of flavour to your cooking. Choose from Chilli and Coriander, Ginger and Lemongrass or Garlic and Rosemary. Find them at Coles, Woolworths and selected independent supermarkets. For more, visit cobramestate.com.au.



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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 moreish 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.



Next month

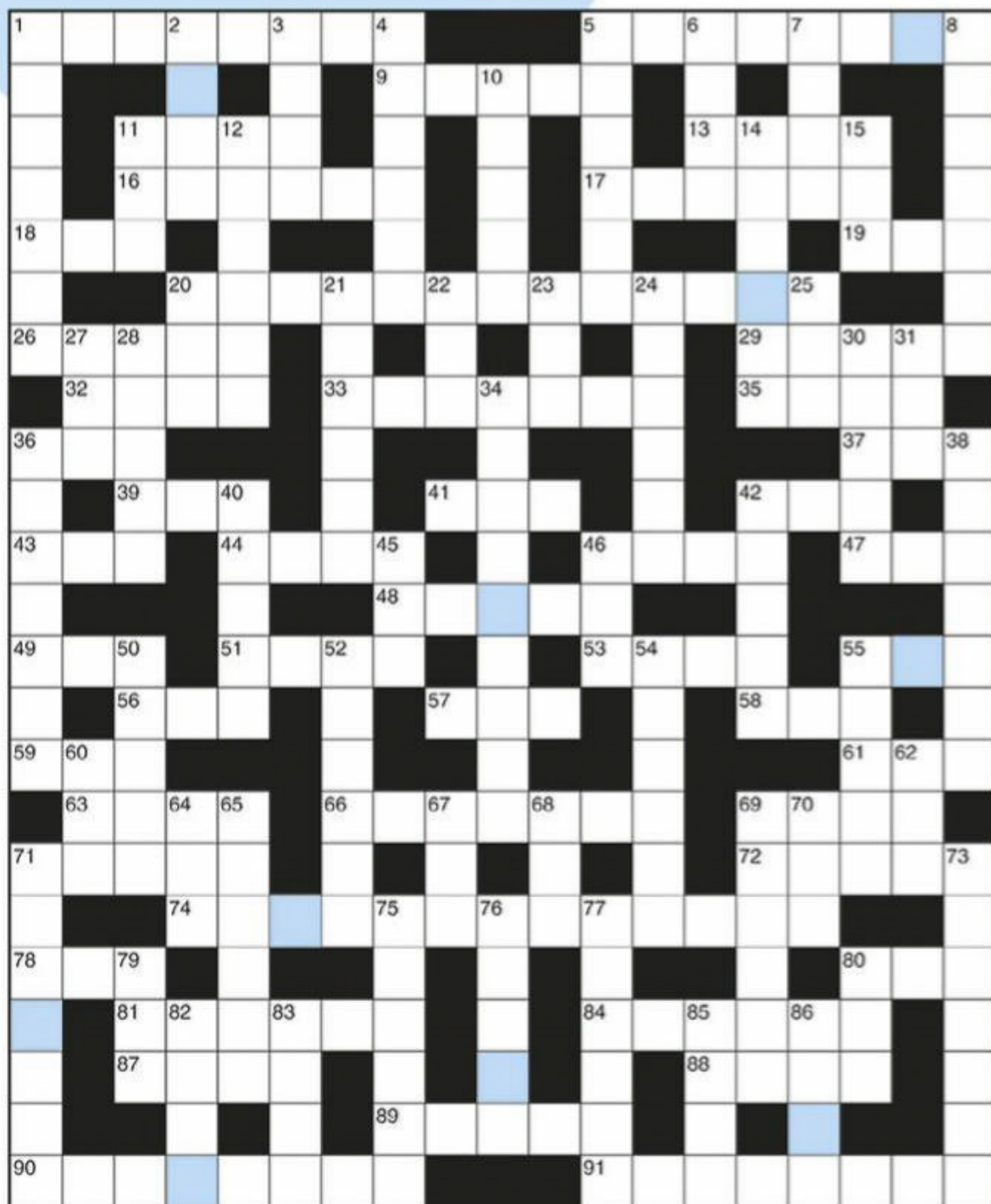
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+ Tropical treat
A LUSH CONDENSED MILK LAYER SITS AT THE HEART OF THIS PASSIONFRUIT SLICE

ON SALE
MAR 5

Puzzles

WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD



ACROSS

1. De-ices (freezer)
5. From Austria's capital
9. Delete
11. Throb painfully
13. Frittata ingredients
16. Satay kernel
17. Orange vegetable
18. Navigation chart
19. However
20. On impulse
26. Thin pancake
29. Of the moon
32. 12 months
33. Effervescent confectionery
35. Pollution haze
36. As ... usual
37. Curtain pole
39. No ... or buts
41. Some
42. Pantry pest
43. Actress, Jamie ... Curtis
44. After-dinner drink
46. Repair
47. Prosciutto or jamon
48. Thames or Seine
49. Nought
51. Pond plant
53. Exchange
55. Decimal base
56. Well-chosen
57. Cash point (1,1,1)
58. Darjeeling crop
59. Rubber tree ooze
61. Caesar salad lettuce
63. Tells whoppers
66. Green jewel
69. Buzz off!
71. Linguine or penne
72. Bossy
74. Mother's Day flower
78. Peculiar
80. Chum
81. Scrape away
84. Skin decoration
87. Scotch whisky measure
88. Invitation footnote (1,1,1)
89. Celebrity chef, ... Pierre White
90. Errors
91. Moaning and ...

DOWN

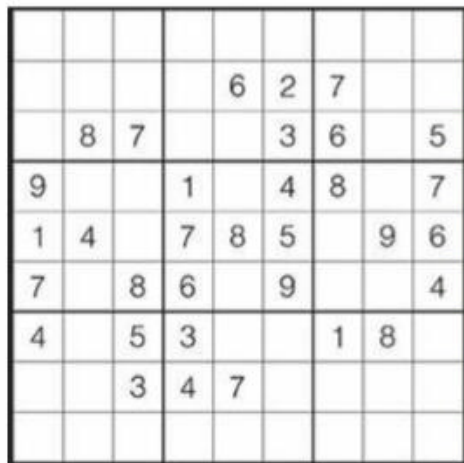
1. Batman & Robin: the ... Duo
2. Basmati or arborio
3. Sighted
4. Six-piece band
5. Nylon-looped fastener
6. Always
7. Off-limits, ... area (2-2)
8. Earth's mid-line
10. Kitchen garment
11. Smartphone program
12. Picnic basket
14. Toasts
15. Pig's home
20. Therapeutic bath
21. More inquisitive
22. Tomahawk
23. Outgoing flow, ... tide
24. False
25. Chinese lunch, ... cha
27. Crispbread grain
28. Spooky
30. Opposite of south
31. In the past
34. House restorer
36. Fence planks
38. Insists
40. Health-food wheat
42. Change to suit conditions
45. Attempt
46. Mr and ...
50. Blue gem, ... lazuli
52. Beautiful
54. Duck's walk
55. Mexican snacks
60. From the menu, ... carte (1,2)
62. Excited squeal
64. And so forth
65. African desert
67. Historical period
68. Astern
69. Gushes
70. Sing without words
71. Brain-teaser
73. Shouting
75. Cooks over simmering water
76. More pleasant
77. Frankfurter in a bun (3,3)
79. Father
80. Champagne cork sound
82. Dry bubbly
83. Go berserk, run ...
85. Musical threesome
86. Baking appliance

SUDOKU

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

JANUARY/FEBRUARY ISSUE'S SOLUTIONS

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



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SOLUTION:

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