



Level up with Legumes



Introduction

Legumes, beans, lentils, chickpeas, peas, and soy, are nutrient-dense, versatile, and affordable plant-based foods. For centuries, people across cultures have relied on legumes for their nutrition, flavour, and ability to bring families together at the table.

From the hearty lentil stews of Morocco, to the spicy chickpea curries of India, creamy bean soups of Italy, and black bean dishes of Latin America, legumes form the backbone of countless traditional cuisines.

This book is designed for health professionals to confidently recommend legumes, and to provide clients with ideas for delicious, culturally relevant, and easy-to-prepare meals.

You'll find:

- Evidence-based health benefits of legumes
- Insights into multicultural culinary uses
- Guidance on culturally sensitive recommendations
- Practical tips and recipes for everyday meals

Evidence-Based Health Benefits

Bone Health

- Legume-rich, plant-based diets are linked to reduced risk of hip fractures, improved body composition, and muscle strength.
- Soy protein has similar benefits on bone mineral density as animal protein in post-menopausal women.

Weight Management

- Legumes improve metabolic health by reducing inflammatory markers.
- Legumes promote satiety and support energy regulation, aiding healthy weight management.

Cardiovascular Health

- Regular legume consumption reduces the risk of cardiovascular disease.
- As part of a plant-based diet, legumes help lower cholesterol and blood pressure.
- In children, legume-rich diets improve long-term cardiovascular markers, including blood pressure and lipid profiles.

Diabetes

- Legumes are consistently linked to reduced type 2 diabetes risk and improved glycaemic control.
- Specific legumes enhance satiety and lipid profiles.
- Diets rich in legumes reduce HbA1c and fasting glucose.

Gastrointestinal Health

- Dietary fibre and phytochemicals in legumes support gut health by increasing beneficial bacteria.
- Fibre fermentation produces short-chain fatty acids that are anti-inflammatory, immunoregulatory, and contribute to reduced chronic disease risk.

Legumes are nutrient-dense, affordable, and versatile, providing health and environmental benefits.



Multicultural Uses of Legumes

Legumes are eaten globally, each culture using them in unique ways to create flavourful, nutritious meals. Understanding these approaches allows health professionals to offer clients diverse ideas for incorporating legumes into daily meals.

Cuisine	Common Legumes	Typical Dishes
Mediterranean	Chickpeas, lentils, fava beans	Hummus, falafel, lentil soups, bean salads
Indian and South Asian	Lentils, chickpeas, mung beans	Dal, chana masala, sambar, khichdi
East and Southeast Asian	Soybeans, mung beans, adzuki beans	Tofu, edamame, miso soup, sweet bean desserts
Latin American	Black beans, kidney beans, pinto beans	Bean stews, tacos, feijoada, salads
African	Cowpeas, chickpeas, lentils	Stews, soups, bean fritters
European	Cannellini beans, lentils, chickpeas	Minestrone, cassoulet, lentil salads

Talking Points for Clients:

When encouraging legume intake, it's important to consider cultural preferences, traditions, and dietary practices. Offering options that align with a client's familiar foods and tastes improves acceptance and adherence.

Key Principles:

- Understand which legumes and dishes are familiar or meaningful to the client.
- Clients can swap legumes into familiar recipes without changing flavours.
- Not everyone within a cultural group eats the same dishes. Ask open-ended questions.
- Encourage exploring different legumes and preparation methods for interest and nutrition.
- Encourage 3–4 servings of legumes per week.
- Canned, pre-cooked, or frozen legumes save time.

Legumes are a simple, affordable, and delicious way to improve health. With practical strategies, you can help clients level up their health and their plate every day.





RECIPES





Yellow Split Pea Dip

TOTAL TIME: 1 HOUR, 20 MIN

SERVINGS: 4

INGREDIENTS

3 tbsp extra virgin olive oil
1 large brown onion, finely
grated
3-4 garlic cloves, finely grated
½ tsp salt
½ tsp black pepper
250g yellow split peas
3 cups water
Juice of half a lemon

METHOD

1. Heat olive oil in a saucepan over medium-low heat.
2. Add onion and garlic and cook for 5–7 minutes, stirring occasionally, until softened and translucent.
3. Season lightly with salt and pepper.
4. Add the yellow split peas and stir the mixture together.
5. Pour in the water, stir to combine and reduce the heat to low.
6. Cover with a lid and simmer gently for 60 mins or until the split peas break down and the mixture thickens into a smooth purée, whisking every 10–15 minutes.
7. Once thickened and the water has evaporated, remove the saucepan from the heat and stir through lemon juice.
8. Optional: Blend using a stick blender for a smooth consistency, or leave as is for a thicker texture.





Green Goddess Ancient Grain Salad

TOTAL TIME: 15 MIN

SERVINGS: 4

INGREDIENTS

200g canned lentils, drained and rinsed
150g cooked whole grains (freekeh or brown rice)
¼ cup dried currants
1 small red onion, finely diced
1 Lebanese cucumber, diced
½ cup fresh mint, chopped
30g walnuts, roughly chopped
2 cup rocket, washed

DRESSING

¾ cup Greek yoghurt
¼ cup extra virgin olive oil
2 tbsp lemon juice
1 garlic clove, minced
¼ cup fresh parsley
¼ cup fresh chives
2 tbsp fresh basil
2 tbsp fresh dill
1 tsp Dijon mustard
Salt & black pepper, to taste
15–30 ml cold water (to thin, if needed)

METHOD

1. In a large bowl, combine lentils, wholegrains, currants, onion, and cucumber.
2. Blend dressing ingredients in a blender or Nutri-Bullet until smooth and combined well. Add water if dressing needs to be thinned out. Set aside.
3. Pour dressing over salad and toss gently.
4. Fold through herbs, rocket, and nuts just before serving.
5. Taste and season with salt and pepper as required.





Four-Bean Salad

TOTAL TIME: 45 MIN

SERVINGS: 4-6

INGREDIENTS

600g sweet potato (~2-3 medium), diced
 2 tbsp olive oil
 Salt & pepper
 1 large carrot, ribboned
 1 can 4-bean mix, drained and rinsed
 1 can corn kernels, drained and rinsed
 4 cups baby spinach leaves
 2 tbsp pine nuts

DRESSING

2 tsp seeded mustard (multigrain mustard)
 2 tsp balsamic vinegar
 3 tbsp olive oil
 2 tbsp honey

METHOD

1. Preheat oven to 200°C (fan-forced). Line a tray with baking paper.
2. Place diced sweet potato, olive oil and salt & pepper on the tray. Using your hands, mix until sweet potato is evenly combined. Place the tray in the oven and bake for 30 minutes, turning once, until sweet potato is soft and cooked through.
3. Prepare remaining ingredients and set aside. Add all dressing ingredients to a small bowl or jar and whisk to combine.
4. Add all salad ingredients and dressing in a large bowl and toss gently, ensuring not to break the beans.
5. Plate up and enjoy!





Chicken and Quinoa Salad

TOTAL TIME: 35 MIN

SERVINGS: 4

INGREDIENTS

2 tbsp garlic-infused olive oil
 2 tbsp lemon juice
 1 tsp cumin
 1 tsp smoked paprika
 ½ tsp oregano
 ½ tsp each of salt and pepper
 2 chicken breasts (or 1 BBQ chicken, shredded)
 2 cups quinoa, cooked (about 1 cup dry)
 2 cans chickpeas, drained
 1 cup chopped cucumber
 1 cup cherry tomatoes, halved
 ½ cup chopped parsley
 ⅔ cup chopped walnuts
 100g crumbled feta

DRESSING

6 tbsp tahini
 2 tbsp garlic infused olive oil
 4 tbsp lemon juice
 2 tsp maple syrup
 Salt & pepper to taste

METHOD

1. In a medium bowl, mix olive oil, lemon juice, cumin, paprika, oregano and salt and pepper. Add chicken to the bowl and set aside to marinate for 15 minutes.
2. Meanwhile, add all dressing ingredients to a small bowl and whisk until combined. Use water to thin, until dressing is creamy and pourable.
3. Cook quinoa per packet instructions.
4. Heat olive in a medium pan over medium-high heat. Add chicken and cook for 5-6 minutes per side, until cooked. Let rest and then shred using forks or cut into dices.
5. In a large bowl combine quinoa, chickpeas, tomatoes, parsley and walnuts. Add chicken and dressing and toss until coated.
6. Adjust seasoning if desired.
7. Serve and enjoy.





Beef Burrito Bowl

TOTAL TIME: 30 MIN

SERVINGS: 4

INGREDIENTS

- 1 tbsp olive oil
- 1 brown onion, diced
- 2 tsp minced garlic
- 500g lean beef mince
- 1 carrot grated
- 1 zucchini grated
- 1 can lentils/kidney beans or black beans, drained and rinsed
- 1 tbsp Mingle taco seasoning (or 1 tbsp smoked paprika)
- 450g microwaveable basmati rice pouch
- 2 cups baby spinach, finely shredded
- ½ cup shredded cheese
- 1 punnet cherry tomatoes, halved

OPTIONAL TOPPINGS

- 2 avocado + lemon juice, mashed together into a guacamole

METHOD

1. Heat oil in a large frying pan over medium high heat. Add onion and cook for 1-2 minutes or until translucent. Add the mince, breaking up until browned. Add the taco seasoning (or paprika), minced garlic, carrot, zucchini, legumes and stir until combined.
2. Separate beef burrito mix into 4 containers. Serve microwave rice into the containers with the mince straight from the packet without heating. Top with grated cheese.
3. Package cherry tomatoes, baby spinach, and guacamole in separate container to serve fresh.
4. Seal containers and place into the fridge or freezer until ready to enjoy!





Air Fried Salmon Poke Bowl

TOTAL TIME: 30 MIN

SERVINGS: 4

INGREDIENTS

4 tbsp salt-reduced soy sauce
1 tsp sesame oil
1 tsp minced ginger
4 x 100-120g salmon fillets, skinless
450g microwave brown rice & quinoa pouch
100g frozen edamame beans
2 large carrots, grated
2 cucumbers, grated and excess liquid squeezed out between paper towel (or sliced)
1 medium avocado, thinly sliced
Toppings: sesame seeds

METHOD

1. Preheat the air-fryer. In a small bowl, combine half the soy sauce, sesame oil and ginger. Place salmon on baking paper and pour over sauce. Place in the air fryer for 8-10 minutes or until able to flake with a fork. Set aside.
2. Meanwhile, microwave rice pouch and edamame according to packet instructions. Transfer to a large bowl and stir through remaining soy sauce. Prepare vegetables.
3. Divide rice and vegetables among containers. Top with salmon and sesame seeds.





Pulse-Packed Eggplant Boats

TOTAL TIME: 45 MIN

SERVINGS: 4

INGREDIENTS

1 can chickpeas, rinsed and pat dry
 2 large eggplants
 4 tbsp olive oil
 Pinch of salt
 1 small brown onion, finely chopped
 2 garlic cloves, minced
 300g beef or lamb mince
 1 medium carrot, grated
 400g canned lentils, rinsed and drained
 1 tsp ground cumin
 2 tsp paprika
 ½ tsp ground cinnamon
 400g can diced tomatoes
 ½ cup water
 Pinch of pepper
 Extra parsley or mint
 Pomegranate arils

DRESSING

200g natural yoghurt
 1 tbsp chopped fresh parsley
 1 tbsp chopped fresh mint
 ½ lemon, zested and juiced
 Pinch of salt

METHOD

1. Preheat the oven to 190°C and line two baking trays with baking paper. Spread chickpeas out evenly on one tray, drizzle with olive oil and top with 1 teaspoon of smoked paprika and salt. Roast in the oven for 25-30 minutes or until crispy.
2. Slice eggplants lengthways and score the flesh. Brush cut sides with olive oil, sprinkle with salt, and place in the oven for 40 minutes or until tender.
3. While eggplants cook, heat remaining oil in a pan over medium-high heat, sauté onion and garlic 3–4 minutes. Add mince and cook, breaking up lumps until browned. Stir in carrot, lentils, cumin, paprika, cinnamon.
4. Add tomatoes, water, and simmer 12–15 minutes until thick. Season with salt and pepper to taste.
5. Meanwhile, in a small bowl, combine yoghurt, parsley, mint, lemon zest and juice, and salt.
6. Remove eggplants from oven and remove the soft flesh. Combine flesh with mince mixture and spoon filling into eggplants.
7. Top with herbed yoghurt and garnish with parsley, mint, chickpeas, and pomegranate arils.





Grilled Haloumi, Nectarine and Chickpea Hummus

TOTAL TIME: 30 MIN
SERVINGS: 4

INGREDIENTS

200g haloumi, sliced into 1cm steaks
400g tin chickpeas, drained and rinsed
4 nectarines, stoned, cut into wedges
4 radishes, thinly sliced
½ small red onion, thinly sliced into rounds
¼ bunch mint, leaves picked
¼ bunch parsley, leaves picked
1 cup rocket leaves
⅓ cup pistachios, roughly chopped

DRESSING

⅓ cup extra virgin olive oil
¼ cup lemon juice
2 tbsp tahini
2 tsp honey
1 small garlic clove, finely grated

METHOD

1. In a medium bowl, whisk together olive oil, lemon juice, tahini, honey and garlic until smooth. Taste and adjust, a little more lemon for brightness or honey for balance, if needed.
2. Place chickpeas into a food processor with half of the dressing. Blitz until smooth, loosening with a splash of water, olive oil or lemon juice until creamy and spreadable. Taste and tweak, then set aside.
3. Pat haloumi dry with paper towel and slice into 1cm steaks. Heat a large frypan over medium-low heat. Lightly drizzle the haloumi with olive oil, then place into the warm pan. Cook for 2–3 minutes on the first side until golden and just starting to soften, then flip and cook the other side until golden. Remove from the pan, cool slightly, then tear into rustic pieces.
4. In a large bowl, gently toss together nectarines, radish, red onion, mint, parsley, rocket and the warm rice. Drizzle over the remaining dressing just before serving and toss lightly to coat.
5. Swoosh the chickpea hummus generously over the base of a large platter or plates. Arrange the salad on top, finish with torn haloumi and sprinkle with pistachios.





Vegetarian Pulse-Packed Eggplant Boats

TOTAL TIME: 45 MIN

SERVINGS: 4

INGREDIENTS

1 can chickpeas, rinsed and pat dry
2 large eggplants
4 tbsp olive oil
Pinch of salt
1 small brown onion, finely chopped
2 garlic cloves, minced
300g mushrooms (button or portobello)
1 medium carrot, grated
400g canned lentils, rinsed and drained
1 tsp ground cumin
2 tbsp paprika
½ tsp ground cinnamon
400g can diced tomatoes
½ cup water
Pinch of pepper
Extra parsley or mint
Pomegranate arils

DRESSING

200g natural yoghurt
1 tbsp chopped fresh parsley
1 tbsp chopped fresh mint
½ lemon, zested and juiced
Pinch of salt

METHOD

1. Preheat the oven to 190°C and line two baking trays with baking paper. Spread chickpeas out evenly on one tray, drizzle with olive oil and top with 1 teaspoon of smoked paprika and salt. Roast in the oven for 25-30 minutes or until crispy.
2. Slice eggplants lengthways and score the flesh. Brush cut sides with olive oil, sprinkle with salt, and place in the oven for 40 minutes or until tender.
3. While eggplants cook, heat remaining oil in a pan over medium-high heat, sauté onion and garlic for 3-4 minutes. Add mushrooms and cook for 3-4 minutes or until softened.
4. Stir in carrot, lentils, cumin, paprika, cinnamon. Add tomatoes, water, and simmer 12-15 minutes until thick. Season with salt and pepper to taste.
5. Meanwhile, in a small bowl, combine yoghurt, parsley, mint, lemon zest and juice, and salt.
6. Remove eggplants from oven and remove the soft flesh. Combine flesh with lentil mixture and spoon filling into eggplants.
7. Top with herbed yoghurt and garnish with parsley, mint, chickpeas, and pomegranate arils.





Moroccan Lamb Cous Cous Salad

TOTAL TIME: 25 MIN

SERVINGS: 4

INGREDIENTS

2 x 200g lamb backstraps
 2 tbsp Moroccan seasoning
 ½ tsp salt and pepper
 1 tbsp extra virgin olive oil, plus 1
 tbsp extra
 ½ cup pearl cous cous
 2 cups beef stock
 2 cups spinach
 1 can chickpeas, drained and
 rinsed
 ¼ red onion, thinly sliced (We like to
 do a quick pickle by submerging in
 equal parts water, red wine
 vinegar and 2 tbsp caster sugar)
 ½ cup parsley leaves
 ½ lemon, juiced
 1 tbsp red wine vinegar
 ⅓ cup roasted almonds, roughly
 chopped

METHOD

1. Coat lamb in Moroccan seasoning on all sides.
2. Heat oil in a large frying pan over medium-high heat.
Cook lamb for 4-5 minutes, turning halfway. You want it charred on the outside but still a bit pink in the centre.
3. Meanwhile, cook pear cous cous in beef stock according to packet instructions. Drain and transfer to a large mixing bowl.
4. To the cous cous, add spinach, canned chickpeas, cherry tomatoes, red onion, pomegranate, parsley, lemon juice, olive oil and red wine vinegar.
5. In a separate bowl, mix Greek yoghurt, mint, salt and lemon juice.
6. Plate cous cous salad on a platter. Place sliced lamb on top drizzle over minted yoghurt and scatter over almonds.





Spaghetti Bolognese

TOTAL TIME: 30 MIN

SERVINGS: 4

INGREDIENTS

1 tbsp olive oil
 1 medium onion, finely diced
 200g pre-sliced mushrooms
 1 cup baby spinach
 1 cup frozen carrots and pea OR
 grated carrot and zucchini
 1 can brown lentils, drained and rinsed
 ½ tsp minced garlic
 ½ tbsp oregano
 2 tsp soy or Worcestershire sauce
 ½ tbsp tomato paste
 500g lean beef mince
 400g can crushed tomatoes
 1 packet Pulse pasta

METHOD

1. Heat oil in a large frying pan over medium high heat. Add in onion and cook until translucent. Add in mushrooms and frozen or grated vegetables to cook until soft.
2. Add in beef mince to the pan, and cook, breaking up as you go, until browned.
3. Then add in crushed tomatoes, herbs, soy or Worcestershire, tomato paste, garlic and spinach. Stir through well. Simmer for 5 minutes or until liquid has evaporated and sauce has thickened.
4. Meanwhile, bring a medium saucepan of water to the boil and cook pasta according to packet instructions. Drain and set aside.
5. Remove sauce from heat. Adjust the salt to taste.
6. Toss the sauce with the hot cooked pasta.
7. Plate one serving for dinner and place remaining serve in a container in the freezer for next week.





Spiced Pumpkin and Lentil Soup

TOTAL TIME: 50 MIN

SERVINGS: 4

INGREDIENTS

½ butternut pumpkin, diced
 1 tbsp garlic infused olive oil
 1 large carrot, diced
 ½ tbsp freshly grated ginger
 1 tbsp curry powder
 3 cups vegetable stock, salt-reduced
 1 cup red lentils, rinsed
 400ml light coconut milk
 Salt & pepper to taste

TO SERVE

Greek yoghurt
 Pita or naan bread for dipping

METHOD

1. Bring a large saucepan of water to the boil over high heat. Add diced pumpkin and boil for 15 minutes or until soft. Drain and allow to cool for 5 minutes before blending using a stick blender.
2. Using the same large saucepan, add olive oil and heat over medium-high heat. Once oil is hot, add carrot and sauté for 3-5 minutes or until soft.
3. Reduce heat to a medium-low and add ginger and curry powder and stir for 30 seconds until fragrant.
4. Add vegetable stock, coconut milk, lentils and pumpkin to the pot. Season with salt and pepper.
5. Bring to the boil, then reduce heat to medium and allow to simmer for 30 minutes or until lentils are soft and tender. Taste and adjust seasonings as necessary.
6. Serve soup with a drizzle of Greek yoghurt and some naan or pita for dipping.
7. Enjoy!



Minestrone Soup

TOTAL TIME: 35 MIN

SERVINGS: 6-8

INGREDIENTS

1 tbsp garlic infused olive oil
2 bay leaves (dried or fresh)
2 sticks celery, sliced
2 carrots, diced
2 large handfuls of seasonal greens, roughly chopped (recommend: kale, swiss chard or spinach)
1 vegetable stock cube
400g tin crushed tomatoes
400g tin cannellini beans or butter beans
100g gluten-free pasta, crushed
Parmesan cheese, to serve
Crusty bread, to serve

METHOD

1. In a large pot, heat olive oil over medium-high heat. Add bay leaves, celery and carrots and cook for 10-15 minutes or until softened.
2. Add in your stock cube, tinned tomatoes and beans to the pan and stir to combine. Add 1 tins worth of water, season with salt and pepper and stir until simmering.
3. Add greens to the pan and 600ml of boiling water (from the kettle), then add pasta. Cover and leave to simmer for 10-15 minutes, or until pasta is cooked and soup has thickened to your liking.
4. Season the soup with salt and pepper, then serve with a grating of parmesan cheese and a slice (or two) of fresh crusty bread.





Gigantes Greek Baked Beans

TOTAL TIME: 1 HOUR, 20 MIN

SERVINGS: 4

INGREDIENTS

3 tbsp extra virgin olive oil
1 large brown onion, diced
1 garlic bulb (approximately 8–10 cloves), minced
2 green onions, finely diced
1 large carrot, finely grated
1 celery stalk, finely diced
½ cup fresh parsley, chopped
½ cup fresh mint, chopped
½ cup oregano (fresh or dried)
1 tsp salt
1 tsp ground black pepper
2 bay leaves
2 tbsp tomato paste
400g canned diced tomatoes
2 × 400g canned butter or lima beans, drained and rinsed
2 cups water
Crumbled feta, to serve

METHOD

1. Preheat oven to 180°C fan-forced.
2. Heat olive oil in a large pan over medium heat.
Add onion, garlic, green onions, carrot and celery.
Cook for 6–8 minutes until softened.
3. Add parsley, mint, oregano, salt, pepper and bay leaves. Stir in tomato paste until combined.
4. Add the diced tomatoes, reduce heat to low and simmer for 2–3 minutes.
5. Add the beans and water. Cook for 5 minutes, stirring gently.
6. Transfer mixture to an oven-safe baking dish.
Drizzle lightly with olive oil.
7. Cover with baking paper and foil. Bake for 50 minutes, or until thickened and the liquid has mostly evaporated.
8. Remove foil and bake uncovered for a further 10 minutes, until lightly golden.
9. Remove bay leaves. Finish with extra olive oil and crumbled feta before serving.





One Pan Greek Pilaf

TOTAL TIME: 45 MIN

SERVINGS: 4

INGREDIENTS

2 tbsp olive oil
2 tbsp minced garlic
1 onion, diced
500g beef mince
1½ tbsp dried oregano
2 tbsp tomato paste
1 large eggplant, diced
1⅔ cup beef stock
1 cup basmati rice, uncooked
400g can chickpeas, drained
400g can crushed tomatoes
Salt & pepper, to taste
Parsley, finely chopped
Dollop of Greek yoghurt, to serve

METHOD

1. Heat olive in a large pot over high heat. Add garlic and onion and cook for 2 minutes until onion is translucent.
2. Add beef and cook, breaking it up as you go, until browned. Add oregano and tomato paste and stir to combine, allowing to cook for 1 minute.
3. Add eggplant and ⅓ cup beef stock, stirring to combine. Allow stock to mostly evaporate.
4. Add the rice and stir to coat. Add all remaining ingredients and bring to a simmer. Once there are gentle bubbles, put the lid on and turn the heat down to medium-low. Allow to simmer for 20 minutes - no peeking or stirring during this time.
5. Remove the pot from the stove and allow to rest for a further 10 minutes (lid still on). Toss parsley through the rice and serve with a dollop of Greek yoghurt!





Soy and Ginger Salmon Soba Stir Fry

TOTAL TIME: 30 MIN

SERVINGS: 4

INGREDIENTS

4 small salmon fillets, skinless (~500g total)
180g soba noodles
2 large carrots, thinly sliced
½ bunch spring onion, sliced
1 bunch broccolini, cut in half
125g edamame beans, drained and rinsed
½ cup soy sauce
1 tsp each minced garlic and ginger
1 tsp honey
Juice of 1 lime
Sesame seeds to serve

MARINADE

1 tsp grated ginger
1 tsp minced garlic
2 tbsp soy sauce
1 tbsp honey
2 tsp sesame oil
1 tsp chilli flakes

METHOD

1. In a large bowl mix marinade ingredients well. Place salmon fillets in the marinade and toss to coat. Set aside and allow to marinate for 10 minutes.
2. Heat a medium frying pan or wok over medium heat. Add salmon and cook for 2-3 minutes each side until just cooked. Set aside for 5 minutes.
3. Meanwhile, cook soba noodles according to packet instructions.
4. Add 1 teaspoon olive oil to the wok. Add carrot, spring onions and broccolini and cook, sautéing for 5 minutes. Add ½ cup water and allow to steam for a further 5 minutes.
5. Add drained noodles, edamame beans and salmon (including resting juices) to the wok and gently stir to combine. Add remaining soy sauce, garlic, ginger, honey and lime juice.
6. Divide between bowls and enjoy with a sprinkle of sesame seeds.





Green Coconut Butter Beans and Lentils

TOTAL TIME: 1 HOUR, 20 MIN

SERVINGS: 4

INGREDIENTS

200g butter beans
100g green lentils
400ml coconut milk
1 small onion, finely chopped
2 cloves garlic, minced
1 green chili pepper, finely chopped (adjust to your spice preference)
1 tbsp vegetable oil
1 tsp ground cumin
1 tsp ground coriander
½ tsp turmeric powder
Salt and pepper to taste
Fresh coriander leaves for garnish
Lime wedges for serving (optional)

METHOD

1. Rinse the green lentils and butter beans under cold water and drain them.
2. In separate pots, cook the lentils and butter beans separately according to instructions until they are tender but not mushy. Drain and set them aside.
3. In a large saucepan or deep skillet, heat the oil over medium heat.
4. Add the chopped onion, minced garlic, and red chili pepper. Sauté for 2-3 minutes until onions soften.
5. Stir in the ground cumin, ground coriander, and turmeric powder. Cook for another 1-2 minutes to toast the spices and release their flavors.
6. Pour in the coconut milk and stir well to combine with the spices. Bring the mixture to a gentle simmer.
7. Add the cooked lentils and butter beans to the coconut sauce. Stir to coat them evenly with the sauce.
8. Reduce the heat to low and let the mixture simmer for about 20 minutes, stir occasionally.
9. Season the dish with salt and pepper to taste. Adjust the seasoning as needed.
10. Garnish with fresh coriander leaves and squeeze of lime
11. Serve your green coconut butter beans and lentils with steamed veggies, grains or bread.





Pork Fillet with Smokey Plum Sauce and Butter Bean Mash

TOTAL TIME: 1 HOUR

SERVINGS: 4

INGREDIENTS

2 x 400g tin butter beans, drained and rinsed
1 small garlic clove, finely grated or roasted
3 textra virgin olive oil
1 lemon juiced
Warm water, to blend
1 tsp smoked paprika
1 tsp black pepper
Drizzle olive oil
600g pork fillet
Drizzle of lemon vinegarette dressing
1 Lebanese cucumber, sliced on the angle
4 radishes, thinly sliced
2 cups mixed salad leaves

SMOKEY PLUM SAUCE

2 tbsp extra virgin olive oil
6 ripe plums, halved, stones removed
1 red onion, cut into wedges
4 cloves garlic, skins on
½ tbsp smoked paprika
2 tbsp salt-reduced tomato paste
¼ bunch thyme
2 tbsp red wine vinegar
½ cup salt-reduced chicken stock
1 tbsp brown sugar

METHOD

1. Heat oven to 200°C (fan-forced). In a large baking dish, drizzle olive oil to cover base. Add plums, red onion and whole garlic cloves into roasting tray. scatter smoked paprika over plums and dot with tomato paste. Roast for 25–30 minutes, tossing once, until plums are jammy.
2. Squeeze garlic from skins, add thyme, vinegar, stock and sugar, stir gently and return to oven for 8–10 minutes until saucy and glossy. Crush with a fork or blitz briefly, depending on your preferred texture.
3. Add butter beans, garlic, olive oil, lemon juice and black pepper to a food processor or blender. Blend until smooth, adding warm water gradually until creamy and mash-like. Taste and adjust, you're aiming for savoury, soft and just bright enough. Warm gently before serving.
4. In a medium bowl, combine olive oil, paprika and black pepper. Coat pork fillet evenly with flavoured oil and allow to sit for 5 minutes. Heat a pan over a medium-high heat and sear pork, turning to colour all sides. Reduce heat and continue to cook gently until just done. Rest for 5 minutes, then slice on an angle.
5. In a medium bowl, combine cucumber, radish and salad leaves. Drizzle with lemon vinaigrette and toss to coat.
6. Divide butter bean mash between plates as the base. Top with sliced pork fillet, spoon over smoky plum sauce, and finish with a generous serve of fresh salad.





Chickpea Cookie Dough

TOTAL TIME: 10 MIN
SERVINGS: 10 BALLS

INGREDIENTS

1 can chickpeas, rinsed and drained
 $\frac{2}{3}$ cup plain flour
 3 tbsp extra virgin olive oil
 $\frac{1}{3}$ cup sugar-free maple syrup
 1 tbsp vanilla extract
 Pinch of salt to taste
 $\frac{1}{3}$ cup chocolate chips

METHOD

1. Combine chickpeas, maple syrup, olive oil, and vanilla extract in a NutriBullet or blender.
2. Blend until smooth and combined fully with no chickpea chunks leftover.
3. Use a spatula to scrape the chickpea batter into a mixing bowl.
4. Fold in flour. Mix until combined fully into a cookie dough consistency. Then stir through chocolate chips.
5. Roll into 2cm x 2cm balls and store in an air-tight container in the fridge until ready to enjoy!
6. Alternatively, chickpea cookies can be made by baking the dough on a lined baking tray for 10 minutes in a pre-heated oven at 180°C.





Chickpea and Oat Slice

TOTAL TIME: 40 MIN

SERVINGS: 12 SLICES

INGREDIENTS

140g can chickpeas, drained and rinsed
2 ripe bananas or ½ cup apple sauce
2 tbsp honey or maple syrup
2 tbsp peanut or almond butter
1 tsp vanilla extract

DRY INGREDIENTS

1 cup rolled oats (gluten-free if needed)
½ tsp baking powder
½ tsp ground cinnamon
Pinch of salt

OPTIONAL ADD-INS:

¼ cup dark chocolate chips or raisins
2 tbsp seeds (pumpkin, sunflower or chia)

METHOD

1. Preheat oven to 180°C fan-forced. Line a 20cm square baking tin with baking paper.
2. In a food processor or Nutri-Bullet, blend chickpeas, bananas, honey or maple syrup, peanut butter, and vanilla until smooth.
3. In a medium mixing bowl, combine oats, baking powder, cinnamon, and salt. Stir in optional add-ins.
4. Pour blended chickpea mixture into dry ingredients and mix until fully combined.
5. Spread mixture evenly in the lined tin. Bake 25–30 mins until firm and lightly golden.
6. Let cool completely in the tin, then cut into 12 squares or bars.



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