

Level up with Legumes

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Level Up with Legumes

Legumes are small, humble ingredients with serious benefits. From lentils and chickpeas to beans, peas, lupins and soybeans, legumes have been nourishing people around the world for generations, and it's time to give them the spotlight they deserve.

Packed with plant-based protein, fibre, and essential nutrients, legumes are an easy way to level up everyday meals. They add substance to salads, richness to curries, heartiness to soups, and comfort to family favourites, all while supporting long-term health.

What are Legumes?

Legumes are plants that produce seeds in pods. This group includes:

- Beans (kidney, black and cannellini)
- Chickpeas
- Lentils
- Peas (green peas and split peas)
- Lupins
- Soybeans (edamame, tofu and tempeh)

You may also hear the term pulses, which refers to the dried edible seeds of legumes, such as lentils, dried beans, and chickpeas.

Why Level Up with Legumes?

NUTRIENT-RICH

Legumes deliver a powerful combination of protein, fibre, iron, B vitamins, magnesium, and potassium. Regularly including them in meals supports digestive health, helps manage blood sugar and cholesterol levels, and reduces the risk of chronic diseases such as heart disease and type 2 diabetes.

GREAT FOR THE PLANET

Eating legumes more often is a simple way to eat more sustainably. Legumes require fewer resources than many animal-based proteins and improve soil health by naturally fixing nitrogen, making them a win for both your plate and the planet.

AFFORDABLE AND VERSATILE

Legumes are one of the most budget-friendly protein sources available. Whether canned or dried, they're easy to use, endlessly adaptable, and work across cuisines and cooking styles. From quick weeknight meals to crowd-pleasing dishes, legumes help you do more with less.

How Much Do You Need?

According to the Australian Dietary Guidelines, legumes sit in both the vegetable and protein food groups:

- ½ cup cooked legumes = one vegetable serve
- 1 cup cooked legumes, or 170g tofu or tempeh = one protein serve

Even small daily amounts can make a meaningful difference to your health.

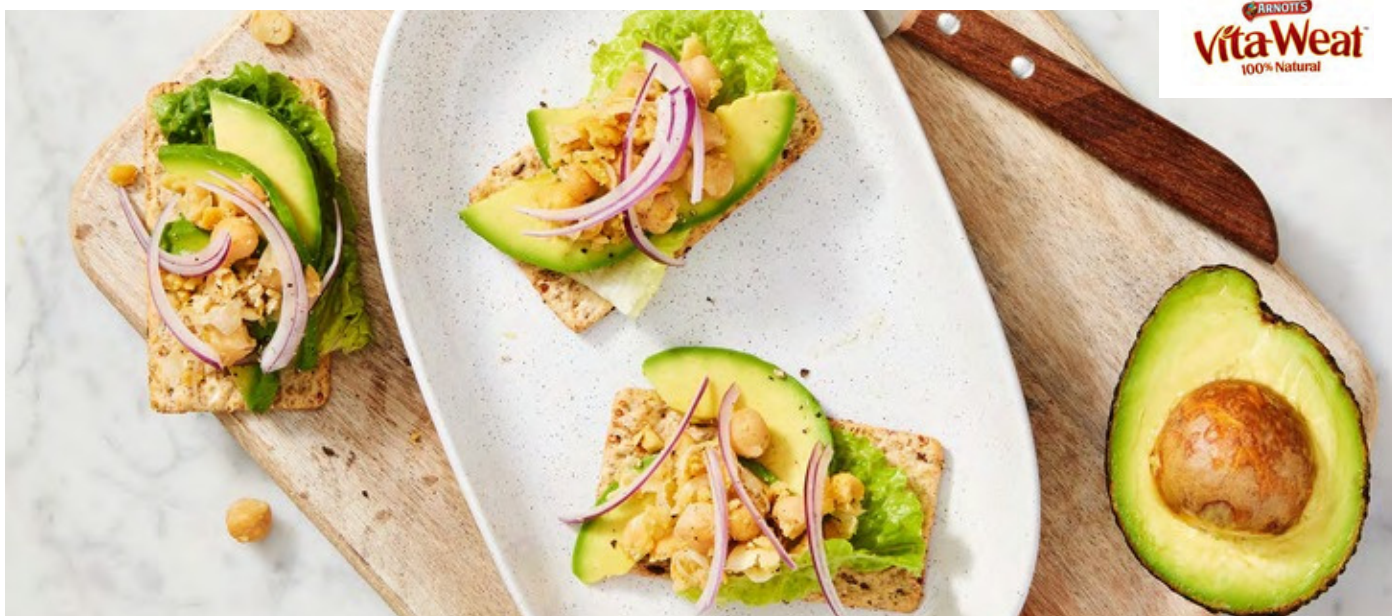
This recipe book is designed to help you level up with simple, flavour-packed dishes that make legumes easy to love, use, and enjoy every day.





LIGHT MEALS AND BOWLS





Vita-Weat with Avocado and Chickpea Smash

TOTAL TIME: 10 MIN

SERVINGS: 1

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

INGREDIENTS

4 Vita-Weat crispbread
4 cos lettuce leaves
1 medium avocado, peeled and sliced
¼ cup chickpeas, rinsed and drained, crushed with a fork
Sliced red onion to serve

METHOD

1. Top each Vita-Weat with a cos lettuce leaf and two slices of avocado.
2. Add a tablespoon of chickpea smash and sliced red onion.



Ancient Grains Rice

TOTAL TIME: 30 MIN

SERVINGS: 2-3

By combining heritage grains like black rice, quinoa, millet, and red rice with beans, you're supporting a food system that protects genetic variety and soil health.

INGREDIENTS

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

METHOD

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





Green Pea Falafel

TOTAL TIME: 20 MIN
SERVINGS: 12 FALAFELS

These falafel balls will make an awesome contribution to a Mezze platter combined with hummus, olives, chargrilled eggplant, capsicum, and flatbreads.

INGREDIENTS

1 cup frozen peas, thawed
3 tbsp oil
1 small brown onion, diced
1 garlic clove, crushed
425g can chickpeas, rinsed and drained
2 shallots, roughly chopped
¼ cup chopped parsley
¼ cup chopped mint
2 tsp lemon zest
½ tsp salt
½ tsp ground coriander
¼ tsp dried chilli flakes
2 tbsp plain flour
2 tbsp plain flour, extra

METHOD

1. Place frozen peas in a strainer and run hot water over them. Stand.
2. Heat one tablespoon of the oil in a frypan and add onion and garlic. Sauté until soft and remove from heat.
3. Wrap peas in a clean, dry tea towel and rub gently to remove excess moisture.
4. Place onion, garlic, peas, and remaining ingredients, except for extra oil and flour, into a food processor. Process until just combined.
5. Form into balls and roll in extra flour using a spoon to make 12 balls.
6. Heat the remaining oil in a frypan and fry, turning until golden brown on all sides.



Mexican Stuffed Sweet Potatoes

TOTAL TIME: 50 MIN

SERVINGS: 4

Easy, comforting and full of flavour, these Mexican black bean stuffed sweet potatoes are perfect for a no-fuss weeknight dinner.

INGREDIENTS

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

METHOD

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





Falafel Tahini Bowl

TOTAL TIME: 20 MIN
SERVINGS: 1

Fresh, fast, and full of flavour, this Falafel Tahini Bowl brings together crispy falafel, vibrant veggies, and creamy tahini drizzle with toasted rye triangles. A perfectly nourishing one-bowl vegetarian delight.

INGREDIENTS

2 slices Bürgen® Rye bread, toasted
and cut into triangles
2 (70g) falafel balls
2 tbsp tahini paste
1 tbsp lemon juice
Ground white pepper
1 cup (70g) red cabbage, shredded
½ (40g) carrot, grated
½ (70g) Lebanese cucumber, grated
¼ cup parsley leaves
¼ cup coriander leaves

METHOD

1. Preheat oven to 200°C.
2. Put the falafels onto a piece of aluminum foil and sprinkle with a little water. Enclose in the foil and heat in the oven for 15 minutes.
3. Meanwhile, combine the tahini with the lemon juice and then, using a whisk, add enough warm water to make a smooth paste. Season with ground white pepper.
4. Combine the cabbage, carrot, cucumber, and herbs in your serving bowl. Slice falafels in half and serve on top of the vegetables with the triangles of rye toast and tahini sauce.





Quinoa, Lentil and Pomegranate Salad

TOTAL TIME: 30 MIN

SERVINGS: 4-6

Quinoa and lentils with juicy pomegranate and herbs, tossed in a creamy dressing.

INGREDIENTS

1½ cups quinoa
1 can lentils
½ cup slivered almonds
⅓ cup dried cranberries
¼ cup currants
⅓ cup roughly chopped parsley, plus more for garnish
Seeds from ½ a pomegranate (approx. ½ a cup) – set aside 1 tbsp of seeds for garnish
Juice of 1 lemon

YOGHURT DRESSING

½ cup natural Greek yoghurt
1 tbsp honey
1 tsp ground cumin

METHOD

1. Cook the quinoa according to the instructions on the packet.
2. In the meantime, prepare all other ingredients for the salad. Rinse and drain the lentils and set aside.
3. Lightly toast the almonds in a dry frying pan over a medium-high heat for two minutes and set aside. Measure all other ingredients for the salad and set aside.
4. Once the quinoa is cooked and cooled, add to a large salad bowl. Add all other ingredients and stir together well. Once combined, garnish the salad with some more pomegranate seeds and parsley.
5. To make the dressing, stir together the yoghurt, honey, and cumin in a small bowl. Sprinkle over some extra ground cumin to garnish.
6. Serve the salad with the dressing on the side for everyone to top off their salad as they desire. Enjoy!



Soba Noodle Salad with Edamame

TOTAL TIME: 20 MIN
SERVINGS: 6

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

INGREDIENTS

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

METHOD

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





Mushroom and Barley Salad with Chickpeas

TOTAL TIME: 45 MIN

SERVINGS: 4-6

Savour a delicious blend of nutty barley cooked in rich mushroom stock, roasted sweet potatoes, and hearty chickpeas in a flavorful salad.

INGREDIENTS

1L Campbell's Real Stock Mushroom
750g sweet potato, peeled and cubed
2 tbsp olive oil
2 tsp Moroccan seasoning
1½ cup barley, rinsed
420g can chickpeas, rinsed and drained
¼ cup sultanas

METHOD

1. Preheat oven to 200°C (180°C fan forced). Line a baking tray with baking paper and place the sweet potato on the tray. Drizzle with olive oil and seasoning. Bake for 25-30 minutes or until softened and golden.
2. Meanwhile, place Campbell's Real Stock in a medium pot and bring it to a boil. Add barley and cook for 30 minutes uncovered until barley has softened. Turn off the heat and stir through chickpeas and sultanas.
3. Rest for 5 minutes, then drain any excess liquid. Stir through roasted sweet potato.
4. Serve at room temperature or chilled.





Veggie Sausage, Chickpea and Baby Pepper Salad

TOTAL TIME: 25 MIN

SERVINGS: 6

Summer on a plate! Embrace the vibrant flavours of this delectable salad. Bursting with beetroot & Thick BBQ Sausages, this is perfect for the warmer months.

INGREDIENTS

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

METHOD

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



Roast Cauliflower and Lupin Salad

TOTAL TIME: 30 MIN

SERVINGS: 4-6

Roasted cauliflower and hearty lupins tossed with fresh herbs and a punchy, savoury dressing for a warm-meets-fresh salad.

INGREDIENTS

1 cauliflower, cut into small florets
2 tbsp olive oil
Sea salt
Fresh ground black pepper
½ cup lupin flakes
½ cup tahini
2 cloves garlic, crushed
Juice of 1 lemon
⅓ cup pistachio, toasted, crushed
⅓ cup pepita seeds, toasted
½ cup flat-leaf parsley, roughly chopped
1 cup fresh mint
1 tbsp vinegar
3 tbsp extra virgin olive oil
1 tbsp za'atar
1 lemon cut into wedges to serve

METHOD

1. Preheat oven to 210°C and line a baking tray with baking paper.
2. Bring a pot of water to the boil and add a pinch of salt.
3. Toss the cauliflower with the olive oil and season with salt and pepper.
4. Scatter the cauliflower over the tray and roast for 15 minutes, or until golden.
5. Add the lupin flakes to the boiling water and cook for four minutes. Drain, rinse under cold water, then pat dry on paper towel.
6. Whisk together tahini, ½ cup of water, garlic, lemon juice and season to taste with salt and pepper. Set aside.
7. Combine the lupin, pistachio, pepitas, and herbs, dress with the vinegar and olive oil and season with salt and pepper. Top with the cauliflower, tahini sauce, za'atar, and lemon wedge.



WRAPS, ROLLS AND TACOS





Pumpkin and Bean Rolls

TOTAL TIME: 45 MIN

SERVINGS: 4

These rolls prove that choosing the healthier option doesn't mean compromising on that "just one more" quality.

INGREDIENTS

2 sheets puff pastry
1 can kidney beans
1 cup mashed roast pumpkin
2 slices of toast
1 tsp dried oregano
½ cup feta cheese
1 tsp sesame seeds
1 egg

METHOD

1. Preheat the oven to 200°C.
2. Start by defrosting your frozen puff pastry sheets; leave them on the kitchen bench for a few minutes, and they will thaw quickly. Cut into four equal squares.
3. Toast the bread and put in a food processor to blend them into coarse bread crumbs.
4. In a mixing bowl, add in the breadcrumbs, mashed roast pumpkin, oregano, drained kidney beans, crushed feta cheese and salt and pepper to taste. Mix everything well. If it's still too wet you can add more breadcrumb.
5. Place about two tablespoons worth of mixture slightly in the middle of the square puff pastry then fold it in half, sealing it with fork by pressing down both sides together. Do this for the rest of the squares.
6. Score the rolls lightly to release steam when cooking. Whisk the egg and use a cooking brush to brush egg mixture onto the rolls then sprinkle with sesame seeds.
7. Bake in the oven until golden for about 30-40 minutes.





Chicken and Tofu Rice Paper Rolls

TOTAL TIME: 45 MIN
SERVINGS: 12

Rice paper rolls make a great meal or snack. To balance out the carbohydrates they offer in the noodles, tofu champions the protein - Simone Austin, Advanced Sports Dietitian & Healthylife Chief Health Officer.

INGREDIENTS

2 cups water
1 cup low FODMAP stock
200g chicken breast
150g firm tofu, coarsely chopped
2 carrots, grated
2 cups iceberg lettuce, finely shredded
10 long green beans, finely sliced on a sharp diagonal
50g vermicelli noodles, cooked
1 packet round rice paper sheets
Extra virgin olive oil, drizzle

FOR DIPPING SAUCE

2 tsp sesame oil
2 tbsp water
2 tbsp white vinegar
2 tbsp lime juice
1 long red chilli, finely chopped
1 tsp fresh coriander, finely chopped
1 tsp fresh basil, finely chopped

METHOD

1. Place the water and stock in a medium saucepan and bring to the boil. Add chicken breast and poach for 12 minutes or until cooked through. When cooked, remove chicken from liquid and set aside to cool before shredding into thin strips.
2. Meanwhile, heat olive oil in a frying pan over a medium heat and cook tofu until golden.
3. In a large bowl, combine shredded chicken, tofu, carrot, lettuce, beans and vermicelli noodles.
4. Place one rice paper sheet in a dish of warm water until just softened. Be careful not to let them get too soft. Carefully place the rice paper sheet on a board. Spoon a large dessert spoon into the centre of the sheet. Fold the side closest to you over the mixture, then fold in the other sides and roll to enclose the filling. Repeat until all mixture has been used.
5. Prepare dipping sauce by placing all ingredients in a small bowl and stirring to combine.
6. Serve rice paper rolls with dipping sauce.





Smokey Mushroom and Tofu

PREP TIME: 20 MIN

SERVINGS: 4

A delicious new wrap or sandwich filler.

INGREDIENTS

1 tsp smoked paprika
1 tsp Dijon mustard
2 tbsp tamari
1 tbsp balsamic vinegar
1 tbsp maple syrup
1 tbsp olive oil
300g portobello mushrooms, thinly sliced
2 tsp thyme or rosemary leaves, finely chopped
4 cloves garlic, crushed
300g firm tofu, drained and patted dry

METHOD

1. Mix the smoked paprika, mustard, tamari, vinegar and maple syrup together in a small bowl. Set aside.
2. Heat the oil in a large frying pan over medium to high heat.
3. Add the mushrooms and a pinch of salt and pepper and cook for about 5 minutes, only turning once or twice, until golden brown and soft.
4. Add the thyme or rosemary and garlic and cook for one extra minute.
5. Crumble in the tofu and stir to combine everything well.
6. Add the smoked paprika mixture and stir to combine. Cook for about five minutes until tofu is heated through and slightly caramelised.
7. Set aside to cool if needed.





v2 Food Tacos

TOTAL TIME: 40 MIN

SERVINGS: 4

All the flavour. None of the compromise. These tacos, made with v2 mince, deliver a rich, savoury base that stands up to bold spices and classic taco toppings. A crowd-pleaser that just happens to be better for the planet.

INGREDIENTS

400g v2food mince
1 tbsp olive oil
1 large brown onion, finely diced
½ cup water
200g tin chipotle chillies in adobo sauce
400g tin diced tomatoes
400g can red kidney beans, rinsed and drained
1 tbsp ground cumin
Salt and pepper

METHOD

1. Heat olive oil in a large frypan on medium to high heat. Add onions and fry off until softened.
2. Add v2food mince and cook until browned and crumbling, using a wooden spoon to break it down.
3. Add water and use a wooden spoon to scrape off the bottom of the pan. Add chipotle chillies and break them apart with a spoon before adding tomatoes, kidney beans and cumin. Season with salt and pepper and reduce heat to low to simmer for 10 minutes.
4. Spoon chilli con carne mix into taco shells and top with your favourite combo of veggies and garnishes.



Charred Corn and Sweet Potato Tacos

TOTAL TIME: 45 MIN
SERVINGS: 4-6

Using charred corn and sweet potato, these tacos take an age-old family favourite to a whole new level. Experience this new recipe twist and never look back!

INGREDIENTS

250g silken firm tofu, drained well
125mL So Good™ Soy Milk Regular
1 tsp smoky paprika
½ tsp dijon mustard
15mL lemon juice
400g sweet potato (skin on), cut into thin wedges
2 medium corn cobs
1 avocado, chopped
1 medium red capsicum, seeded and chopped
2 tbsp chopped coriander
150g shredded red cabbage
8 small corn tortillas

METHOD

1. Place drained tofu, So Good™ Soy Milk Regular, paprika, mustard, and lemon juice in a food processor or blender. Blend until smooth. Cover and refrigerate until needed.
2. Preheat oven to 200°C. Place sweet potato wedges on a lined baking tray and spray with olive oil spray. Bake for 15-20 minutes until tender and golden. Remove and keep warm.
3. Heat a barbecue or char-grill plate over high heat. Cook corn cobs, turning regularly until slightly charred, then remove from heat and cool for five minutes before slicing kernels. Set aside.
4. Gently combine chopped avocado with capsicum and coriander.
5. To serve, warm tortillas. Top with red cabbage, sweet potato, avocado salsa, charred corn, and a drizzle of smoky paprika aioli. Garnish with extra coriander and lime wedges if desired.





HEARTY MAINS





Cheesy Beans and Toast

TOTAL TIME: 20 MIN
SERVINGS: 4

Perfect for those cooler winter nights or as lunch to energise you for the day, this warming and delicious recipe will leave you longing for more with every spoonful.

INGREDIENTS

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

METHOD

1. Preheat oven to 180°C.
2. In an oven proof skillet over a medium heat, add the tomato passata, Italian seasoning, salt and pepper. Stir in cannellini beans & spinach, until wilted.
3. Remove the pan from the heat & sprinkle cheese over the top.
4. Bake for 10 minutes, or until the cheese has melted and the beans are bubbling. For an extra golden top, switch to grill for two minutes.
5. Serve immediately with toasted slices of Bakers Delight Sourdough Vienna.





Beet Burger

TOTAL TIME: 30-40 MIN

SERVINGS: 8

Feel like a burger? Give this beet burger with vegan aioli a try. Juicy, hearty and flavour-packed, what's not to love about this meat-free creation!?

INGREDIENTS

8 Bakers Delight Hi-Fibre Lo-GI Round Rolls
1 white onion diced
3 cloves garlic, minced
1 cup cooked quinoa
3 small beetroots, grated
1 tbsp ground flaxseed
1 cup oats
¼ cup fine breadcrumbs
1 tbsp balsamic vinegar
1 tsp cumin
1 tsp coriander

VEGAN AIOLI

1 container soft tofu
3 tbsp sriracha sauce
1 tbsp pure maple syrup
4 cloves garlic
1 tbsp fresh lemon juice
1 tbsp apple cider vinegar
1 tsp sea salt

METHOD

1. Add the diced onion, garlic and grated beet to a pan and cook for 7-10 minutes until softened.
2. While they're cooking, add the oats to a food processor and process into flour.
3. Add the rest of the burger ingredients to the food processor, including the cooked beet mixture and mix until well combined. It should be mostly smooth but still a bit textured. Shape the mixture into eight patties.
4. Heat a non-stick pan over medium heat and add some non-stick cooking spray. Add the patties and cook for about 5-10 minutes per side. Ensure the pan is not too hot so you don't burn them. You can keep flipping them till they are crispy on both sides.
5. Blend together aioli ingredients.
6. Smear vegan aioli onto your Bakers Delight Hi-Fibre Lo-GI Round Rolls, then add the patty and any other fillings you like.





Cauliflower and Edamame Dahl

TOTAL TIME: 30 MIN
SERVINGS: 6

Bring the fragrant spices of India and the goodness of legumes to dinner with this hearty plant based meal.

INGREDIENTS

1 tbsp oil
1 medium onion, chopped
2 cloves garlic, crushed
2 tbsp madras curry paste
2 tbsp no-added-salt tomato paste
1½ cups dried red lentils, rinsed, and drained
2 carrots, chopped
750g cauliflower, cut into small florets
1L reduced salt vegetable stock
1½ cups frozen edamame

METHOD

1. Heat oil in a saucepan and sauté onion and garlic until onion is soft.
2. Stir through curry paste and cook for one minute.
3. Add tomato paste, lentils, carrots, cauliflower, and stock.
4. Bring mixture to a boil, then reduce heat and simmer for 15-20 minutes or until lentils are soft.
5. Add edamame and heat for two minutes or until cooked.
6. Can be served with cooked brown rice or naan bread.



Rainbow Bean Risoni

TOTAL TIME: 35 MIN

SERVINGS: 4

This family favourite recipe is a good all-rounder and perfect to freeze for convenient meals. Great for a veggie drawer clean out!

INGREDIENTS

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

METHOD

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





Green Thai Lentil Curry

TOTAL TIME: 50 MIN
SERVINGS: 8

Including lentils for dietary fibre can support our gut health. This curry makes a perfect addition to any weekly menu - Simone Austin, Advanced Sports Dietitian & Healthylife Chief Health Officer.

INGREDIENTS

2 stalks lemongrass, thinly sliced
3-4 green chillies
6 spring onions, thinly sliced (green portion)
1 tbsp fresh grated ginger
1 tbsp fresh grated galangal
½ cup chopped fresh coriander (including stems)
½ cup fresh Thai basil
1 tsp ground coriander
1 tsp ground cumin
1 tsp soy sauce
1 lime, zest and half its juice
½ tsp ground black pepper

FOR CURRY

1-2 tsp gluten-free soy sauce
2 cups can lentils, washed and drained
½ cup low FODMAP vegetable stock
1 lime, sliced into wedges (for serving)
2 red capsicums, cut into strips
2 medium carrots, cut into circles
400g can coconut milk
Small handful spring onions, thinly sliced (green portion)
1 tsp coconut sugar
¾ cup baby corn

METHOD

1. Place all the curry ingredients in a food processor. Whiz everything together until you end up with a thick, green paste.
2. Warm the curry paste in a large pan on a low heat for 2-3 minutes until extremely fragrant.
3. Add the lentils and stir, coating them in the curry paste. Cook for another 4-5 minutes on a medium heat. Add the coconut milk, vegetable stock, soy sauce, and coconut sugar and bring to a boil for a couple of minutes.
4. Turn the heat down. Add the capsicums, baby corn, carrots and spring onions and allow the curry to simmer for at least 15 minutes until the sauce thickens.
5. Season with salt and pepper.
6. Divide curry between plates. Serve with rice and a wedge of lime.





Carrot and Chickpea Pilaf

TOTAL TIME: 25 MIN

SERVINGS: 4

Fragrant and colourful, the chickpeas and carrots make this basmati rice pilaf a delicious light meal or a suitable side to any Indian meal.

INGREDIENTS

2 tbsp olive oil
500g carrots, halved, thinly sliced
2 tsp mild curry powder
1 cup basmati rice
500mL (2 cups) Campbell's Real Stock Salt- Reduced Vegetable
420g can chickpeas, rinsed, drained
Sliced shallot to serve

METHOD

1. Heat oil in a large frying pan on high. Cook carrot for four minutes or until starting to soften. Add curry powder and stir for one minute.
2. Add rice, stirring for one minute. Add Campbell's Real Stock and bring it to the boil. Cover and simmer on low for 15 minutes. Add chickpeas and stir to combine.
3. Serve garnished with sliced shallot.



Creamy Curry Lentils

TOTAL TIME: 25 MIN
SERVINGS: 4

This delicious and easy vegetarian version of a takeaway favourite has lentils and chickpeas for a comforting creamy curry.

INGREDIENTS

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

METHOD

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





Veggie Night Chilli

TOTAL TIME: 30 MIN

SERVINGS: 4

Warm up with this hearty vegetable chilli and add your favourite toppings to personalise for the whole family.

INGREDIENTS

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

METHOD

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



Mexican Chicken Rice

TOTAL TIME: 50 MIN

SERVINGS: 4

Weeknight dinners don't get much easier than this one-pan Mexican chicken rice dish.

INGREDIENTS

2 tbsp olive oil
 1 brown onion, chopped finely
 500g chicken thigh fillets, cut into 3cm cubes
 1 red capsicum, chopped coarsely
 2 cloves garlic, crushed
 2-3 tsp Mexican chilli powder
 2 tbsp tomato paste
 2 cups long grain rice, rinsed in a sieve until water runs clear
 1L Campbell's Real Stock Salt-Reduced Chicken
 400g can red kidney beans, drained and rinsed
 2 cups baby spinach leaves
 Grated tasty cheese, natural yoghurt, and guacamole to serve

METHOD

1. Heat oil in a large, heavy-based saucepan. Add onion and cook, stirring, over medium heat for three to four minutes until tender. Add chicken and cook, stirring until browned. Add capsicum and garlic and cook for two minutes. Stir in spice. Cook for one minute until aromatic.
2. Add paste, drained rice, and Campbell's Real Stock. Bring to the boil. Reduce heat to low and cook, covered for 15-20 minutes, until rice is tender, adding the beans to the last five minutes of cooking time. Remove from heat and gently stir through spinach until wilted.
3. Serve with grated cheese, natural yoghurt, and guacamole.





Pumpkin and Chickpea Curry

TOTAL TIME: 30 MIN

SERVINGS: 4

Enjoy a tantalising blend of curry flavours and hearty goodness with this creamy pumpkin and chickpea curry.

INGREDIENTS

500ml Campbell's Real Stock Unsalted Chicken

1 tbsp extra virgin olive oil

1 onion, finely chopped

3 tsp curry powder

1.2kg pumpkin, peeled and chopped

2 carrots, peeled, halved and sliced

400g can chickpeas, drained and rinsed

1½ tbsp soy sauce

270ml can light coconut milk (reserve 2 tbsp for garnish)

Fresh coriander and roti bread, to serve

METHOD

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





Campbell's

Vegetarian Chilli

TOTAL TIME: 25 MIN

SERVINGS: 4

The mix of beans make this vegetarian chilli extra hearty and filling.

INGREDIENTS

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

METHOD

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





Mean Greens Curry

TOTAL TIME: 25 MIN

SERVINGS: 4

The all-bases-covered curry.

INGREDIENTS

2 tsp olive oil
1 onion, thinly sliced
4 cloves garlic, finely grated, chopped
2.5cm ginger, finely grated
2 stalks lemongrass, inner finely chopped
1 tsp ground turmeric
400g can lite coconut milk
1 cup low sodium vegetable stock
2 x 400g cans chickpeas, drained and rinsed
1 head broccoli, cut into small florets
200g spinach, washed well and roughly chopped
1 cup (130g) frozen peas, defrosted
1 cup (100g) green beans, trimmed
1 lime, finely grated zest and juice
1 bunch coriander, roughly chopped
1 red chilli, thinly sliced (optional)

TIPS

You could serve with cooked brown rice, quinoa, or mung bean noodles.

METHOD

1. Heat a large frying pan over medium-high heat.
2. Add the oil, onion, garlic, ginger and lemongrass and cook for two to three minutes until just softened.
3. Add the turmeric, coconut milk, stock and chickpeas, cover with a lid if you have one, and bring to a simmer.
4. Add the broccoli and beans and bring back to a simmer. Cook for a few minutes until bright green and just tender.
5. Stir through the spinach, peas and lime zest and cook until spinach is wilted. Season well with lime juice, salt and pepper.
6. Serve with cooked rice or noodles and top with coriander and chilli.





Spaghetti Bolognese

TOTAL TIME: 35 MIN
SERVINGS: 6

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

INGREDIENTS

500g high fibre pasta
 1 tbsp olive oil
 1 onion, diced
 2 cloves garlic, minced
 1 tbsp dried mixed herbs
 1 tsp pepper
 500g extra lean beef mince
 1 cup vegetables, diced (fresh or frozen)
 2 cans lentils, drained and rinsed
 2 cans diced tomatoes
 2 tbsp balsamic vinegar
 Reduced-fat cheese, grated to serve
 ½ bunch fresh basil or parsley, chopped (optional)

METHOD

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



Healthy Shakshuka

TOTAL TIME: 30 MINUTES

SERVINGS: 4

With only a few ingredients, one pan and 30 minutes, you can enjoy cafe-style shakshuka at home. Loaded with flavour, you'll be coming back time and time again.

INGREDIENTS

1 Bakers Delight Sourdough Vienna
2 cups butter beans, drained
2 tbsp olive oil
½ tsp salt
½ tsp cracked pepper
4 eggs
1 Bakers Delight Sourdough Vienna
¼ avocado, sliced
¼ cup (50g) goats cheese, crumbled
Coriander, to garnish
Lemon wedge, to garnish

METHOD

1. Preheat oven to 180°C.
2. Place beans, olive oil, salt and pepper into a medium bowl and purée using a stick blender.
3. Transfer into a medium-sized frypan and using the back of a spoon, create four shallow wells in the mixture. Crack eggs into each well, cover with foil, and place in the oven for 20-25 minutes or until eggs are baked through.
4. Five minutes prior to removing from the oven, place a skillet over high heat. Slice the Bakers Delight Sourdough Vienna into four 2cm pieces and spray with olive oil. Grill bread for two to three minutes on each side or until charred.
5. Remove shakshuka from oven and garnish with sliced avocado, goats cheese, coriander and lemon wedges.





Cottage Pie

TOTAL TIME: 1 HOUR

SERVINGS: 4

Lentils are rich in minerals, B-vitamins and protein.

INGREDIENTS

1 tbsp olive oil
 1 onion, diced
 2 cloves garlic, minced
 2 celery stalks with leaves, diced
 1 tsp each paprika, cumin and mixed herbs
 1 can diced tomatoes
 ½ cup water + 1 salt-reduced vegetable stock cube
 2 cups mixed vegetables, finely diced (fresh or frozen)
 2 cans lentils, drained & rinsed
 1 tbsp reduced-salt soy sauce
 4 medium potatoes, chopped into 2cm cubes
 ½ cup low fat milk

METHOD

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



Butter Bean Pasta

TOTAL TIME: 30 MIN

SERVINGS: 4

Try this delicious alternative pasta dish using butter beans instead of a traditional tomato-based sauce. The beans create a creamy texture that's low in fat and high in fibre.

INGREDIENTS

250g fettuccine
 1 tbsp olive oil
 1 clove garlic, chopped
 1 brown onion
 300g can butter beans, drained, and rinsed
 2 tbsp flour
 2 cups So Good™ Soy Milk Regular
 ¼ cup parmesan cheese, grated
 ¼ cup lemon juice
 ¼ cup fresh basil, chopped
 2 large zucchinis (courgette), sliced and steamed
 1 cup broccoli, steamed
 ½ tsp salt
 ¼ cup pine nuts, toasted

METHOD

1. Cook pasta according to the instructions on the packet.
2. Heat oil in a frypan, then sauté garlic and onion until golden.
3. Add butter beans and stir until heated through.
4. Combine flour and So Good™ Soy Milk Regular.
5. Place butter bean mixture, parmesan cheese, lemon juice and milk in a blender and purée until smooth.
6. Pour bean purée back into the frying pan, add chopped basil, steamed vegetables and salt.
7. Bring to a boil, reduce heat and simmer until the mixture slightly thickens.
8. Drain fettuccine and stir through sauce. Serve immediately, sprinkled with pine nuts.



Roasted Chicken Tray Bake with Peas

TOTAL TIME: 50 MIN
SERVINGS: 4

This hearty meal is bursting with fresh and delicious ingredients with tender chicken, peas, tomatoes and asparagus all adding to the flavour of the dish.

INGREDIENTS

4 slices Bakers Delight Cape Seed Loaf
4 small chicken breast (400-600g)
1 punnet cherry tomatoes
1 capsicum, cut into strips
1 bunch asparagus spears
Handful basil, fresh or dried
1 cup salt-reduced vegetable stock
¾ cup frozen or fresh peas
20g Parmesan cheese, to serve

METHOD

1. Preheat the oven to 180°C.
2. Heat oil in a pan over medium heat. Sear chicken breast for two minutes on each side until browned.
3. In a large ovenproof dish, place seared chicken, tomatoes, asparagus, basil, peas, and vegetable stock.
4. Bake covered in foil for 20 minutes, then remove foil and bake for a further 20 minutes.
5. Serve with extra basil, cracked pepper, parmesan cheese and a toasted slice of Bakers Delight Cape Seed Loaf.





SOUPS AND STEWS





Spinach and Pea Soup

TOTAL TIME: 40 MIN

SERVINGS: 4

Green peas, the sometimes forgotten legume, are the hero of this wholesome, super green high-protein soup.

INGREDIENTS

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

METHOD

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





Bean Soup with Garlic Toast

TOTAL TIME: 30 MIN
SERVINGS: 1

This hearty soup is bursting with delicious ingredients including tender white beans and fresh parsley, perfectly complemented with tasty garlic toast fingers.

INGREDIENTS

2 slices Bürgen® Soy-Lin bread,
toasted
2 tsp extra virgin olive oil
½ onion, chopped finely
½ stick celery, sliced finely
½ carrot, peeled and grated
1 cup (250mL) vegetable stock
½ cup (125mL) water
200g can white beans, drained
1 tbsp chopped parsley leaves
1 tbsp margarine
1 small clove garlic, chopped finely

METHOD

1. Preheat grill.
2. Put the oil into a saucepan and add the onion.
Cook over medium heat, stirring occasionally, for 10 minutes or until golden. Add the celery, carrot, stock, and water; simmer for five minutes. Add the white beans and parsley and simmer for a further five minutes.
3. Meanwhile, combine margarine and garlic in a small bowl and spread over the toasted bread.
Grill until lightly golden; cut into fingers.
4. Serve the soup with the garlic toast fingers.



Mushroom Ramen

TOTAL TIME: 25 MIN
SERVINGS: 4

Experience a bowl of pure umami bliss with this mushroom ramen, featuring soba noodles, tofu, and a delightful blend of flavours, creating a simple, comforting and satisfying meal.

INGREDIENTS

1 tbsp vegetable oil
1L Campbell's Real Stock Mushroom
2 tbsp white miso paste
270g packet of soba noodles
200g firm tofu, drained and sliced
1 bunch of baby Pak Choy Green
spring onions and furikake* to serve

METHOD

1. Heat oil in a medium frypan. Cook sliced tofu until golden on both sides. Set aside.
2. Heat Campbell's Real Stock in a medium to large saucepan over medium heat. Add miso paste to a boil and simmer for two to three minutes.
3. Add Pak choy and cook for one to two minutes.
4. Meanwhile, follow packet instructions and cook noodles in a medium saucepan of boiling water.
5. To serve, place the stock mixture and noodles in a bowl and top with tofu, spring onion, and furikake if desired.

TIPS

* Furikake is a Japanese seasoning available at Asian grocery stores and large supermarkets.





Spicy Korean Tofu Stew

TOTAL TIME: 10 MIN

SERVINGS: 2

Tofu is a high protein food made from soybeans. It's a great flavour carrier making it a versatile base in many dishes.

INGREDIENTS

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

METHOD

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





White Bean, Vegie Sausage and Spinach Stew

TOTAL TIME: 35 MIN
SERVINGS: 6

The whole family will enjoy this hearty winter warmer with Vegie Delights™ Vegie Sausages. It's a good source of iron and protein too.

INGREDIENTS

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

METHOD

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





Minestrone Soup

TOTAL TIME: 55 MIN

SERVINGS: 4

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

INGREDIENTS

1 tbsp garlic-infused olive oil, for drizzling
 1 cup of leek, thinly sliced (green tips only)
 2 large carrots, cubed
 1 small potato, cubed
 ½ celery stalk, cubed
 400g can diced tomatoes
 2 cups of low FODMAP vegetable stock
 1¼ cup of boiling water
 2 cups of baby spinach
 160g zucchini, diced
 1 cup of canned chickpeas, drained and rinsed thoroughly
 ½ cup of wheat-free pasta (spirals or shells)
 ½ bunch fresh basil, roughly chopped (set aside a little for garnish)
 2 tbsp vegan parmesan

METHOD

1. Heat a drizzle of garlic-infused oil in a large saucepan over medium heat. Cook the leek, carrot, potato and celery, stirring for 15 to 20 minutes until the ingredients start to soften. Add a drizzle of olive oil and turn down the heat if needed (you want the vegetables soft but not too brown).
2. Add the canned tomatoes, stock, boiling water spinach leaves, zucchini and chickpeas. Bring to the boil and simmer on medium-low heat for 10 minutes.
3. Add the pasta and basil to the soup. Cook the pasta in the soup according to packet directions or until the pasta is cooked. If the soup is too thick, add a little bit of water. Season with salt and pepper.
4. Divide the minestrone between four bowls. Add a drizzle of garlic-infused oil and a sprinkle of parmesan cheese to serve. Garnish with basil.





Chicken, Freekeh, Kale and Chickpea Soup

TOTAL TIME: 1 HOUR, 15 MIN
SERVINGS: 4

A wholesome soup combining freekeh, chickpeas, kale and a variety of vegetables, making it a balanced meal rich in fibre, protein and essential micronutrients.

INGREDIENTS

120g Wholegrain Freekeh
2L chicken stock
2 tsp olive oil
2 brown onions, diced
2 medium carrots, diced
4 celery sticks, diced
4 garlic cloves, crushed
250g baby zucchini, sliced
3 tsp ground cumin
½ tsp ground cinnamon
800g chicken thigh fillets - fat trimmed
2 x 400g no-added salt chickpeas, drained and rinsed
400g kent pumpkin, diced
1 bunch kale, trimmed and sliced
Lemon juice

METHOD

1. Start by adding 350mL water to a saucepan and bringing it to a boil, add in freekeh and cook for 30 minutes or until al dente, then drain off the water.
2. In a separate saucepan, heat the oil over medium heat, then add onion, celery, carrot, and zucchini, stirring occasionally and cooking until soft. Then, stir in garlic, cumin, and cinnamon.
3. In a third saucepan, add the chicken stock and bring to a boil. Then add chicken fillets, reduce heat to low and simmer, partially covered, for 10 minutes or until chicken is cooked through.
4. Use tongs to transfer the chicken to a clean board. Set aside for five minutes to cool slightly, then thinly slice the chicken.
5. Add the vegetable mix from your first saucepan into the stock mixture and add chickpeas, pumpkin and freekeh to the stock mixture. Simmer for 15 minutes or until pumpkin is soft. Then, add the sliced chicken back into the stock mixture and the kale.
6. Stir for two minutes or until kale is just wilted.
7. Season with pepper and lemon juice.





SNACKS AND SIDES





White Bean and Roasted Nut Dip

TOTAL TIME: 5 MIN

SERVINGS: 12

A deliciously smooth dip combining Brazil nuts, macadamias and almonds with creamy cannellini beans - perfect for effortless entertaining.

INGREDIENTS

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

METHOD

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



Low FODMAP Hummus

TOTAL TIME: 25 MIN

SERVINGS: 28

Hummus is the perfect way to top up your protein and vegetable intake over the day. Use it as a snack with crackers or vegetables to dip, as a nutritious spread on your sandwich or add a dollop to your main meal for extra flavour - Simone Austin, Advanced Sports Dietitian & Healthylife Chief Health Officer.

INGREDIENTS

3 tsp cumin
 ½ tsp chilli powder
 2 tbsp unhulled tahini
 1½ tbsp lemon juice
 2-3 tsp garlic-infused extra virgin olive oil
 400g can chickpeas, rinsed and drained
 3 tbsp water
 Salt and pepper, to taste

METHOD

1. Blitz all the ingredients together in a blender until smooth and well combined.
2. Serve with plain rice crackers and cucumber and carrot sticks.





Cookie Dough Bites

TOTAL TIME: 25 MIN

SERVINGS: 28

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

INGREDIENTS

1 cup dates, pitted (12 Medjool dates)
 ⅓ cup boiling water
 425g tin chickpeas, rinsed and drained
 ⅓ cup almond butter
 4 Weet-Bix™ wheat biscuits, finely crushed
 ¼ cup chopped 70% dark chocolate or choc-chips (50g)

METHOD

1. Combine dates and boiling water in a small bowl. Leave 10 minutes to soak.
2. Place drained chickpeas in a food processor and pulse to a coarse paste. Add water from soaking the dates (but not the dates just yet) and blend until the chickpea puree is thick but smooth, scraping the sides of the bowl a few times.
3. Add dates and almond butter to chickpeas and puree again.
4. Remove the blade from the processor (or transfer to a large bowl) and stir through crushed Weet-Bix™ wheat biscuits and chocolate pieces – the mixture should resemble cookie dough. Refrigerate for 10 minutes.
5. Scoop dough with a tbsp and roll into balls. Store in fridge or freezer.





Roasted Spicy Chickpea Nuts

TOTAL TIME: 45 MIN
SERVINGS: 20

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

INGREDIENTS

2 x 400g cans chickpeas, rinsed and drained
 ⅓ cup walnuts, roughly chopped
 ⅓ cup pecans, roughly chopped
 ½ cup whole almonds
 ½ cup whole cashews
 ¼ cup sunflower seeds
 ¼ cup pepitas
 1 tbsp sesame seeds
 1 tsp sweet smoked paprika
 1 tsp ground chipotle (or chilli powder)
 ½ tsp cayenne pepper
 1 tsp ground cumin
 2 tbsp olive oil
 2 tbsp maple syrup
 Pinch of salt

METHOD

1. Preheat the oven to 180°C.
2. Line two large baking trays with baking paper.
3. Combine the nuts, seeds, and drained chickpeas in a medium-sized mixing bowl.
4. Sprinkle the dry spices and salt over the nuts and toss to coat.
5. Drizzle the nut mix with the maple syrup and olive oil and toss again to ensure all ingredients are well coated.
6. Spread the mixture over the prepared baking trays and place in the oven to roast for 25-30 minutes, stirring the nuts every 10 minutes to ensure they roast evenly.
7. Remove the trays from the oven and allow the nuts to cool down on the trays. The mix will be slightly sticky until it cools down completely.
8. Once cooled, transfer to an airtight container.



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