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super food ideas

137 RECIPES & TIPS

Back to school

45 EASY LUNCHBOX IDEAS & TIPS

5 SUPER-HEALTHY summer salads

$mart Shopper

MEAL PLANNER dos & don'ts

Homemade ice-cream

No-churn & just 3 ingredients!

Lamington makeovers

You'll love this simple slice!

Australian classics

Pavlova, prawns & BBQ lamb

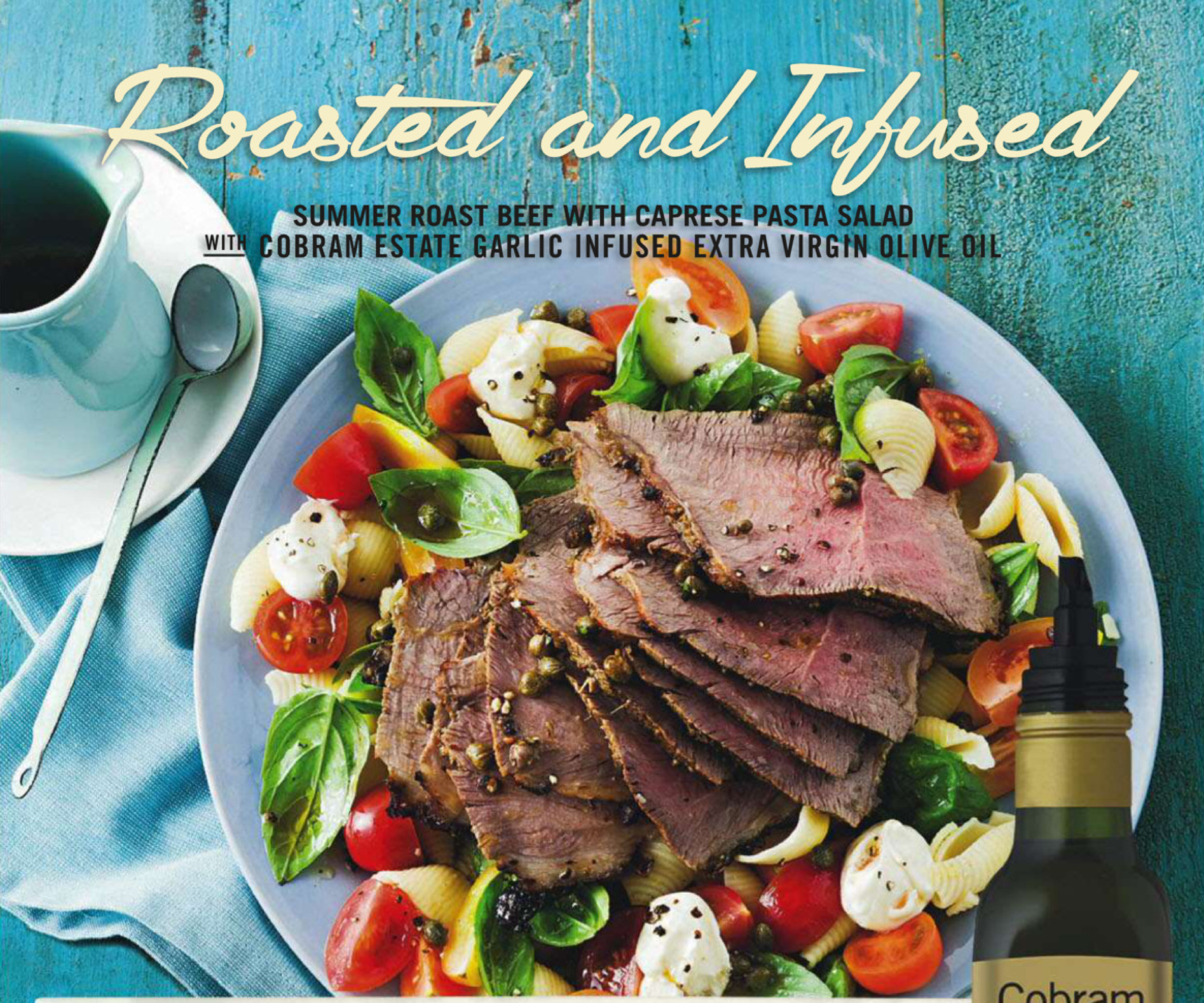


Lamington slice, p18

Plus Chinese New Year • Triple-decker rocky road • Sizzling barbecue menu

Roasted and Infused

SUMMER ROAST BEEF WITH CAPRESE PASTA SALAD WITH COBRAM ESTATE GARLIC INFUSED EXTRA VIRGIN OLIVE OIL



SUMMER ROAST BEEF WITH CAPRESE PASTA SALAD (SERVES 4)

INGREDIENTS

2 teaspoons Cobram Estate Garlic Infused Extra Virgin olive oil
600g piece beef blade roast
⅓ cup basil pesto
1 tablespoon red wine vinegar
½ x 500g packet large dried pasta shells
400g punnet tomato medley
1 cup fresh basil leaves
½ cup smooth ricotta

CAPER DRESSING

1 tablespoon Cobram Estate Garlic Infused Extra Virgin olive oil
2 tablespoons red wine vinegar
1 tablespoon baby capers

METHOD:

1. Preheat oven to 220°C/200°C fan-forced. Line a large roasting pan with baking paper. Heat oil in a large frying pan over medium-high heat. Add beef. Cook, turning, for 3 minutes or until browned all over. Transfer beef to prepared pan. Brush all over with combined pesto and vinegar. Season with salt and pepper. Roast for 25 minutes for medium or until cooked to your liking.
2. Meanwhile, cook pasta in a large saucepan of boiling salted water, following packet directions, until tender. Drain. Rinse under cold water. Drain.
3. Cut large tomatoes into quarters and halve the small tomatoes. Place in a bowl with pasta and basil. Toss to combine. Spoon into a serving dish. Dollop with ricotta. Season with pepper.
4. **MAKE CAPER DRESSING** Using a fork, whisk oil, vinegar and capers together until combined.
5. Slice beef and place on salad. Drizzle with caper dressing. Serve.

For more recipe ideas, visit cobramestate.com.au

LIFT THE FLAVOUR *this Summer* WITH OUR INFUSED RANGE



ROASTED ONION INFUSED EXTRA VIRGIN OLIVE OIL



BASIL INFUSED EXTRA VIRGIN OLIVE OIL



LEMON INFUSED EXTRA VIRGIN OLIVE OIL

— FLAVOUR LIFT TIPS —



1 LEMON
Blitz up your favourite herbs and pine nuts with the Lemon Infused Extra Virgin olive oil for a vibrant pesto your tastebuds will thank you for.

2 ROASTED ONION
A delicious and healthy substitute to butter in your potato mash, the Roasted Onion Infused Extra Virgin olive oil is delectable with sweet potato mash, too.

3 BASIL
Add a good drizzle of Basil Infused Extra Virgin olive oil over the top of ripe freshly sliced tomatoes, torn basil and bocconcini for an extra basil infusion flavour burst to a Caprese salad.

4 LIFT YOUR BARBECUE FLAVOUR
Keep a bottle of Garlic or Roast Onion Infused Extra Virgin olive oil handy at the barbecue to change the flavour of your meats or vegetables – or try giving your seafood a drizzle of Lemon Infused Extra Virgin olive oil deliciousness.

5 INSTANT TZATZIKI MAGIC
A drizzle of both Lemon and Garlic Infused Extra Virgin olive oil to yoghurt and chopped cucumber makes for a beautiful fresh tzatziki. Brush pita bread with Extra Virgin olive oil, sprinkle with salt and cut into triangles. Bake until crunchy. Serve with tzatziki.

— INFUSED BENEFITS —



1 SAVES THE PREP TIME
Cut your prep time by adding Roasted Onion Infused Extra Virgin olive oil in place of chopped onions to the pan with freshly sliced garlic.

2 MAKE YOUR SALAD SING
Do something different with your salad dressing, adding an extra burst of infused flavour.

3 INFUSE NEXT LEVEL MARINADES
The Infused range adds a delicious flavour hit to marinades for fish, vegetables and any type of meat, in no time at all.

4 YOU CAN LOSE THOSE ONION TEARS
No more tears over chopping onions, just drizzle our Roasted Onion Extra Virgin olive oil.

5 FODMAP FRIENDLY
Both the Garlic and Roasted Onion Infused Extra Virgin olive oils have been certified as being FODMAP Friendly by Fodmap Pty Ltd – look out for the logo on the label.

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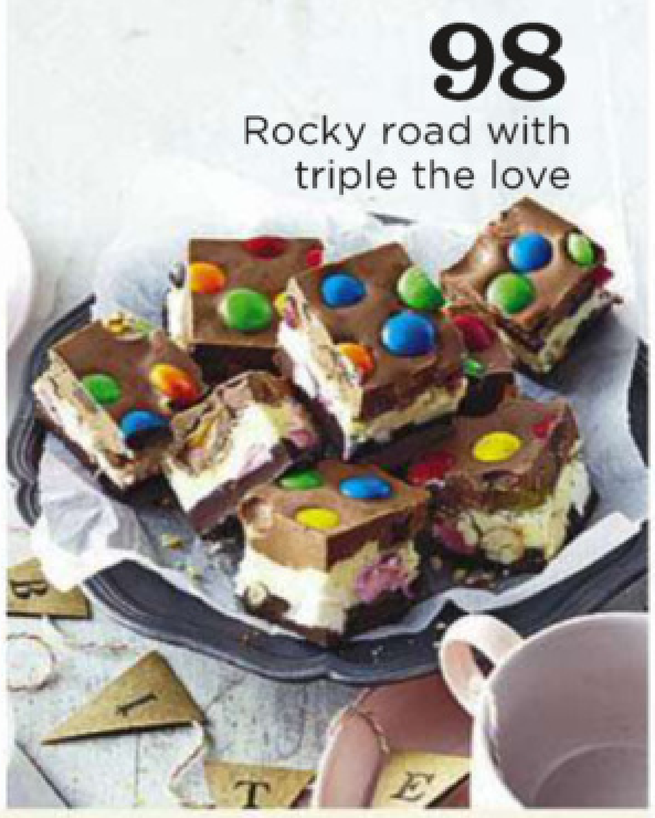
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Cover recipe Lamington slice, p18

Recipe Kim Coverdale **Photography** Guy Bailey
Styling Fiona Sinclair **Food preparation** Amira Georgy



this month

It's the subject of hot debate, and often comes down to the wire – no, I'm not talking elections, I'm talking about lunch!

'What's for lunch?', is my plaintive cry every work day as the clock ticks over to noon. And every day we have pretty much the same conversation as we run through the options available. Cara is fond of a rice-paper roll and seems to have an endless appetite for them. Rosalie (who, as the youngest, by rights should be the least organised) says something like 'I've made a roasted pumpkin salad.' Sarah has the same lunch every day (salad leaves, a can of tuna and random stuff she has in the fridge) as does Claire. Brydie, who has just been on holiday in Italy, has taken to bringing in a salami and cheese sandwich, while Kim usually plumps for a cheese and tomato toastie. It doesn't stop us all endlessly talking about it. Though most days I end up eating at the canteen; too busy to get out of the building.

Although every Sunday night I vow to cook lunches for the week ahead, every Sunday night I don't. Making something from scratch after a weekend spent with the family is the last thing I feel like doing. And it's for people like me that we created our Dinner + Lunchovers feature (p40). The idea is that you cook dinner and turn the leftovers into something new for lunch the next day. We all worked very hard coming up with different ideas so that it wasn't a case of spaghetti bolognese for dinner and spag bol jaffle for lunch.

You'll also find some cute ideas for all ages in our lunchbox feature (p58). I'm thinking that Mexican bento box looks good enough for grown-ups. Maybe there'll be no more 'What's for lunch?' cries. Maybe.

Rebecca

Rebecca Cox, Editor

For *Super Food Ideas* recipe success:

- We use Australian standard measures.
- In liquid measures, 250ml = 1 cup.
- Dry ingredients should be 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 59g to 60g eggs.
- We use 1000 watt microwaves, unless otherwise specified.

Nutrition know-how

gluten free contains no wheat, oats, rye or barley. **heart friendly** low saturated fat, high fibre, lower sodium with heart-friendly fats. **diabetes friendly** low saturated fat, high fibre (not for desserts), lower sodium with lower-GI carbs. **lower GI** contains foods with slowly digested carbohydrate(s), which produce a lower rise in your blood sugar level. **healthy** saturated fat must be < 6g; kilojoules < 3000kJ; sodium < 800mg. **high fibre** contains > 5g of fibre per main meal.

	LOW FAT	LOW SAT FAT	LOWER SODIUM	LOW KILOJOULE
Main meal	< 15g	< 6g	< 600mg	< 2000kJ
Side dish	< 8g	< 3g	< 400mg	< 1000kJ
Light meal	< 10g	< 4g	< 400mg	< 1500kJ
Snack/dessert	< 5g	< 2g	< 200mg	< 600kJ

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



Mexican meatballs, corn chips, guacamole and a bean salad! If it's good enough for a preschooler, it's good enough for me!

super food ideas

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Super Food Ideas is published by NewsLifeMedia Pty Ltd (ACN 088 923 906), 2 Holt Street, Surry Hills NSW 2010. NewsLifeMedia Pty Ltd is a wholly owned subsidiary of News Limited (ACN 007 871 178).

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Pre-press by News PreMedia. Printed by Hannanprint, 8 Priddle Street, Warwick Farm NSW 2170 under ISO14001 Environmental Certification. Paper fibre is sourced from certified forests and controlled sources. Distributed by Gordon & Gotch, Unit 2, Bldg 2B, MFive Industry Park, 1 Moorebank Ave, Moorebank NSW 2170. Tel: (02) 8706 1704.

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OLD EL PASO

CHICKEN BURRITOS
WITH MEXICAN RICE

HEARTY BURRITOS IN 4 SIMPLE STEPS.

MAKES: 8 BURRITOS

Mexican Rice:
2 cups chicken stock
1 cup long grain rice
½ bunch coriander leaves, finely chopped
Juice of a lime

Old El Paso™ Burrito Kit
600g skinless chicken fillets, cut into strips
1 small onion, cut into thin wedges
2 tablespoons olive oil

To Serve:
Whole iceberg lettuce leaves

1. **Mexican Rice:** Bring stock to the boil, add the rice then cover and simmer for 20 minutes. Stir through coriander and lime juice.
2. While rice is cooking, toss chicken, onion, oil and Burrito Spice Mix together in a bowl. Cook seasoned chicken in a frying pan over medium/high heat until golden brown.
3. For deliciously warm and soft tortillas follow on pack instructions.
4. Fill your warmed tortillas with lettuce, Mexican Rice, chicken and top with Mild Mexican Salsa, then fold into traditional burrito shape with foil and greaseproof paper and serve.



Discover more delicious recipes like this from Old El Paso™ on

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Write to us at: *Super Food Ideas*, NewsLifeMedia, Level 1 Locked Bag 5030, Alexandria, NSW 2015

your food ideas

Like something? Hate something? Cooked something? Took a picture of it? We love all your feedback!

The star of Christmas

Here's my gorgeous son, Jeremy, proudly displaying his Mini Christmas surprise puddings (December, p106). We routinely use the fabulous recipes in *Super Food Ideas* in our speech therapy sessions — cooking has increased Jem's vocabulary immensely and improved his ability to follow procedural tasks. Jem loved rolling the cake mix around the Lindor balls and drizzling the chocolate on top. Such messy fun! The rest of the family loved eating them, too!
Trudy Cooke, via email



PILLOW TALK

In my deconstructed version of the Crispy apple pie pillows (October, p98), instead of cooking the apples, I used a tin of apple pie filling and added a bit of spice. It was super easy and the family loved them. Thanks for the inspiration!
Jo Bogle, via Facebook

I thought I'd write to thank the SFI staff for rekindling my interest in cooking. At 60 years old, I have gathered quite a few recipe books, but I'm always tempted to try new meals after looking at the colourful images of food in your magazine. The handy hints are improving my skills to avoid past errors, too. Thanks again. Marg Zerjal, via letter



Jem's mini puddings have the team drooling! They look delicious!

Bliss balls

I made the Cookies and cream truffles (December, p103) for my work colleagues to help us get through the night shift (we're paramedics at Bankstown Ambulance Station). They were a huge hit! Thanks for the recipe! **Joanne Smith, via email**



Write in and WIN!

Send letters and emails with a phone number and daytime address to SFI/ Readers' Letters, Locked Bag 5030, Alexandria NSW 2015, or email us at superfoodideas@ news.com.au. Letters may be edited. This month's published readers receive a BeefEater prize pack, including a three-piece tool set and hands-free digital thermometer.

Entries open 29/12/14 and close 8/2/15. Australian residents only. Winners selected 11/2/15 at NewsLife Media. Total prize pool valued at $449.50. For full terms and conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p96.





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index

Welcome to our recipe index! Feast your eyes on these delicious dishes before turning to the recipe. Start your weekly meal planning today!

SIDES, STARTERS, SALADS AND SNACKS



Avocado, raspberry and lentil salad



Barbecued sweet potato with gremolata dressing



Barley, blueberry and watercress salad



Broccoli salad with green goddess dressing



Brown rice and vegetable salad with basil dressing



Cheese and mustard soft pretzels



Cheese and spinach scrolls



Grilled flatbread with lemon fetta dip



Grilled green salad



Hawaiian pizzas



Margherita pizzas



Marinated cauliflower and sprout salad with tomato dressing



Pork spring rolls in lettuce leaves



Prawn and ginger dumplings



Rainbow slaw with tahini dressing



Spiced chickpea and olive salad



Spicy chickpea and nut mix

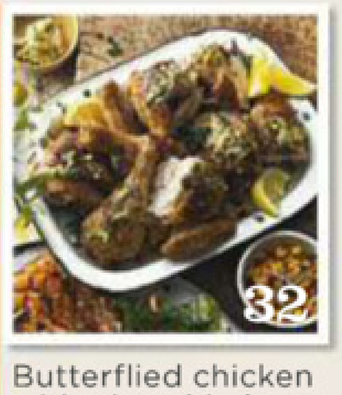


Vegemite and cheese scrolls



Watermelon popsicles with coconut yoghurt pots

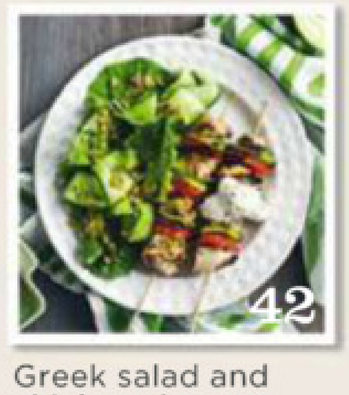
POULTRY



Butterflied chicken with pistachio butter



Chicken, date and barley salad with preserved lemon



Greek salad and chicken skewers



Greek-style chicken quesadillas



Twice-cooked soy sesame chicken

FISH & SEAFOOD



Cajun prawns with mango, lime and coconut salsa



Mango prawn cocktail with spiced macadamias



Prawn and minted barley tarts



Prawn, pea and barley risotto with lemon minted fetta



Whole snapper with garlic and ginger

VEGETARIAN



Spiced chickpea and spinach pasta

COVER RECIPE

This lamington-inspired slice is simply heaven!

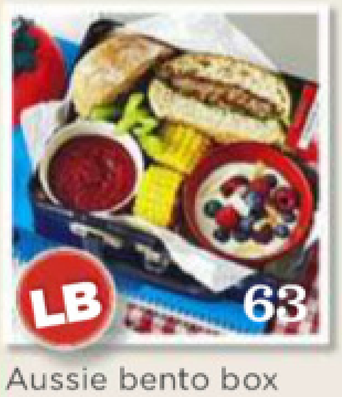
Lamington slice





If you're tired of finding squashed sandwiches at the bottom of the schoolbag, look out for these lunchbox symbols! We've created over 25 back-to-school recipes that will get an A+ from the whole family.

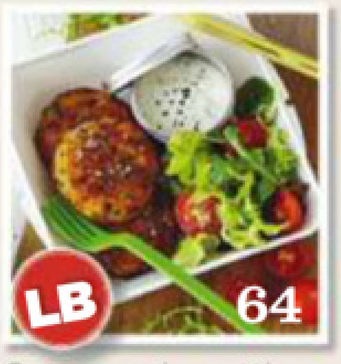
BEEF, PORK & LAMB



Aussie bento box



Butterflied lamb with macadamia and spinach pesto



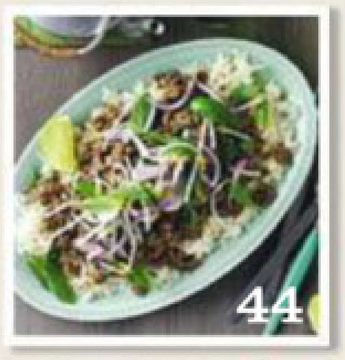
Cottage pie patties



Herb-crusted beef with sweet roasted radish



Italian mixed grill



Lemongrass and chilli larb with mint salad



Longevity noodles



Mexican bento box



Rice paper rolls with chilli lime dipping sauce



Super-cool bento box



Veal saltimbocca with crunchy baked potatoes

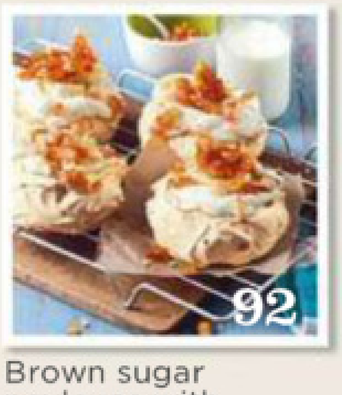
SWEETS



Apple and sultana empanadas



Apricot and sultana balls



Brown sugar pavlovas with macadamia toffee



Buttery funfetti biscuits



Carrot, zucchini and date muffins



Dairy- and egg-free choc-apple muffins



Easiest-ever vanilla bean ice-cream



Funfetti angel food cake



Funfetti pancakes with whipped maple butter



Gooey funfetti blondies



Inside-out lamingtons



Lamington ice-pops



Lemon slice



Macadamia and white chocolate biscuits



Marshmallow bubble bars



Microwave choc-hazelnut self-saucing pudding



Mini coffee and hazelnut brioche ice-cream sandwiches



Mini fruit trifles with mascarpone and honey balsamic dressing



Moist apple loaf



Passionfruit muffins



Pavlington



Peach and almond tiramisu



Pineapple upside-down cake



Pink lamington jelly cakes



Raspberry and coconut empanadas



Rice Bubble and sultana biscuits



Triple-decker rocky road



Warm ginger and pear trifles

“Who gets up in the middle of the night and makes pots?”

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LIFESTYLE

first on FOXTEL

checkout

Fire up the barbie with our summer dining menu. Plus, we have lots of lunchbox ideas!

What started as a stack of besser blocks with an old oven rack balanced precariously over it, has ended up as the 'outdoor kitchen', with plumbed-in gas, and hot and cold running taps. The backyard barbie has certainly come of age, and here are eight good reasons why!

1 Apart from being part of our cultural identity – relaxed, easy, and an excuse to get outdoors – barbecue cooking endures the world over because it just makes food taste so darn good! Whether it's the smoky glaze on ribs or the char of the fat on chops, nothing adds flavour like time spent over a naked flame. Even the humble spud, wrapped in foil and thrown into the campfire, goes up a notch in flavour.

2 With a simple marinade you can add a lifetime of tastes, and tenderise cheaper cuts of meat, too, making you look like the king of the grill! Adding citrus, such as lemon, to a Greek lamb marinade, or mashed pear to a Korean beef bulgogi, will break down the fibres in your meat, so you don't end up with shoe leather!

3 It's not just for meat! Buying grilled eggplant at the deli can cost you a small fortune, but with a little expenditure of energy, you can do it all yourself. And think of the oil splatter you'll avoid by frying your haloumi on the barbecue hotplate, rather than in the pan. Plus, it's perfect for seafood and fish, as your kitchen won't end up smelling like the fishmongers.

4 Even if your partner prides themselves on never cooking a meal, odds on they'll want to take over as soon as they hear it's barbie night. Win!

5 When you're cooking a barbie – whether it's an 'all-singeing', all-dancing dinner or a simple weeknight meal, timing issues become a thing of the past. A couple of make-ahead salads (throw on some fetta and toasted nuts if you're entertaining), and some fluffy bread rolls (or sliced sourdough for guests), and you'll all be eating together – no more of the 'periodic pop-up' as you run into the kitchen to check on what's cooking!

6 Chicken and beer, together at last! If you're anything like us, the idea of the 'beer-can chicken' is as amusing as it is delicious sounding. In fact, it's now so popular that you can buy a special stand for it!

7 Barbecue cooking is always evolving as new trends take full advantage of this simple way to cook – look out for hickory wood chips, which add an even more smoky flavour to dinner. Just the smell will leave the neighbours drooling.

8 You can slow-cook! Covered kettles are particularly good for roasting meat. The smoke (see above) takes you back to the cave (talk about paleo eating), while the fat renders and bastes the meat as it cooks. ■



BACKGROUND PHOTOGRAPHY ANDREW YOUNG BARBECUE PHOTO GETTY IMAGES

WHAT'S NEW:

FUNFETTI

Kim ramps up the fun factor with these sprinkle-licious sweets

Recipes Kim Coverdale **Photography** Guy Bailey **Styling** Sarah O'Brien **Food preparation** Claire Brookman



Buttery funfetti biscuits

Makes 45
Prep 1 hour (plus cooling)
Cook 20 minutes

1½ cups plain flour
½ teaspoon cream of tartar
½ teaspoon bicarbonate of soda
¾ cup caster sugar
115g butter, melted, cooled
1 teaspoon vanilla extract
1 egg, lightly beaten
¼ cup Dollar Sweets Magic Star Tops sprinkles, plus extra to decorate

1 Preheat oven to 180°C/160°C fan-forced. Grease 4 large baking trays. Line with baking paper.
2 Sift flour, cream of tartar and bicarb into a large bowl. Stir in caster sugar. Add butter, vanilla and egg. Mix well to combine. Stir in sprinkles. Roll 2 level teaspoons of mixture into a ball. Place on 1 prepared tray. Repeat with remaining mixture, placing balls 5cm apart on trays. Flatten slightly. Top liberally with extra sprinkles.
3 Bake biscuits, 2 trays at a time, for 10 minutes, swapping position of trays halfway through cooking, or until just firm to touch but not browned. Cool on trays for 5 minutes. Transfer to a baking paper-lined wire rack to cool. Serve.

NUTRITION: (each) 243kJ; 2.4g fat; 1.5g sat fat; 0.7g protein; 8.5g carbs; 0.2g fibre; 8mg chol; 37mg sodium.

Funfetti angel food cake

Serves 12
Prep 30 minutes (plus cooling)
Cook 40 minutes

9 egg whites
1 teaspoon cream of tartar
Pinch of salt
1½ cups caster sugar
2 teaspoons vanilla extract
1 cup plain flour
¾ cup Dollar Sweets Magic Star Tops sprinkles, plus extra to decorate

Vanilla buttercream

250g butter, softened
3 cups icing sugar mixture
2 teaspoons vanilla extract
Pink food colouring

1 Preheat oven to 180°C/160°C fan-forced. Grease 3 x 6cm-deep, 20cm round cake pans. Line base and sides with baking paper.
2 Using an electric mixer, beat egg whites, cream of tartar and salt until soft peaks form. Gradually beat in caster sugar, 1 tablespoon at a time, beating well after each addition. Add vanilla. Beat until combined. Fold in flour, then sprinkles. Divide mixture evenly between prepared pans. Level tops with a spatula.
3 Bake for 35 to 40 minutes, swapping position of pans halfway through cooking, or until cakes are golden and firm to touch. Cool completely in pans.

4 Meanwhile, make Vanilla buttercream Using electric mixer, beat butter until light and fluffy. Gradually beat in icing sugar until combined. Add vanilla. Beat until just combined. Tint icing pale pink with food colouring.
5 Carefully remove cakes from pans. Place 1 cake on serving plate. Spread top with ¼ of the buttercream. Place another cake on top. Spread ⅓ of the remaining buttercream over top. Finish with remaining cake. Spread buttercream over top and sides of cake. Serve cake decorated with extra sprinkles.

NUTRITION: (per serve) 2035kJ; 18.1g fat; 11.7g sat fat; 4.1g protein; 79.7g carbs; 0.4g fibre; 30mg chol; 248mg sodium. ›



$0.83 per serve

Funfetti angel food cake

Gooey funfetti blondies

Makes 20 squares
Prep 15 minutes (plus cooling)
Cook 45 minutes

100g butter, chopped
180g block white chocolate, chopped
2 tablespoons milk
⅔ cup caster sugar
2 eggs, lightly beaten
1 cup plain flour
¾ cup self-raising flour
⅓ cup Dollar Sweets Bright sprinkles
Extra 100g white chocolate, cut into 1.5cm pieces
Extra ¼ cup Dollar Sweets Bright sprinkles, to decorate

1 Preheat oven to 180°C/160°C fan-forced. Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Place butter, chocolate and milk in a saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth. Set aside for 10 minutes to cool.
3 Stir in caster sugar, egg, plain flour and self-raising flour until well combined. Add sprinkles, stirring until just combined (see note). Spread ½ the mixture over base of prepared pan. Top with extra chocolate, pushing into mixture. Top with remaining mixture, spreading to level. Scatter with extra sprinkles.
4 Bake for 30 to 35 minutes or until golden and centre of blondie is just firm to touch. Cool completely in pan. Cut into squares. Serve

NUTRITION: (per square) 856kJ; 9.7g fat; 6g sat fat; 3g protein; 26.7g carbs; 0.5g fibre; 29mg chol; 94mg sodium.



Cook's note Make sure you gently stir the mixture, and only until just combined, otherwise the sprinkles will start to dissolve.

Try using your favourite chocolate, cut into 1.5cm pieces, in place of the extra white chocolate in step 3.

Funfetti pancakes with whipped maple butter

Makes 12

Prep 15 minutes (plus 10 minutes standing) **Cook** 25 minutes

2 cups self-raising flour
¼ teaspoon bicarbonate of soda
¼ cup caster sugar
1½ cups milk
2 eggs, lightly beaten
30g butter, melted
¼ cup hundreds and thousands
⅔ cup Dollar Sweets Bright sprinkles, plus extra to serve
Maple syrup, to serve
Whipped maple butter
80g unsalted butter, softened
1½ tablespoons maple syrup
1 tablespoon Dollar Sweets Bright sprinkles

1 Sift flour and bicarb into a bowl. Stir in sugar. Make a well in centre. Stir in milk and egg. Mix to combine. Stand for 10 minutes.

2 Meanwhile, make Whipped maple butter Using an electric mixer, beat butter until light and fluffy. Add maple syrup. Beat until combined. Stir in sprinkles.

3 Heat a large non-stick frying pan over medium heat. Brush with a little butter. Add 2 tablespoons hundreds and thousands and ½ the sprinkles to batter, stirring until just combined (see note). Combine remaining hundreds and thousands, and sprinkles in a bowl. Sprinkle ½ teaspoon of sprinkle mixture onto one half of the pan. Spoon ¼ cup batter into pan over sprinkles. Repeat on other side of pan to make a second pancake. Scatter some of the remaining sprinkle mixture over pancakes. Cook for 2 minutes or until bubbles appear on surface. Turn. Cook for 1 to 2 minutes or until golden and cooked through. Transfer to a plate. Cover loosely with foil to keep warm.

4 Repeat with remaining butter, batter and sprinkles, to make 12 pancakes. Top with whipped butter. Serve drizzled with maple syrup and topped with sprinkles.

NUTRITION: (each) 1326kJ; 12g fat; 7.4g sat fat; 4.6g protein; 48g carbs; 0.9g fibre; 50mg chol; 238mg sodium.

Cook's note Stir the batter gently. If you over-stir the mixture, the sprinkles will start to dissolve.



the slice is right

Kim has given the Aussie classic a modern makeover – try this more-ish slice for starters, then turn to p74 for more new-look lamington recipes

Lamington slice

Serves 20
Prep 20 minutes (plus cooling and 20 minutes standing) **Cook** 50 minutes

1⅓ cups self-raising flour
2 tablespoons cocoa powder
⅔ cup caster sugar
125g butter, melted, cooled
1 egg, lightly beaten
½ cup raspberry jam
60g dark chocolate, chopped

Coconut topping

2 egg whites, lightly beaten
⅔ cup caster sugar
1⅓ cups desiccated coconut

1 Preheat oven to 180°C/160°C fan-forced. Grease an 18cm x 28cm (base) slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Sift flour and cocoa into a bowl. Stir in sugar. Make a well in the centre. Stir in butter and egg until well combined. Press mixture over base of prepared pan. Bake for 20 minutes or until base is just firm around the edges.
3 Meanwhile, make Coconut topping Combine egg white, sugar and coconut in a bowl.
4 Spread hot slice with jam. Evenly top with coconut mixture. Bake for 25 to 30 minutes or until golden. Cool completely in pan.
5 Place chocolate in a small microwave-safe bowl. Microwave on HIGH (100%) for 30 seconds or until melted and smooth. Drizzle slice with chocolate. Stand for 20 minutes to set. Serve cut into pieces.

NUTRITION: (per serve) 886kJ; 9.8g fat; 7g sat fat; 2.3g protein; 28.9g carbs; 1.2g fibre; 18mg chol; 126mg sodium.



lunchbox treat

$0.27 per serve

Lamington slice

RECIPE KIM COVERDALE PHOTOGRAPHY GUY BAILEY STYLING FIONA SINCLAIR FOOD PREPARATION AMIRA GEORGY

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kim's kitchen

Food editor Kim Coverdale gives these back-to-school essentials an A+!



Food team's pick!

Lunchtime safari

With four compartments to keep food divided, this Boon Trunk lunchbox, $22.95, is perfect for fussy eaters. It also has a handle for easy carrying. Visit limetreekids.com.au.



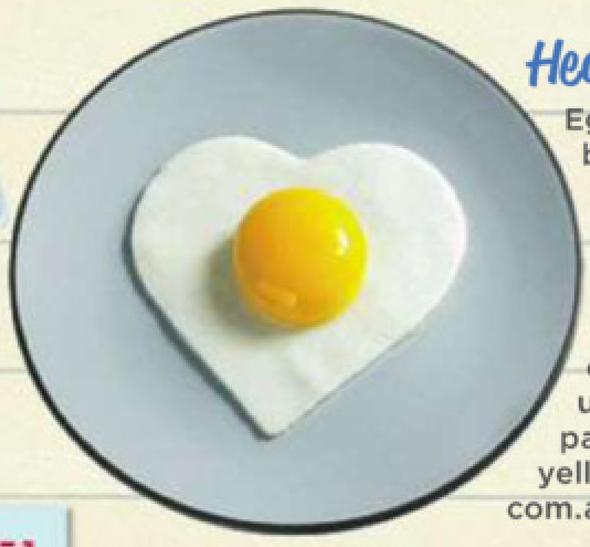
Brrreak-free case

With water-resistant coating and a velvet-lined interior, this Apple and Mint ice-cream iPad case, $24.95, will keep iPads safe and sound. It also fits a portable DVD player! Visit appleandmint.com.



What's in the box?

These colourful snack boxes from Happy Jackson are a fun and practical way to store food. I love the labelled lids! $39.95 for a set of 4, from outliving.com.au.



Heart of gold

Eggs are a great brekkie option on school mornings. This 'I love eggs' shaper by Fred, $4.95, can also be used with pancakes. Visit yellowoctopus.com.au.

Back to school

These fun and bright products get gold stars in our back-to-school report card!

Personal planner

Get the whole team organised with this personalised family activity planner, $29.95, from stuckonyou.com.au.





Bento to go

This all-in-one bento box, $32.95, from Black and Blum, comes with a removable food divider and by flipping the lid, kids have a serving tray, complete with a dipping area for sauces, too. Visit shop.until.com.au.

Keep your cool

With a double wall construction, these plastic Cool Gear mason jar drink bottles, $12.95, keep drinks cool for longer. Visit hsw.com.au.



Flamin' hot

Food will stay fresh and cool all day inside this insulated Smash red fire truck lunchbox, $13. Available from Woolworths or for stockists, call (03) 9873 8011.

Waste free

Keep sandwiches fresh, and reduce your amount of plastic waste, with this re-usable sandwich bag, $12.45, from Lunchskins. Visit biome.com.au.



Better bars

These Better for U wild berries and yoghurt bars have 25 per cent less sugar than leading muesli bars, and one-third more dietary fibre than a banana – $5.99 for 6 bars, at Woolworths.





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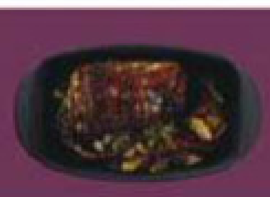
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RECIPES FROM THE VAULT

a taste of nosh-talgia

This reader recipe from 2007 was so popular and delicious we just had to share it again!



Lemon slice

Serves 12
Prep 7 minutes (plus 1½ hours refrigeration and 30 minutes standing)
Cook 5 minutes

½ cup sweetened condensed milk
100g butter
200g granita biscuits
1 cup desiccated coconut
2 teaspoons finely grated lemon rind

Lemon icing

2 cups pure icing sugar
20g butter, softened
2½ tablespoons lemon juice

1 Grease a 3cm deep, 15.5cm x 25cm (base) slab pan. Line base and sides with baking paper, extending paper 2cm above edges.

2 Place condensed milk and butter in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth and combined. Remove pan from heat.

3 Using a food processor, process biscuits to fine crumbs. Transfer to a bowl. Add coconut and lemon rind. Stir to combine. Add hot butter mixture. Mix well to combine. Press mixture over base of prepared pan. Cover. Refrigerate for 1½ hours or until firm.

4 Meanwhile, make lemon icing Sift icing sugar into a bowl. Add butter and lemon juice. Beat with a wooden spoon until smooth and combined. Spread icing over slice. Stand at room temperature for 30 minutes or until icing has set. Cut into squares. Serve.

NUTRITION: (per serve) 1320kJ; 16.5g fat; 11.3g sat fat; 3g protein; 37.8g carbs; 1.6g fibre; 21mg chol; 158mg sodium.

bread
1950s-2015



Bread has come a long way – here's the lowdown on loaves from the 1950s to today

Once a white-bread nation (if you wanted brown, you had to bake your own) over the past 65 years or so, the types and varieties of bread available on our supermarket shelves and in our bakeries has exploded!

1950s and 1960s

We all love a good sanga, and in the 50s, the best thing since you know what was introduced... sliced bread! And not just that. Supermarkets began popping up across the country, so that our loaves, once mostly home delivered, were packaged up and made available at the shops. Since that day, we haven't looked back!

1980s and 1990s

With wholemeal and multigrain loaves now readily available on shelves, as more people migrated to Australia from a wide range of countries, many new types of bread began popping up in supermarkets, such as focaccia, Turkish and Lebanese bread.

Today

These days we can pretty much get anything we want. White bread with added health benefits such as fibre, vitamins and minerals; a multitude of seeded loaves; rye and light rye; lower carb and gluten free; sourdough, ciabatta, baguette – the list goes on! And now, coming full circle, we're looking back to artisan breads and baking our own.

WORDS CLAIRE BROOKMAN RECIPE THE MILLS FAMILY (READER CONTRIBUTION) PHOTOGRAPHY ANDREW YOUNG
STYLING MICHELLE NOERIANTO FOOD PREPARATION AMIRA GEORGY BREAD PHOTOGRAPH GETTY IMAGES

$mart Shopper meal planning

The new year is the perfect opportunity to get your budget in order! However, much like the other resolutions we optimistically commit to on January 1, we often let them fall by the wayside come February. So every month, to help you stick with your budget and get more bang for your buck, we're sharing tips from our experts and from you!

Menu planning

Despite menu planning being hailed as one of the best tactics to save money at the supermarket, many of us still end up making daily trips to the shops, with no idea what we're planning for dinner.

Although a little preparation is needed, menu planning ensures the food already in the fridge and pantry gets used, and only the ingredients and quantities required are purchased. Plus, there are savings to be had beyond just the bank account – consider the time saved making fewer trips to the shops or the reduced amount of food waste at the end of the week. So, whether you plan all three meals, or only dinners, a little preparation and a list can make a real difference at the checkout – just remember to take it with you!

App happy

There are plenty of menu planning templates online, or you can even download an app. We've been using MealBoard – you can input recipes, create weekly meal plans, keep track of what's in your pantry and even generate shopping lists.

Tips to success

1 **Do a weekly stocktake of the fridge and pantry** – you're more likely to find and use those hidden ingredients prior to their use-by date.

2 **Buy seasonal fruit and vegies** – they're often cheaper, taste better, and are more nutritious.

3 **Plan around regular activities.** If Wednesday night is full of taxiing kids to and from sport, plan your quickest, easiest recipe for Wednesdays. Before you know it, takeaway will seem like more of an effort!

4 **Get the kids involved.** If they help to plan, there won't be as many complaints at meal times, and you won't have to make two separate dinners.

5 **Stick to the list.** You're less likely to impulse buy or be influenced by in-store marketing tactics or promotions.





We asked you:

Do you plan your weekly meals? Has it helped you save money at the checkout? What's your best tip for menu planning?

You said:

- "I plan fortnightly. I do a main shop one week and top up on vegies the second week." **– Nicole Elizabeth Carson**
- "I've planned my meals for years! My food magazines are sorted by month, and I make my list accordingly. That way, I shop seasonally, which saves money." **– Kelly Bolton**
- "We've been meal planning for the past four months – a lot less food wastage, and a great opportunity to try new recipes, and old ones that have been forgotten." **– Wendy Brennan**
- "I check what I have in the freezer, pantry and vegie garden, and plan around that. Keep a running shopping list that you add to as you use something up, so that you only shop once a week." **– Sandra Megaw**
- "When you're first starting out, plan five meals rather than seven, that way, when things don't go to plan, you haven't wasted food or money!" **– Yvonne West**

EXPERT ADVICE



Kim Coverdale, *SFI* Food Editor

Kim says: "Menu planning doesn't just cut costs at the checkout. Planning your meals is one of the best ways to ensure your diet is nutrient rich and well balanced, and gives you time to think about sides and salads to make sure you hit your daily fruit and vegetable target. Plus, by planning meals and only buying quantities required, there's less opportunity to increase your serving size or go back for seconds!"

WORDS ROSALIE GORDON PHOTOS GETTY IMAGES PANTRY IMAGE PHOTOGRAPHY GUY BAILEY
STYLING FIONA SINCLAIR PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

super spy

Rosie reveals what the team's eating, buying and loving this month

...Tried it

After the school holidays, it can be a struggle to ease back into early mornings, and you wouldn't be alone if you find yourself racing out the front door on an empty stomach. Instead of holding out until lunch, grab an Up&Go Oats2go, which has the same energy, protein and fibre as a bowl of oats and skim milk, $5.27 for a three pack. Find the three flavours – banana and honey, creamy vanilla, and cocoa – at supermarkets.



...Cooked it



In *Eat@Home* ($40, New Holland) Dan and Steph Mulheron, the 2013 winners of *My Kitchen Rules*, pull together 80 recipes that are best enjoyed at home. I made the Mushroom ragu, fresh pappardelle and thyme. It was so simple – most of the ingredients were from the pantry – and the ragu was light and zesty.



...Want it

We've been eyeing off these canisters from the new Casa Domani Rivetto range. The canisters have a simple and classic design, so they'll look at home on any kitchen bench. Plus, they're made from high quality, durable stoneware and are dishwasher safe – so they're built to last. They range from $11.95 to $29.95, or $34.95 for the tea, sugar and coffee set. Visit house.com.au.



...Crunched it

Crunch, crunch, crunch – that's the sound of SFI approving the launch of Abe's Bagel Crisps, $3.54 per pack, in Australia! Made from fresh bagel dough, the crisps are baked, not fried, so they're extra crunchy and have 60 per cent less fat than potato chips! There are three flavours to try – our fave was Marlborough sea salt! Find them at Coles and Woolworths.



...Scooped it

Vanilla malt ice-cream with peanutty fudge-covered pretzels with fudge and peanut buttery swirls – Ben & Jerry's latest flavour concoction to hit our shores, Chubby Hubby, speaks for itself! The devilishly good ice-cream, which carries the Fairtrade logo, is available in a 600ml 'pint', for $12.95. Find your closest stockist at benandjerry.com.au.



...Loved it

Goulburn Valley has given its fruit products a new, refreshing twist, with the addition of coconut water in place of syrup or juice. Fruit in coconut water, $2.17 per tub, is available in four flavours – mango, peach, pear and two fruits – and is free from artificial colours and preservatives. Plus, it has fewer than 100 calories per serve! Perfect for kids' lunchboxes or a 3pm pick-me-up at work, you can find the tubs at Coles and Woolworths.



WORDS ROSALIE GORDON PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING

shelf talk

mini ice-blocks

We endured the odd brain freeze to find five of the best mini ice-blocks for the kids (and yourself) to enjoy this summer!



WORDS ROSALIE GORDON PHOTOGRAPHY ANDREW YOUNG STYLING SARAH O'BRIEN PRICES ARE A GUIDE ONLY – CORRECT AT TIME OF PRINTING



1 Weis Minis Mango & Ice-cream, $7.30 for 8

The original version appeared in 1959, so if any ice-block epitomises summer, it's the Weis mango bar. With a real mango flavour and the perfect ratio of ice-cream to ice-block, could it be that mini is better?



2 Streets Fruttare Strawberry Smoothie, $7.14 for 4

New from the people who brought us the much-loved Paddle Pop, this fresh strawberry smoothie in frozen form has real bits of strawberry and is extra creamy. It's also available in banana.



3 Bulla Mini Splits, $6.77 for 14

With frozen fruit juice over Bulla's rich and creamy vanilla ice-cream, it's hard to stop after one mini split! The splits are available in mixed boxes, but make sure no-one else eats all the tropical flavour – we loved it!



4 Streets Calippo Minis, $7.51 for 10

On a stinking hot day, Calippo would be our top pick – the handy tube means they're drip-free (so no sticky fingers). The refreshing ice-block has a fruity pineapple and raspberry flavour, and with no cream, they're also dairy-free.



5 Milfina Spider Stix, $3.99 for 10

Available from Aldi, the Spider Stix have a fruity ice shell over vanilla ice-cream. Our fave flavour was raspberry – the taste was reminiscent of childhood favourite Redskins! The wooden sticks are longer, too, so they're easy for little hands to hold.

picnic fare

The sun is shining and the days are long, so pack a hamper with delicious treats and head to the park for a stunning summer feast. This no-fuss frittata, wrapped in GLAD Bake & Cooking Paper, makes for a perfect picnic.

summer ham, tomato and zucchini frittata



summer ham, tomato and zucchini frittata

GLAD Bake & Cooking Paper
200g ham, chopped
2 small zucchinis (courgettes), thinly sliced
200g mixed cherry tomatoes, halved
8 eggs, lightly beaten
⅓ cup (80ml) milk
1½ cups (110g) finely grated parmesan
sea salt and cracked black pepper
150g soft goat's cheese, crumbled

1. Preheat oven to 200°C (400°F). Line a 20cm x 30cm slice tin with non-stick GLAD Bake & Cooking Paper. Add the ham, zucchini and tomato and toss to combine.
2. Place the egg, milk, parmesan, salt and pepper in a large bowl and whisk. Pour the egg mixture over the filling, sprinkle with goat's cheese and bake for 25–30 minutes or until golden and cooked through.
3. Allow to cool slightly and refrigerate until cold. Slice frittata into 6 pieces and wrap in sheets of GLAD Bake & Cooking Paper. Tie with kitchen string or a peg to secure. Serves 6.

SUMMER FUN

Versatile and useful, GLAD Bake & Cooking Paper is the perfect helper in the summer kitchen.

easy cooking

The non-stick coating on GLAD Bake & Cooking Paper makes it ideal to use when cooking – from quiches to frittatas to savoury slices.

less mess, no fuss

Once you're done, simply remove the paper and throw it away – no need for scraping and scrubbing.

it's a wrap

The slight transparency of the paper makes it ideal for wrapping food for picnics and alfresco dining.

NEWS LIFE MEDIA CREATIVE SERVICES

GLAD's best non-stick performance

GLAD Bake & Cooking Paper is a kitchen essential. Made from high-quality paper capable of withstanding temperatures of up to 230°C, it has a specially designed non-stick coating, so you can easily slide food from the tin or tray. With no need to use additional oil, your family can eat healthily with less mess.

GLAD Bake & Cooking products can be found at your local Woolworths and IGA supermarkets.
For more information, visit glad.com.au or facebook.com/gladaustralia



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MENU

Starter
Spicy chickpea and nut mix
Grilled flatbread with lemon fetta dip
Cajun prawns with mango, lime and coconut salsa

Mains
Butterflied chicken with pistachio butter
Italian mixed grill

Sides
Barbecued sweet potato with gremolata dressing
Grilled green salad

Dessert
Peach and almond tiramisu

summer lovin'

Inspired by great flavours from around the world, this relaxed barbecue menu celebrates good food, family and friends

Recipes Cathie Lonnie **Photography** Craig Wall **Styling** Fiona Sinclair **Food preparation** Amira Georgy



Spicy chickpea and nut mix

Serves 8 (makes 3½ cups)
Prep 10 minutes
Cook 55 minutes
400g can chickpeas, drained, rinsed
3 teaspoons Cajun seasoning
2 teaspoons sea salt
3 teaspoons honey
1 tablespoon extra virgin olive oil
2 teaspoons smoked paprika
1 teaspoon curry powder
½ teaspoon chilli powder
1 cup almond kernels
1 cup raw cashew nuts

1 Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with baking paper.
2 Place chickpeas on 1 prepared tray. Sprinkle with Cajun seasoning and ½ the salt. Toss gently to coat. Bake, turning occasionally, for 50 to 55 minutes or until golden. Cool on tray.
3 Meanwhile, combine honey, oil, paprika, curry and chilli powders, and remaining salt in a small frying pan over low heat. Stir until honey is melted and mixture is combined. Transfer to a bowl. Add almonds and cashews. Stir until evenly coated.
4 Spread nut mixture on remaining prepared tray. Bake, stirring occasionally, for 15 to 20 minutes or until golden. Cool on tray. Toss nuts with chickpeas. Serve.
NUTRITION: (per serve) 1177kJ; 21.8g fat; 2.6g sat fat; 8.8g protein; 11.4g carbs; 4.4g fibre; 0mg chol; 709mg sodium.

Grilled flatbread with lemon fetta dip

Serves 8
Prep 25 minutes (plus 30 minutes standing)
Cook 2 minutes
2 cups plain flour, plus extra for dusting
7g sachet dried yeast
1 teaspoon salt
2 tablespoons Moro El Primero extra virgin olive oil
2 garlic cloves, quartered
2 teaspoons chopped fresh rosemary

Lemon fetta dip
200g fetta, chopped
1½ tablespoons Moro El Primero extra virgin olive oil
1 teaspoon finely grated lemon rind
2 tablespoons lemon juice
1 garlic clove, crushed
Pinch of smoked paprika

1 Make Lemon fetta dip Using a food processor, process fetta, 1 tablespoon oil, lemon rind, lemon juice and garlic until smooth. Place in a serving bowl. Refrigerate until needed.
2 Place flour, yeast and salt in a large bowl. Stir well to combine. Make a well in the centre. Combine 1 tablespoon oil with ¾ cup warm water in a jug. Stir into flour mixture to form a soft dough. Turn out onto a floured surface and knead for 6 to 8 minutes or until smooth.
3 Divide dough into 4 balls. Place dough balls on an oiled baking tray. Brush lightly with a little remaining oil. Cover with a warm damp cloth. Stand in a warm place to rise for 30 minutes.
4 Meanwhile, place garlic, rosemary and remaining oil in a microwave-safe jug. Microwave on HIGH (100%) for 30 seconds or until warm. Stand until required, to allow flavours to infuse.
5 Preheat a barbecue chargrill on high heat.
6 Using a rolling pin, roll out each dough ball on a lightly floured surface into a thin 12cm x 25cm oval. Lightly brush on 1 side with infused oil. Cook, oiled-side down, on barbecue for 1 minute or until golden with chargrill marks. Brush flatbreads with more infused oil. Turn. Cook for 1 minute or until golden and cooked through. Wrap breads in a clean tea towel to keep warm.
7 Drizzle dip with remaining oil. Sprinkle with paprika. Tear flatbreads into large pieces. Serve with lemon fetta dip.
NUTRITION: (per serve) 1137kJ; 14.2g fat; 5g sat fat; 8.5g protein; 26.1g carbs; 1.7g fibre; 16mg chol; 581mg sodium. ›

sfi ideas recommends

Moro El Primero extra virgin olive oil is full-bodied and fruity with a light peppery finish that's best appreciated when used in cold dishes.



$1.30 per serve

barbecue

Grilled flatbread with lemon fetta dip

ideas time plan

1 day before

- Make Spicy chickpea and nut mix. Store in an airtight container.
- Make Peach and almond tiramisu. Refrigerate. Sprinkle with almonds before serving.

4 hours before guests arrive

- Make step 1 of the Cajun prawns with mango, lime and coconut salsa. Cover and refrigerate.
- Make step 1 of the Grilled flatbread with lemon fetta dip. Cover and refrigerate.
- Make steps 2 and 3 of the Butterflied chicken with pistachio butter. Cover and refrigerate.
- Make step 1 of the Italian mixed grill.
- Make dressing from step 4 of the Grilled green salad.

1 hour before guests arrive

- Complete Grilled flatbread with lemon fetta dip.
- Complete Butterflied chicken with pistachio butter.

Just before serving

- Complete Cajun prawns with mango, lime and coconut salsa.
- Complete Italian mixed grill.
- Make Barbecued sweet potato with gremolata dressing.
- Complete Grilled green salad.

Cajun prawns with mango, lime and coconut salsa

Serves 8
Prep 25 minutes **Cook** 5 minutes
You'll need 16 small pre-soaked bamboo skewers for this recipe.

24 large green king prawns
1 tablespoon extra virgin olive oil
1 tablespoon Cajun seasoning
1 large mango, finely chopped
⅓ cup shredded coconut, toasted
1 long red chilli, seeded, finely chopped
¼ cup finely chopped fresh coriander leaves
2 teaspoons finely grated lime rind
1 tablespoon lime juice
Lime wedges and extra fresh coriander leaves, to serve

1 Peel prawns, leaving heads and tails intact. Place in a large bowl with oil and seasoning. Toss to coat. Thread 1 skewer through the tail of 1 prawn. Thread another skewer through the head end of prawn. Thread 2 more prawns onto skewers, so there are 3 prawns in total. Place double skewer on a plate. Repeat with remaining prawns to make 8 double skewers.
2 Preheat a barbecue chargrill on medium-high heat. Cook skewers for 2 to 3 minutes each side or until prawns are pink and just cooked through.
3 Meanwhile, combine mango, coconut, chilli, coriander, lime rind and juice in a medium bowl. Serve prawns with salsa, lime wedges and extra coriander.

NUTRITION: (per serve) 512kJ; 4.5g fat; 1.8g sat fat; 12.7g protein; 6.8g carbs; 1.4g fibre; 85mg chol; 390mg sodium.

Butterflied chicken with pistachio butter

Serves 8
Prep 15 minutes (plus 10 minutes standing) **Cook** 55 minutes

1.8kg whole chicken
125g butter, softened
½ cup pistachio kernels, toasted, finely chopped
1 garlic clove, crushed
1 teaspoon finely grated lemon rind
1 tablespoon lemon juice
2 teaspoons finely chopped lemon thyme
Olive oil cooking spray
Fresh lemon thyme sprigs and lemon wedges, to serve

1 Preheat a barbecue (with hood) hot plate on medium, with hood closed (see note).
2 Pat chicken dry with paper towel. Place on a chopping board, breast-side down and cavity facing you. Using kitchen scissors, cut along both sides of backbone and discard. Open out chicken. Turn over. Press down with the heal of your hand, to flatten.
3 Place butter, pistachios, garlic, lemon rind and juice, and lemon thyme in a bowl. Season with salt and pepper. Mix well. Run your fingers between chicken skin and flesh on breasts and legs to create a pocket. Push ⅔ butter mixture under skin. Gently rub skin to evenly distribute butter. Season with salt and pepper. Spray with oil.
4 Cook chicken, skin-side down, for 5 minutes or until skin is golden and crisp. Turn chicken. Cook, with barbecue hood down, for 45 to 50 minutes or until cooked through. Transfer to a plate. Cover loosely with foil. Stand for 10 minutes.
5 Cut chicken into 8 pieces. Place on a serving platter. Dollop with remaining butter mixture. Sprinkle with lemon thyme sprigs. Serve with lemon wedges.

NUTRITION: (per serve) 1603kJ; 32.3g fat; 13.6g sat fat; 20.6g protein; 1.9g carbs; 1.6g fibre; 124mg chol; 262mg sodium.

Cook's note You can make this recipe in the oven. Cook chicken in a preheated 200°C/180°C oven for 20 minutes. Reduce oven to 180°C/160°C. Cook for a further 40 to 50 minutes or until chicken is cooked through.

Use two parallel skewers to prevent the king prawns spinning or falling off the skewers during cooking.

$1.54 per serve

barbecue

gluten free

Butterflied chicken with pistachio butter

$4.83 per serve

barbecue

Takes 30 mins

low saturated fat

Cajun prawns with mango, lime and coconut salsa

Italian mixed grill

Serves 8
Prep 15 minutes (plus 4 hours marinating) **Cook** 10 minutes

⅓ cup balsamic vinegar
1 tablespoon brown sugar
1 tablespoon chopped fresh rosemary
1 garlic clove, crushed
8 x 100g small lamb shoulder chops (see note)
8 x 100g beef rump steaks
¼ cup sun-dried tomato pesto
8 slices pancetta
½ cup tomato chutney

1 Combine ¼ cup vinegar, brown sugar, rosemary and garlic in a shallow glass bowl. Season with salt and pepper. Add lamb chops. Turn to coat in marinade. Cover. Refrigerate for up to 4 hours to marinate.
2 Spread steaks on both sides with pesto. Season with salt and pepper. Preheat a barbecue chargrill on medium-high heat. Drain lamb and discard marinade.
3 Cook lamb and beef for 3 to 4 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover loosely with foil. Stand for 5 minutes.
4 Meanwhile, cook pancetta on chargrill, turning, for 2 minutes or until crisp. Combine chutney and remaining vinegar in a serving bowl. Place lamb, beef and pancetta on a platter. Serve with chutney.

NUTRITION (per serve) 2132kJ; 34.4g fat; 11.6g sat fat; 39.7g protein; 9g carbs; 0.5g fibre; 132mg chol; 445mg sodium.

Cook's note Lamb cutlets can be used instead of chops, they will only need to be marinated for 1 hour.

Green it up! Garnish the mixed grill with sprigs of fresh flat-leaf parsley.

$4.05 per serve

barbecue

Italian mixed grill



Barbecued sweet potato with gremolata dressing

Serves 8 (as a side dish)
Prep 10 minutes **Cook** 10 minutes

2 small orange sweet potatoes, peeled, cut into 1cm-thick rounds
2 tablespoons extra virgin olive oil
⅓ cup chopped fresh flat-leaf parsley leaves
1 tablespoon fresh lemon thyme leaves
2 garlic cloves, finely chopped
1 teaspoon finely grated lemon rind
2 tablespoons lemon juice

1 Toss potato and ½ the oil in a medium bowl. Season with salt and pepper.
2 Preheat a barbecue chargrill on medium-high heat. Cook potato, turning, for 5 to 7 minutes or until tender and charred.
3 Meanwhile, combine parsley, thyme, garlic, lemon rind, lemon juice and remaining oil in a large bowl. Add potato. Toss gently to combine. Serve.

NUTRITION: (per serve) 457kJ; 4.7g fat; 0.6g sat fat; 1.9g protein; 13.3g carbs; 3.1g fibre; 0mg chol; 253mg sodium.

Grilled green salad

Serves 8 (as a side dish)
Prep 15 minutes **Cook** 5 minutes

2 small zucchini, thickly sliced diagonally
2 bunches asparagus, trimmed, halved diagonally
2 tablespoons extra virgin olive oil
200g baby green beans, trimmed
2 tablespoons red wine vinegar
2 teaspoons wholegrain mustard
150g baby spinach

1 Toss zucchini, asparagus and ½ the oil in a medium bowl. Season with salt and pepper.
2 Preheat a barbecue chargrill on medium-high heat. Cook zucchini and asparagus, turning, for 3 to 5 minutes or until tender and lightly charred.
3 Meanwhile, cook beans in a small saucepan of boiling water for 2 to 3 minutes or until bright green and tender. Drain. Rinse under cold water. Drain well.
4 Whisk vinegar, mustard and remaining oil in a small bowl. Place spinach, zucchini, asparagus and beans in a large serving bowl. Drizzle over dressing. Gently toss to combine. Serve.

NUTRITION: (per serve) 284kJ; 4.9g fat; 0.6g sat fat; 2.6g protein; 1.9g carbs; 2.8g fibre; 0mg chol; 304mg sodium.

Peach and almond tiramisu

Serves 8
Prep 20 minutes (plus cooling and 3 hours refrigeration)
Cook 5 minutes

2 cups milk
⅓ cup caster sugar
1 teaspoon vanilla extract
2 tablespoons custard powder
250g mascarpone
1¾ cups thickened cream, whipped
⅓ cup orange juice
¼ cup peach schnapps (see note)
250g packet sponge finger biscuits
3 large ripe peaches, halved, stones removed, thinly sliced
2 tablespoons flaked almonds, toasted

1 Combine 1¾ cups milk, caster sugar and vanilla in a medium saucepan over medium heat. Bring to a simmer. Meanwhile, place custard powder in a small bowl. Gradually stir in remaining milk until smooth. Stir custard mixture into hot milk mixture. Stir for 3 to 4 minutes or until mixture boils and thickens. Remove from heat. Transfer to a bowl. Cover surface of custard with plastic wrap. Cool.
2 Using an electric mixer, beat mascarpone for 1 minute or until smooth. On low speed, beat in cooled custard until just combined. Gently fold in whipped cream.
3 Combine orange juice and schnapps in a small shallow bowl. Dip ½ the biscuits in schnapps mixture. Arrange over base of a 2.5L (10-cup-capacity) glass serving dish. Top with ½ the peach slices, slightly overlapping, and ½ the mascarpone mixture. Repeat layers. Refrigerate for 3 hours or overnight. Serve sprinkled with flaked almonds.

NUTRITION (per serve) 2453kJ; 40.2g fat; 24.2g sat fat; 8.4g protein; 44.1g carbs; 1.8g fibre; 142mg chol; 157mg sodium.

Cook's note The peach schnapps can be replaced with orange-flavoured liqueur, such as Cointreau, almond-flavoured liqueur (Amaretto), or 2 teaspoons rosewater, adding an extra ¼ cup orange juice.

$2.72 per serve

Peach and almond tiramisu



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PLACES A KNIFE & FORK
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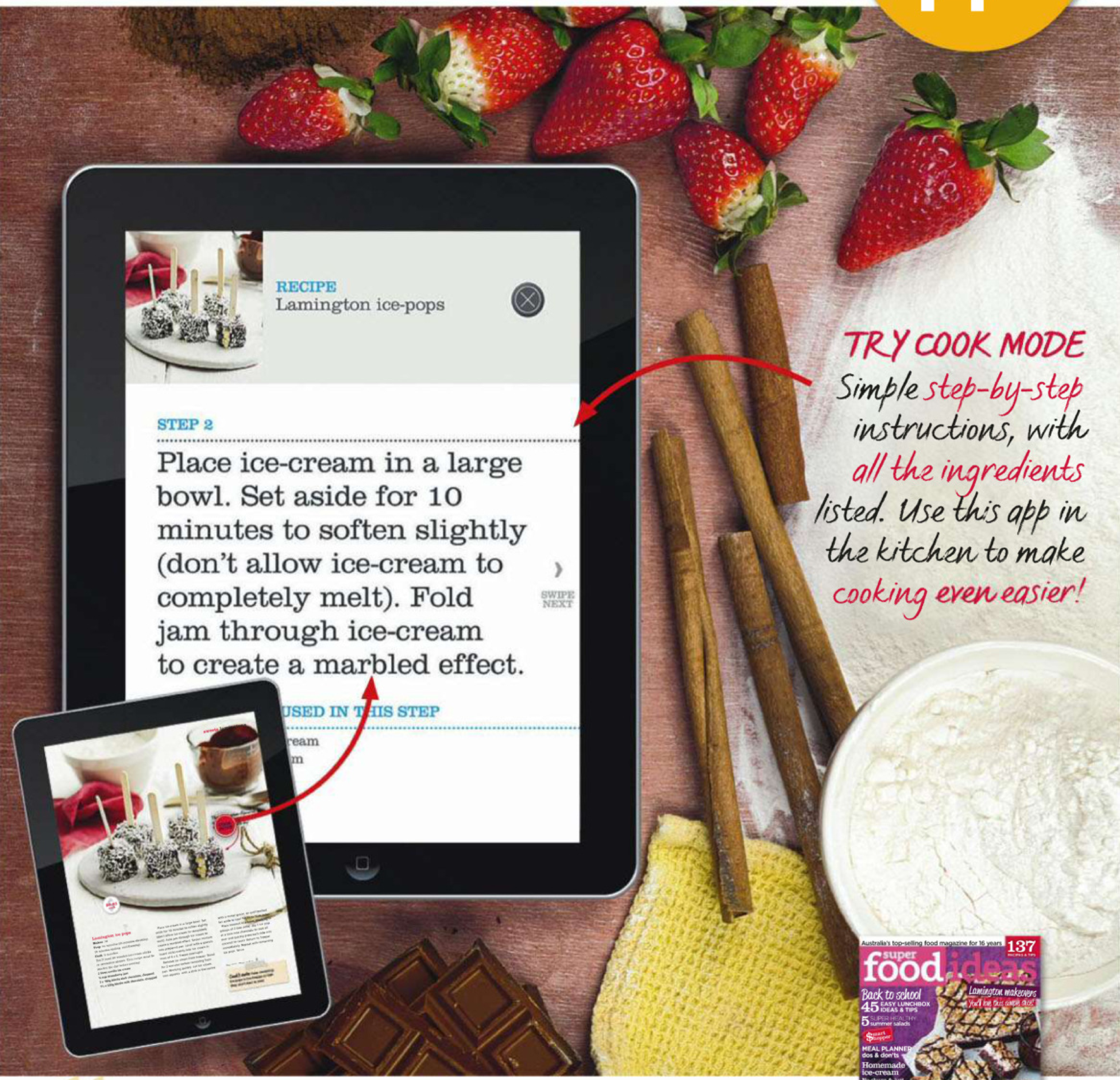
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weekdays

Midweek meal ideas, plus superhero sides and speedy desserts

Veal saltimbocca with crunchy baked potatoes

Serves 4
Prep 10 minutes
Cook 30 minutes
You'll need 4 wooden toothpicks for this recipe.

800g baby red delight potatoes, quartered
2 tablespoons extra virgin olive oil
4 x 110g veal schnitzels (uncrumbed)
4 fresh sage sprigs
4 slices prosciutto
50g butter
Extra 8 fresh sage leaves
⅔ cup dry white wine

1 Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper.
2 Place potato on tray. Drizzle with 1 tablespoon oil. Season with salt and pepper. Toss to combine. Bake for 25 to 30 minutes or until golden and tender.
3 Meanwhile, place veal schnitzels on a board. Top each with 1 sprig of sage. Wrap 1 slice of prosciutto around each schnitzel to enclose sage. Secure each one with a toothpick.
4 Heat remaining oil in a large frying pan over medium-high heat. Add veal. Cook for 1 minute or until golden. Turn. Add butter and extra sage leaves. Cook for 1 minute or until butter has melted. Add wine. Simmer for 2 minutes or until liquid has reduced slightly.
5 Remove toothpicks from veal and discard. Serve with potatoes and pan juices.

NUTRITION: (per serve) 2032kJ; 22.4g fat; 9g sat fat; 34.7g protein; 26.9g carbs; 4.4g fibre; 89mg chol; 520mg sodium. ■

lower sodium
Veal saltimbocca with crunchy baked potatoes

Takes 40 mins

$4.95 per serve

Green it up! Serve veal and potatoes with a peppery baby rocket and parmesan salad.

RECIPE AMIRA GEORGY PHOTOGRAPHY GUY BAILEY STYLING KRISTINE DURAN-THIESSEN FOOD PREPARATION ADAM CREMONA

high fibre

Prawn, pea and barley risotto with lemon minted fetta

$6.71 per serve

one pot

dinner + lunchovers

Make Claire's delicious dinners for four, and you'll have enough left over to turn into 'lunchovers' for two the next day

Dinner for 4

Prawn, pea and barley risotto with lemon minted fetta

Serves 4 (plus lunchovers for 2)
Prep 25 minutes
Cook 1 hour 10 minutes

2 tablespoons extra virgin olive oil
1 brown onion, halved, thinly sliced
2 garlic cloves, crushed
1¾ cups pearl barley, rinsed
½ cup dry white wine
3 cups Campbell's Real Stock salt-reduced chicken stock
120g reduced-fat fetta, crumbled
2 tablespoons roughly chopped fresh mint leaves
2 teaspoons finely grated lemon rind
¼ teaspoon dried chilli flakes
1kg (20) green prawns, peeled, deveined, tails intact
½ cup finely grated parmesan
1 cup frozen peas

1 Heat oil in a large heavy-based saucepan over medium heat. Add onion. Cook for 5 minutes or until softened. Add garlic. Cook for 1 minute or until fragrant. Add barley. Cook, stirring, for 2 minutes. Add wine. Bring to a simmer. Stir in stock and 1 cup water. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, stirring occasionally, for 45 minutes or until barley is just tender.

2 Meanwhile, gently toss fetta, mint, lemon rind and chilli together in a bowl. Season with salt and pepper.

3 Add prawns to barley risotto. Stir to combine. Cook, covered, for 5 minutes or until prawns are pink and just cooked through. Remove from heat. Stir in parmesan, peas and ½ the fetta mixture. Stand, covered, for 5 minutes or until peas are bright green and tender. Reserve ⅓ cup risotto and 4 prawns for lunchovers.

4 Divide remaining risotto among bowls. Top with remaining fetta mixture. Serve.

NUTRITION: (per serve) 2093kJ; 16.5g fat; 6.2g sat fat; 32.7g protein; 45.7g carbs; 9.7g fibre; 131mg chol; 1141mg sodium.

Lunchovers for 2

Prawn and minted barley tarts

Serves 2
Prep 15 minutes (plus cooling)
Cook 20 minutes

4 sheets filo pastry
Olive oil cooking spray
⅓ cup barley risotto with 4 prawns (reserved from recipe, opposite)
2 eggs, lightly beaten
2 tablespoons milk
2 tablespoons finely grated parmesan
Mixed salad leaves, grated carrot, diced cucumber and French dressing, to serve

1 Preheat oven to 200°C/180°C fan-forced. Grease 4 holes of a ⅓-cup-capacity muffin pan. Place 1 pastry sheet on a flat surface. Cut crossways into 4 even strips. Cut each pastry strip in half. Layer pastry pieces on top of each other, spraying each layer with oil. Press pastry into 1 prepared pan hole. Repeat with remaining pastry to make 4 pastry cases.
2 Remove and discard tails from prawns. Slice prawns and return to risotto. Add egg, milk and parmesan to risotto. Stir to combine. Divide among pastry cases.
3 Bake for 20 minutes or until golden and set. Allow to cool in pan for 5 minutes. Transfer to a wire rack to cool completely.
4 Place salad leaves, carrot and cucumber in a bowl. Drizzle over dressing. Gently toss to combine. Serve tarts with salad.

NUTRITION: (per serve) 2402kJ; 23.3g fat; 7.2g sat fat; 30.6g protein; 52.7g carbs; 9.9g fibre; 261mg chol; 1410mg sodium. ›

ideas work lunch

Place tarts in two airtight containers. Divide undressed salad between airtight containers. Refrigerate until required. Remove from fridge 10 minutes before serving. Drizzle salad with dressing and gently toss. Serve tarts with salad.

$3.34 per serve
lunchbox
high fibre
Prawn and minted barley tarts

RECIPES CLAIRE BROOKMAN PHOTOGRAPHY ANDREW YOUNG STYLING KRISTEN WILSON FOOD PREPARATION AMIRA GEORGY

Dinner for 4

Greek salad and chicken skewers

Serves 4 (plus lunchovers for 2)
Prep 25 minutes
(plus 30 minutes marinating)
Cook 15 minutes
You'll need 11 pre-soaked bamboo skewers for this recipe.

700g chicken thigh fillets, trimmed, cut into 4cm pieces
2 red capsicums, cut into 4cm pieces
2 green capsicums, cut into 4cm pieces
¾ cup pimento-stuffed olives, finely chopped
2 tablespoons finely chopped fresh oregano leaves
¼ cup lemon juice
½ cup Cobram Estate Classic Flavour extra virgin olive oil
4 yirros bread rounds
1 baby cos lettuce, leaves separated, torn
1 Lebanese cucumber, peeled into ribbons
Plain Greek-style yoghurt, to serve

1 Thread chicken, red capsicum and green capsicum onto skewers. Place in a shallow glass or ceramic dish.
2 Combine olives, oregano, lemon juice and oil in a bowl. Season with salt and pepper. Spoon ½ the mixture over skewers. Turn to coat. Cover and refrigerate for 30 minutes to marinate, if time permits.
3 Heat a greased barbecue hotplate and chargrill on medium-high heat. Cook skewers on hotplate, turning, for 10 minutes or until chicken is cooked through. Cook bread rounds on chargrill for 1 to 2 minutes each side or until lightly charred.
4 Divide cos and cucumber ribbons among serving plates. Drizzle with remaining oil mixture. Top each with 2 chicken skewers (reserve 3 skewers for lunchovers). Serve with charred yirros and a dollop of Greek-style yoghurt.

NUTRITION: (per serve) 2764kJ; 36.8g fat; 7.7g sat fat; 28g protein; 51.2g carbs; 6g fibre; 74mg chol; 1023mg sodium.

Make sure you cut the skewer ingredients the same size so they sit flat on the barbecue and cook evenly.

$5.32 per serve

barbecue

...egies per serve

high fibre
Greek salad and chicken skewers

To make your own flatbreads, see recipe page 30.

Lunchovers for 2

Greek-style chicken quesadillas

high fibre

Greek-style chicken quesadillas

veggies per serve

$4.98 per serve

Takes 13 mins

lunchbox

Serves 2
Prep 10 minutes
Cook 3 minutes

3 Greek salad and chicken skewers (reserved from recipe, opposite)
2 tablespoons thinly sliced sun-dried tomatoes
1 tablespoon roughly chopped fresh oregano leaves
50g fetta, crumbled
½ cup grated cheddar
4 yirros bread rounds

1 Remove chicken and capsicum from skewers. Chop. Transfer to a bowl. Add tomato, oregano, fetta and cheddar.
2 Preheat a sandwich press. Place 2 bread rounds on a flat surface. Divide chicken mixture between rounds. Top with remaining bread rounds. Place in sandwich press and toast for 2 to 3 minutes until cheese has melted and filling is heated through. Cut into quarters. Serve.

NUTRITION: (per serve) 4263kJ; 40.1g fat; 13.2g sat fat; 58.5g protein; 101.1g carbs; 8.5g fibre; 133mg chol; 1764mg sodium. ›

ideas work lunch

Wrap untoasted quesadillas in foil and refrigerate until required. When ready for lunch, toast quesadillas following step 2. Serve.



Dinner for 4

Lemongrass and chilli larb with mint salad

Serves 4 (plus lunchovers for 2)
Prep 20 minutes
Cook 10 minutes

1½ tablespoons peanut oil
800g lean beef mince
1 long red chilli, finely chopped
1 lemongrass stalk (white part only), finely chopped
3 garlic cloves, crushed
2 tablespoons fish sauce
2 tablespoons lime juice
2 tablespoons brown sugar
2 tablespoons roughly chopped fresh coriander leaves
½ cup fresh mint leaves
½ small red onion, cut into thin wedges
1 cup bean sprouts, trimmed
Steamed jasmine rice and lime wedges, to serve

1 Heat a wok over high heat. Add 1 tablespoon oil. Swirl to coat. Add ½ the mince. Stir-fry for 5 minutes or until browned. Transfer to a bowl, draining excess fat. Repeat with remaining mince.

2 Add remaining oil to wok. Stir-fry chilli, lemongrass and garlic for 30 seconds. Return mince to wok with fish sauce, lime juice and sugar. Stir-fry for 3 minutes. Add coriander. Cook for 1 minute. Remove from heat. Reserve 1 cup mince mixture for lunchovers.

3 Combine mint, onion and bean sprouts in a bowl. Reserve ⅓ cup for lunchovers. Divide rice between bowls. Spoon over remaining mince mixture. Top with remaining mint salad. Serve with lime.

NUTRITION: (per serve) 2278kJ; 16g fat; 5.8g sat fat; 36.4g protein; 59.4g carbs; 2.9g fibre; 74mg chol; 726mg sodium.

Try tossing 1 cup of cooked chicken or tofu with the mint salad and a little of the chilli lime dipping sauce.

Lunchovers for 2

Rice paper rolls with chilli lime dipping sauce

Serves 2
Prep 15 minutes

1 cup Lemongrass and chilli larb (reserved from recipe, opposite)
⅓ cup mint salad (reserved from recipe, opposite)
2 cups finely shredded iceberg lettuce
8 large rice paper rounds
⅓ cup sweet chilli sauce
2 tablespoons fish sauce
⅓ cup lime juice
Mint leaves and lime wedges, to serve

1 Toss larb, salad and lettuce in a bowl.
2 Place a damp tea towel on a baking tray. Fill a shallow dish with warm water. One by one, dip rice paper rounds in water. Place on a tea towel to absorb excess water. Top centre of each round with ¼ cup mince mixture. Roll up rice paper, folding in sides, to enclose filling.
3 Combine sweet chilli, fish sauce and lime juice in a jug. Serve rolls with dipping sauce, mint leaves and lime wedges.

NUTRITION: (per serve) 2222kJ; 16.2g fat; 5.8g sat fat; 35.9g protein; 55.9g carbs; 4.1g fibre; 73mg chol; 3463mg sodium. ›

$3.05 per serve
Takes 15 mins
lunchbox
Asian
per serve
high fibre

Rice paper rolls with chilli lime dipping sauce

ideas work lunch

Divide rolls between 2 airtight containers. Top with a sheet of damp paper towel. Divide dipping sauce between airtight containers. Refrigerate until required. Remove from fridge 10 minutes before eating. Serve with mint and lime.

Dinner for 4

Spiced chickpea and spinach pasta

Serves 4 (plus lunchovers for 2)
Prep 20 minutes **Cook** 25 minutes

700g butternut pumpkin, peeled, cut into 2cm pieces
Olive oil cooking spray
375g dried penne
2 tablespoons extra virgin olive oil
1 brown onion, halved, cut into thin wedges
2 garlic cloves, crushed
2 teaspoons ground cumin
2 teaspoons sweet paprika
2 x 400g cans chickpeas, drained, rinsed
½ cup salt-reduced vegetable stock
100g baby spinach
2 tablespoons chopped fresh flat-leaf parsley leaves
Shaved parmesan, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Arrange pumpkin on baking tray. Spray with oil. Roast for 20 minutes or until golden and tender.
2 Meanwhile, cook pasta in a saucepan of boiling salted water, following packet directions, until tender. Drain. Cover.
3 Heat oil in a large, deep frying pan over medium heat. Add onion. Cook for 5 minutes or until softened. Add garlic, cumin and paprika. Cook, stirring, for 1 minute or until fragrant. Add chickpeas and pumpkin. Cook, tossing, for 2 minutes. Remove 1½ cups chickpea and pumpkin mixture and reserve for lunchovers. Using the back of a wooden spoon, lightly crush ¼ of the remaining chickpeas.
4 Add stock and spinach to pan. Season with salt and pepper. Cook, tossing, for 3 to 4 minutes or until spinach just wilts. Add pasta and parsley. Toss until heated through. Divide pasta among serving bowls. Top with parmesan. Serve.

NUTRITION: (per serve) 2312kJ; 11.7g fat; 2.4g sat fat; 20.1g protein; 88.3g carbs; 10.5g fibre; 6mg chol; 483mg sodium.





To prevent the avocado from turning brown, toss gently in a little lemon juice before adding to the salad.

Lunchovers for 2

Spiced chickpea and olive salad

Serves 2
Prep 20 minutes

1 bunch asparagus, trimmed
1½ cups chickpea and pumpkin mixture (reserved from recipe, opposite)
½ cup Sicilian olives
80g baby spinach
¼ cup sliced chargrilled red capsicum
½ avocado, chopped
1 tablespoon white wine vinegar
2 tablespoons extra virgin olive oil
Crusty bread, to serve

1 Cut asparagus in half lengthways. Slice into 4cm lengths. Place asparagus in a small heatproof bowl. Cover with boiling water. Leave to stand for 2 to 3 minutes or until bright green and tender. Drain. Refresh under cold water. Drain well.
2 Place reserved chickpea and pumpkin mixture in a large bowl. Add asparagus, olives, baby spinach, chargrilled capsicum and avocado. Combine vinegar and oil in a small bowl. Drizzle dressing over salad. Toss gently to combine. Serve with crusty bread.

NUTRITION: (per serve) 2763kJ; 40.9g fat; 7.8g sat fat; 16.2g protein; 54g carbs; 13.1g fibre; 0mg chol; 1248mg sodium. ›

ideas work lunch

Divide undressed salad and dressing between separate airtight containers. Refrigerate until required. Remove from fridge 10 minutes before eating. Drizzle salad with dressing and toss. Serve with bread.



Dinner for 4

Herb-crusted beef with sweet roasted radish

Serves 4 (with lunchovers for 2)
Prep 30 minutes
Cook 40 minutes

500g chat potatoes, halved
1 bunch radishes, trimmed, halved
2 bunches spring onions, trimmed, bulbs halved
2 tablespoons maple syrup
2½ tablespoons extra virgin olive oil
¼ cup panko breadcrumbs
2 tablespoons finely grated parmesan
1 tablespoon finely chopped fresh chives
1kg beef eye round roast (Virginian)
2½ tablespoons wholegrain mustard
Olive oil cooking spray
2 tablespoons instant traditional gravy powder
1 cup boiling water
Baby spinach, to serve

$6.06 per serve

high fibre
high in iron
Herb-crusted beef with sweet roasted radish

1 Preheat oven to 220°C/200°C fan-forced. Place potato, radish and onion in a large roasting pan. Combine maple syrup and 2 tablespoons oil in a small bowl. Drizzle over vegetables. Roast for 10 minutes.
2 Meanwhile, combine breadcrumbs, parmesan and chives in a bowl. Season with salt and pepper. Heat a large frying pan over high heat. Drizzle beef with remaining oil. Rub to coat. Cook, turning, for 3 minutes or until browned all over. Transfer to a chopping board. Spread 2 tablespoons mustard all over beef. Press breadcrumb mixture evenly over beef, to coat.
3 Add beef to pan with vegetables. Spray with oil. Roast for 25 minutes for medium or until cooked to your liking.
4 Place gravy powder in a heatproof jug. Add boiling water. Stir until smooth. Stir in remaining mustard. Reserve 200g beef and 4 halves of the onion for lunchovers. Slice remaining beef and serve with roast vegetables, spinach and gravy.

NUTRITION: (per serve) 2805kJ; 36.4g fat; 12.2g sat fat; 48.2g protein; 35g carbs; 5.1g fibre; 143mg chol; 786mg sodium.

Lunchovers for 2

Brown rice and vegetable salad with basil dressing

Serves 2
Prep 15 minutes
Cook 1 minute 30 seconds

250g packet 90-second brown rice
1 zucchini, halved lengthways, sliced
200g cooked Herb-crusted beef (reserved from recipe, opposite)
4 halves cooked onions, (reserved from recipe, opposite)
125g cherry tomatoes, halved
½ yellow capsicum, thinly sliced
2 teaspoons wholegrain mustard
1½ tablespoons red wine vinegar
1 tablespoon extra virgin olive oil
1 tablespoon finely chopped fresh basil leaves, plus whole leaves to serve

1 Microwave rice following packet directions. Transfer to a bowl. Stir in zucchini. Cover. Stand for 5 minutes.
2 Thinly slice beef. Add to rice mixture with onion, tomato and capsicum.
3 Combine mustard, vinegar, oil and basil. Add to rice mixture. Toss well to combine. Season with salt and pepper to taste. Top with basil leaves. Serve.

NUTRITION: (per serve) 2587kJ; 29.1g fat; 7.6g sat fat; 29.7g protein; 54.9g carbs; 8.4g fibre; 71mg chol; 270mg sodium.

ideas work lunch
Divide rice salad between airtight containers. Top with basil. Refrigerate until required. Remove from fridge 10 minutes before serving.





go troppo

Take a step back in time with Kim as she rediscovers this tropical tutti-frutti favourite

Pineapple upside-down cake

Serves 12
Prep 15 minutes
Cook 55 minutes
440g can pineapple slices in natural juice, drained
½ cup brown sugar
75g butter, melted
7 red glacé cherries
Extra 150g butter, softened
¾ cup caster sugar
2 teaspoons vanilla essence
2 eggs
2 cups self-raising flour
½ cup milk

1 Preheat oven to 180°C/160°C fan-forced. Grease a 6cm-deep, 22cm round cake pan. Line base and sides with 2 layers of baking paper.
2 Place pineapple slices on paper towel (you'll need 7 pineapple rings). Pat dry to remove any excess moisture. Sprinkle brown sugar over base of prepared pan. Drizzle with melted butter. Arrange pineapple over butter and sugar. Place a cherry in the centre of each pineapple ring.
3 Using an electric mixer, beat extra butter, caster sugar and vanilla for 5 minutes or until light and fluffy. Add eggs, 1 at a time, beating until combined after each addition. Gradually beat in flour and milk on low speed, until just combined. Spoon batter over pineapple in pan, spreading gently to level.
4 Bake for 55 minutes or until a skewer inserted into centre of cake comes out clean. Stand in pan for 5 minutes. Invert cake onto a baking paper-lined wire rack to cool. Serve cake warm or cold .

NUTRITION: (per serve) 1413kJ; 16.8g fat; 10.7g sat fat; 4.1g protein; 42.6g carbs; 1.3g fibre; 60mg chol; 328mg sodium. ■

RECIPE KIM COVERDALE PHOTOGRAPHY CRAIG WALL STYLING JENN TOLHURST FOOD PREPARATION AMIRA GEORGY





10 minute midweek desserts

Claire gets dessert on the table at high speed with these super-quick sweets!

Recipes & food preparation Claire Brookman **Photography** Al Richardson **Styling** Fiona Sinclair

Warm ginger and pear trifles

Serves 4
Prep 3 minutes
Cook 7 minutes

25g butter
¼ cup brown sugar
¼ cup thickened cream
410g can pear slices in juice, drained
½ x 515g ginger loaf, cut into 3cm squares
1 cup extra-thick vanilla custard
2 tablespoons roasted coconut chips

1 Place butter, sugar and cream in a small frying pan over medium heat. Cook, stirring, for 2 to 3 minutes or until melted and smooth. Bring to the boil. Boil for 2 minutes or until slightly thickened. Add pears. Stir gently to coat. Boil for a further 2 minutes or until pears are heated through.

2 Divide ½ the ginger loaf between four 1½-cup-capacity glasses. Top with ½ the custard and ½ the caramel pear mixture. Repeat layers. Serve sprinkled with coconut.

NUTRITION: (per serve) 2476kJ; 28.4g fat; 13.7g sat fat; 7.4g protein; 71.1g carbs; 2.9g fibre; 51mg chol; 1464mg sodium.

Mini coffee and hazelnut brioche ice-cream sandwiches

Serves 4
Prep 10 minutes

4 mini brioche buns, split (see note)
2 tablespoons chocolate hazelnut spread
75g dark chocolate, chopped
2 x 125ml tubs coffee gelato
¼ cup roughly chopped skinless hazelnuts

1 Spread cut side of each bun base with 2 teaspoons of hazelnut spread. Place ⅓ of the chopped dark chocolate in a microwave-safe bowl. Microwave on MEDIUM (50%) for 1 minute, stirring halfway through cooking with a metal spoon, or until melted.

2 Working quickly, place gelato in a bowl. Add remaining chopped chocolate and ¾ of the hazelnuts. Mix until just combined, but not melted.

3 Using a small ice-cream scoop, place 1 scoop of gelato mixture onto each bun base. Sandwich with bun tops. Drizzle with melted chocolate and sprinkle with remaining hazelnuts. Serve immediately.

NUTRITION: (per serve) 1878kJ; 26.2g fat; 12.2g sat fat; 8g protein; 45.6g carbs; 1.5g fibre; 13mg chol; 143mg sodium. ■

Cook's note You can find mini brioche buns in the bakery section at Coles.

super powers

Feel like starting the year afresh? Claire's good-for-you salads are packed with superfoods, so you can eat nutritious, delicious food and feel fabulous!

Recipes Claire Brookman **Photography** Andrew Young **Styling** Sarah O'Brien **Food preparation** Amira Georgy

Red capsicum is a wonder food! Just one capsicum contains five times the daily vitamin C requirement for an average adult!

heart friendly
diabetes friendly
Rainbow slaw with tahini dressing

$2.06 per serve

Takes 20 mins



Rainbow slaw with tahini dressing

Serves 4
Prep 20 minutes

¼ (350g) wombok (Chinese cabbage), finely shredded
¼ small (350g) red cabbage, finely shredded
½ red capsicum, thinly sliced
½ yellow capsicum, thinly sliced
1 medium carrot, grated
3 green onions, thinly sliced diagonally
2 tablespoons sunflower seeds

Tahini and orange dressing

¼ cup tahini
1 tablespoon rice wine vinegar
½ cup orange juice

1 Combine wombok, red cabbage, capsicum, carrot, green onion and sunflower seeds in a large bowl.
2 Make Tahini and orange dressing Whisk tahini, vinegar and orange juice together in a small bowl. Season with salt and pepper.
3 Add dressing to cabbage mixture. Toss to combine. Arrange slaw on a serving platter. Serve immediately.

NUTRITION: (per serve) 840kJ; 12.2g fat; 1.3g sat fat; 8.4g protein; 9.9g carbs; 9.5g fibre; 0mg chol; 110mg sodium.

Barley, blueberry and watercress salad

Serves 4
Prep 15 minutes
Cook 30 minutes

¾ cup pearl barley, rinsed
150g green beans, trimmed, cut diagonally into thirds
1 bunch asparagus, trimmed, cut diagonally into thirds
2 tablespoons extra virgin olive oil
⅓ cup lemon juice
2 cups watercress sprigs
125g fresh blueberries
2 tablespoons roughly chopped walnuts
60g reduced-fat fetta, roughly crumbled

1 Place barley and 3 cups cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low. Simmer for 25 to 30 minutes or until tender and liquid is almost absorbed. Drain. Rinse under cold water. Drain. Transfer to a large bowl.
2 Meanwhile, bring a saucepan of water to the boil over high heat. Cook beans and asparagus for 2 to 3 minutes or until bright green and tender. Drain. Rinse under cold water. Drain.
3 Combine oil and lemon juice in a small bowl. Add watercress, blueberries, walnuts, beans, asparagus and lemon dressing to barley. Season well with salt and pepper. Toss to combine. Transfer to a serving bowl. Top with fetta. Serve.

NUTRITION: (per serve) 1297kJ; 15.4g fat; 3g sat fat; 10g protein; 28.4g carbs; 7.9g fibre; 5mg chol; 246mg sodium. ›



Barley, blueberry and watercress salad

Both blueberries and watercress are rich in antioxidants – use them together for a delicious powerhouse salad!

Avocado, raspberry and lentil salad

Serves 4
Prep 15 minutes
Cook 25 minutes

¾ cup dried French-style lentils, rinsed
2 tablespoons pepitas
2 tablespoons roughly chopped natural almonds
125g fresh raspberries
2 tablespoons Cobram Estate Light Flavour extra virgin olive oil
1 tablespoon white balsamic vinegar
60g baby spinach, torn
2 tablespoons chopped fresh chives
1 cup fresh flat-leaf parsley leaves
1 avocado, sliced

$3.45 per serve
gluten free
Takes 40 mins
veggies per serve

high fibre
lower sodium

Avocado, raspberry and lentil salad

Avocados and raspberries contain vitamin E, which helps to boost the immune system and is important for general health.

low kilojoule
heart friendly

Marinated cauliflower and sprout salad with tomato dressing

$2.78 per serve
veg 5+ Per serve
gluten free

For a vitamin C boost, combine cauliflower and mung bean sprouts in a salad – they're both very good sources.

Broccoli is absolutely packed with vitamin C! Add spinach and zucchini for a real health kick!



1 Place lentils and 3 cups cold water in a saucepan over high heat. Bring to the boil. Reduce heat to low. Simmer for 20 minutes or until just tender and liquid is almost absorbed. Drain. Rinse under cold water. Drain. Transfer to a large bowl.
2 Meanwhile, preheat oven to 200°C/180°C fan-forced. Place pepitas and almonds on a baking paper-lined baking tray. Bake for 5 minutes or until golden and toasted.
3 Roughly crush 4 raspberries in a small bowl. Add oil and vinegar. Season with salt and pepper. Stir to combine.
4 Toss lentils, baby spinach, chives, parsley, remaining raspberries and almond mixture together in a bowl. Top with avocado and drizzle with dressing. Serve.

NUTRITION: (per serve) 1790kJ; 28.6g fat; 4.6g sat fat; 14.5g protein; 15g carbs; 16g fibre; 0mg chol; 72mg sodium.

Marinated cauliflower and sprout salad with tomato dressing

Serves 4
Prep 20 minutes (plus 1 hour standing)

2 tablespoons lemon juice
1½ tablespoons extra virgin olive oil
1 large tomato, finely diced
½ small red onion, thinly sliced
600g cauliflower, cut into small florets
1 cup mung bean sprouts, rinsed
200g snow peas, trimmed, thinly sliced
½ cup small fresh basil leaves

1 Whisk lemon juice and oil in a large bowl. Add tomato, onion and cauliflower. Season with salt and pepper. Stand for 1 hour to allow flavours to develop.
2 Toss sprouts, snow peas and basil together in a serving bowl. Spoon over dressing. Serve.

NUTRITION: (per serve) 570kJ; 7.4g fat; 1g sat fat; 6.5g protein; 8g carbs; 5.6g fibre; 0mg chol; 83mg sodium.

sfi ideas recommends
With a Brita 3-Way Water Filter Dispenser, which has levers for hot and cold water, you can wash salad ingredients in filtered water.

Broccoli salad with green goddess dressing

Serves 4
Prep 30 minutes (plus 1 hour refrigeration)

2 small zucchini, peeled into thin slices
1 small bunch English spinach, trimmed, roughly chopped
300g broccoli, cut into small florets
2 teaspoons black chia seeds

Green goddess dressing
½ avocado, chopped
2 tablespoons white wine vinegar
1 garlic clove, roughly chopped
2 green onions, thinly sliced
½ teaspoon caster sugar
2 teaspoons lemon juice
½ cup extra virgin olive oil
¼ cup plain Greek-style yoghurt
½ cup finely chopped fresh herbs (parsley, tarragon and basil)

1 Make Green goddess dressing Place avocado, vinegar, garlic, onion, sugar and lemon juice in a small food processor. Process until smooth. With motor running, add oil in a slow steady stream. Transfer to a bowl. Stir in yoghurt and herbs. Refrigerate for 1 hour.
2 Toss zucchini, spinach and broccoli together in a bowl. Transfer to a serving bowl. Dollop with dressing and sprinkle with chia seeds. Serve.

NUTRITION: (per serve) 1640kJ; 36.9g fat; 6.3g sat fat; 7.7g protein; 4.2g carbs; 7.5g fibre; 3mg chol; 55mg sodium. ■

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Funfetti angel food cake, p15

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lunchbox

Get the year off to a great start with back-to-school lunchbox ideas for the whole family



PHOTOGRAPHY CRAIG WALL STYLING MICHELLE NOERIANTO

RECIPE & FOOD PREPARATION CLAIRE BROOKMAN

Dairy- and egg-free choc-apple muffins

Makes 12
Prep 15 minutes (plus cooling time)
Cook 20 minutes

1½ cups plain flour
¼ cup cocoa powder
1 teaspoon bicarbonate of soda
½ teaspoon salt
1¼ teaspoons ground cinnamon
¾ cup raw caster sugar
⅓ cup vegetable oil
3 teaspoons white vinegar
1 teaspoon vanilla extract
1 medium granny smith apple, peeled, grated (see note)
1 tablespoon icing sugar mixture

1 Preheat oven to 170°C/150°C fan-forced. Line each hole of a 12-hole, ⅓-cup-capacity muffin pan with 2 paper cases.

2 Sift flour, cocoa, bicarb, salt and 1 teaspoon cinnamon into a bowl. Stir in caster sugar. Whisk oil, vinegar, vanilla and 1¼ cups cold water in a large jug. Add ½ the oil mixture to flour mixture. Whisk until smooth and combined. Repeat with remaining oil mixture. Stir in apple. Divide mixture among prepared pan holes.

3 Bake for 20 minutes or until tops spring back when lightly pressed. Stand in pan for 5 minutes. Transfer to a wire rack to cool.

4 Combine icing sugar and remaining cinnamon in a small bowl. Dust muffins just before serving.

NUTRITION: (each) 795kJ; 6.8g fat; 1g sat fat; 2.3g protein; 29.2g carbs; 1.1g fibre; 0mg chol; 221mg sodium. ■

Cook's note You'll need ½ cup grated apple. Using your hands, squeeze out as much liquid as possible.

what's for lunch?

In the morning scramble it's good to know you've got lunch sorted. With make-ahead tips and nutritional info, we've done the hard work for you

Recipes & food preparation Amira Georgy **Photography** Guy Bailey **Styling** Fiona Sinclair

For preschool kids

Watermelon popsicles with coconut yoghurt pots

Serves 2

Prep 15 minutes

You'll need 4 ice-cream sticks.

350g piece watermelon

Coconut yoghurt pots

170g tub low-fat coconut yoghurt

1 passionfruit, halved

6 seedless red grapes, quartered lengthways

1 Remove rind from watermelon. Cut watermelon into four 1.5cm-thick, 4cm x 9cm rectangles. Insert ice-cream sticks into the ends. Place 2 watermelon popsicles in 2 separate snap-lock bags. Refrigerate until required.

2 Make Coconut yoghurt pots Stir yoghurt until smooth. Divide between two ¾-cup-capacity plastic airtight containers with lids. Top with passionfruit pulp and grapes. Cover with lids. Refrigerate until required.

3 Place yoghurt and watermelon popsicles in lunchboxes for a snack.

NUTRITION: (per serve) 633kJ; 1.9g fat; 1g sat fat; 6.8g protein; 24g carbs; 5g fibre; 3mg chol; 48mg sodium.

ideas make ahead

Watermelon popsicles and coconut yoghurt pots can be made and refrigerated up to 1 day ahead.

$2.08 per serve

lunchbox snack

gluten free

Takes 15 mins

high fibre **lower sodium** **low saturated fat**

Watermelon popsicles with coconut yoghurt pots



For preschool kids

Mexican bento box

Makes 2 lunchboxes
Prep 25 minutes
Cook 15 minutes

½ avocado
2 teaspoons lime juice
3 grape tomatoes, quartered
125g can red kidney beans, drained, rinsed
2 tablespoons grated tasty cheese
Lime wedges, to serve

Mexican meatballs

200g chicken mince
2 tablespoons mild salsa
2 teaspoons salt-reduced taco seasoning
2 teaspoons chopped fresh coriander leaves
¼ cup packaged dried breadcrumbs
Olive oil spray

Corn chips

2 enchilada tortillas, each cut into 8 wedges
Olive oil spray
1 teaspoon salt-reduced taco seasoning

1 Make Mexican meatballs Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Combine mince, salsa, seasoning, coriander and breadcrumbs in a bowl. Using 2 teaspoons of mixture at a time, roll into 24 balls. Place on prepared tray. Spray with oil. Bake for 10 to 12 minutes or until meatballs are cooked through.

2 Make Corn chips Line a baking tray with baking paper. Place tortillas on tray. Spray with oil. Sprinkle with seasoning. Bake for 4 to 5 minutes or until golden. Cool on tray.

3 Mash avocado and lime juice in a bowl. Combine tomato, beans and cheese in a small bowl. Pack avocado mixture, tomato mixture, 6 meatballs, corn chips and lime into each of 2 lunchboxes. Refrigerate until required.

NUTRITION: (per box) 1660kJ; 21.6g fat; 6.7g sat fat; 19.8g protein; 27.7g carbs; 6.1g fibre; 38mg chol; 736mg sodium. ›

ideas make ahead

The meatballs and corn chips can be made a day ahead. Store meatballs in an airtight container in the fridge, or freeze for up to 2 months. Store corn chips in an airtight container at room temperature.



For primary school kids

Marshmallow bubble bars

Makes 20 bars

Prep 15 minutes (plus 2 hours refrigeration) **Cook** 1 minute

5 cups Rice Bubbles

2 cups (200g) vanilla marshmallows (see notes)

100g butter, chopped

50g white chocolate, melted

2 tablespoons rainbow choc chips (see notes)

1 Grease a 16cm x 26cm (base) slice pan. Line with baking paper, extending paper 2cm above edges on all sides.

2 Place Rice Bubbles in a large bowl. Place marshmallows and butter in a large microwave-safe bowl. Microwave on HIGH (100%) for 1 minute, stirring every 30 seconds or until mixture is smooth. Add to Rice Bubbles. Stir to coat well.

3 Press mixture firmly and evenly into prepared pan. Drizzle with white chocolate. Sprinkle with rainbow choc chips. Refrigerate for 2 hours or until set.

4 Cut into 20 bars. Wrap each bar in plastic wrap. Refrigerate until required.

NUTRITION: (each) 495kJ; 5.2g fat; 3.5g sat fat; 1g protein; 16.7g carbs; 0.2g fibre; 8mg chol; 98mg sodium.

Cook's notes

- You will need a 400g packet of marshmallows. Only use the white ones.
- We used the Queen brand of rainbow choc chips.

For primary school kids

Super-cool bento box

Makes 2 lunchboxes
Prep 25 minutes **Cook** 15 minutes
You'll need 6 toothpicks for this recipe.

Brown rice crackers and strawberries, to serve

Pea hummus

1 cup frozen peas
½ x 400g can chickpeas, drained, rinsed
1 tablespoon tahini
2 tablespoons lemon juice
1 tablespoon Cobram Estate Light Flavour extra virgin olive oil
2 teaspoons finely chopped fresh flat-leaf parsley leaves

Mini skewers

1 Lebanese cucumber
3 grape tomatoes, halved
30g piece gouda cheese, cut into small triangles

Ham, cheese and carrot wraps

2 sun-dried tomato and basil wraps
30g spreadable cream cheese
60g shaved ham
1 small carrot, grated

1 Make Pea hummus Cook peas following packet directions. Reserve 1 tablespoon. Place remaining peas in a food processor with chickpeas, tahini, lemon juice and oil. Process until smooth. Stir in parsley. Transfer to 2 small airtight containers (see note). Top each with reserved peas.
2 Make Mini skewers Using a vegetable peeler, peel cucumber into ribbons. Roll up each ribbon. Thread 1 cucumber ribbon, ½ tomato and 1 triangle of cheese on 1 toothpick. Repeat with remaining ingredients and toothpicks.
3 Make Ham, cheese and carrot wraps Place wraps on a flat surface. Spread all over with cream cheese. Top evenly with ham and grated carrot. Roll up to enclose. Cut each wrap into thirds.
4 Pack hummus, skewers, wraps, crackers and strawberries into 2 lunchboxes. Refrigerate until required.

NUTRITION: (per box) 1702kJ; 18.7g fat; 7.2g sat fat; 20.3g protein; 33.9g carbs; 9.6g fibre; 37mg chol; 607mg sodium. ›

Cook's note The hummus makes 1¼ cups. Any leftover hummus will keep in the fridge for up to 2 days.



For teenagers

Cheese and mustard soft pretzels

Makes 12
Prep 25 minutes
Cook 10 minutes

2½ cups self-raising flour
1 tablespoon mustard powder
2 teaspoons caster sugar
100g chilled butter, chopped
⅔ cup grated vintage cheddar
½ cup buttermilk
1 egg, lightly beaten
1 teaspoon poppyseeds
Plain flour, for dusting

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

2 Place flour, mustard powder, sugar and butter in a food processor. Process until mixture resembles fine breadcrumbs. Add cheese and buttermilk. Pulse until dough just comes together (adding a little more buttermilk, if necessary).

3 Turn out dough onto a lightly floured surface. Knead for 30 seconds or until dough is smooth. Divide dough into 12 portions. Roll out each portion into a 40cm-long log. Twist to create pretzel shape (see note). Place on prepared trays. Brush with egg and sprinkle with poppyseeds. Bake for 10 minutes or until lightly golden. Cool completely on trays. Store in an airtight container at room temperature until required. Place in lunchbox for a snack.

NUTRITION: (each) 896kJ; 10.6g fat; 6.3g sat fat; 6.2g protein; 22.8g carbs; 1.2g fibre; 35mg chol; 322mg sodium.

Cook's note Arrange each log into a horseshoe shape with ends towards you. Twist ends over twice. Fold twisted ends up to meet curve.

ideas freezer tip

These pretzels freeze beautifully, simply wrap individually in plastic wrap, then foil. They can be frozen for up to 3 months.





For teenagers

Aussie bento box

Makes 2 lunchboxes
Prep 20 minutes (plus cooling)
Cook 30 minutes
Beetroot dip, celery sticks and cooked corn cobs, to serve

Meatloaf sandwich
200g beef mince
2 garlic cloves, crushed
½ zucchini, grated
1 egg, lightly beaten
1 tablespoon Worcestershire sauce
1 tablespoon chopped fresh flat-leaf parsley leaves
¼ cup dried breadcrumbs
¼ cup smokey barbecue sauce
2 wholemeal damper rolls, split
4 baby cos lettuce leaves
2 tablespoons tomato relish

Fruit and yoghurt salad
1 cup vanilla yoghurt
50g raspberries
50g blueberries
1 tablespoon coconut chips

1 Make Meatloaf sandwich Preheat oven to 200°C/180°C fan-forced. Line a baking tray with sides with baking paper. Combine mince, garlic, zucchini, egg, Worcestershire sauce, parsley, breadcrumbs and 1 tablespoon barbecue sauce in a bowl. Season with salt and pepper. Shape into a 6cm x 15cm log and place on prepared tray. Bake for 30 minutes or until cooked though. Allow to cool. Cut into 6 slices. Top roll bases with lettuce, relish, meatloaf and remaining barbecue sauce. Top with roll tops. Wrap in plastic wrap. Refrigerate until required.

2 Make Fruit and yoghurt salad Divide yoghurt between two ¾-cup capacity airtight containers with lids. Top with raspberries, blueberries and coconut chips. Cover with lids. Refrigerate until required.

3 Place sandwiches, fruit salad, beetroot dip, celery and cooked corn in lunchboxes. Refrigerate until required.

NUTRITION: (per box) 3852kJ; 25.8g fat; 11.5g sat fat; 48.2g protein; 115.9g carbs; 9.6g fibre; 170mg chol; 1705mg sodium. ›

For adults

Cottage pie patties

Serves 2
Prep 15 minutes (plus 15 minutes refrigeration) **Cook** 15 minutes

3 teaspoons extra virgin olive oil
1 eschalot, thinly sliced
½ small carrot, grated
150g beef mince
2 teaspoons tomato paste
¼ cup frozen peas
1 tablespoon chopped fresh flat-leaf parsley leaves
¾ cup cold mashed potato
¼ cup plain flour
Tzatziki, mixed salad leaves and halved cherry tomatoes, to serve

1 Heat 1 teaspoon oil in a medium saucepan over medium-high heat. Add eschalot and carrot. Cook, stirring, for 2 minutes or until eschalot softens. Add mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add tomato paste and 2 tablespoons cold water. Cook for 1 minute. Stir in peas. Cook for 1 minute or until peas are bright green and tender. Transfer to a large heatproof bowl. Cool for 5 minutes. Add parsley, mashed potato and flour. Stir to combine. Shape mixture into 6 patties. Place on a baking tray. Refrigerate for 15 minutes or until firm.

2 Heat remaining oil in a large frying pan over medium-low heat. Cook patties for 2 to 3 minutes each side or until golden. Transfer to a plate lined with paper towel to drain. Allow to cool. Place in an airtight container. Refrigerate until required.

3 Divide patties between 2 lunchboxes. Serve with tzatziki, salad and tomatoes.

NUTRITION: (per serve) 2049kJ; 27.6g fat; 7.6g sat fat; 25.5g protein; 31.9g carbs; 5.6g fibre; 50mg chol; 225mg sodium.

lunchbox
$1.53 per serve
veg per serve
Takes 45 mins
high fibre
lower sodium

Cottage pie patties



healthy | **lower GI**
heart friendly
diabetes friendly

Chicken, date and barley salad with preserved lemon dressing

For adults

Chicken, date and barley salad with preserved lemon dressing

Serves 2
Prep 10 minutes **Cook** 25 minutes

⅔ cup pearl barley, rinsed
1 cup shredded cooked chicken
6 medjool dates, seeds removed, chopped
4 red radishes, thinly sliced
80g baby spinach
¼ cup fresh coriander leaves
2 pieces (40g) preserved lemon, flesh discarded, rind mashed
1½ tablespoons extra virgin olive oil
½ teaspoon ground cumin

1 Cook barley in a saucepan of boiling water for 25 minutes or until just tender. Drain. Rinse under cold water. Drain. Allow to cool. Divide between 2 airtight containers. Add chicken, dates, radish, spinach and coriander. Refrigerate until required.
2 Combine preserved lemon, oil and cumin in a small bowl. Divide between 2 small containers with lids. Season with pepper. Refrigerate until required.
3 When ready to serve, add dressing to barley mixture. Toss to combine.

NUTRITION: (per serve) 2290kJ; 20.7g fat; 3.6g sat fat; 25.2g protein; 60.2g carbs; 12g fibre; 56mg chol; 245mg sodium. ■

sfi

Write in and WIN!

For a summer picnic or the school backpack, this Tupperware Coastal picnic set, $185, is all you need – and we have three to give away! Visit bestrecipes.com.au and tell us, in 25 words or less, what's your favourite picnic recipe and why, to be in the running to win.

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snack in the box

Looking for something new and exciting to add to the kids' lunchboxes? Look no further! Best Recipes members have snack time sorted with these easy makes and bakes



> "Dead-easy recipe to follow and prepare. Mine took a little longer (about an hour) in the oven than stated. It's super moist and very more-ish. Definitely a keeper, thanks!" ***– Stardaze***

"I really love this recipe. I've made it a few times and it's turned out beautifully each time. It's much nicer straight out of the fridge. I've also made it with apple and pear together." ***– Irena72***

"I made this exactly as per Kimbe's recipe and was really pleased with the results. Highly recommended!" ***– Sriddle***

Rating: ★ ★ ★ ★ ★
44 reviews

Moist apple loaf

Submitted by Kimbe
Serves 8
Prep 15 minutes (plus 10 minutes standing, and cooling)
Cook 50 minutes

1½ cups self-raising flour
1 teaspoon mixed spice
1 teaspoon bicarbonate of soda
¼ cup brown sugar
½ cup caster sugar
2 large apples, peeled, grated
½ cup vegetable oil
2 eggs, lightly beaten

1 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 11cm x 21cm loaf pan. Line base and 2 long sides with baking paper, extending paper 2cm above edges.
2 Sift flour, spice and bicarb into a bowl. Stir in sugars. Make a well in the centre. Add remaining ingredients. Mix well to combine. Pour into prepared pan. Level top.
3 Bake for 50 minutes or until golden and a skewer inserted into centre comes out clean. Stand in pan for 10 minutes. Transfer to a wire rack to cool completely. Serve.

NUTRITION: (per serve) 1398kJ; 16g fat; 2.3g sat fat; 4.4g protein; 43.6g carbs; 2g fibre; 47mg chol; 372mg sodium.

PHOTOGRAPHY GUY BAILEY STYLING FIONA SINCLAIR FOOD PREPARATION AMIRA GEORGY

BestRecipes.com.au

"I was expecting savoury muffins, but these are more sweet. They have to be one of the nicest muffins I have ever tasted – the dates are the stand-out flavour and they go with the carrot and zucchini perfectly. Will be making another batch very soon." *– Lanalee*

"Loved this recipe... so did the kids. Thumbs up!" *– Kyle0403*

"Beautiful recipe, I love dates and am a fan of the muffins. I also tried another member's suggestion of using pineapple in place of half the dates, and it was delicious as well. Thanks." *– Yakoodle*

Rating: ★ ★ ★ ★ ★
23 reviews

Carrot, zucchini and date muffins

Submitted by Mirjam
Makes 12
Prep 20 minutes (plus 5 minutes standing, and cooling) **Cook** 20 minutes

1⅔ cups self-raising flour
½ teaspoon bicarbonate of soda
1 teaspoon ground cinnamon
½ cup brown sugar
1 cup grated carrot
1 cup grated zucchini
1½ cups pitted dried dates, chopped
90g butter, melted
½ cup milk
2 eggs, lightly beaten

1 Preheat oven to 200°C/180°C fan-forced. Line a 12-hole, ⅓-cup-capacity muffin pan with paper cases.

2 Sift flour, bicarb and cinnamon into a bowl. Stir in sugar, carrot, zucchini and dates. Make a well in the centre. Add butter, milk and egg. Mix with a wooden spoon until just combined. Spoon evenly among holes of prepared pan.

3 Bake for 20 minutes or until muffins are golden and just firm to touch. Stand in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.

NUTRITION: (each) 1000kJ; 7.6g fat; 4.6g sat fat; 4.1g protein; 37.5g carbs; 3.7g fibre; 43mg chol; 275mg sodium. ›

$0.32 each
lunchbox
high fibre
Carrot, zucchini and date muffins



Apricot and sultana balls



Passionfruit muffins

“My three-year old loves these fruit balls! They are easy to make, easy to store and great for the lunchbox. Thanks for the recipe, it’s one I will be making again and again!” — ***MistyH***

“I make these for my granddaughter all the time. I usually don’t put the honey in, as I think they are sweet enough (or she thinks so). And yes, I have used all different dried fruit.” — ***Viv Loane***

Rating: ★ ★ ★ ★ ★
17 reviews

“The muffins were so easy and quick to make, my three-year-old mixed it all together. All muffins were gone in a flash, eaten by the neighbourhood kids who could smell them cooking! They are really yummy.” — ***Occymum***

“My family love these muffins. I can’t get enough passionfruit off my vine quickly enough to make more. They freeze well, great for the school lunchbox.” — ***Tamfish***

“I added a dollop of lemon curd to the middle of the batter before baking. Yum!” — ***Teepot***

Rating: ★ ★ ★ ★ ★
29 reviews

Apricot and sultana balls

Submitted by Melissa
Makes 24
Prep 25 minutes (plus cooling)
Cook 10 minutes
1 cup dried apricots
⅔ cup sultanas
1 cup apple juice
8 Weet-Bix
¼ cup honey
1 cup desiccated coconut

1 Place apricots, sultanas and apple juice in a small saucepan over medium-high heat. Bring to a simmer. Simmer for 10 minutes or until apricots have softened. Set aside to cool completely.
2 Using a food processor, process Weet-Bix until finely crushed. Add undrained apricot mixture and honey. Process until combined. Roll 3 level teaspoons of mixture into a ball. Roll in coconut to coat. Repeat with remaining apricot mixture and coconut (see note). Serve.

NUTRITION: (each) 348kJ; 2.1g fat; 1.8g sat fat; 1.3g protein; 14.1g carbs; 1.8g fibre; <1mg chol; 22mg sodium.

Cook’s note Store balls in the fridge in an airtight container for up to 1 week.

Passionfruit muffins

Submitted by Bjthedj **Makes** 12
Prep 15 minutes (plus 5 minutes standing, and cooling) **Cook** 20 minutes
2 eggs
½ cup caster sugar
1 cup plain yoghurt
60g butter, melted
½ cup desiccated coconut
1½ cups self-raising flour
½ cup passionfruit pulp (see note)

1 Preheat oven to 180°C/160°C fan-forced. Line a 12-hole, ⅓-cup-capacity muffin pan with paper cases.
2 Whisk eggs and sugar in a large bowl until combined. Add yoghurt and butter. Mix well to combine. Add coconut, flour and passionfruit pulp. Mix gently to combine. Spoon evenly among holes of prepared pan.
3 Bake for 15 to 20 minutes or until muffins are golden and firm to touch. Stand muffins in pan for 5 minutes. Turn out onto a wire rack to cool. Serve.

NUTRITION: (each) 783kJ; 7.9g fat; 5.3g sat fat; 4.4g protein; 23.3g carbs; 2.6g fibre; 42mg chol; 186mg sodium.

Cook’s note You’ll need about 6 passionfruit for this recipe.



Rice Bubble and sultana biscuits

Submitted by Lovemycooking!
Makes 30
Prep 15 minutes (plus cooling)
Cook 12 minutes

1 cup self-raising flour
1 cup Rice Bubbles
1 cup desiccated coconut
½ cup sultanas
¾ cup caster sugar
125g butter, melted
1 egg, lightly beaten

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

2 Place flour, Rice Bubbles, coconut, sultanas and caster sugar in a bowl. Stir in butter and egg. Mix well. Roll level tablespoons of mixture into balls. Place, 6cm apart, on prepared trays. Flatten biscuits slightly with a fork (see note).
3 Bake for 10 to 12 minutes or until lightly browned. Cool biscuits on trays.

NUTRITION: (each) 413kJ; 5.3g fat; 3.7g sat fat; 1g protein; 11.9g carbs; 0.7g fibre; 12mg chol; 75mg sodium.

Cook's note Uncooked biscuit dough can be frozen for up to 2 months.

"We loved these. I omitted the sultanas and added white chocolate chips instead – the biscuits tasted a bit like Raffaellos. They freeze well for lunchbox treats. Will absolutely make these again." *– Crazymumma81*

"Even my family members who don't like sultanas love these. They are very easy to make and taste great. The only complaint I have is that I cannot stop at one!" *– Cjg003*

"These biscuits are delightful, so quick and easy. Was able to make them while I was on call. *– Kazza8*

***Rating:* ★ ★ ★ ★ ★**
51 reviews

freezer fillers

Use our basic dough to whip up a batch or two of these handy lunchbox snacks, then stock up your freezer for last-minute ease

Recipes Amira Georgy **Photography** Craig Wall **Styling** Michelle Noerianto **Food preparation** Claire Brookman

Sweet empanadas two ways

Makes 24 (12 of each filling)
Prep 30 minutes (plus 45 minutes proving, and cooling) **Cook** 20 minutes

1 quantity Basic dough (see recipe, below)
Plain flour, for dusting
1 egg, lightly beaten

Apple and sultana filling

½ x 400g can sliced pie apple, drained, roughly chopped
2 tablespoons sultanas
½ teaspoon ground cinnamon
2 teaspoons brown sugar

Raspberry and coconut filling

½ cup moist coconut flakes
¼ cup raspberry jam
50g cream cheese, softened

1 Place dough in a lightly oiled bowl. Cover with greased plastic wrap. Stand in a warm place for 45 minutes or until doubled in size. Divide dough evenly into 24 balls. Cover with a clean tea towel.

2 Make Apple and sultana filling Preheat oven to 220°C/200°C fan-forced. Grease a large baking tray. Line with baking paper. Combine all ingredients in a medium bowl. Using a rolling pin lightly dusted with flour, roll out 1 dough ball to a 9cm round. Place 2 teaspoons of apple mixture in centre of round. Brush edge with egg. Fold over to enclose filling. Using a fork, press edge together to seal. Place on prepared tray. Repeat with 11 remaining dough balls and apple mixture to make 12 in total. Brush with egg. Bake for 8 to 10 minutes or until golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.



Basic dough

Makes 1 quantity
Prep 10 minutes

1¼ cups bread and pizza flour
½ cup wholemeal plain flour
½ teaspoon salt
¾ cup milk, warmed
7g sachet dry yeast
1 tablespoon olive oil
Extra bread and pizza flour, to dust

1 Combine flours and salt in a large bowl. Place milk and yeast in a medium jug. Stir well to combine. Make a well in centre of flour mixture. Add yeast mixture and oil. Using a flat-bladed knife, gently stir until a dough forms. Turn out dough onto a lightly floured surface. Knead for 7 to 8 minutes or until smooth.

3 Make Raspberry and coconut filling Grease a large baking tray. Line with baking paper. Combine coconut, jam and cream cheese in a medium bowl. Using a rolling pin lightly dusted with flour, roll out 1 remaining dough ball to a 9cm round. Place 2 teaspoons of coconut mixture in centre of round. Brush edge with egg. Fold over to enclose filling. Using a fork, press edge together to seal. Place on prepared tray. Repeat with 11 remaining dough balls and coconut mixture to make 12 in total. Brush with egg. Bake for 8 to 10 minutes or until golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.

NUTRITION: (for each Apple and sultana epanada) 306kJ; 1.6g fat; 0.5g sat fat; 2.2g protein; 12.1g carbs; 1.1g fibre; 16mg chol; 51mg sodium. (for each Raspberry and coconut epanada) 456kJ; 4.2g fat; 2.4g sat fat; 2.6g protein; 14.5g carbs; 1g fibre; 21mg chol; 78mg sodium.

ideas freezer tip

To freeze Place empanadas in a large snap-lock bag. Freeze for up to 1 month.
To thaw Place in fridge overnight.

Mini pizzas two ways

Makes 8 pizzas (4 of each topping)
Prep 20 minutes (plus 45 minutes proving, and cooling) **Cook** 20 minutes

1 quantity Basic dough (see recipe, opposite)
Plain flour, for dusting

Hawaiian pizzas
2 tablespoons barbecue sauce
225g can pineapple slices in juice, drained well
4 slices leg ham
⅔ cup grated tasty cheese
½ teaspoon dried oregano

Margherita pizzas
2 tablespoons tomato paste
1 garlic clove, crushed
⅔ cup grated tasty cheese
6 cherry tomatoes, quartered
½ teaspoon dried oregano

1 Divide dough evenly into 8 balls. Place onto 2 lightly oiled plates. Cover with a warm damp tea towel. Stand in a warm place for 45 minutes or until balls have doubled in size.

2 Make Hawaiian pizzas Preheat oven to 220°C/200°C fan-forced. Grease a large baking tray. Line with baking paper. Using a rolling pin lightly dusted with flour, roll out 1 dough ball to an 8cm circle. Place on prepared tray. Spread with 2 teaspoons barbecue sauce. Top with 1 pineapple slice, 1 slice of ham and ¼ of the cheese. Sprinkle with a little oregano. Repeat with 3 dough balls and remaining ingredients. Bake for 8 to 10 minutes or until bases are golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.

3 Make Margherita pizzas Grease a large baking tray. Line with baking paper. Using a rolling pin lightly dusted with flour, roll out 1 remaining dough ball to an 8cm circle. Place on prepared tray. Combine tomato paste and garlic. Spread with 2 teaspoons tomato paste mixture. Sprinkle with 1 tablespoon cheese. Top with ¼ of the tomato and 1 more tablespoon cheese. Sprinkle with a little oregano. Repeat with remaining dough balls and ingredients. Bake for 8 to 10 minutes or until bases are golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.

NUTRITION: (for each Hawaiian pizza) 1268kJ; 11.2g fat; 5.7g sat fat; 14g protein; 34.9g carbs; 3.2g fibre; 32mg chol; 615mg sodium. (for each Margherita pizza) 1036kJ; 10.3g fat; 5.3g sat fat; 10.5g protein; 26.4g carbs; 3.6g fibre; 22mg chol; 335mg sodium. ›

ideas freezer tip

To freeze Wrap cooked pizzas in plastic wrap, then foil. Freeze for up to 1 month.
To thaw Place in fridge overnight.





Scrolls two ways

Makes 16 (8 of each flavour)
Prep 25 minutes (plus 45 minutes proving, and cooling) **Cook** 30 minutes

1 quantity Basic dough (see recipe, p70)
Plain flour, for dusting
1 egg, lightly beaten

Vegemite and cheese

20g butter, softened
¼ cup Vegemite Cheesybite
1 cup grated tasty cheese

Cheese and spinach

125g frozen spinach, thawed
150g fresh ricotta
50g fetta, crumbled
2 tablespoons shredded fresh basil leaves

1 Divide dough in half. Knead each half into a ball. Place each dough ball in a lightly oiled bowl. Cover with greased plastic wrap. Stand in a warm place for 45 minutes or until doubled in size.

2 Make Vegemite and cheese scrolls Preheat oven to 200°C/180°C fan-forced. Grease a baking tray. Line with baking paper. Using a rolling pin lightly dusted with flour, roll out 1 dough ball to form a 22cm x 33cm rectangle. Spread with butter and Cheesybite. Sprinkle with ¾ of the cheese. Roll up from 1 long side to enclose filling. Trim ends. Cut evenly into 8 pieces. Place scrolls, cut-side up, 3cm apart, on prepared tray. Flatten slightly until 2cm thick. Brush with egg. Sprinkle with remaining cheese. Bake for 12 to 15 minutes or until golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.

3 Make Cheese and spinach scrolls Grease a baking tray. Line with baking paper. Squeeze excess liquid from spinach. Combine spinach, ricotta, fetta and basil in a bowl. Using a rolling pin lightly dusted with flour, roll out remaining dough ball to form a 22cm x 33cm rectangle. Spread with ricotta mixture. Roll up from 1 long side to enclose filling. Trim ends. Cut evenly into 8 pieces. Place scrolls, cut-side up, 3cm apart, on prepared tray. Flatten slightly until 2cm thick. Brush with egg. Bake for 12 to 15 minutes or until golden. Cool on tray for 5 minutes. Transfer to a wire rack to cool completely.

NUTRITION: (for each Vegemite and cheese scroll) 740kJ; 10.2g fat; 6.1g sat fat; 7.3g protein; 13.4g carbs; 1.3g fibre; 20mg chol; 306mg sodium. (for each Cheese and spinach scroll) 549kJ; 5.8g fat; 2.9g sat fat; 6g protein; 12.9g carbs; 1.9g fibre; 32mg chol; 205mg. ■

ideas freezer tip

To freeze Wrap cooked scrolls individually in plastic wrap, then foil. Freeze for up to 1 month.
To thaw Place in fridge overnight.

weekend

A Chinese New Year feast, new-look lamingtons and macadamia-loving recipes



saucy selfie

Gooey and delicious, Claire's microwave pudding is a chocoholic's delight!

RECIPE CLAIRE BROOKMAN PHOTOGRAPHY CRAIG WALL STYLING SARAH O'BRIEN FOOD PREPARATION AMIRA GEORGY

Microwave choc-hazelnut self-saucing pudding

Serves 6
Prep 15 minutes **Cook** 15 minutes

60g butter, chopped
⅔ cup milk
1¼ cups self-raising flour
½ cup brown sugar
¼ cup Dutch-processed cocoa
½ x 180g block dark chocolate, roughly chopped
½ cup roughly chopped skinless hazelnuts
Extra Dutch-processed cocoa, roughly chopped hazelnuts and vanilla ice-cream, to serve

Sauce
1 tablespoon Dutch-processed cocoa
⅓ cup brown sugar
1¾ cups boiling water

1 Place butter and milk in a microwave-safe jug. Microwave on HIGH (100%) for 1 minute 20 seconds, stirring halfway through, or until butter has melted.
2 Combine flour, sugar, cocoa, chocolate and hazelnuts in a medium bowl. Add milk mixture to flour mixture. Stir to combine. Spoon mixture into a 6cm-deep, 8-cup-capacity, microwave-safe dish. Level top with a spatula.
3 Make Sauce Combine cocoa, sugar and boiling water in a heatproof jug.
4 Pour sauce over the back of a large metal spoon to cover pudding batter. Sit dish on an upturned microwave-safe plate. Cook, uncovered, on MEDIUM (50%) for 12 to 14 minutes or until a skewer inserted into edge of pudding comes out clean. Stand for 1 minute. Dust with extra cocoa and sprinkle with extra chopped hazelnuts. Serve with vanilla ice-cream.

NUTRITION: (per serve) 2411kJ; 31g fat; 13.6g sat fat; 9.8g protein; 64.2g carbs; 3g fibre; 23mg chol; 334mg sodium. ■

glamouring the LAMINGTON



Chocolate, jam, coconut. Add some glitz to the flavours of this cake-shop classic – meet the Pavlington, the Inside-out, the Ice-pop

Recipes Kim Coverdale & Amira Georgy **Photography** Craig Wall & Andrew Young
Styling Michelle Noerianto & Fiona Sinclair **Food preparation** Claire Brookman

Inside-out lamingtons

Makes 24
Prep 40 minutes (plus cooling, overnight standing and 1 hour refrigeration)
Cook 25 minutes
You'll need to start this recipe the day before serving.

6 eggs
¾ cup caster sugar
1 teaspoon vanilla extract
½ cup cocoa powder
½ cup self-raising flour
½ cup plain flour
30g butter, melted, cooled
1½ x 150g packets chocolate sprinkles

Raspberry cream
300ml thickened cream
1½ tablespoons icing sugar mixture
50g sachet coconut milk powder
70g fresh raspberries, chopped

White icing
9 cups pure icing sugar, sifted
30g butter, finely chopped
1 cup boiling water

1 Preheat oven to 180°C/160°C fan-forced. Grease and line a 5.5cm deep, 23cm x 33cm (top) roasting pan.
2 Using an electric mixer, beat eggs, sugar and vanilla until thick and creamy.
3 Meanwhile, sift cocoa and flours 3 times into a bowl. Add cocoa mixture to egg mixture. Fold gently to combine. Fold in butter. Pour into prepared pan. Level top.
4 Bake for 25 minutes or until a skewer inserted into centre of cake comes out clean. Cool in pan for 2 minutes. Turn out onto a baking paper-lined wire rack to cool completely. Cover with a clean tea towel. Set aside overnight (see note).
5 Make Raspberry cream Using an electric mixer, beat cream, sugar and coconut milk powder until mixture forms firm peaks. Fold in raspberries.
6 Cut cake lengthways into 4. Cut each piece into 6 equal squares. Split each square in half. Divide raspberry cream among ½ the cakes. Sandwich with remaining cake tops. Refrigerate for 10 minutes.
7 Make White icing Combine ½ the sugar, ½ the butter and ½ the boiling water in a bowl, stirring until smooth. Place 2 wire racks over 2 large baking paper-lined baking trays. Place cakes on wire racks. Using a large metal spoon, carefully pour icing over each cake to completely cover. Refrigerate for 10 minutes or until icing is firm. Turn cakes over. Spread a small amount of icing over each base to cover. Refrigerate for 10 minutes or until firm. Turn cakes over.
8 Combine remaining sugar, butter and boiling water in a bowl, stirring until smooth. Using a large metal spoon, carefully pour icing over 1 cake to completely cover. Lightly sprinkle top and sides with sprinkles. Repeat with remaining cakes. Refrigerate for 30 minutes or until icing is firm. Serve.

NUTRITION: (each) 1482kJ; 10.3g fat; 6.4g sat fat; 3.4g protein; 61.6g carbs; 0.5g fibre; 63mg chol; 71mg sodium. ›

Cook's note The cake is best made the day before icing, otherwise it may crumble while being iced.

To get the icing thick enough to hold the cake, you'll need to double-coat the lamingtons.

$0.78 each

Inside-out lamingtons

Pavlington

Serves 10
Prep 20 minutes (plus cooling)
Cook 1 hour 35 minutes

6 egg whites
1½ cups caster sugar
2 teaspoons vanilla extract
2 teaspoons cornflour
Pinch of cream of tartar
1 teaspoon white vinegar
2 tablespoons moist coconut flakes
300ml thickened cream, whipped
½ cup raspberry jam, warmed, strained
Fresh raspberries and extra moist coconut flakes, to decorate

Chocolate sauce

½ x 180g block dark chocolate, chopped
¾ cup thickened cream

1 Preheat oven to 200°C/180°C fan-forced. Grease a large baking tray. Trace a 20cm-diameter circle onto baking paper. Place, marked-side down, on prepared tray.
2 Using an electric mixer, beat egg whites until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, beating until sugar has dissolved after each addition. Add vanilla, cornflour, cream of tartar and vinegar. Beat for 1 minute or until combined. Using marked circle as a guide, spoon mixture onto prepared tray. Sprinkle coconut all over round.
3 Place pavlova in oven. Reduce oven to 120°C/100°C fan-forced. Bake for 1½ hours or until just firm to touch. Turn off oven. Cool in oven with door ajar (see note).
4 Make Chocolate sauce Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%) for 1 to 2 minutes, stirring with a metal spoon halfway through cooking, or until smooth and combined. Set aside to cool.
5 Place pavlova on a serving plate. Dollop with whipped cream. Drizzle with jam and top with raspberries. Drizzle with ½ the chocolate sauce and sprinkle with extra coconut. Serve immediately, with remaining chocolate sauce.

NUTRITION: (per serve) 1777kJ; 22.2g fat; 14.3g sat fat; 4.1g protein; 53.5g carbs; 0.9g fibre; 51mg chol; 66mg sodium.

Cook's note Pavlova is best made on the day of serving. Keep in a cool, dry place until ready to decorate.

The cornflour and vinegar help stabilise the meringue, and create that lovely chewy centre.

$0.84 per serve

Pavlington

These lamington-flavoured ice-pops will make the perfect treat on Australia day!

$0.83 each

Lamington ice-pops

Lamington ice-pops

Makes 36

Prep 30 minutes (10 minutes standing, 15 minutes cooling, and freezing)

Cook 3 minutes

You'll need 36 wooden ice-cream sticks or decorative straws. This recipe must be started the day before serving.

2 litres vanilla ice-cream
¼ cup strawberry jam
3 x 180g blocks dark chocolate, chopped
1½ x 220g blocks milk chocolate, chopped
250g packet shredded coconut

1 Grease a 19cm square cake pan. Line base and sides with baking paper, extending paper 3cm above edges of pan.

2 Place ice-cream in a large bowl. Set aside for 10 minutes to soften slightly (don't allow ice-cream to completely melt). Fold jam through ice-cream to create a marbled effect. Spoon mixture into prepared pan. Level with a spatula. Insert sticks evenly into ice-cream in rows of 6 x 6. Freeze overnight.

3 Remove ice-cream from freezer. Stand for 2 minutes before removing from pan. Working quickly, cut ice-cream into squares, with a stick in the centre of each square. Place onto a baking paper-lined tray. Return to freezer immediately. Freeze for 2 hours.

4 Place chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 2 to 3 minutes, stirring every 30 seconds with a metal spoon, or until melted. Set aside to cool for 10 to 15 minutes.

5 Place coconut in a bowl. Working in groups of 3 (see note), dip 1 ice-pop at a time into chocolate to coat all over and quickly press each side into coconut to cover. Return to freezer immediately. Repeat with remaining ice-pops. Serve.

NUTRITION: (each) 1004kJ; 14.2g fat; 10.1g sat fat; 3.3g protein; 24.5g carbs; 0.3g fibre; 7mg chol; 29mg sodium. ›

Cook's note Keep remaining ice-pops in the freezer so that they don't start to melt.

Pink lamington jelly cakes

Makes 24
Prep 30 minutes (plus 3 hours refrigeration and 35 minutes standing) **Cook** 15 minutes

85g packet raspberry jelly crystals
1 cup boiling water
Canola oil spray
Plain flour, for dusting
3 eggs
½ cup caster sugar
1 teaspoon vanilla extract
¼ cup self-raising flour
¼ cup plain flour
¼ cup cornflour
2 cups desiccated coconut
¾ cup thickened cream

Chocolate filling

½ x 180g block dark chocolate, chopped
⅓ cup thickened cream

1 Place jelly crystals in a heatproof jug. Add boiling water. Stir until crystals have dissolved. Stir in 200ml cold water. Stand for 5 minutes to cool slightly. Refrigerate for 1 hour or until mixture becomes a thick, syrupy consistency.
2 Meanwhile, preheat oven to 170°C/150°C fan-forced. Spray 4 x 12-hole, 1½ tablespoon-capacity, round-based patty pans with oil. Dust lightly with flour. Using an electric mixer, beat eggs and sugar for 8 to 10 minutes or until thick and creamy. Add vanilla. Beat to combine.
3 Meanwhile, sift flours together 3 times into a bowl. Sift flour mixture over egg mixture. Fold gently to combine. Divide mixture evenly among holes of prepared pans (about 3 level teaspoons per hole).
4 Bake for 12 to 15 minutes or until cakes are just firm to touch. Stand in trays for 1 minute. Carefully lift cakes out of holes (see note) and transfer to a baking paper-lined wire rack to cool completely.
5 Line a large baking tray with baking paper. Place coconut in a bowl. One at a time, dip cakes into jelly, then toss in coconut to coat all over. Place on prepared tray. Refrigerate for 2 hours or until set.
6 Meanwhile, make Chocolate filling Place chocolate and cream in a microwave-safe bowl. Microwave on HIGH (100%) for 1 minute or until smooth and combined. Set aside for 30 minutes or until thickened.
7 Meanwhile, using an electric mixer, beat cream until firm peaks form.
8 Place cakes on a flat surface, flat-side up. Divide chocolate filling evenly among ½ of the cakes. Divide whipped cream evenly among remaining cakes. Sandwich cakes together, pressing gently to secure. Serve immediately, or refrigerate until required.

NUTRITION: (each) 649kJ; 10.1g fat; 7.2g sat fat; 2.2g protein; 13.8g carbs; 1g fibre; 35mg chol; 32mg sodium.

Cook's note Use a small knife to help loosen cakes from pan. Don't leave the cakes in the pans for too long or they will stick, making them hard to get out.



Pink lamington jelly cakes

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feast of fortune

Celebrate Chinese New Year with these delicious dishes, promoting health, prosperity and luck for the year ahead

Recipes Liz Macri **Photography** Guy Bailey **Styling** Sarah O'Brien
Food preparation Claire Brookman **Words** Cara Zaetta-Thomas

Chinese New Year, or the Spring Festival, marks the first day of the new year in the Chinese calendar, and is a celebration that lasts for about two weeks. Festivities include street parades with dancing and music, arts and crafts markets, vibrant displays of Chinese lanterns, firecrackers and fireworks, and lots of food!

Eating for good luck

Food plays a major role in Chinese New Year celebrations, and families will come together to enjoy a traditional festive feast. Specific foods and dishes are chosen for their symbolism and what they represent.

Spring rolls and dumplings are popular choices because of their resemblance to gold bars and bouillon, symbolising wealth. Legend has it that the more dumplings you eat during new year festivities, the more money you will make in the coming year! Spring rolls and dumplings are often served with lucky lettuce wraps, as the Cantonese word for lettuce is similar in sound to rising fortune.

Noodles represent a long life, so the longer, the better – it's bad luck to cut them when making Longevity noodles.

The whole family

Symbolising good marriage and the coming together of families, chicken is traditionally served whole, with the head, tail and feet, emphasising completeness of the family unit. For this reason, it's important to serve the bird whole, then carve it at the table.

More fish!

The Chinese word for fish is similar to the word for surplus, and Chinese people believe a surplus at the end of each year is good luck. With this in mind, fish is served as the last dish of the meal, with some being left behind. Fish is also served whole, with the head and tail attached, symbolising a good beginning and ending for the year ahead. ›

Displaying oranges during Chinese New Year is said to bring wealth and luck, and the leaves symbolise longevity.

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www.oriental.com.au

Pork spring rolls in lettuce leaves

Makes 12
Prep 25 minutes
Cook 15 minutes

1 tablespoon vegetable oil
250g pork mince
2 garlic cloves, crushed
2 cups finely shredded wombok (Chinese cabbage)
1 large carrot, coarsely grated
1 tablespoon soy sauce
1½ tablespoons hoisin sauce
1 teaspoon white sugar
Large pinch of ground black pepper
50g dried rice vermicelli noodles
1 tablespoon cornflour
12 frozen large spring roll wrappers, thawed (we used 21.5cm square wrappers)
Vegetable oil, for shallow-frying
Iceberg lettuce leaves and hot chilli sauce, to serve

1 Heat oil in a wok over high heat. Stir-fry pork and garlic for 2 minutes or until pork is browned. Add cabbage, carrot, soy, hoisin sauce, sugar and pepper. Stir-fry for 2 minutes or until just softened. Transfer pork mixture to a large bowl. Wash and dry wok.
2 Meanwhile, place noodles in a heatproof bowl. Cover with boiling water. Stand for 1 to 2 minutes or until tender. Using a fork, separate noodles. Drain. Rinse under cold water. Using scissors, cut noodles into 5cm lengths. Add noodles to pork mixture. Toss to combine.
3 Place cornflour and ¼ cup cold water in a bowl. Mix well to combine.
4 Place 1 spring roll wrapper, with 1 corner facing you, on a flat surface. Place 2 tablespoons of pork mixture in centre. Spread some cornflour mixture over top corner. Fold in sides of wrapper. Fold over the bottom corner. Roll up from bottom to top, to enclose filling. Repeat to make 12 spring rolls.
5 Pour enough vegetable oil into clean wok to come 5mm up side. Heat over high heat. Shallow-fry spring rolls, in batches, turning the rolls during cooking to colour evenly, for 2 to 3 minutes or until golden. Transfer to a large plate lined with paper towel to drain. Serve spring rolls in lettuce leaves, with chilli sauce.

NUTRITION: (each) 830kJ; 11.4g fat; 2g sat fat; 6.4g protein; 17g carbs; 1.6g fibre; 11mg chol; 283mg sodium.

Prawn and ginger dumplings

Makes 30
Prep 40 minutes **Cook** 20 minutes

250g peeled green prawns
3cm piece fresh ginger, peeled, finely grated
2 green onions, thinly sliced
1 tablespoon soy sauce
1 tablespoon Lee Kum Kee Panda oyster sauce
½ teaspoon sesame oil
30 gow gee wrappers
Soy sauce, to serve

1 Place prawns in a food processor. Process until finely chopped. Transfer to a medium bowl. Stir in ginger, onion, soy, oyster sauce and oil.
2 Place 1 gow gee wrapper on a flat surface. Spoon 2 teaspoons of prawn mixture into centre of wrapper. Brush edges with cold water. Press edges together to seal, then pleat. Place on a baking paper-lined baking tray. Repeat with remaining wrappers and prawn mixture, placing dumplings in a single layer on tray.
3 Line a large bamboo steamer with baking paper. Place over a wok of simmering water. Place ⅓ of the dumplings in steamer (make sure they're not touching). Cover. Steam for 5 minutes or until wrappers are translucent and prawn mixture is cooked through. Transfer to a large plate. Cover to keep warm. Repeat with remaining dumplings in 2 batches. Serve with soy.

NUTRITION: (each) 143kJ; 0.2g fat; 0.05g sat fat; 2.9g protein; 5g carbs; 0.1g fibre; 13mg chol; 260mg sodium. ›

ideas make ahead

Dumplings can be made to the end of step 2 up to 4 hours in advance. Cover and refrigerate until required. Continue from step 3.

ideas freezer tip

Freeze uncooked dumplings on tray, then transfer to a snap-lock bag and freeze for up to 2 months.

For good fortune, serve your spring rolls with iceberg lettuce leaves.

$0.65 each

Asian

Takes 40 mins

Pork spring rolls in lettuce leaves

$0.55 each

freezer

Asian

low fat

low saturated fat

Prawn and ginger dumplings



Longevity noodles

Serves 6
Prep 20 minutes **Cook** 10 minutes

450g packet fresh thin egg noodles
1½ tablespoons vegetable oil
2 lup chong sausages, thinly sliced (see note)
4cm piece fresh ginger, peeled, finely grated
2 garlic cloves, crushed
150g oyster mushrooms, thickly sliced
200g fresh shiitake mushrooms, thickly sliced
200g sugar snap peas, trimmed
½ cup chicken stock
2 tablespoons soy sauce
⅓ cup oyster sauce
2 teaspoons Yeo's sesame oil
2 cups bean sprouts, trimmed
Fresh coriander leaves, to serve

1 Prepare the egg noodles following packet directions.
2 Heat oil in a wok over high heat. Add sausage. Stir-fry for 2 minutes or until golden. Add ginger and garlic. Stir-fry for 1 minute or until fragrant. Add mushroom. Stir-fry for 2 minutes or until softened.
3 Add noodles, sugar snap peas, stock, soy and oyster sauce. Stir-fry for 2 minutes or until heated through. Add sesame oil and bean sprouts. Stir-fry for 1 minute. Serve sprinkled with coriander.

NUTRITION: (per serve) 1564kJ; 12g fat; 3g sat fat; 14.6g protein; 48.6g carbs; 5.6g fibre; 16mg chol; 1363mg sodium.

Cook's note You can find the sausages in the Asian aisle at the supermarket.

sfi **ideas recommends**

Yeo's Pure Sesame Oil has a unique roasted flavour. Add to soups, stir-fries, meat dishes and noodles for an authentic nutty flavour.



Twice-cooked soy sesame chicken

Serves 6
Prep 20 minutes (plus 20 minutes standing, 2 hours refrigeration and 10 minutes resting) **Cook** 55 minutes

1.5kg whole chicken
2 green onions, cut into 5cm lengths
6 garlic cloves, bruised
6cm piece fresh ginger, sliced
3 star anise
1 cinnamon stick
½ cup Chinese rice wine
½ cup dark soy sauce
1 long red chilli, halved lengthways
Extra long red chilli, sliced, to serve

Marinade

1½ tablespoons honey
½ teaspoon Chinese five spice
1 tablespoon dark soy sauce
1 teaspoon sesame oil

1 Pat chicken dry with paper towel.
2 Place onion, garlic, ginger, star anise, cinnamon, rice wine, soy sauce and chilli in a stock pot. Add chicken to pot. Add 3½ litres cold water (see note).
3 Bring to the boil over high heat. Reduce heat to low. Simmer, uncovered, for 20 minutes or until chicken has turned white. Remove from heat. Stand chicken in stock mixture for 20 minutes. Transfer to a baking paper-lined baking tray. Refrigerate, uncovered, for at least 2 hours (or overnight, if time permits).
4 Preheat oven to 220°C/200°C fan-forced. Combine marinade ingredients in a small bowl. Place a lightly greased wire rack in a roasting pan. Place chicken on wire rack. Brush chicken with ½ the marinade.
5 Roast for 30 to 35 minutes, basting chicken with remaining marinade during cooking, or until juices run clear when thigh is pierced with a skewer and skin is dark brown. Transfer chicken to a plate. Cover with foil. Set aside to rest for 10 minutes. Take chicken to the table whole, then cut into portions. Serve sprinkled with sliced chilli.

NUTRITION: (per serve) 1179kJ; 15.1g fat; 4.6g sat fat; 25.8g protein; 9.4g carbs; 0.3g fibre; 120mg chol; 866mg sodium. ›

Cook's note Make sure the chicken is completely covered with water.



$2.80 per serve

Asian

Twice-cooked soy sesame chicken

Whole snapper with garlic and ginger

Serves 6
Prep 20 minutes
Cook 45 minutes

1.8kg whole snapper, cleaned
3 garlic cloves, thinly sliced
6cm piece fresh ginger, peeled, cut into matchsticks
¼ cup soy sauce
1 tablespoon fish sauce
2 tablespoons Chinese rice wine
2 teaspoons sesame oil
2 green onions, thickly sliced
1 long red chilli, thinly sliced
½ cup fresh coriander sprigs

1 Preheat oven to 220°C/200°C fan-forced. Line a large baking tray with sides with foil, then baking paper.
2 Wash fish under cold water. Pat dry with paper towel. Place on prepared tray.
3 Sprinkle garlic and ginger over fish. Combine soy sauce, fish sauce, rice wine and oil in a jug. Pour over fish. Cover tray tightly with foil. Roast for 40 to 45 minutes or until fish flakes easily when tested with a fork. Transfer to a warmed serving platter. Sprinkle with onion, chilli and coriander sprigs. Serve.

NUTRITION: (per serve) 1032kJ; 5.1g fat; 1.5g sat fat; 45.7g protein; 2.2g carbs; 0.6g fibre; 132mg chol; 1165mg sodium.





low fat
low saturated fat
Whole snapper with garlic and ginger
$5.75 per serve
Asian



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Name: Karine Tomlins
Profile name: Karyne25
Home Cook Hero theme: Quick and easy dessert recipes.
Recipe: Mini fruit trifles with mascarpone and honey balsamic dressing.
What inspired you to create this recipe? "I had unexpected guests for dinner. My grandmother used to make a similar dessert with cream cheese and canned cherries, neither of which I had, so I substituted mascarpone and strawberries, and jazzed it up with the dressing. It has become my go-to dessert when entertaining, as it's very versatile."

BestRecipes.com.au HOME COOK HERO

winner!

Home Cook Hero

Even though this super-easy dessert is ready in a flash, the flavours will linger long after you've eaten it

Mini fruit trifles with mascarpone and honey balsamic dressing

Makes 4
Prep 15 minutes
2 cups mascarpone
¼ cup milk
¼ cup caster sugar
Finely grated rind of ½ lemon
2 tablespoons honey
2 tablespoons balsamic vinegar
2 cups fresh strawberries, hulled, halved

1 Place mascarpone, milk, sugar and lemon rind in a bowl. Stir to combine.
2 Place honey and vinegar in a separate bowl. Stir until well combined and honey has dissolved.
3 Layer mascarpone mixture and strawberries in 4 x 1-cup-capacity serving glasses.
4 Drizzle with dressing. Serve immediately.

NUTRITION: (each) 2797kJ; 57.2g fat; 35.8g sat fat; 6.2g protein; 33.6g carbs; 1.8g fibre; 120mg chol; 114mg sodium.

RECIPE KARYNE25 PHOTOGRAPHY CRAIG WALL STYLING FIONA SINCLAIR FOOD PREPARATION AMIRA GEORGY

we also liked...

With close to 60 recipes it was no easy task to choose the winner of our very first competition. Here are some desserts that impressed us oh-so much!



Mango gelato

Profile name: Cookingcrusade

With just three ingredients this mango gelato was simple and delicious. As it starts with frozen mango it's ready in just five minutes, so is the perfect last-minute sweet on a summer evening.



Strawberries 'n' cream

Profile name: Elorac

This is no ordinary strawberries and cream, and the judges were most impressed by the filo that was sprinkled with almond meal and sugar before baking. The layers added a sweet crunch to the cream and fruit.



Ice-cream cannoli

Profile name: Elorac

Festive colours of green pistachios and red glacé cherries team perfectly with dark chocolate for an easy Christmas dessert. Speed up the prep time by finely chopping ingredients in a food processor.



Warm chocolate mousse

Profile name: MyKitchenStories

An innovative twist on a classic chocolate mousse, this is baked until it's just set. The gooey chocolate centre is almost pudding-like, making it great for a winter dessert or any time of year for the serious chocoholic.



Salted caramel ice-cream sundae

Profile name: Bakeplaysmile

A great combination of salty and sweet flavours, with crunchy and creamy textures. Plus, it's a fun dessert you can assemble at the table – the kids will love it!



Mini peach Melba cheesecakes

Profile name: Sarahlyn

While it wasn't a speedy sweet, it's certainly worth the extra effort. These elegant individual cheesecakes make a show-stopping dinner-party dessert. Make them in summer with fresh fruit.

Are you the next Home Cook Hero?

Best Recipes is looking for the best original recipes created by Aussie home cooks. Share your recipe creations and be in the running to win $1,000, have your recipe published in *Super Food Ideas* and be featured as Australia's Home Cook Hero! Turn the page for inspiration for this month's theme, Classic Australian recipes.



*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is $1,000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.

BestRecipes.com.au
HOME COOK HERO

this month's theme:
Australian Classics

Get inspired by our macadamia-loving recipes, then enter your classic Aussie recipe at bestrecipes.com.au and you could be the first Home Cook Hero of 2015!

Mango prawn cocktail with spiced macadamias

Serves 4
Prep 20 minutes (plus 10 minutes cooling) **Cook** 5 minutes

2 teaspoons olive oil
⅓ cup macadamia nuts
2 teaspoons Cajun seasoning
¼ cup whole-egg mayonnaise
1 tablespoon lime juice
½ iceberg lettuce, shredded
24 cooked king prawns, peeled, deveined (tails intact)
1 small mango, cut into 1cm cubes

1 Heat oil in a small frying pan over medium-high heat. Add macadamias. Cook, stirring, for 2 to 3 minutes or until golden. Add seasoning. Cook, stirring, for 1 minute or until fragrant. Set aside for 10 minutes to cool.
2 Finely chop ½ the macadamias. Place in a bowl. Add mayonnaise and lime juice. Season with salt and pepper. Mix well. Roughly chop remaining macadamias.
3 Layer lettuce, prawns and mango in serving glasses. Dollop with mayonnaise mixture. Serve sprinkled with macadamias.

NUTRITION: (per serve) 1459kJ; 24.4g fat; 3.1g sat fat; 25g protein; 6.5g carbs; 2.4g fibre; 193mg chol; 777mg sodium.



Mango prawn cocktail with spiced macadamias

RECIPES CATHIE LONNIE PHOTOGRAPHY ANDREW YOUNG STYLING FIONA SINCLAIR FOOD PREPARATION CLAIRE BROOKMAN

WIN! $1,000 AND YOUR RECIPE PUBLISHED

The Home Cook Hero theme for January is Classic Australian recipes. To be in the running to win $1,000 and have your recipe published in *Super Food Ideas* magazine, visit **bestrecipes.com.au** and enter your original recipe.

BestRecipes.com.au
HOME COOK HERO

*Competition opens on 01/10/14 and closes on 31/08/15. Only one winner per household (except in SA). Monthly prize is $1,000. Winners will be the most original and creative entry as judged on the last day of each month. Winners will be notified within 2 weeks of judging. This is a game of skill. Promoter is NewsLifeMedia Pty Ltd (ABN: 57 088 923 906) 2 Holt St, Surry Hills, NSW 2010. Winners are required for interview with Promoter, which may be published. For full terms, visit bestrecipes.com.au.

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Butterflied lamb with macadamia and spinach pesto

Butterflied lamb with macadamia and spinach pesto

Serves 4

Prep 15 minutes (plus 10 minutes resting)

Cook 1 hour

50g baby spinach

⅔ cup macadamia nuts, toasted

2 garlic cloves, chopped

¼ cup grated parmesan

⅓ cup Cobram Estate Classic Flavour extra virgin olive oil

1 tablespoon lemon juice

2 tablespoons chopped fresh rosemary

1kg butterflied lamb leg

Barbecued chat potatoes and cherry truss tomatoes, to serve

1 Using a food processor, process spinach, macadamias, garlic, parmesan, oil, lemon juice and ½ the rosemary until finely chopped. Reserve ½ cup pesto. Process remaining pesto until almost smooth.

2 Rub lamb all over with smooth pesto. Place on a wire rack set over a large disposable baking dish. Season with salt and pepper. Pour 1½ cups water into pan.

3 Preheat barbecue (with hood) on high. Turn heat to medium-low. Cook lamb in barbecue over indirect heat for 40 to 45 minutes for medium or until cooked to your liking (see note). Set aside, covered, for 10 minutes before slicing.

4 Stir 1 tablespoon boiling water into reserved chunky pesto. Sprinkle lamb with remaining rosemary. Serve with pesto, barbecued potatoes and cherry tomatoes.

NUTRITION: (per serve) 3924kJ; 64g fat; 14.4g sat fat; 60.2g protein; 27.5g carbs; 6.8g fibre; 180mg chol; 290mg sodium. ›

Cook's note To use indirect heat, turn heat burners on one half of the barbecue to desired temperature. Place baking dish on unheated side of barbecue.



Brown sugar pavlovas with macadamia toffee

Makes 4

Prep 20 minutes (plus cooling) **Cook** 1 hour

2 egg whites
½ cup brown sugar
1 teaspoon cornflour
½ teaspoon white vinegar
300ml thickened cream, whipped
1 banana, thinly sliced

Macadamia toffee

½ cup roughly chopped macadamia nuts, toasted
¾ cup caster sugar

1 Preheat oven to 120°C/100°C fan-forced. Draw four 8cm circles on a sheet of baking paper. Grease a large baking tray. Line with paper, marked-side down.

2 Using an electric mixer, beat egg whites to soft peaks. Gradually add sugar, 1 tablespoon at a time, beating well after each addition, until sugar is dissolved and meringue is thick and glossy. Beat in cornflour and vinegar. Spoon meringue onto marked circles on prepared tray. Use a small spatula to spread into mounds and form peaks.

3 Bake for 1 hour or until pavlovas are dry to touch. Turn off oven. Cool pavlovas in oven with door ajar.

4 Meanwhile, make Macadamia toffee Place macadamias on a baking paper-lined baking tray. Combine caster sugar and ½ cup water in a small saucepan over low heat. Cook, stirring, until sugar is dissolved. Increase heat to high. Cook, without stirring, for 7 to 8 minutes or until mixture turns golden in colour. Pour over macadamias on tray. Set aside for 30 minutes or until firm. Finely chop ⅓ of the toffee. Roughly chop remaining toffee.

5 Stir finely chopped toffee into whipped cream. Place pavlovas on serving plates. Top with whipped cream mixture and banana. Serve sprinkled with roughly chopped toffee.

NUTRITION: (each) 2771kJ; 41.7g fat; 19.7g sat fat; 5.3g protein; 70.1g carbs; 1.7g fibre; 79mg chol; 60mg sodium.

Macadamia and white chocolate biscuits

Makes 30

Prep 20 minutes (plus 30 minutes refrigeration, cooling and 30 minutes setting) **Cook** 15 minutes

125g butter, softened
½ cup caster sugar
½ teaspoon vanilla extract
2 cups macadamia meal (see notes)
1 egg
1 cup plain flour, sifted
250g packet white chocolate melts

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, sugar, vanilla and 1 cup macadamia meal until light and fluffy. Beat in egg until combined. Stir in flour. Refrigerate for 30 minutes or until firm enough to roll into balls.
3 Place remaining macadamia meal in a shallow dish. One by one, roll level tablespoons of mixture into balls. Lightly coat in macadamia meal. Place on prepared trays. Flatten slightly using your hand.
4 Bake for 15 minutes or until golden. Gently press 1 chocolate melt onto the centre of ½ the hot biscuits. Keep remaining biscuits plain. Stand biscuits on trays for 5 minutes. Carefully transfer biscuits to a wire rack to cool completely.
5 Place remaining chocolate melts in a microwave-safe bowl. Microwave on MEDIUM (50%) for 1 minute, stirring every 30 seconds with a metal spoon, or until smooth. Dip 1 half of 1 plain biscuit in melted chocolate. Shake off excess. Place on a wire rack over a baking tray lined with baking paper to set. Repeat with remaining chocolate and plain biscuits. Stand biscuits for 30 minutes or until set (see notes). Serve.

NUTRITION: (each) 682kJ; 11.8g fat; 5.6g sat fat; 1.5g protein; 12.9g carbs; 0.8g fibre; 15mg chol; 39mg sodium.

Cook's notes

- Find macadamia meal in the nut aisle at most major supermarkets. You can make your own by processing 3 cups macadamia nuts to a fine meal. If mixture starts to clump during processing, add 1 to 2 tablespoons plain flour to get desired texture.
- Store biscuits in an airtight container for up to 4 days.

$0.20 per serve

Macadamia and white chocolate biscuits

Are you the next **Home Cook Hero?**
Enter your best recipe to **WIN** at **bestrecipes.com.au**.
HOME COOK HERO

let it go

No-churn, creamy ice-cream! Wait, what? Try Kim's super-simple version and you won't need Queen Elsa's icy powers or an ice-cream maker!

Easiest-ever vanilla bean ice-cream

Serves 4 (makes 1 litre)
Prep 10 minutes
(plus overnight freezing)

395g can sweetened condensed milk
600ml thickened cream
1 vanilla bean, split

1 Place condensed milk and cream in a large bowl. Using a knife, scrape vanilla seeds from bean and add to bowl.
2 Using an electric mixer, beat mixture for 3 to 4 minutes or until mixture just forms soft peaks. Transfer to a 1-litre-capacity metal or plastic container. Cover surface with plastic wrap. Freeze overnight.
3 Remove and discard plastic wrap. Serve immediately.

NUTRITION: (per serve) 3575kJ; 63.7g fat; 41.7g sat fat; 11.9g protein; 59.8g carbs; 0g fibre; 184mg chol; 145mg sodium. ■

1 idea variation

For a rich chocolate-chip ice-cream, add ¼ cup Dutch-processed cocoa, sifted, to the bowl in step 1. Stir ½ cup mini choc chips into mixture after beating in step 2.

As there is less water in condensed milk, there's no need to churn the ice-cream to prevent ice crystals forming.

RECIPE KIM COVERDALE PHOTOGRAPHY GUY BAILEY STYLING KRISTEN WILSON FOOD PREPARATION LUCY NUNES

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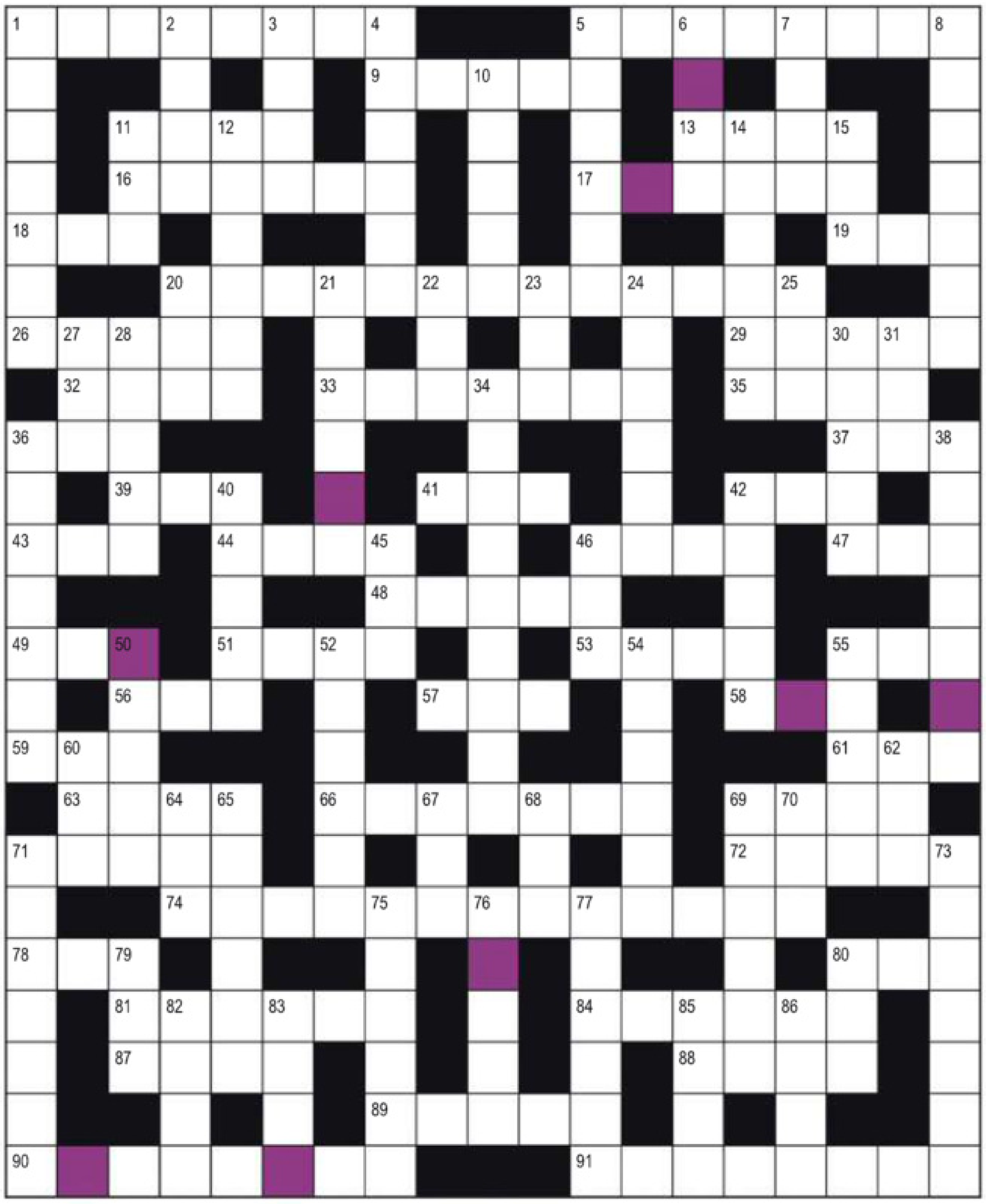
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super easy

Easiest-ever vanilla bean ice-cream

puzzles



Crossword

When the crossword is complete, the coloured boxes spell out a mystery word.

ACROSS

1 Muslim face coverings
5 Year-old animal
9 Flinch
11 Travel permit
13 Pitch tent
16 Cropped up
17 More flushed
18 Charged particle
19 Ball
20 Essential
26 Cherries and apricots preserved in sugar, ... fruit
29 Dodge
32 At any time
33 Widened (pupils)
35 Seductive
36 Self-regard
37 Guided
39 Wrath
41 Ambition
42 Caviar
43 Bean container
44 Remove (useless plants) from
46 Inscribe
47 Therapeutic water tub
48 Mimicking
49 Gall
51 Use book
53 Virus or bacterium
55 Lively dance
56 Beast of burden
57 Pastry dish
58 Large bird
59 Teen street music
61 Around the bend
63 Racetrack surface
66 Muster (troops)
69 Rascals
71 Mined material
72 Abrades
74 Misunderstanding
78 Laundry pin
80 Chore
81 Silver bars
84 Fancy cake
87 Breathe sharply
88 Reword
89 Glowing coal
90 Reigned
91 Everyday pressures

DOWN

1 Sighing sleepily
2 Successor
3 Woe!
4 Playground items
5 Hankers
6 Circle curves
7 Flimsy (excuse)
8 Au revoir
10 Unworldly
11 Delivery truck
12 Wrongdoer
14 Gangways
15 Career sportsperson
20 Confection, coconut ...
21 Persuade
22 Buddy
23 Table tennis barrier
24 Junkie
25 Preceding day
27 Chair part
28 Sidestep
30 Wheel shafts
31 Pigment
34 Talents
36 Less full
38 Became tedious
40 Washstand jugs
42 Without ... or reason
45 Papa
46 Soufflé ingredient
50 Ruined
52 Nuclear weapon, ... bomb
54 Decorative embroidery feature
55 Hurdles
60 Snacked
62 Cleopatra's killer
64 Smash into
65 Brief affairs
67 Conducted
68 Clamour, ... and cry
69 Pressed
70 Adam was the first one
71 Cleaning (floor)
73 City's outer districts
75 Overthrown
76 Slope upwards
77 Beepers
79 Pop concert
80 Stick out
82 Scruff of neck
83 Take off lid
85 Deterioration, wear and ...
86 Ventilates

Solution: _____

Sudoku

To solve the Sudoku game, every number from 1 to 9 must appear in a square in every horizontal row, every vertical column and in every 3 x 3 box.

	1	7	8					
5				4		9		
					5		3	7
4		8		7		5		3
6			4	3	2			1
7		1		5		2		9
8	5		2					
		9		8				2
					6	1	5	

December issue's solutions

Issue 165, Sudoku (below left)
Issue 165, Crossword (below right): Fennel

1	4	5	7	8	3	9	2	6
7	2	8	1	9	6	5	4	3
6	3	9	2	4	5	1	8	7
4	6	7	9	3	2	8	1	5
2	5	3	6	1	8	7	9	4
9	8	1	4	5	7	6	3	2
3	9	2	5	6	1	4	7	8
5	7	4	8	2	9	3	6	1
8	1	6	3	7	4	2	5	9



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Oh-so sweet

Did you go a little overboard on the Christmas sweets? Don't worry, you're not alone! Hermesetas SteviaSweet, a sugar substitute, provides the sweetness of sugar without the calories, and is a great way to cut back on the sweet stuff without missing out. The range is available in major supermarkets. Visit hermesetas.com.



Nice slice

We love this Slice & Dice knife set from Maxwell & Williams, which features six steak knives in bright and colourful hues. They're made from durable stainless steel and have a serrated edge, so they're super precise, and the soft-touch handle makes them comfortable to hold and easy to use, $29.95 for a box set. Visit maxwellwilliams.com.au.



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the last bite

Spoil the big kid you love this Valentine's Day with Kim's colourful rocky road

Recipe Kim Coverdale **Photography** Al Richardson **Styling** Fiona Sinclair **Food preparation** Claire Brookman

Triple-decker rocky road

Makes 30 squares
Prep 20 minutes (plus 3 hours 40 minutes standing and 20 minutes refrigeration) **Cook** 6 minutes

1½ x 180g blocks dark chocolate, chopped
½ x 250g packet marshmallows, halved (see notes)
½ cup honey-roasted cashews
1½ x 180g blocks white chocolate, chopped
2 tablespoons desiccated coconut
200g packet jelly snakes, cut into 2cm lengths
1½ x 220g blocks milk chocolate, chopped
½ cup M&M's

1 Grease an 18cm x 28cm slice pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
2 Place dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 1 to 2 minutes, stirring with a metal spoon halfway through cooking, or until melted. Pour into prepared pan, spreading with a spatula to evenly cover base. Stand for 10 minutes. Scatter marshmallows and cashews evenly over chocolate. Refrigerate for 10 minutes or until chocolate has set.
3 Meanwhile, place white chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 1 to 2 minutes, stirring with a metal spoon halfway through cooking, or until melted. Stand for 5 minutes to cool slightly. Pour white chocolate over marshmallow layer, spreading to level. Stand for 10 minutes. Top with coconut and jelly snakes. Refrigerate for 10 minutes or until chocolate has set.
4 Place milk chocolate in a microwave-safe bowl. Microwave on HIGH (100%) for 1 to 2 minutes, stirring with a metal spoon halfway through cooking, or until melted. Stand for 5 minutes to cool slightly. Pour over coconut layer, spreading to level. Stand for 10 minutes or until just starting to set. Sprinkle top with M&M's. Set aside for 3 hours or until set (see notes). Cut into pieces. Serve.

NUTRITION: (per square) 944kJ; 11g fat; 7.4g sat fat; 2.9g protein; 29g carbs; 0.6g fibre; 5mg chol; 33mg sodium.

Cook's notes

- Use scissors to cut marshmallows in half. Run scissors under warm water before using, so the marshmallows don't stick to them.
- Store rocky road in a cool, dry place, not in the fridge. If stored in the fridge, the colours on the M&M's will run.





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