

# Zucchini and Corn Fritters

## INGREDIENTS

- 1 x 420g can of corn kernels
- 1 zucchini
- 2 cups plain flour
- 1 teaspoon baking powder
- 2 eggs, whisked
- 1 cup milk
- 1 tablespoon olive oil
- Greek yoghurt, to serve

## METHOD

1. Drain can of corn kernels into a sieve and rinse under cold water. Set aside.
2. Grate the zucchini.
3. Add all ingredients except olive oil into a large bowl and mix until combined.
4. Heat olive oil in a frypan over medium-high heat. Pour 1/4 cup of the mixture into pan at a time to form a fritter.
5. Fry on each side for 2 minutes or until brown. Repeat with remaining mixture.
6. Serve with a dollop of Greek yoghurt

Serves 4

# Sweet Potato Mini Pizzas

## INGREDIENTS

- 1 large Carisma potato, sliced into 1cm-thick rounds
- 1 large sweet potato, sliced into 1cm-thick rounds
- 1 teaspoon olive oil
- 2 garlic cloves, finely chopped
- 1/2 cup no-added-salt tomato paste
- 1/2 small red onion, finely sliced
- 1/2 cup frozen corn kernels
- 8 small mushrooms, sliced
- 2 tablespoons chopped fresh flat-leaf parsley
- 1/2 cup grated reduced-fat mozzarella
- 16 cherry tomatoes, halved



# Sweet Potato Mini Pizzas

## METHOD

1. Preheat the oven to 200°C. Line a large baking tray with baking paper. Evenly spread Carisma potato and sweet potato slices in a single layer on tray (don't use pointy ends). Drizzle with olive oil. Place slices in the oven and cook for 15 minutes until the potatoes start to soften. Remove and set aside to cool slightly.
2. Meanwhile, combine garlic and tomato paste in a bowl.
3. When potato bases are cool enough to handle, dollop a teaspoonful of tomato paste on each one, spreading evenly with back of the spoon. Layer onion, corn and mushrooms. Sprinkle over herbs and cheese. Finish mini pizzas with tomato halves.
4. Return to oven and cook for another 12 minutes, or until the cheese is melted and the bases are cooked through. Serve pizzas warm or at room temperature.

Serves 8



# Veg & Chicken Fried Rice

## INGREDIENTS

- 1 cup rice
- 1/2 head of cauliflower, riced
- 2 carrots, diced
- 1/2 capsicum, diced
- 2/3 cup frozen peas
- 2/3 cup frozen corn
- 2 eggs, lightly whisked
- 2 chicken breasts (cooked and shredded)
- 2 tbsp soy sauce
- 2 tbsp olive oil
- 2 spring onions, thinly sliced



# Veg & Chicken Fried Rice

## METHOD

1. Prepare rice as per instructions and allow to cool. (Preferably prepare day before or morning of to allow rice to dry out).
2. To make cauliflower rice, chop cauliflower into chunks and place in a food processor and pulse until it resembles the texture of rice or alternatively grate cauliflower.
3. Heat olive oil in a wok or pan. Pour whisked eggs into the wok/pan to make an omelette and cook until egg is firm. Remove from wok/pan and set aside.
4. Add carrots, capsicum, peas and corn into wok/pan and cook for 2 minutes.
5. Add in cauliflower and chicken and cook for a further 1 minute.
6. Slice egg into thin slices. Add in egg, cooked rice and soy sauce and cook until rice is heated through (2-3 minutes).
7. Serve with sliced spring onions on top.

Serves 4



# Carrot Cake Bliss Balls

## INGREDIENTS

- 1 medium carrot, peeled, finely grated
- 1 cup rolled oats
- 1/3 cup walnuts, chopped
- 1 1/2 tablespoons nut butter
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 125g pitted Medjool dates
- 1/2 cup shredded coconut

## METHOD

1. Place carrots, walnuts and oats in a food processor and blitz until finely chopped
2. Add the nut butter, cinnamon and vanilla and pulse to combine
3. With the food processor running, gradually add dates until the mixture is well combined and comes together in a ball
4. Roll the mixture into 16 balls (about 1 tablespoon of mixture per ball)
5. Place the coconut on large plate, roll bliss balls to lightly coat
6. Store in an airtight container in the fridge

Serves 16

# Green Pockets

Recipe provided by Cornersmith

## INGREDIENTS

- 2 cups very thinly sliced green leaves (spinach, silverbeet, rocket, or grated broccoli)
- ⅓ cup finely chopped soft herbs (mint, dill, parsley)
- 200g cheese (ricotta, crumbled feta, grated haloumi, or mozzarella)
- ⅔ cup grated parmesan
- ½ teaspoon salt
- 100 ml olive oil
- Lemon wedges, to serve

## SIMPLE YOGHURT DOUGH

- 1 tablespoon vegetable oil
- 1 teaspoon white wine vinegar
- 1 cup Greek-style yoghurt
- 2½ cups plain flour, plus extra for dusting
- 1 teaspoon bicarb soda

## SPICED ONION (OPTIONAL)

- ½ small onion, very finely diced
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- Pinch freshly cracked black pepper
- 1 teaspoon salt
- 2 teaspoons dried herbs, such as oregano, mint or basil

# Green Pockets

## METHOD

1. Combine the greens and herbs in a bowl.
2. In a separate bowl, combine the cheeses and salt.
3. **To make the spiced onion**, simply combine the ingredients in a small bowl and set aside.
4. **To make the yoghurt dough**, combine the oil, vinegar and yoghurt in a bowl and mix well. Sift in the flour and bicarb soda and mix with a wooden spoon until all the ingredients come together to form a dough.
5. Tip out onto a floured work surface and knead for 10 minutes or until very smooth. Divide the dough into eight balls and place under a damp tea towel.
6. Working with one ball of dough at a time, roll the dough into 15 cm (6 inch) circles.
7. **To assemble**, spread 2 tablespoons of the cheese mixture over half of each dough circle (or pita bread) and scatter 2–3 teaspoons of the spiced onion mixture (if using) on top.
8. Add  $\frac{1}{2}$  cup of the greens and herb mixture, then fold the dough over to make a semicircle.
9. If using homemade dough, pinch the edges to seal. If using pita, wet your hands and dampen the outside of each pocket and seal as best as you can.
10. Heat the olive oil in a frying pan over medium heat.

Serves 8





# Raw Cauliflower Salad

Recipe provided by Cornersmith

## INGREDIENTS

- 1/2 cauliflower head
- 1 lemon, zested and juiced
- 2 tablespoons finely chopped preserved lemon (or use chopped olives or capers)
- 2 tablespoons chopped dill
- 1/2 teaspoon cumin
- 1/2 teaspoon sumac
- 1/2 teaspoon chilli flakes
- 1/2 teaspoon salt
- 60ml olive oil
- Handful chopped soft herbs (parsley, mint, coriander)

## OPTIONAL ADD ONS

- Handful chopped toasted nuts or seeds
- Currants
- Pomegranate seeds
- Roasted or pickled grapes

## METHOD

1. Coarsely grate cauliflower and place in a large mixing bowl.
2. Add lemon zest, preserved lemon or substitute, ground cumin, sumac, chilli flakes and salt and gently mix.
3. Drizzle with olive oil and lemon juice and chopped herbs.
4. We recommend adding at least one of the add ons for extra flavour and texture!

# Sauteed Cauliflower Stems & Leaves

Recipe provided by Cornersmith

## INGREDIENTS

- Leaves and stem of 1 cauliflower
- 3-4 tablespoons olive oil
- 2 garlic cloves, finely chopped
- ½ teaspoon salt
- 1 teaspoon caraway seeds
- 2 teaspoons mustard seeds

## METHOD

1. Chop leaves and stem into 2-3cm pieces.
2. Heat oil in a large frying pan over medium heat.
3. Add in leaves and stems and sauté for 5 minutes, then add garlic, salt and caraway seeds.
4. Sauté for 10 minutes or until the stems are starting to soften.
5. Add mustard seeds and sauté for another 5 minutes.