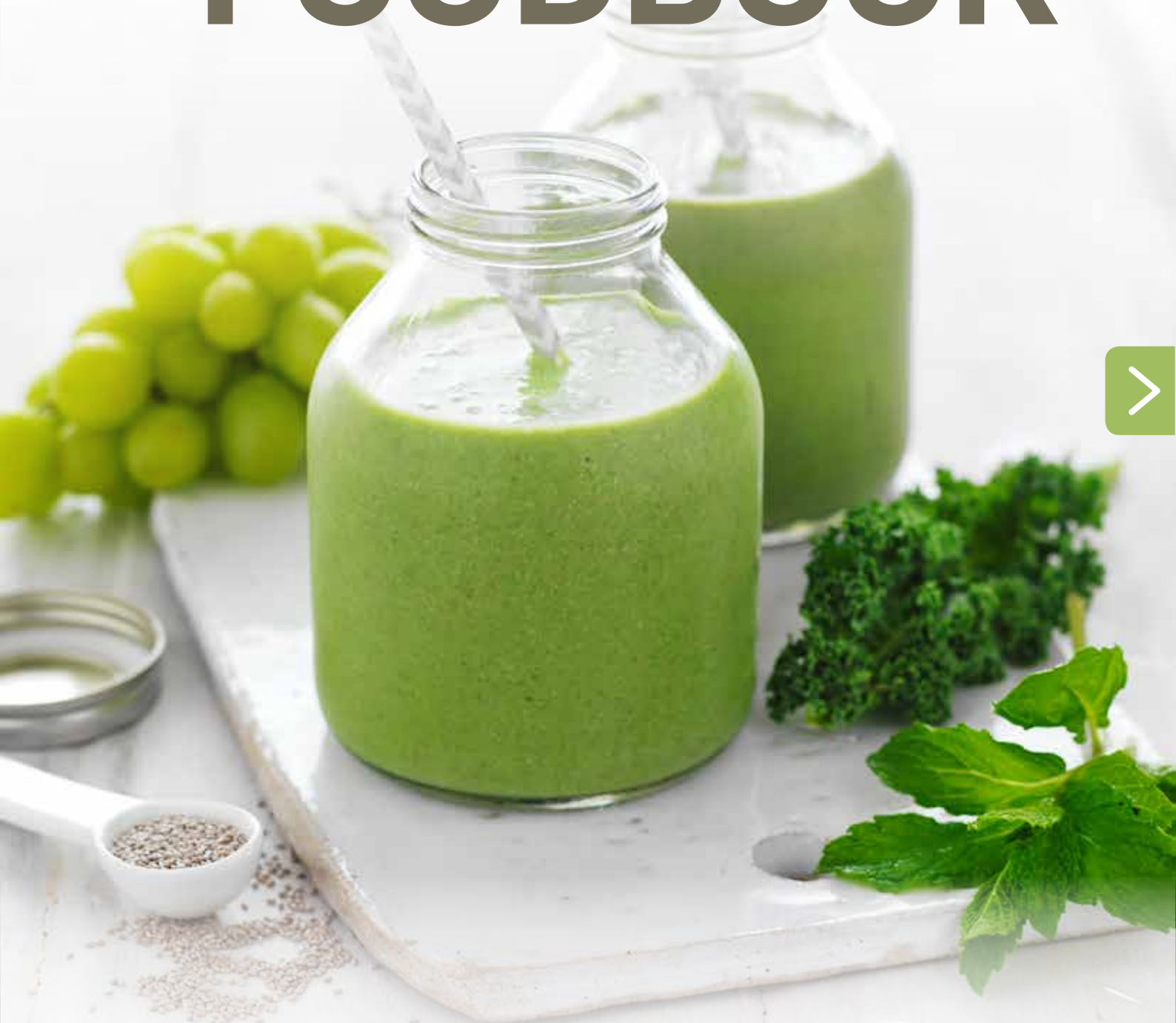


myfoodbook[®]

THE *Good for you*
FOODBOOK



WAKE ME UP BREAKFASTS *Supercharged Smoothies*
.....
LIGHT LUNCHES *Speedy Dinners* SWEET TREATS

Welcome to the jungle

CLICK TO
LEARN MORE
about
the Breville
Boss to Go™



the Boss To Go™

When it comes to leafy greens it can be a jungle out there. We all know that the healthiest of food is often made with tough ingredients.

But lumpy smoothies from a lumpy cup can make things hard to swallow. With the right tools, tough can be made smooth.

So the new Breville Boss To Go™ blends up to 42% finer* than some popular alternatives and uses a threadless smoothed edged drinking tumbler.

Smoother smoothies in a smoother cup.

the Boss
To Go™

SMOOTH
EDGE TUMBLER



Up to
42%
Finer*

Other Personal
Blenders

ROUGH
EDGE TUMBLER






* Nutri Ninja operated on "Ultra Blend" preset (60 secs), Nutribullet & Breville operated for 60 secs. Laser Particle Size Analysis conducted at University of Sydney using Kale and water. Nutribullet NBR-1207M and Nutri Ninja BL480 tested against the Breville Boss To Go™ June 2015. Actual results will vary depending on ingredients selection, blending time, and other variables.

Breville®
Thought for food

How to use THIS COOKBOOK

VIEW RECIPE ON THE MYFOODBOOK WEBSITE


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Collect the recipe into your own cookbook

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Love what you see? Share it with your family and friends via **Email, Facebook, Twitter** and **Google+**.



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LEARN MORE ABOUT THE BOSS TO GO™

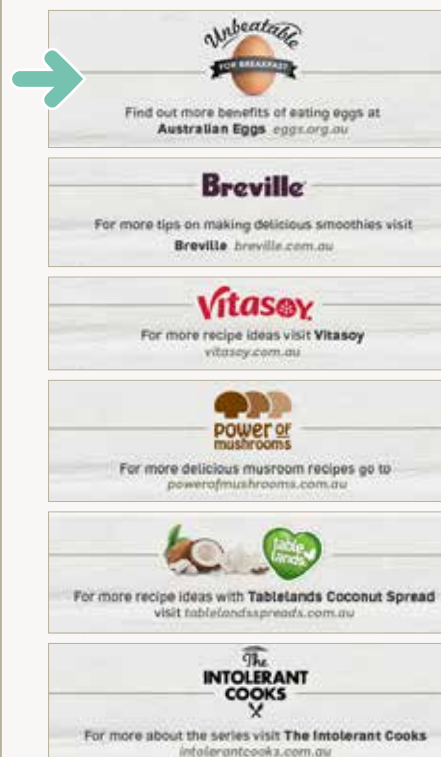
Use this link to get more details about the **Breville Boss to Go™** including where to buy it.



This recipe uses the **Breville Boss to Go™**
CLICK TO LEARN MORE

LEARN MORE ABOUT OUR PARTNERS

Click the logos or web addresses to learn more about our **Recipe Partners**.



CONTENTS

Wake me up BREAKFASTS

Healthy Egg Vegie Breakfast	7
Mango Melba Smoothie Bowl	9
Asian Style Scrambled Eggs	13
Acai, Beet and Berry Smoothie Bowl	15
Fluffy Omelettes with Wilted Kale, Goat's Cheese & Pine Nuts	17



Easy "on-the-go" Healthy Breakfast Muffins 11



Eggs: Unbeatable
FOR PROTEIN!



19

Supercharged SMOOTHIES

Super Green Smoothie	21
Peanut Butter, Cacao and Banana Smoothie	24
Chocolate Protein Boost Smoothie Topper	26
Superfood Smoothie	30



Tropical Smoothie 28

4 Steps to make
A DELICIOUS
GREEN SMOOTHIE



23

Breville



It's time to enjoy
ALMOND MILK

32

Vitasoy

Light LUNCHES



Mushroom and
Halloumi Falafel **36**

Warm Coconut Roasted
Vegetables and Barley Salad **34**

Buckwheat Risotto **38**

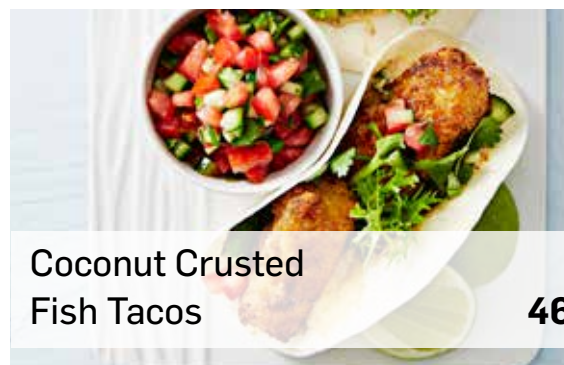
Roast Mushroom, Kale,
Rice and Quinoa Salad **40**



Be on trend with a
MUSHROOM BLEND

42

Speedy DINNERS



Coconut Crusted
Fish Tacos **46**

Pork, Mushroom
and Kale Stir Fry **44**

Vietnamese Pork and
Mushrooms with Noodles **48**

Coconut Chicken Stir-Fry
with Sweet Basil and Chilli **50**

Spaghetti with Spinach Sauce **52**



Cooking with the
**GOODNESS OF
COCONUT**

54

Sweet TREATS

Peach and Passionfruit
Ice Pops **56**

Strawberry and Chia
Seed Jam Parfait **58**

Raw Sour Cherry Cake **60**



Coconut Lemon Cupcakes **62**



Cooking with
INTOLERANCES



64



Wake me up **BREAKFASTS**

Get ready for the day
with these fast and fresh
breakfast recipes.



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Healthy Egg VEGIE BREAKFAST



PREP: 10 MINS



COOK: 20 MINS



SERVES: 4

Recipe by **Australian Eggs** eggs.org.au

Complete with all the traditional trimmings, this is the BIG brekkie for vegetarians.

INGREDIENTS

Cooking oil spray

275g baby roma truss tomatoes

200g button mushrooms, halved

4 large eggs, at room temperature

420g can reduced-salt baked beans

4 slices multigrain bread

Baby spinach leaves, to serve

METHOD

1. Spray a large non-stick frying pan with oil to grease. Heat pan over medium heat. Add tomatoes to one side of pan and mushrooms to other side.
2. Cover and cook for 8-10 minutes or until tomato skins begin to split and mushrooms are tender. Transfer to a plate, cover and keep warm.
3. Spray the frying pan with a little more oil and heat over medium heat. Crack eggs into pan and fry until cooked to your liking.
4. Heat baked beans following packet directions.
5. Toast bread. Place toast onto serving plates. Top each slice of toast with an egg. Serve with baked beans, tomatoes, mushrooms and baby spinach.



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Mango Melba

SMOOTHIE BOWL



MAKES: MAKES APPROX. 250ML



SERVES: 1

Recipe by **Breville** breville.com.au

This smoothie bowl is a refreshing way to start the day with the goodness of mangoes, raspberries and peaches. It's also quick and easy to whip up!

INGREDIENTS

1 cup (250ml) soy milk, chilled

½ cup (65g) frozen diced mango

½ cup (60g) frozen raspberries

TO SERVE

⅓ cup (40g) frozen raspberries

¼ cup (35g) organic granola

½ peach, sliced

1 tablespoon pepitas

METHOD

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines. Blend for another 15-20 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and serve topped with raspberries, granola, peach and pepitas.



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Easy "on-the-go" Healthy BREAKFAST MUFFINS



PREP: 20 MINS



COOK: 30 MINS



SERVES: 6

Recipe by **Australian Eggs** eggs.org.au

Take the stress out of a busy morning with these tasty breakfast muffins. Make a batch on Sunday and freeze in portions of two or three. Thaw overnight in the fridge then simply pop into the microwave and serve with a piece of fresh fruit for a healthy and delicious breakfast anytime, anywhere.

INGREDIENTS

Cooking oil spray
1 medium zucchini
8 eggs, at room temperature
2 tbs milk
1 medium carrot, coarsely grated
3 green onions (shallots), thinly sliced
1/3 cup frozen peas
1 cup reduced fat grated tasty cheese

METHOD

1. Preheat oven to 160°C fan-forced. Spray a 12 hole x 1/3-cup capacity with oil to grease. Grate zucchini. Firmly squeeze zucchini, then wrap in paper towel and squeeze again to remove excess moisture.
2. Whisk eggs and milk in a large bowl. Stir in zucchini, carrot, green onions and frozen peas. Season and stir through cheese. Evenly spoon mixture into muffin pan.
3. Bake for 25-30 minutes or golden and until set. Set aside in the pan for 5 minutes to cool then turn onto a wire rack. Serve hot or cold.

TIPS & HINTS

Reheat to room temperature / thawed muffins on 50% for 1 minute. Microwave power and times may vary so adjust according to your appliance.



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Asian-style SCRAMBLED EGGS



PREP: 12 MINS



COOK: 10 MINS



SERVES: 2

Recipe by **Australian Eggs** eggs.org.au

High protein, low carb breakfast recipe paired with Asian greens – the fusion of texture and flavour is something quite exceptional.

INGREDIENTS

Cooking oil spray

150g baby bok choy, halved
lengthways

2 eggs, at room temperature

2 egg whites, at room temperature

2cm piece fresh ginger, finely grated

2 green onions (shallots), thinly
sliced

1 fresh long green chilli, deseeded
and chopped

Oyster sauce, to serve

METHOD

1. Whisk eggs and egg whites together in a bowl. Season.
2. Spray a medium non-stick frying pan with oil to grease. Heat over medium-low heat. Add bok choy and 1 tbs water.
3. Cook until vibrant and almost tender. Transfer to a plate. Add green onions, ginger and chilli to pan. Cook, stirring, for 1 minute or until tender.
4. Add egg mixture to pan and swirl to coat pan base. Cook without stirring for 30 seconds.
5. Using a wide spatula, push the set eggs around outer edge toward the centre of the pan, tilting pan to allow the uncooked eggs to run over the base.
6. Gently push eggs around pan every 15 seconds until soft folds form and one quarter mixture is unset. Remove from heat. Add bok choy and serve with a drizzle of oyster sauce.

TIPS & HINTS

Increase the protein in this recipe by replacing the 2 egg whites with one extra egg.



VIEW THIS RECIPE ON MYFOODBOOK

BREAKFAST



15



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Acai, Beet and Berry SMOOTHIE BOWL



MAKES: MAKES APPROX. 250ML



SERVES: 1

Recipe by **Breville** breville.com.au

Get your morning off to a great start with this smoothie bowl, packed with fruity goodness. This tasty bowl can be whipped up in no time and topped with all manner of healthy goodies!

INGREDIENTS

½ cup (125ml) coconut water, chilled
.....
½ (55g) peeled banana, chopped
.....
½ cup (60g) frozen blueberries
.....
⅓ cup (100g) frozen acai berry puree
.....
½ (30g) small beetroot, peeled,
chopped
.....
1 tablespoon whey or vegan protein
powder
.....

TO SERVE

¼ cup (35g) organic granola
.....
2 tablespoons frozen blueberries
.....
2 teaspoons goji berries
.....

METHOD

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines.
3. Blend for another 15-20 seconds or until just smooth.
4. Use a spatula to scoop into a bowl, and serve topped with granola, blueberries and goji berries.



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Fluffy Omelettes with Wilted Kale, GOAT'S CHEESE AND PINE NUTS



PREP: 15 MINS



COOK: 10 MINS



SERVES: 2

Recipe by **Australian Eggs** eggs.org.au

This superfood omelette that's packed with vitamins will have you set and ready for the day.

INGREDIENTS

Cooking oil spray

2 cups torn or baby kale leaves

3 eggs, at room temperature

2 tbs cold water

¼ cup toasted pine nuts

50g crumbled goat's cheese

METHOD

1. Heat a medium frying pan over medium heat. Spray with oil to grease. Add kale and toss until wilted, set aside and keep warm.
2. Separate eggs, placing egg yolks into a small bowl and egg whites into a large bowl. Add water to egg yolks and whisk with a fork. Using a hand beater, whisk egg whites until soft peaks form.
3. Heat a medium non-stick frying pan over medium heat. Spray with oil to grease. Using a large metal spoon, quickly fold egg yolks into the egg whites.
4. Pour half the mixture into pan. Gently shake the pan for mixture to evenly cover pan base. Cook until base is golden and eggs are almost set.
5. Sprinkle half the omelette with half the kale, pine nuts and goat's cheese. Fold omelette in half and cook until almost set.
6. Transfer to a serving plate. Repeat using remaining eggs, kale, pine nuts and goat's cheese.



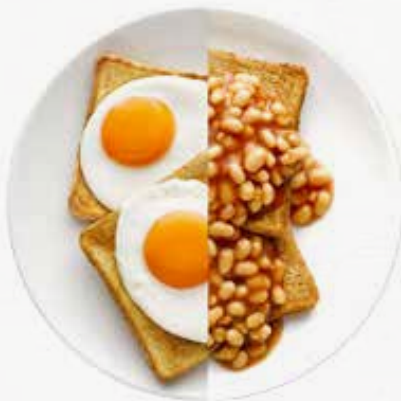
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Eggs: Unbeatable FOR PROTEIN!

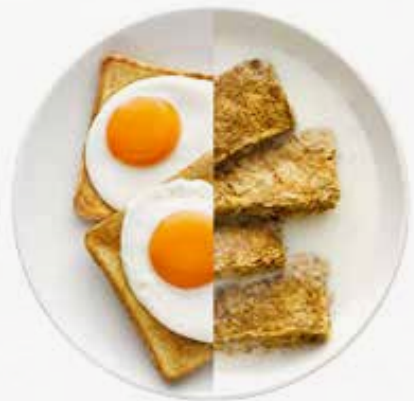
Eggs are the unbeatable choice at breakfast because they contain the world's highest quality protein¹. Eating two eggs on toast provides significantly more protein compared to other commonly eaten breakfasts – check out the differences!



**48% MORE
PROTEIN
THAN
PORRIDGE***



**32% MORE
PROTEIN
THAN BAKED
BEANS***



**26% MORE
PROTEIN
THAN WHEAT
BISCUITS***

86% higher in protein than ½ cup muesli with ½ cup reduced fat milk*

32% higher in protein than 1 cup of baked beans on 2 slices wholemeal toast*

26% higher in protein than 4 wheat cereal biscuits with 1 cup reduced fat milk*

48% higher in protein than 1 cup porridge with 1 cup reduced fat milk*

* Serving sizes based on Australian Guide to Healthy Eating – eatforhealth.gov.au
Figures from NUTTAB 2010 database - foodstandards.com.au

¹Hoffman, J.R. & Falvo, M.J. Protein - Which is Best? J Sports Sci Med 3, 118-130 (2004). 10. Fallaize, R., et al. Eur J Nutr 2013 Jun;5



Find out more benefits of eating eggs at
Australian Eggs eggs.org.au



Supercharged **SMOOTHIES**

Put a spring in your step any
time of the day with a delicious
get-up-and-go smoothie!



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Super Green SMOOTHIE



PREP: 5 MINS



SERVES: 1

Recipe by **Vitasoy** vitasoy.com.au

Get a wonderful serve of greens in the morning
with this delicious super green smoothie.

INGREDIENTS

1 cup chilled Vitasoy
Original Almond Milk

1 cup torn trimmed kale leaves

½ cup seedless green grapes

½ cup mint leaves

1 tablespoon white chia seeds

Handful of ice-cubes

METHOD

1. Place all ingredients into a blender. Blend until smooth and serve.



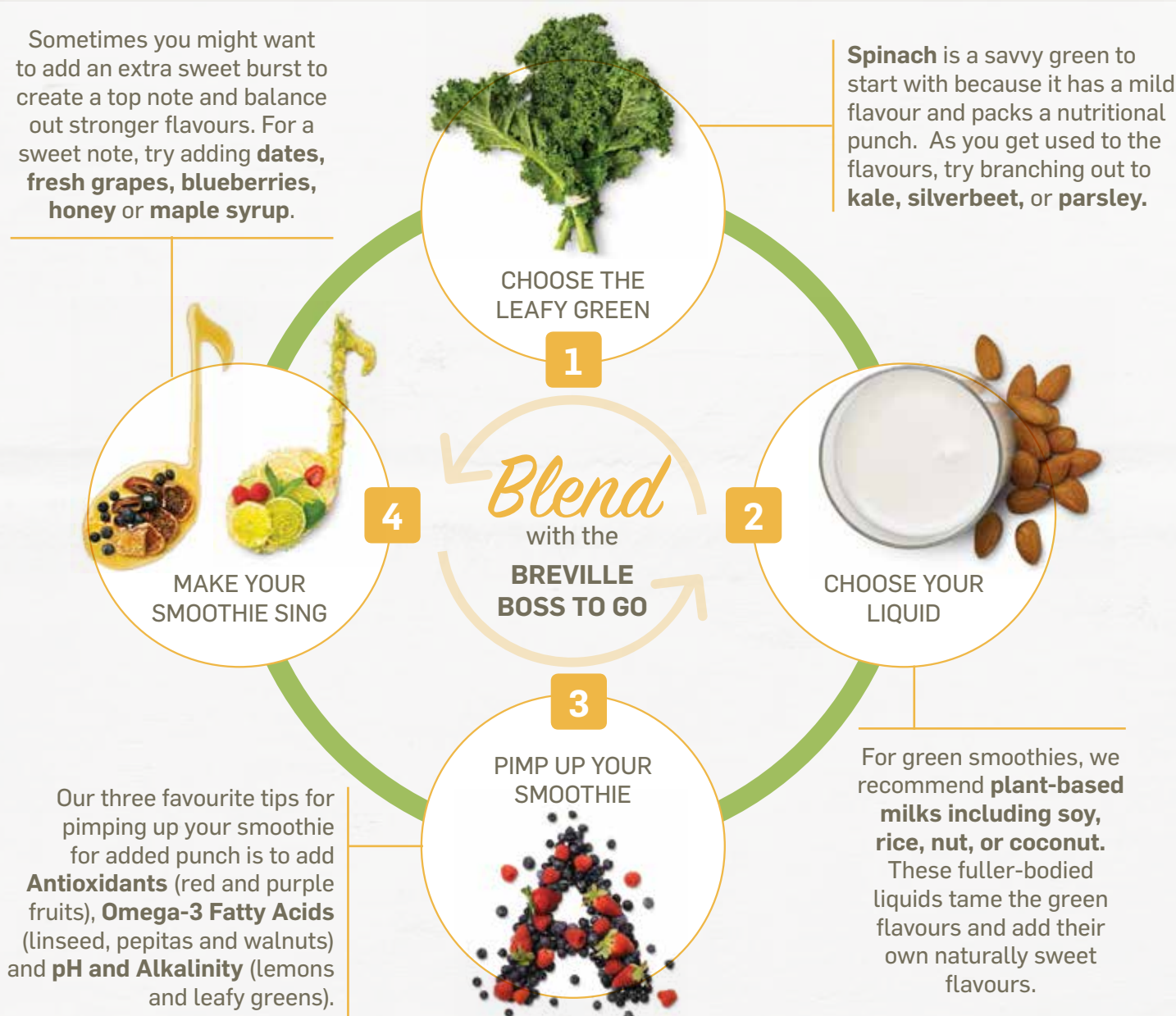
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4 Steps to make a Delicious GREEN SMOOTHIE

Drinking green smoothies is an easy way to boost nutrition and health, and there are endless flavour combinations you can experiment with. Remember that a green smoothie is not always coloured green, but it will always contain the nutritional goodness of green leafy vegetables.

Sometimes you might want to add an extra sweet burst to create a top note and balance out stronger flavours. For a sweet note, try adding **dates, fresh grapes, blueberries, honey** or **maple syrup**.

Spinach is a savvy green to start with because it has a mild flavour and packs a nutritional punch. As you get used to the flavours, try branching out to **kale, silverbeet, or parsley**.



Our three favourite tips for pimping up your smoothie for added punch is to add **Antioxidants** (red and purple fruits), **Omega-3 Fatty Acids** (linseed, pepitas and walnuts) and **pH and Alkalinity** (lemons and leafy greens).

For green smoothies, we recommend **plant-based milks including soy, rice, nut, or coconut**. These fuller-bodied liquids tame the green flavours and add their own naturally sweet flavours.

Breville®

For more tips on making delicious smoothies visit
Breville breville.com.au



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Peanut Butter, Cacao & Banana SMOOTHIE



PREP: 5 MINS



SERVES: 1

Recipe by **Vitasoy** [vitasoy.com.au](https://www.vitasoy.com.au)

For those who are looking to indulge a little, look no further.
This smoothie is delicious to have at any time of day.

INGREDIENTS

1 cup chilled Vitasoy
Original Almond Milk

1 frozen peeled banana

1 tablespoon smooth peanut butter

1 tablespoon cacao powder

Handful of ice

METHOD

1. Place all ingredients into a blender. Blend until smooth and serve.



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Chocolate Protein Boost

SMOOTHIE TOPPER



MAKES: MAKES APPROX. 2 CUPS (270G)

Recipe by **Breville** breville.com.au

Add a supercharged protein boost to your smoothie, bowl of oats or morning cereal. A deliciously chocolatey way to add more protein into your day!

INGREDIENTS

½ cup (85g) raw almonds
.....
¼ cup (35g) raw cacao beans
.....
⅓ cup (50g) chia seeds
.....
¼ cup (40g) linseeds
.....
2 tablespoons Maca powder
.....

METHOD

1. Mill almonds, cacao, chia and linseeds separately.
2. One at a time, place into milling container and secure blades.
3. Lock onto motor base and mill for 10-15 seconds or until it becomes a fine meal.
4. When each is finished, transfer to an airtight container, add Maca powder and stir to combine.
5. Store in an airtight container in the fridge or freezer.

ALTERNATIVES

For a coffee flavour, use 2 tablespoons coffee beans instead of the cacao beans.

For a sweeter flavour, add 1 tablespoon of Stevia, coconut sugar or Rapadura sugar in with the Maca powder.



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Tropical SMOOTHIE



PREP: 5 MINS



SERVES: 1

Recipe by **Vitasoy** vitasoy.com.au

Mango, pineapple and coconut – what a delicious way to start a nice sunny day!

INGREDIENTS

1 cup chilled Vitasoy
Unsweetened Almond Milk
.....
1 small or ½ large ripe mango,
peeled and flesh chopped
.....
1 cup diced fresh pineapple
.....
1 tablespoon extra-virgin coconut oil
.....
Handful of ice-cubes
.....

METHOD

1. Place all ingredients into a blender. Blend until smooth and serve.



VIEW THIS RECIPE ON MYFOODBOOK

SMOOTHIES



30

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Superfood SMOOTHIE



PREP: 5 MINS



SERVES: 1

Recipe by **Vitasoy** vitasoy.com.au

This smoothie is a great way to start your day with plenty of superfoods to get you going.

INGREDIENTS

1 cup chilled Vitasoy Original
Almond milk

.....
½ cup frozen blueberries

.....
½ cup seedless purple grapes

.....
1 tablespoon flaxseeds

.....
Handful of ice-cubes

METHOD

1. Place all ingredients into a blender. Blend until smooth and serve.



VIEW THIS RECIPE ON MYFOODBOOK

It's time to enjoy **ALMOND MILK**

*Almond milk continues to grow in popularity in Australia.
Not only is it delightfully tasty, but its naturally
creamy texture makes it perfect for making smoothies.*

DID YOU KNOW?



Did you know that not all almond milk is made with whole grown almonds? Some companies use an imported almond paste to make almond milk. Check the pack to see if your almond milk is made using Australian grown, whole almonds.

CREAMY TEXTURE & NUTTY TASTE



Its creamy texture and nutty taste makes it enjoyable on its own, with cereal or a perfect choice for making smoothies and shakes.

CALORIE CONTENT



Almond milk is a great option for those watching their calorie intake as it can contain less calories than lite dairy milk. Vitasoy Unsweetened Almond Milk contains 60% less calories than lite dairy milk*.

LACTOSE FREE



It is a great dairy free alternative for those who have dietary requirements such as lactose intolerance, but many Australians are enjoying almond milk for its great taste.

*Based on dairy milk with 1% fat containing 51 Calories and 6.1g total sugars per 100ml (NUTTAB 2010).



For more recipe ideas visit **Vitasoy**
vitasoy.com.au



Light **LUNCHES**

Packed with flavour, these recipes are perfect for a light yet satisfying lunchtime dish!

LUNCH



34



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Warm Coconut Roasted Vegetables AND BARLEY SALAD



PREP: 30-40 MINS



SERVES: 4

Recipe by **Tablelands Coconut Spread** tablelandsspreads.com.au

INGREDIENTS

SALAD

3 tblsp Tablelands Coconut Spread

1 tblsp Moroccan seasoning

1 tsp cumin seeds

600g roasting vegetables (heirloom carrots, beetroot, sweet potato, pumpkin, parsnip, red onion)

¾ cup barley, cooked and drained

Mint leaves to serve

DRESSING

1 tblsp Tablelands Coconut Spread, melted

1 lemon zested & juiced

½ tsp Moroccan seasoning

½ cup white balsamic vinegar

½ tsp brown sugar

Pinch salt

¼ cup water

2 tblsp mint leaves, finely sliced

METHOD

SALAD

1. Pre-heat oven to 170°C.
2. Melt the coconut spread in a small saucepan together with the seasoning and cumin seeds.
3. Place the prepared vegetables in a large bowl and toss the coconut spread mixture over the vegetables, coating well.
4. Arrange the vegetables in a baking dish lined with baking paper.
5. Roast the vegetables in the pre-heated oven at 170°C for 30-40 minutes until cooked & tender. Remove and keep warm.
6. Place the barley into a large serving dish and pour over the dressing. Toss the roasted vegetables through the barley and serve warm or cold.
7. Serve garnished with mint leaves.

DRESSING

1. Combine the dressing ingredients in a small jar and shake well.

TIPS & HINTS

Quinoa, Burghal, Brown rice or Freekah wheat may be used in place of barley.



VIEW THIS RECIPE ON MYFOODBOOK

LUNCH



36



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Mushroom and HALLOUMI FALAFEL



PREP: 30 MINS + 30 MINS CHILLING



COOK: 30 MINS



MAKES: 20

Recipe by **Power of Mushrooms** powerofmushrooms.com.au

INGREDIENTS

400g button, cup or flat mushrooms
1 tbs olive oil, plus extra for cooking
1 brown onion, finely chopped
2 garlic cloves, crushed
1 tbs greek seasoning
400g can chickpeas, rinsed, drained
1 bunch flat-leaf parsley leaves,
chopped
150g halloumi, grated
1 egg
¾ cup dried breadcrumbs
(packaged ones)
2 tbs tahini
¼ cup sesame seeds
1 cup greek yogurt
Lemon wedges and herbs to serve,
optional

METHOD

1. Finely chop the mushrooms by hand or put in a food processor, use pulse button to finely chopped. Heat oil in a non-stick frying pan over high heat.
2. Add the mushrooms, onion and garlic, cook, stirring often, for 8 minutes or until all moisture has evaporated.
3. Stir in the seasoning, cook 1 minute. Set aside to cool for 10 minutes. Drain any excess moisture and transfer to a bowl. Wipe pan clean.
4. Meanwhile, process the chickpeas, parsley, halloumi, egg, breadcrumbs and half the tahini until almost smooth. Add to mushrooms, season and mix well.
5. Roll one tablespoonful of mixture into a ball, then roll lightly in sesame seeds. Place on a tray. Repeat to make 30 falafels.
6. Cover and refrigerate 30 minutes if time permits. Mix remaining tahini and yogurt together. Refrigerate until ready to serve.
7. Shallow or deep fry falafel in batches, turning often for 5 minutes or until golden. Serve warm or room temperature with tahini yogurt, lemon and herbs.

TIPS & HINTS

Falafel is great served as finger food or turn into a meal by shaping ¼ cupful's of mixture into patties & serving with salad and pita bread.



VIEW THIS RECIPE ON MYFOODBOOK

LUNCH



38

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Buckwheat RISOTTO



PREP: 10 MIN



COOK: 30-35 MINS



SERVES: 4

Recipe by **The Intolerant Cooks** intolerantcooks.com.au

INGREDIENTS

BUCKWHEAT

4 cups Celebrate Health Beef Stock
2-3 tablespoons Melrose Extra Virgin Olive Oil, plus extra for mushrooms
1 brown onion, peeled and finely chopped
2 cloves garlic, crushed
3-4 sprigs thyme
1 ½ cups buckwheat, lightly toasted
100g goat butter or alternative lactose free spread
300g Swiss brown mushrooms, roughly chopped
3-4 tablespoons Liddell's Lactose-Free Cream Cheese
60g hazelnuts, toasted and crushed

TO SERVE

30g anchovies
Zest of 1 lemon
1 small handful parsley, finely chopped
50g pecorino, finely grated
100ml Melrose Extra Virgin Olive Oil

METHOD

BUCKWHEAT

1. Pour stock into a large saucepan and bring to a gentle simmer over a medium heat.
2. Heat a large deep frying pan over a high heat. Add oil and onions and cook for 3-4 minutes or until translucent and nicely colored. Add garlic, thyme and buckwheat and cook for 1-2 minutes to nicely toast the buckwheat.
3. Add a few ladles of hot stock and stir occasionally until liquid has been absorbed. Repeat process until all the liquid has been added and buckwheat is tender.
4. Meanwhile prepare your mushrooms, you will need to cook the mushrooms in 2 batches as too many in the pan will cause the mushrooms to sweat and turn grey rather than become slightly crisp and golden.
5. Heat 10g goat butter and 1 tablespoon extra virgin olive oil in a large frying pan over a very high heat. Add half the mushrooms and cook, not stirring for a few minutes. Not stirring should achieve nice crisp, golden edges to the mushrooms.
6. Toss to stir and when just cooked tip into a sieve lined bowl. This will drain the mushrooms and let you catch all the juices that can be stirred back into the risotto. Repeat with remaining mushrooms.

TO SERVE

1. To serve, stir through the mushrooms and any caught juices, stir the cream cheese into the hot risotto. Season with salt and pepper to taste.
2. Combine anchovies, lemon zest, parsley, pecorino and olive oil in a bowl and season with salt and pepper.
3. To serve, place spoonfuls of risotto into warmed serving bowls and finish with a scattering of hazelnuts, a few teaspoonful's of anchovy mixture and freshly grated pecorino if desired.

TIPS & HINTS

To ensure this recipe is 100% Lactose-Free, please substitute the goats butter for your preferred lactose-free alternative.



VIEW THIS RECIPE ON MYFOODBOOK

LUNCH



4.0



SHARE THIS COOKBOOK



Roast Mushroom, Kale, Rice AND QUINOA SALAD



PREP: 15 MINS



COOK: 40 MINS



SERVES: 6

Recipe by **Power of Mushrooms** powerofmushrooms.com.au

INGREDIENTS

400g button mushrooms, trimmed
2 medium sweet potato, peeled, cut
into 1cm-thick rounds
3 tbs Moroccan spice blend
3 tbs olive oil
1 bunch kale, washed, dried
Olive oil cooking spray
1 cup rice & quinoa
¼ cup salad dressing
⅓ cup currants
¾ cup roasted cashews chopped

METHOD

1. Preheat oven 220°C fan forced. Combine mushrooms and sweet potato in a large roasting pan. Sprinkle over spice mix. Drizzle with oil, season with pepper. Turn to coat. Roast 40 minutes until light golden and tender.
2. Remove the centre stem from the kale, roughly chop leaves. Scatter them over the sweet potato and mushrooms. Spray lightly with oil and roast 5 minutes. Remove from the oven.
3. Meanwhile cook the rice and quinoa following packet directions. Transfer to a bowl. Pour the dressing over the warm rice. Add currants and stir to combine.
4. Just before serving stir the rice and cashews through the kale and roast vegetables. Serve warm, cold or at room temperature.



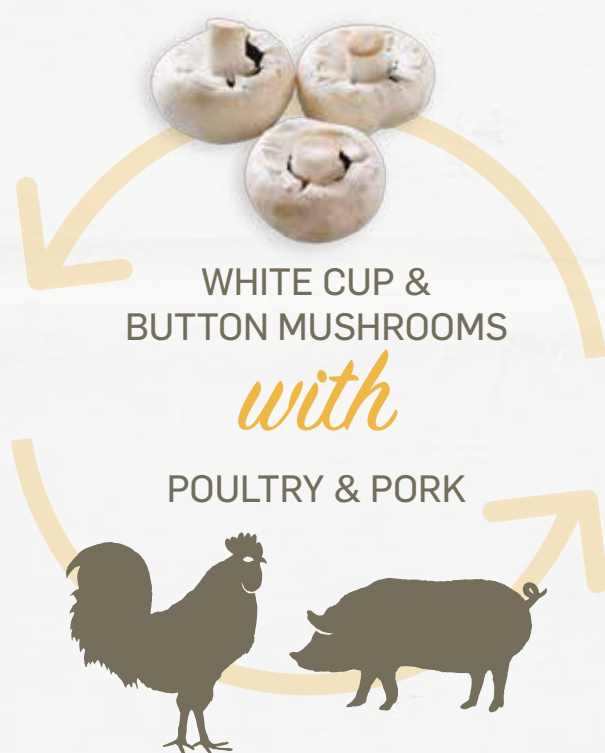
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Be on trend with a **MUSHROOM BLEND**

Blended mushrooms can be added to a variety of dishes to increase both the flavour and nutrition factor - the umami flavour of mushrooms adds a particularly savoury note and depth of flavour.

When finely chopped by hand or pulsed in a food processor, the consistency of mushrooms resembles minced meat. Replacing a portion of meat mince with mushroom mince enhances the flavour, texture and nutrition of your dish.

WHICH MUSHROOMS DO YOU BLEND WITH WHICH MEATS?



Get the full story on blending with mushrooms at **myfoodblog**[®]



For more delicious mushroom recipes go to
powerofmushrooms.com.au



Speedy **DINNERS**

Who knew healthy could taste so good! Dig in to an oh-so-tasty dinner with these quick and easy recipes to impress.

DINNER



44

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Pork, Mushroom AND KALE STIR-FRY



COOK: 12 MINS



SERVES: 4

Recipe by **Power of Mushrooms** powerofmushrooms.com.au

INGREDIENTS

2 garlic cloves, chopped
1 long red chilli, halved, seeds removed
1 long green chilli, halved, seeds removed
2cm piece ginger, peeled, chopped
¼ cup unsalted roasted cashew nuts
3 tbs vegetable oil
400g button mushrooms, halved
300g pork mince
2 tbs oyster sauce
250g green beans, trimmed, cut into thirds
2 cups baby kale leaves
Steamed Jasmine rice, to serve

METHOD

1. Place garlic, chilli, ginger and cashews into a food processor with 1 tbs oil, process until finely chopped. Transfer to a bowl.
2. Heat a wok over high heat until hot. Add 1 tbs oil, then add mushrooms, stir-fry for 2 minutes or until golden. Remove to a bowl and set aside.
3. Reheat wok until hot, add remaining oil. Add cashew mixture and stir-fry for 30 seconds. Add pork, stir-fry for 3 minutes until mince changes colour.
4. Return mushrooms to wok, add oyster sauce and beans, stir-fry for 2 minutes until beans are tender and crisp. Stir through kale. Serve with jasmine rice.



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DINNER



46



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Coconut Crusted FISH TACOS



PREP: 20 MINS



SERVES: 4

Recipe by **Tablelands Coconut Spread** tablelandsspreads.com.au

Tacos are the ultimate family friendly food, if you're looking for something delicious, simple and flavourful to serve to your family and friends at any occasion, these coconut crusted taco's will be just the thing.

INGREDIENTS

SALSA

2 small tomatoes, finely diced

1 small cucumber, finely diced

¼ cup fresh coriander leaves

1 lime zested & juiced

COCONUT CRUST & TACOS

3 tblsp Tablelands Coconut Spread

¼ cup shredded coconut

1 ½ cups panko crumbs

2 tblsp taco seasoning

1 tsp sea salt

½ tsp white pepper

500g thick fleshed white fish, sliced into fingers

1 egg, beaten

8-10 small soft tortillas, warmed

100g Chipotle Mayonnaise to serve

For garnishing: Coriander Leaves & Lime wedges to serve

METHOD

SALSA

1. Combine the tomatoes, cucumber, coriander leaves, lime juice & zest in a small bowl. Set aside.

COCONUT CRUST & TACOS

1. In a shallow bowl combine the shredded coconut, panko crumbs, taco seasoning and salt & pepper. Mix well.
2. Dip the fingers of fish into the beaten egg and coat well in the coconut crumb mixture. Cool in the refrigerator.
3. Heat the Coconut Spread in a non-stick frying pan over a medium heat for 2 minutes. Add the crusted fish pieces a few at a time and cook until golden, about 4-5 minutes. Drain on absorbent paper.
4. Place a little salsa into the warmed tortillas, top with the coconut-crusted fish, garnish with chipotle mayonnaise and coriander leaves. Serve with wedges of lime.

TIPS & HINTS

This coconut crust is also delicious with chicken or prawns.



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DINNER



48

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Vietnamese Pork and Mushrooms WITH NOODLES



COOK: 22 MINS



SERVES: 4

Recipe by **Power of Mushrooms** powerofmushrooms.com.au

INGREDIENTS

400g button, cup or flat mushrooms
2 garlic cloves, chopped
1 tbs lemongrass paste or finely
chopped fresh lemongrass
2 Eschalots (French shallots),
chopped
2cm piece ginger, peeled, chopped
1 green chilli, halved, seeds removed
2 tbs grated palm sugar
3 tbs fish sauce
2 tbs sweet chilli sauce
1 lime, juiced
300g rice vermicelli noodles
1 tbs vegetable oil
400g pork mince
2 cups bean sprouts, ends trimmed
2 cups Asian herbs, like mint, Thai
basil, Vietnamese mint & coriander

METHOD

1. Finely chop mushrooms by hand, or alternatively, pulse in a food processor until finely chopped. Remove to a bowl. Finely chop garlic, lemongrass, eschalots, ginger and chilli by hand or in the food processor.
2. Combine palm sugar, fish sauce, sweet chilli sauce and lime juice in a bowl. Cook rice vermicelli noodles following packet directions. Drain, cover and keep warm.
3. Heat a large wok over medium heat until hot. Add oil and garlic mixture, stir-fry until soft and aromatic.
4. Add mushrooms, increase heat to high, stir-fry for 3-5 minutes until moisture has almost evaporated.
5. Add pork mince, stir-fry for 5 minutes until mince is cooked. Add 2 tbs palm sugar mixture and stir-fry for 2 minutes.
6. Pile noodles into bowls or plates. Spoon over mushroom and pork mince. Top with bean sprouts and herbs. Serve drizzled with remaining palm sugar mixture.



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DINNER



50



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Coconut Chicken Stir-Fry WITH SWEET BASIL AND CHILLI



PREP: 20 MINS



COOK: 10 MINS



SERVES: 4

Recipe by **Tablelands Coconut Spread** tablelandsspreads.com.au

A stir-fry is the ultimate weeknight or go-to meal for any occasion. This coconut chicken stir fry has loads of flavour - the coconut spread is your secret ingredient.

INGREDIENTS

2 tblsp Tablelands Coconut Spread
2 large chicken breasts, sliced thinly
1 clove garlic, finely chopped
4 spring onions, sliced
1 red capsicum, thinly sliced
1 long red chilli, seeded & sliced
1 bunch buk choy, sliced
½ cup basil leaves, washed & torn
½ cup sweet chilli jam
100ml coconut milk
To serve fresh cooked noodles or
steamed rice

THE GARNISHING

Fried basil leaves

METHOD

1. Heat the Coconut Spread in a wok or deep frying pan over medium high heat.
2. Brown the chicken well on both sides 2-3 minutes, remove and keep warm. You may need to do this in 2 batches.
3. Add the garlic, spring onions, capsicum, chilli and buk choy to the wok and stir-fry 2-3 minutes.
4. Return the chicken to wok and toss well. Stir in the basil leaves, sweet chilli jam and coconut milk. Cook, tossing well for 2-3 minutes.
5. Remove from heat and serve over freshly cooked noodles or rice.

THE GARNISHING

1. Garnish with fried basil leaves. Serve hot.

TIPS & HINTS

Fried basil leaves can be prepared ahead of time using the Coconut Spread for stir-frying. This will give a delicious flavour to your stir-fry. Heat coconut spread over medium heat for 2 minutes then add the dry basil leaves to the wok, fry until clear, remove and drain on absorbent paper.



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DINNER



52



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Spaghetti with a SPINACH CAPER SAUCE



PREP: 10 MIN



COOK: 10 MINS



SERVES: 4-6

Recipe by **The Intolerant Cooks** intolerantcooks.com.au

INGREDIENTS

SPINACH SAUCE

30g goat butter OR lactose free
butter alternative

1 bunch spinach, roots removed,
washed well and drained

1 tablespoon salted baby capers

20ml Campaspe Bend Extra Virgin
Olive Oil

Freshly grated black pepper, to taste

80g pecorino, grated

4-6 sundried tomatoes, julienne

SPAGHETTI

100g Melrose Black Olives

340g Barilla Gluten Free Spaghetti

METHOD

SPINACH SAUCE

1. Place a large frying pan over a high heat. Melt butter and when it begins to foam, add spinach and wilt, stirring occasionally.
2. Transfer spinach and cooking liquid to a bar blender, add capers, extra virgin olive oil season with pepper. Puree until smooth.
3. Grate in pecorino cheese and blend to combine.

SPAGHETTI

1. Preheat oven to 80°C. Drain olives and spread over a baking tray. Dry in the oven for 2-3 hours. Cool completely before transferring to an airtight container. Olives will keep in the fridge for up to 1 week.
2. Cook pasta according to packet instructions in salted water and drain well. Return to saucepan.
3. Drain pasta, add half the sauce and toss to combine, adding more sauce as desired. Any left over sauce can be packaged and refrigerated for 5-7 days.
4. Finish pasta with finely grated pecorino, sun dried tomatoes, torn olives and a drizzle of olive oil as desired.

TIPS & HINTS

This recipe is lactose-free, however we have included shaved pecorino cheese as a serving suggestion. For those with a high sensitivity to lactose, simply omit.



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Cooking with the **GOODNESS OF COCONUT**

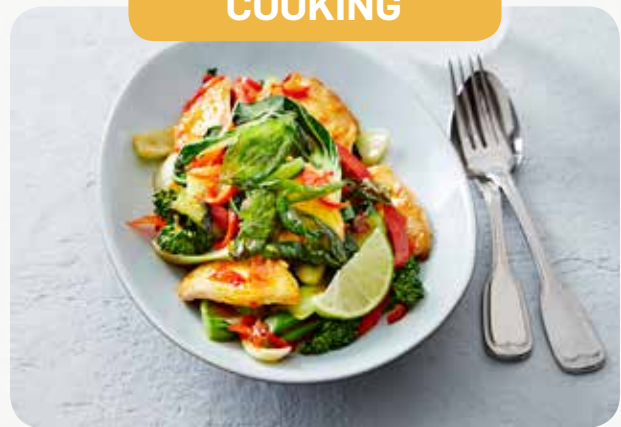
Tablelands Coconut spread has the goodness of coconut oil and an authentic coconut flavour. With 25% less saturated fat than butter, it contains Vitamin A&D and no artificial flavours, colours or added dairy. It's ideal for baking, cooking, frying and spreading.

BAKING



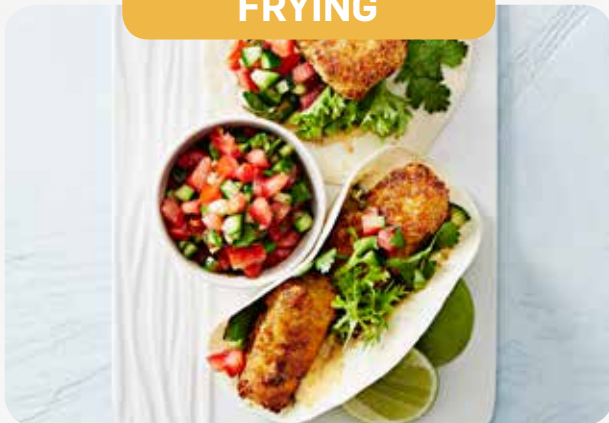
Adds flavour to baking - perfect for white frostings and icings.

COOKING



Adds delicious coconut flavour to oriental cooking.

FRYING



Healthier and effective alternative for shallow frying.

SPREADING



Tastes fantastic spread on toast and sandwiches.



For more recipe ideas with **Tablelands Coconut Spread**
visit tablelandsspreads.com.au



Sweet **TREATS**

When only a treat will do!
Whip up one of these tasty
pick-me-up sweets to beat
the afternoon slump.



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Peach and Passionfruit ICE POPS



MAKES: MAKES 6 X 90ML ICE BLOCKS, ALLOW FREEZING TIME OVERNIGHT

Recipe by **Breville** breville.com.au

Cool down this summer with a deliciously fruity ice pop. Made with peaches and passionfruit, these cool little treats can be whipped up in no time!

INGREDIENTS

1 cup (280g) vanilla or naturally
sweetened yoghurt

410g can peach slices in natural
juice, drained

1 tablespoon passionfruit pulp
(approx. 1 passionfruit)

1 cup (150g) fresh or frozen
raspberries

2 tablespoons agave nectar

METHOD

1. This is a layered smoothie pop. Place $\frac{1}{2}$ cup yoghurt, peaches and passionfruit into tumbler and secure blades.
2. Lock onto motor base and blend for 20 seconds, or until smooth. Divide the mixture among the 6 moulds.
3. Place the remaining yoghurt, raspberries and agave into tumbler and secure blades. Lock onto motor base and blend for 20 seconds, or until smooth.
4. Pour into moulds over peach mixture. Insert ice block sticks and freeze overnight (minimum 8 hours) until frozen solid.



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Strawberry and Chia Seed JAM PARFAIT



PREP: 15 MINS



COOK: 20 MINS



SERVES: 4

Recipe by **The Intolerant Cooks** intolerantcooks.com.au

INGREDIENTS

STRAWBERRY AND CHIA SEED JAM

4 punnets (2 ½ cups) strawberries,
hulled

Juice of 2 oranges

Zest of 1 orange

1 teaspoon vanilla bean paste

2 tablespoons The Chia Co Chia
seeds

COOKED GRAINS

½ cup red rice, soaked overnight

1 cup Coles White Quinoa

TO SERVE

¼ cup sunflower seeds

¼ cup linseed

¼ cup Coles Natural Almonds

¼ cup pepitas

¼ cup Coles Sesame Seeds

4 x 140g tubs Liddell's Lactose Free
Plain Yoghurt

METHOD

STRAWBERRY AND CHIA SEED JAM

1. Place strawberries, vanilla bean paste, orange juice and zest in a small saucepan and cook for 2-3 minutes or until strawberries begin to break down.
2. Add Chia seeds and cook for a further 3-4 minutes, stirring. Jam will begin to thicken. Spoon into clean, hot jars. Fit with a lid and invert to create a strong vacuum seal.
3. Jam will set firm when completely cool. Keep for up to 1 month in sealed jars. Refrigerate after opening.

COOKED GRAINS

4. To prepare grains, place a saucepan of water over a medium heat, add red rice and cook according to packet.
5. Bring a second saucepan of water to the boil, add quinoa and cook for 10-12 minutes or until tender and cooked though. Drain well and combine.

TO SERVE

6. Place sunflower seeds, linseed, almonds, pepitas and sesame seeds (SLAPS) into a food processor and process to a coarse powder.
7. To serve, place a spoonful of steamed grains in your preferred serving glass, add a few spoonfuls of jam followed by plain yogurt and finish with a sprinkle of SLAPS for a nice crunch. Repeat with a second layer if desired.

TIPS & HINTS

If you are Coeliac or extremely sensitive to gluten, please substitute Liddell's for your preferred gluten-free alternative. While Liddell's products do not contain gluten, their Yoghurt may be produced on the same production line as those containing cereals.



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TREATS



60

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Raw Sour CHERRY CAKE



PREP: 15 MIN



COOK: 60 MINS SETTING TIME



SERVES: 12

Recipe by **The Intolerant Cooks** intolerantcooks.com.au

INGREDIENTS

BASE

4 tablespoons raw cacao powder

3 tablespoons Melrose Unrefined
Coconut Oil

1 cup (170g) whole almonds, ground

4 dates, pitted and finely chopped

½ cup Melrose Coconut Flour

2 tablespoons coconut syrup or
agave nectar

FILLING

2 cups raw cashews, soaked in water
for 3 hours

150ml coconut cream

½ cup Melrose Unrefined Coconut
Oil, melted

Juice and grated rind of 1 lemon and
1 orange

4 tablespoons coconut syrup or
agave nectar

TOPPING

50g apricot jam

250g fresh cherries, pitted and
halved

METHOD

BASE

1. Grease and line a 24cm round springform cake tin with baking paper.
2. For the base, place all the ingredients in a bowl and mix to combine. Press into your prepared cake tin and refrigerate to set.

FILLING

1. For the filling, drain the cashews and place in a food processor or bar blender. Add the coconut cream and process to a very smooth thick paste. Add remaining ingredients and process to combine.
2. Pour onto the chilled base and freeze for a minimum of 1 hour or until set.

TOPPING

1. Brush the cake with apricot jam and decorate with cherry halves. Remove from the tin and serve cut into thick slices.



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Coconut Lemon CUPCAKES



PREP: 25 MINS



COOK: 15 MINS



MAKES: 20

Recipe by **Tablelands Coconut Spread** tablelandsspreads.com.au

This coconut spread makes the lightest, tastiest cupcakes and is so simple to prepare.

INGREDIENTS

CUPCAKES

230g Tablelands Coconut Spread
2 cups caster sugar
1 tsp vanilla extract
2 eggs
¾ cup coconut cream
2 lemons zested & juiced
3 cups self raising flour
½ cup desiccated coconut
Pinch salt

FROSTING

1 cup Tablelands Coconut Spread
3 cups icing sugar
2 tblsp coconut cream
½ tsp coconut essence
Lemon zested & juiced

FOR GARNISHING

Lemon Zest, colored sugar or
shredded toasted coconut to garnish

METHOD

CUPCAKES

1. Preheat oven 170°C.
2. Cream together the coconut spread and sugar until creamy.
3. Beat in the vanilla extract, eggs, coconut cream and lemon zest & juice.
4. Slowly beat in the combined flour, salt & coconut.
5. Spoon the mixture into the prepared cupcake tins.
6. Bake in the pre-heated oven at 170°C for 15 minutes until cupcakes are golden and firm to touch. Remove from oven and allow to cool for 3-4 minutes in trays before cooling on wire racks.

FROSTING

1. Beat together the coconut spread and icing sugar until well combined and mixture is smooth.
2. Add the coconut cream, lemon zest and juice until frosting is smooth and creamy.
3. Pipe or spread onto cooled cupcakes and garnish with toasted coconut.

TIPS & HINTS

The trick to making a flat easy to decorate cupcake is not to overfill the cases, only to ¾. These cupcakes can be made with gluten free SR flour if required. The texture may be different but the flavour is the same. Tablelands coconut spread is great for frosting. As it's soft and light it's also great for piping. You can easily change the colour or flavour to match your cakes.



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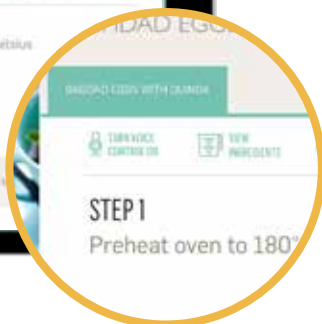
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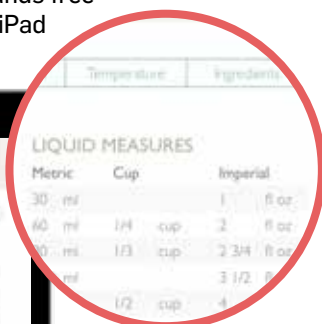
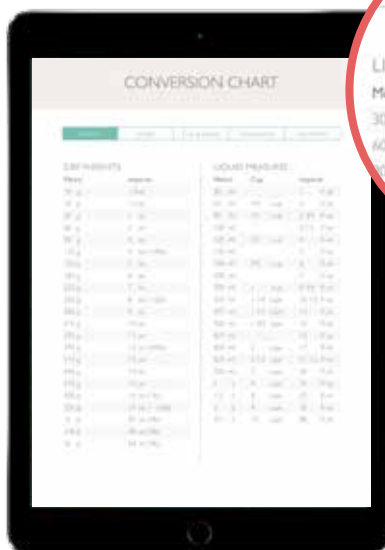


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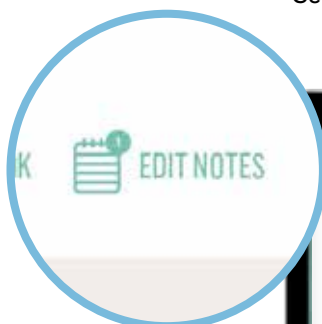


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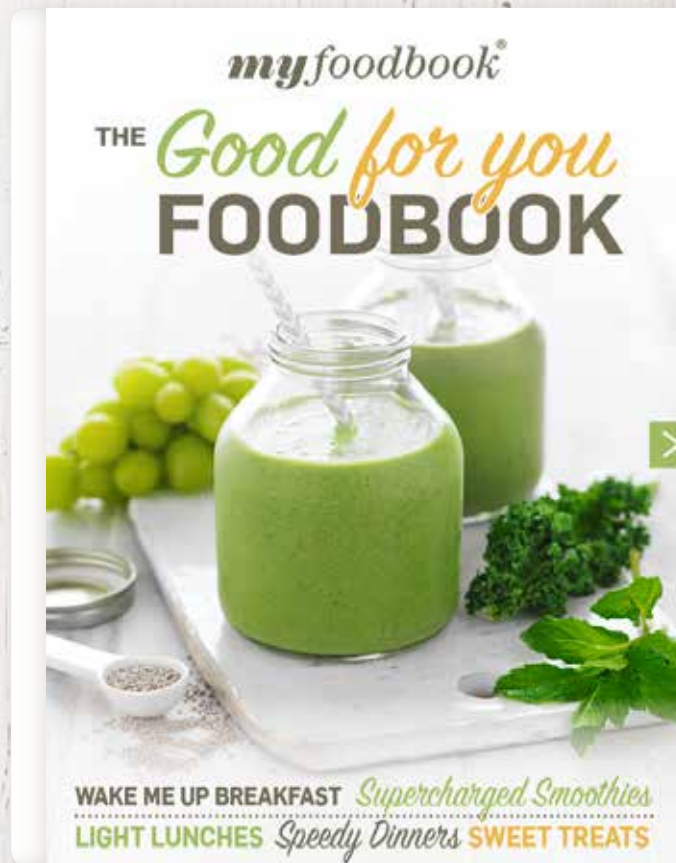
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