

*myfoodbook*<sup>®</sup>

# *Good for you* **FOODBOOK**

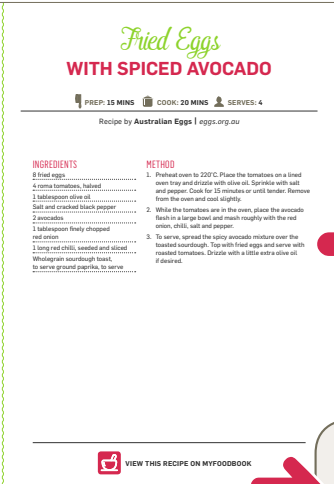


**ENERGISING** BREAKFAST & BRUNCH  
FRESH & FABULOUS **LIGHT MEALS** & MAINS  
~~~~~ *Feel good desserts* ~~~~~



# How to use THIS COOKBOOK

## VIEW RECIPE ON THE MYFOODBOOK WEBSITE



**Fried Eggs  
WITH SPICED AVOCADO**

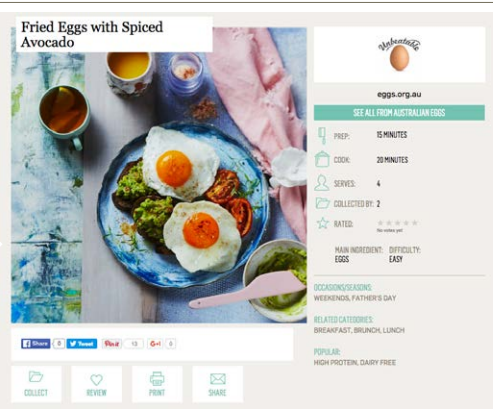
PREP: 15 MINS COOK: 20 MINS SERVES: 4  
Recipe by Australian Eggs | eggs.org.au

**INGREDIENTS**

- 8 fried eggs
- 4 avocados, halved
- 2 tablespoons olive oil
- Salt and cracked black pepper
- 2 avocados
- 1 tablespoon finely chopped red onion
- 1 long red chili, seeded and sliced
- White pepper sourdough toast, to serve

**METHOD**

- Preheat oven to 220°C. Place the tomatoes on a lined oven tray and drizzle with olive oil. Sprinkle with salt and pepper. Cook for 10 minutes or until tender. Remove from the oven and cool slightly.
- While the tomatoes are in the oven, place the avocado flesh in a large bowl and mash roughly with the red onion, chili, salt and pepper.
- To serve, spread the spicy avocado mixture over the toasted sourdough. Top with fried eggs and serve with optional tomatoes. Drizzle with a little extra olive oil if desired.



**Fried Eggs with Spiced Avocado**

eggs.org.au

SEE ALL FROM AUSTRALIAN EGGS


PREP: 15 MINUTES  
COOK: 20 MINUTES  
SERVES: 4  
COLLECTED BY: 2

RATED: ★★★★★  
Main ingredient: EGGS  
Difficulty: EASY


RELATED CATEGORIES:  
WEEKENDS, FATHER'S DAY  
BREAKFAST, BRUNCH, LUNCH

POPULAR:  
HIGH PROTEIN, DAIRY FREE

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LILYDALE

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Bubble and Squeak with  
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*Enjoy* A DAILY DOSE  
OF DAIRY



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eggs are OK every day.**



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Australian  
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# Fresh & fabulous

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# Feel Good


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# *Energising* **BREAKFAST & BRUNCH**

Start the day right with balanced and protein-rich meals. These ideas will leave you satisfied and with a spring in your step.





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# Baked

## RICOTTA OMELETTE



PREP: 10 MINS



COOK: 20 MINS



SERVES: 4

Recipe by **The Dairy Kitchen** | [legendairy.com.au](http://legendairy.com.au)

### INGREDIENTS

400g wedge ricotta

8 eggs, lightly beaten

40g butter

100g mixed mushrooms, sliced if larger in size

4 spring onions, finely chopped

30g baby spinach leaves or rocket

1 punnet (250g) truss tomatoes

### METHOD

1. Whisk together ricotta and eggs until combined. Season to taste. Set aside.
2. Heat butter in an ovenproof 26cm frying pan over medium heat and sauté mushrooms for 2-5 minutes or until just tender. Add spring onions and spinach and cook for a further 1 minute or until spinach has wilted. Arrange tomatoes over spinach mixture and pour over ricotta eggs mixture.
3. Transfer frying pan to the oven and bake at 180°C for 15-20 minutes or until just set and golden brown on top. Serve immediately.

### TIPS & HINTS

If desired, omelette can be cooked on the stovetop over low-medium heat with the lid on. It may require an extra 5-10 minutes cooking. The top of the omelette however will not brown.



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# Fried Eggs

## WITH SPICED AVOCADO



PREP: 15 MINS



COOK: 20 MINS



SERVES: 4

Recipe by **Australian Eggs** | [eggs.org.au](https://eggs.org.au)

### INGREDIENTS

8 fried eggs  
4 roma tomatoes, halved  
1 tablespoon olive oil  
Salt and cracked black pepper  
2 Avocados  
1 tablespoon finely chopped red onion  
1 long red chilli, seeded and sliced  
Wholegrain sourdough toast and ground paprika, to serve

### METHOD

1. Preheat oven to 220°C. Place the tomatoes on a lined oven tray and drizzle with olive oil. Sprinkle with salt and pepper. Cook for 15 minutes or until tender. Remove from the oven and cool slightly.
2. While the tomatoes are in the oven, place the avocado flesh in a large bowl and mash roughly with the red onion, chilli, salt and pepper.
3. To serve, spread the spicy avocado mixture over the toasted sourdough. Top with fried eggs and serve with roasted tomatoes. Drizzle with a little extra olive oil if desired.



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**Experts say,  
eggs are OK every day.**

Egg lovers rejoice! Eggs are a healthy, natural, whole food that the Australian Dietary Guidelines say you can enjoy every day.  
[eggs.org.au/OKeveryday](http://eggs.org.au/OKeveryday)







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# Grilled Mushroom Bruschetta

## WITH AVOCADO AND SOFT-BOILED EGG



COOK: 15 MINS



SERVES: 4

Recipe by **Australian Mushrooms** | [australianmushrooms.com.au](http://australianmushrooms.com.au)

### INGREDIENTS

2 tbs extra virgin olive oil  
4 slices sourdough bread  
4 large Flat Mushrooms,  
stalks removed  
4 free range eggs, at room  
temperature  
1 ripe avocado, mashed  
2 green onions, finely chopped  
1 tbs lemon juice  
100g labneh  
2 tsp finely grated lemon rind  
Micro-cress, to garnish

### METHOD

1. Preheat a barbecue grill or chargrill pan over a high heat. Brush both sides of bread and mushrooms with oil.
2. Chargrill bread for 2 minutes each side then chargrill mushrooms for 3 minutes on each side or until tender. Remove.
3. Meanwhile, bring a medium saucepan of water to the boil. Gently add eggs and stir until water returns to the boil.
4. Cook for 4 1/2 minutes for soft-boiled eggs, or until cooked to your liking. Drain and refresh under cold water. Gently crack shells and peel.
5. Combine avocado, onions and lemon juice. Season. Mix well.
6. Spread labneh over bread. Top with mushrooms. Spoon over avocado. Break eggs in half and arrange on top. Sprinkle with lemon rind and micro-cress. Serve.

### TIPS & HINTS

Labneh is available in the specialty cheese section of some supermarkets and fruit and veg grocers. You can replace with feta or goat's cheese.



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# Bubble and Squeak

## WITH POACHED EGG



PREP: 10 MINS



COOK: 45 MINS



SERVES: 2

Recipe by **Australian Eggs** | [eggs.org.au](http://eggs.org.au)

### INGREDIENTS

4 poached eggs  
600g potatoes, 2cm dice  
2 small carrots, 1cm dice  
1/3 cup frozen peas  
Salt and cracked black pepper  
2 teaspoons horseradish cream  
1 tablespoon olive oil  
1 onion, chopped  
100g brussel sprouts,  
roughly chopped  
30g butter, chopped

### METHOD

1. Place the potatoes in a large saucepan of water and bring to the boil. Cook for 15 minutes, add the carrots and cook for another 5 minutes then add the peas. Cook for 2 minutes then drain and very roughly mash. Stir through the salt and pepper and horseradish.
2. Heat the oil in a 28cm ovenproof non stick frying pan over medium heat. Cook the onion and brussel sprouts until tender, then remove from the heat and combine with the potato mix.
3. In the same frying pan, melt the butter over medium low heat. Spoon the vegetable mix into the pan and spread out over the base to the edges of the frying pan.
4. Cook without stirring for 20 minutes or until the base is golden brown.
5. Heat an oven grill to high heat. Place the bubble and squeak under the grill and cook until the top is light golden.
6. Serve wedges of bubble and squeak topped with poached eggs and cracked black pepper.



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The image shows a top-down view of a healthy meal. In the foreground, a light blue ceramic bowl with a speckled rim is filled with a variety of ingredients: a portion of white rice, several slices of pink salmon, a stack of sliced avocado, a pile of green cucumber ribbons, a handful of almonds, and some green leafy vegetables. A white plastic fork is tucked into the rice. In the background, another white bowl contains more avocado and salmon. A glass of water is partially visible on the right. A large, semi-transparent white circle with a green scalloped border is centered over the image, containing the title and a short paragraph.

# *Fresh & fabulous* **LIGHT MEALS & MAINS**

Fast and zippy meals with fresh seasonal flavour and flare. Balanced doesn't need to be boring with this rainbow of recipes.





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# Warm Moroccan Avocado AND ROASTED VEGETABLE SALAD



PREP: 20 MINS



COOK: 30 MINS



SERVES: 4

Recipe by **Australian Avocados** | [avocado.org.au](http://avocado.org.au)

## INGREDIENTS

### ROASTED VEGETABLE SALAD

2 tbs olive oil  
1 tsp ground cumin  
1 tsp ground coriander  
2 garlic cloves, crushed  
750g orange sweet potato, peeled  
and cut into bite sized pieces  
400g (about 2 bunches) baby Dutch  
carrots, trimmed and peeled

### WARM MOROCCAN AVOCADO

2 just-ripe Avocados, halved  
and deseeded  
100g feta cheese, crumbled  
1 tbs lemon juice  
2 tsp dukkah  
50g baby spinach leaves  
1/2 pomegranate, seeds removed  
Salt & pepper, to season  
Lemon wedges and warmed  
flatbread, to serve

## METHOD

### ROASTED VEGETABLE SALAD

1. Preheat oven to 200°C/180°C fan-forced.
2. Combine oil, cumin, coriander and garlic in a bowl.
3. Arrange sweet potatoes and carrots in a single layer on a large baking tray lined with baking paper. Drizzle with oil mixture and toss to coat vegetables.
4. Roast vegetables, turning once, for 25-30 minutes or until tender.

### WARM MOROCCAN AVOCADO

1. Meanwhile scoop the avocado flesh into a bowl and add feta, lemon juice and sprinkle with dukkah. Gently toss to combine and set aside until the vegetables are cooked.
2. To serve, arrange roasted vegetables and spinach on a serving platter. Top with avocado mixture and sprinkle with pomegranate seeds. Season to taste.
3. Serve with lemon wedges and flatbread.



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# Watermelon, Strawberry AND FETA SALAD



PREP: 15 MINS



SERVES: 4

Recipe by **The Dairy Kitchen** | [legendairy.com.au](http://legendairy.com.au)

## INGREDIENTS

2 tablespoons olive oil  
1 tablespoon white wine vinegar  
Salt and pepper, to taste  
500g peeled watermelon (approx.  
1kg piece), cut into 2cm cubes  
250g punnet strawberries, hulled  
and halved  
¼ cup mint leaves, torn  
100g feta cheese  
2 tablespoons pistachio kernels,  
roasted and roughly chopped

## METHOD

1. Shake oil, vinegar and seasoning in a screw topped jar to make a dressing.
2. Place watermelon, strawberries and mint in a serving platter or bowl and pour over the dressing.
3. Sprinkle with mint leaves, feta and pistachios.  
Serve chilled.

## TIPS & HINTS

For an additional Middle Eastern flair, add the seeds of 1/2 pomegranate with the feta and pistachios.



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# Enjoy

## A DAILY DOSE OF DAIRY

Australian milk is deliciously simple and all natural. Whether it ends up in your latté, becomes creamy yoghurt, or cultured to make luscious cheese, it always packs a punch in the nutrition stakes, thanks to the natural package of 8 essential nutrients.

### Did you know?

- It's this unique combination of nutrients in milk, cheese and yoghurt that deliver some really important health benefits, including better bone and muscle health, weight management and protection against some of the most common chronic diseases <sup>1</sup>
- 90% of Australian adults aren't getting enough dairy in their diets<sup>2</sup>
- Depending on your age and gender, your daily recommendations for the dairy food group will vary anywhere between 1.5-4 serves, [check here](#) to see how many you should be having!



**Milk**  
1 cup  
(250 ml)



**2 Cheese**  
slices  
(40g)



**Yogurt**  
3/4 cup (200g)



**Ricotta**  
1/2 cup (120g)

What does  
a serve  
look like?

1 Adapted from 2013 Australian Dietary Guidelines..... as already written

2 Australian Bureau of Statistics [Internet]. Canberra: ABS; 2016. Australian Health Survey: Australian Health Survey: Consumption of Food Groups from the Australian Dietary Guidelines, 2011-12. Cat 4364.0.55.012.





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# Chicken Schnitzel

## WITH PARMESAN AND SESAME SEED ZUCCHINI CHIPS



PREP: 10 MINS



COOK: 25 MINS



SERVES: 4

Recipe by **Lilydale** | [freerangechicken.com.au](http://freerangechicken.com.au)

### INGREDIENTS

2 x 400g packets Lilydale  
Breast Schnitzel

4 small zucchini,  
quartered lengthways

1/2 cup plain flour

2 eggs, lightly beaten

1/2 cup grated parmesan

2 tablespoons panko breadcrumbs

2 tablespoons sesame seeds

Pinch dried chilli flakes

Baby cos wedges, watercress, aioli,  
lemon wedges, to serve

### METHOD

1. Preheat oven to 200°C or 180°C fan. Line two baking trays with baking paper. Lay Lilydale breast schnitzel on one prepared tray and bake according to packet instructions.
2. Meanwhile, toss zucchini in flour, shaking off excess. Dip in egg, then combined parmesan, breadcrumbs and sesame seeds, pressing firmly to coat. Place on the other prepared tray and bake for 20-25 minutes, until crisp and golden.
3. Scatter dried chilli over zucchini chips. Serve with Lilydale schnitzels, lettuce wedges, watercress, aioli and lemon wedges.



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# Egg Pie

## WITH SILVERBEET AND RICOTTA



PREP: 25 MINS



COOK: 1 HOUR 10 MINS



SERVES: 6

Recipe by **Australian Eggs** | [eggs.org.au](http://eggs.org.au)

### INGREDIENTS

8 eggs

1kg silverbeet

1 tablespoon olive oil

1 onion, chopped

1 clove garlic, crushed

500g ricotta finely grated rind of one lemon

1 cup grated parmesan

1 teaspoon nutmeg

Salt and cracked black pepper

Olive oil, for brushing

8 sheets filo pastry



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# Egg Pie

## WITH SILVERBEET AND RICOTTA

### METHOD

1. Preheat oven to 190°C.
2. Trim most of the white stalks from the silverbeet and discard. Roughly chop the remaining stalks and leaves and rinse (do not dry).
3. Heat a large pan over medium low heat and add the silverbeet. Cook for 10 minutes or until most of the liquid has evaporated and the stalks are soft (you may need to do this in batches). Remove from the pan and set aside.
4. Heat the same pan again, add the olive oil and onion and cook for 2-3 minutes until tender. Add the garlic and continue cooking for a minute.
5. Meanwhile, combine the ricotta, three lightly beaten eggs, lemon rind, parmesan, nutmeg, salt and pepper in a large bowl. Add the onion once it has softened.
6. When the silverbeet is cool enough to handle squeeze as much remaining moisture out as you can, finely chop then add to the ricotta mixture. Set aside.
7. Brush a 26cm spring form cake tin with oil. Line the base with a sheet of filo, laying it a little off centre so the excess falls over the side of the tin. Brush with more oil and top with another sheet, laying it at an angle to the first sheet and allowing the excess to fall over the side of the tin. Continue brushing with oil and layering with filo.
8. Once finished, spoon in the ricotta mixture. Make five indentations in the filling with the back of a wooden spoon and crack an egg into each one.
9. Fold the overhanging filo back into the centre of the tin to fully enclose the filling. Brush with a little more oil.
10. Bake for 50-55 minutes or until golden brown and firm. Stand for 5 minutes before gently remove from the tin. Serve with a simple salad.

### TIPS & HINTS

If your pie starts to brown too quickly cover with foil.



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# Sesame Chicken

## AND BROWN RICE SALAD BOWL



**PREP: 10 MINS**



**COOK: 15 MINS**



**SERVES: 4**

Recipe by **Lilydale** | [freerangechicken.com.au](http://freerangechicken.com.au)

### INGREDIENTS

1 x Lilydale Free Range Chicken Breast Fillets (approx. 900g), cut in half horizontally

1 tblsp olive oil

2 tblsp sesame seeds

2 tblsp tahini

Juice and zest of 1 lemon

3 cups cooked brown rice

1/4 bunch kale, finely shredded

1 cucumber, cut into ribbons

1 avocado, thinly sliced

1 cup sprouts of choice

1/4 cup pickled ginger

1/4 cup almonds

### METHOD

1. Preheat a large non-stick frying pan on medium heat.
2. Spread sesame seeds on a large plate and coat chicken with seeds. Season with salt and pepper. Heat oil in frying pan and cook chicken for 3 to 4 minutes each side, or until cooked through.
3. Set chicken aside on a plate covered in foil to rest for 5 minutes. Thinly slice chicken.
4. To make dressing, combine tahini, zest and juice and 1/4 cup water in a small bowl until smooth and viscous. Season with salt and pepper.
5. In a large bowl, combine the rice, kale, cucumber, avocado, and sprouts. Top the salad with the chicken, pickled ginger and almonds. Drizzle dressing before serving.



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# Grilled Chicken,

## HEIRLOOM TOMATO AND BOCCONCINI SALAD



PREP: 15 MINS



COOK: 15 MINS



SERVES: 4

Recipe by **The Dairy Kitchen** | [legendairy.com.au](http://legendairy.com.au)

### INGREDIENTS

#### GRILLED CHICKEN SALAD

500g chicken breast or tenderloins

Salt and pepper, to taste

1 bunch asparagus, trimmed

1 punnet yellow cherry tomatoes, halved

200g punnet red cherry tomatoes, halved

220g tub bocconcini, torn in half

1/4 cup loosely packed baby basil leaves

#### DRESSING

2 tablespoons white wine vinegar

3 teaspoons wholegrain mustard

1 teaspoon honey or sugar

1/3 cup olive oil

Salt and pepper, to taste

### METHOD

#### GRILLED CHICKEN SALAD

1. Season chicken with salt and pepper and grill on a BBQ or hot griddle pan for 5-10 minutes or until cooked through. Keep warm. Cook the asparagus in the pan or BBQ until tender, then cut into short lengths.
2. Arrange asparagus, cherry tomatoes, bocconcini on a serving plate. Cut the chicken into slices and add to salad with basil leaves.

#### DRESSING

1. Make dressing by combining all ingredients and season to taste. Pour over salad and serve immediately.



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# Mushroom Spaghetti

## BOLOGNESE



**PREP: 10 MINS**



**COOK: 40 MINS**



**SERVES: 4**

Recipe by **Australian Mushrooms** | [australianmushrooms.com.au](http://australianmushrooms.com.au)

### INGREDIENTS

2 tbs olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
2 tbs tomato paste  
400g pork mince (see tip)  
400g Button Mushrooms, sliced  
2 tsp thyme leaves  
800g can chopped tomatoes  
400g spaghetti  
1/4 cup shredded basil leaves  
Finely grated parmesan & fresh basil, to serve

### METHOD

1. Heat olive oil in a large saucepan over medium heat. Add onion and garlic, cook, stirring, 5 min until onion softens. Add tomato paste and cook 1 minute.
2. Add mince, increase heat to medium-high and cook, stirring, for 3-4 min until browned all over. Add mushrooms and thyme and cook a further 3 min.
3. Add chopped tomatoes, bring to simmer. Season to taste. Reduce heat to low, simmer 30 min or until the sauce thickens.
4. Cook spaghetti in a saucepan of boiling salted water following packet instructions. Drain and set aside.
5. Add drained pasta and shredded basil to the sauce, mix well. Divide pasta between serving bowls. Serve topped with parmesan and basil.

### TIPS & HINTS

Bolognese can be made with any variety of mince, shop smart and check out the best buy of the week.



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# Essential Mushrooms

## COOKING TIPS



### PREPARING MUSHROOMS

Simply wipe them gently with a damp cloth. If necessary, use a soft brush to remove any soil from the skin surface and trim the stem.

### LEAVE THE SKIN ON

There is no need to peel mushrooms - in fact, most of their goodness is in the skin!

PREPARE

### SAUTÉ IN AN UNCROWDED PAN

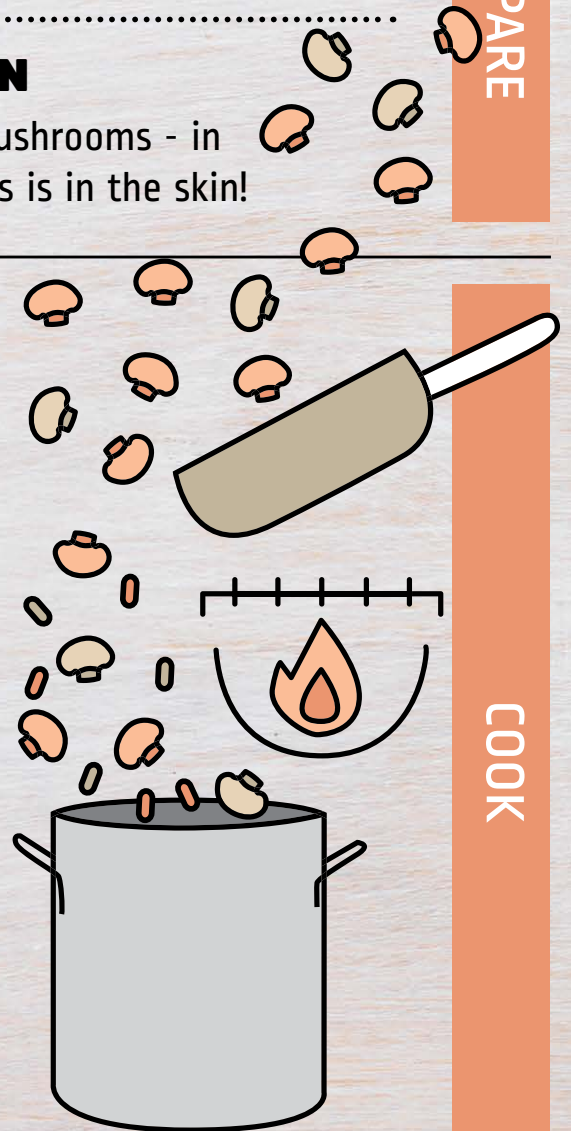
When sautéing mushrooms, do not overcrowd the pan. By doing this, the excess liquid in the mushrooms is able to evaporate and avoid steaming.

### COOK ON HIGH HEAT

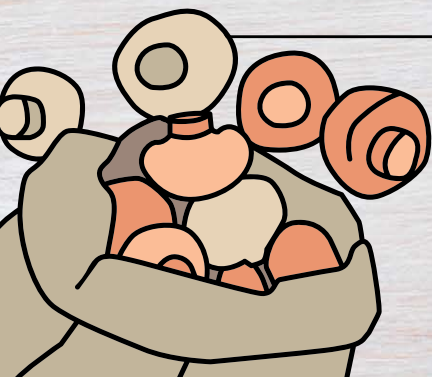
Cooking mushrooms on a medium or high heat, will evaporate excess liquid and give your mushrooms a nice brown colour!

### MAKE A GREAT STOCK

Mushrooms, or more specifically, their leftover stalks, are a great way to add depth to your stock, while also minimising food waste. They add earthy compliments to your stock and a perfect alternative to their meat-based alternatives.



COOK



### STORING MUSHROOMS

For optimal life, store mushrooms in a brown paper bag in the bottom area of your fridge. Here they will last around 7 days.

STORE





BALANCED & BRIGHT

# Menu

## Breakfast

MUSHROOM  
BRUSCHETTA

## Lunch

WATERMELON,  
STRAWBERRY  
& FETA SALAD

## Dinner

CHICKEN SCHNITZEL  
WITH PARMESAN &  
SESAME SEED  
ZUCCHINI CHIPS

## Sweet Treat

ALLERGY FRIENDLY  
AVOCADO,  
CHOC MOUSSE

## Shopping list

### Bakery

- ☐ Sourdough bread, 4 slices

### Dairy

- ☐ Feta, 100g
- ☐ Grated Parmesan, ½ cup
- ☐ Labne, 100g

### Meat

- ☐ Lilydale 400g packet  
Breast Schnitzels, 2

### Fruit & Veg

- ☐ Australian Avocado, 3
- ☐ Green onions, 2
- ☐ Large Australian  
Flat Mushrooms, 4
- ☐ Lemon, 2
- ☐ Mint leaves, ¼ cup
- ☐ Strawberries, 1 punnet
- ☐ Watermelon, 1kg
- ☐ Zucchini, 4

### Grocery

- ☐ Aioli, 3 tbs
- ☐ Baby cos lettuce,
- ☐ Chilli flakes, pinch
- ☐ Cocoa, 1/3 cup
- ☐ Coconut oil, 4 tbs
- ☐ Dates, ¼ cup
- ☐ Australian Eggs, 6
- ☐ Grated dried coconut, 1 cup
- ☐ Ground almonds, 1 cup
- ☐ Honey 1/4 cup
- ☐ Olive oil, 4 tbs
- ☐ Panko breadcrumbs, 2 tbs
- ☐ Pistachio kernels, 1 tbs
- ☐ Plain flour, ½ cup
- ☐ Salt and pepper
- ☐ Sesame seeds, 2 tbs
- ☐ Vanilla essence, 1 tsp
- ☐ White wine vinegar, 1 tbs





SIMPLE & SUPERCHARGED

# Menu



*Breakfast*  
FRIED EGGS WITH  
SPICED AVOCADO



*Lunch*  
CHARGRILLED  
CHICKEN  
AND PEACH SALAD



*Dinner*  
MUSHROOM  
LASAGNE

*Sweet Treat*  
CHOCOLATE  
YOGHURT DIP



## Grocery

- ☐ Balsamic vinegar, 1 tbs
- ☐ Chopped tomatoes, 1 can
- ☐ Dark chocolate, 100g
- ☐ Australian Eggs, 9
- ☐ Freekah, 1 cup
- ☐ Ground paprika, 1 tbs
- ☐ Lasagne sheets, 4
- ☐ Olive oil, 7 tbs
- ☐ Pistachios, 2 tbs
- ☐ Salt and pepper
- ☐ Tomato paste, 2 tbs

## Shopping list

### Bakery

- ☐ Wholegrain sourdough bread, 1 loaf

### Dairy

- ☐ Goat's Cheese, 80g
- ☐ Grated tasty cheese, 1 ¼ cup
- ☐ Greek Yoghurt, 2/3 cup
- ☐ Milk, 2 tbs
- ☐ Parmesan, ½ cup
- ☐ Ricotta, 500g

### Meat

- ☐ Lilydale Free Range Chicken Thigh fillets, 8
- ☐ Pork Mince, 400g

### Fruit & Veg

- ☐ Australian Button Mushrooms, 400g
- ☐ Australian Avocados, 3
- ☐ Baby spinach, 200g
- ☐ Brown Onion, 2
- ☐ Chives, 2 tbsps
- ☐ Garlic cloves, 2
- ☐ Kiwi fruit, 2
- ☐ Long red chilli, 1
- ☐ Mint, 2 tbs
- ☐ Parsley, 2 tbs
- ☐ Peaches, 2
- ☐ Pineapple, ½
- ☐ Red onion, 1 tbs
- ☐ Roma tomatoes, 4
- ☐ Strawberries, 1 punnet
- ☐ Thyme, 2 tbs
- ☐ Tomato medley, 250g
- ☐ Watercress, 1 bunch
- ☐ Watermelon, ½





FAST AND FRESH

# Menu



## Breakfast

BAKED RICOTTA  
OMELETTE



## Lunch

WARM MOROCCAN  
AND AVOCADO  
SALAD



## Dinner

CHICKEN TACOS WITH  
TOMATO SALSA &  
GUACAMOLE



## Sweet Treat

LEMON RICOTTA  
BLISS BALLS

## Shopping list

### Dairy

- ☐ Butter, 40g
- ☐ Feta, 100g
- ☐ Ricotta, 650g
- ☐ Sour cream, 100ml

### Meat

- ☐ Lilydale Free Range  
Chicken Breast, 500g

### Fruit & Veg

- ☐ Australian Avocados, 3
- ☐ Baby carrots, 2 bunches
- ☐ Baby spinach, 80g
- ☐ Cherry tomatoes, 1 punnet
- ☐ Coriander, 1 bunch
- ☐ Corn cob, 1
- ☐ Garlic, 2 cloves
- ☐ Lemon, 1
- ☐ Lime, 1
- ☐ Mixed mushrooms  
(i.e. Button, Swiss), 100g
- ☐ Pomegranate, 1
- ☐ Red Onion, 1/2
- ☐ Spring onions, 1 bunch
- ☐ Sweet Potato, 750g
- ☐ Tomato medley, 1 punnet

### Grocery

- ☐ Almond meal 2/3 cup
- ☐ Desiccated coconut 1/4 cup
- ☐ Dukkah, 2 tsp
- ☐ Australian Eggs, 8
- ☐ Flatbreads, 1 packet
- ☐ Ground coriander, 1 tsp
- ☐ Ground cumin, 1 tsp
- ☐ Maple syrup, 1 1/2 tsp
- ☐ Olive oil, 4 tbs
- ☐ Quick oats, 1/4 cup
- ☐ Salt and pepper
- ☐ Taco seasoning, 1 packet
- ☐ Tortillas, 1 packet of 12
- ☐ Vanilla whey protein 1/4 cup
- ☐ White chia seeds, 1/2 cup





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# Spinach, Ricotta AND MUSHROOM LASAGNE



PREP: 30 MINS



COOK: 1 HOUR 45 MINS



SERVES: 4

Recipe by **Australian Mushrooms** | [australianmushrooms.com.au](http://australianmushrooms.com.au)

## INGREDIENTS

### MUSHROOM BOLOGNESE

2 tablespoons olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
2 tablespoons tomato paste  
400g pork mince  
400g Button Mushrooms, sliced  
2 teaspoons thyme leaves  
800g can chopped tomatoes

### RICOTTA TOPPING

1 1/4 cups grated tasty cheese  
100g baby spinach leaves  
500g ricotta (used Perfect Italiano brand)  
1 egg  
1/2 cup finely grated parmesan

### LASAGNE

4 fresh lasagne sheets  
100g baby spinach leaves

## METHOD

### MUSHROOM BOLOGNESE

1. Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring for 5 minutes until onion softens. Add tomato paste and cook for 1 minute.
2. Add mince and increase heat to medium-high and cook for 3-4 minutes until browned. Add mushrooms and thyme and cook for a further 3 minutes.
3. Add chopped tomatoes. Bring to the boil and simmer on low for 30-35 minutes until sauce thickens. Season to taste.

### RICOTTA TOPPING

1. In a bowl, combine ricotta, egg, parmesan and remaining tasty cheese. Stir through spinach and season to taste.

### LASAGNE

1. Preheat oven to 200°C/180°C fan-forced. Lightly grease a 3 litre oven proof dish.
2. Spread 1/2 cup sauce over base of dish. Top with 1 lasagne sheet, trimming to fit. Top with one third of the sauce, 1/4 cup tasty cheese and lasagne sheet. Continue layering with remaining sauce, cheese and lasagne sheets.
3. Blanch spinach in a small pan of boiling water until just wilted. Drain and squeeze out excess moisture. Chop finely.
4. Spread mixture over lasagne. Bake uncovered for 40-45 minutes until golden. Stand 5 minutes before serving with salad.



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# Chargrilled Herb Chicken

## WITH FREEKEH AND PEACH SALAD



PREP: 15 MINS



COOK: 25 MINS



SERVES: 4

Recipe by **Lilydale** | [freerangechicken.com.au](http://freerangechicken.com.au)

### INGREDIENTS

8 Lilydale Free Range Chicken Thigh Fillets, fat trimmed, halved

1 cup (185gm) freekeh

2 tblsp parsley leaves, finely chopped + extra leaves, to serve

2 tblsp chives, finely chopped

2 tblsp mint, finely chopped

4 tblsp olive oil

1 small avocado, chopped

2 peaches, cut into wedges

250gm tomato medley, halved

1 bunch watercress, leaves picked

80gm goat's cheese, crumbled

2 tblsp pistachios, toasted, roughly chopped

1 tblsp balsamic vinegar

### METHOD

1. Cook freekeh according to packet directions. Rinse under cold water and drain.
2. Meanwhile, preheat a barbecue or chargrill pan over medium-high heat. In a small bowl, combine herbs and 2 tblsp olive oil. Season with salt and pepper.
3. Place chicken thighs in a large snap lock bag or shallow glass dish and cover with herb oil. Rub to coat.
4. Cook chicken for 3 to 4 minutes each side, or until browned and cooked through. Set chicken aside on a plate covered with foil to rest.
5. In a large bowl, combine freekeh, avocado, peaches, tomatoes and watercress. Sprinkle with goat's cheese, pistachios and parsley leaves. Drizzle with remaining oil and balsamic vinegar. Season. Serve freekeh salad with chicken.

### TIPS & HINTS

You can replace peaches with nectarines.



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# Roasted Mushrooms, TOMATO & CASHEW SALAD



COOK: 15 MINS



SERVES: 6

Recipe by **Australian Mushrooms** | [australianmushrooms.com.au](http://australianmushrooms.com.au)

## INGREDIENTS

800g Button Mushrooms, trimmed  
8 sprigs fresh thyme  
100ml olive oil  
1 cup raw cashews  
1 tbs honey  
2 tbs sesame seeds  
180g semi dried tomatoes  
100g baby spinach leaves  
1 tbs red wine vinegar  
1 tsp Dijon mustard

## METHOD

1. Preheat oven and a large roasting pan to 220°C fan forced. Add the mushrooms to the hot pan. Add the thyme and drizzle over 2 tbs of the olive oil, shake the pan to coat all the mushrooms.
2. Roast 15 minutes or until the mushrooms are just tender.
3. Meanwhile, heat a medium non-stick frying pan over medium heat. Add 1 tablespoon oil and the cashews, cook, shaking the pan for 3-4 minutes until cashews light golden.
4. Add the honey and sesame seeds and toss gently to coat. Remove cashews to a tray lined with baking paper to cool.
5. Add the cashews, tomatoes and spinach to the mushrooms. Combine the remaining 2 tablespoons olive oil, vinegar, mustard and salt and pepper in a screw-top jar, shake to combine.
6. Pour the dressing over the mushroom salad and toss gently to combine. Serve warm or at room temperature with roast turkey, pork or ham.



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# Four healthy ways to COOK CHICKEN

## 1 PAN-FRY

Flatten free-range chicken breasts so they are the same thickness (between 1-2cm) then cook with a little grape seed or olive oil in a moderately heated fry-pan. For extra flavour you can marinate chicken pieces with a dash of olive oil, lemon juice and seasonings like salt, pepper and fresh thyme.

## 2 BAKE

Line a sheet pan with baking paper and cook chicken in the oven for a simple and fuss-free option. It's the perfect method to get crunchy chicken but to stay away from deep frying.

## 3 POACH

When you want to keep your cooking extra lean, poaching skips the addition of oil all together. You can poach chicken in water, broth or even coconut milk for Asian-style curries.

## 4 STIR-FRY

This rapid cooking method works best with thin slices of free-range chicken breast or thigh fillet. Use an oil with a high-smoke point and cook alongside fresh colourful veggies for a healthy nutrient rich meal in minutes.



Try new **Free-Range Lilydale Breast Schnitzels** for a simple but delicious dinner idea

[click here for more recipes](#)





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# Avocado, Potato and Parsnip

## MASH WITH SALMON



PREP: 20 MINS



COOK: 25 MINS



SERVES: 4

Recipe by **Australian Avocados** | [avocado.org.au](http://avocado.org.au)

### INGREDIENTS

#### AVOCADO, POTATO AND PARSNIP MASH

750g brushed, Desiree or similar mashing potatoes, peeled and chopped

500g small parsnips, peeled and chopped

1 tbs extra-virgin olive oil (+ extra for serving)

1/3 cup hot milk

2 medium ripe Avocados, halved and deseeded

1 tbs lemon juice

#### SALMON

4 x 200g Atlantic salmon fillets, pin-boned

Olive oil, for pan-frying

250g cherry truss tomatoes

Lemon wedges, to serve

Salt & pepper, to season

### METHOD

#### AVOCADO, POTATO AND PARSNIP MASH

1. Place potatoes and parsnips into a large saucepan of cold water, cover and bring to the boil over high heat. Reduce heat and simmer for 12-15 minutes until vegetables are tender.
2. Drain and return to pan and toss over medium heat for a few seconds until dry. Remove from heat. Mash until almost smooth.
3. Using a wooden spoon, beat in oil then gradually beat in the hot milk until mash is smooth and season to taste and set aside.
4. Scoop avocado flesh into a bowl and add lemon juice and roughly mash and set aside.

#### SALMON

1. Heat a few tablespoons olive oil in large frying pan over medium heat. Cook tomatoes for 2-3 minutes until hot. Transfer to a plate and set aside.
2. Season salmon and place it flesh-side down into pan and cook for 2 minutes. Turn and cook for a further 2-3 minutes or until almost cooked through. Drain on paper towel.
3. To Serve: Swirl avocado through the mash and drizzle with extra-virgin olive oil. Spoon the mash generously onto each serving plate. Place salmon across the mash and add tomatoes and lemon wedges.



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# Corn and Tuna SWEET POTATOES



**PREP: 10 MINS**



**COOK: 1 HOUR 20 MINS**



**SERVES: 4**

Recipe by **Australian Eggs** | [eggs.org.au](http://eggs.org.au)

## INGREDIENTS

4 eggs, lightly beaten

2 x 500g sweet potatoes

2 x 125 g can corn kernels, drained

185g tuna, drained

2 tbsp chopped parsley

½ cup finely grated tasty cheese

Salad leaves, or steamed green  
vegetables, to serve

## METHOD

1. Preheat the oven to 190°C. Place the sweet potatoes onto an oven tray, and bake for 50-60 minutes, until tender (test with a pointed knife in the side). Remove from the oven, and when cool enough to handle, cut in half horizontally. Scoop out the flesh, leaving about 1 cm in the skin.
2. Mash the sweet potato with a fork, and add the corn, tuna and parsley. Stir in the eggs, and season to taste. Place the sweet potato shells onto an oven tray lined with non-stick baking paper. Spoon the mixture into the sweet potato shells (if the shells are very soft, prop the sides with a little folded foil).
3. Sprinkle cheese on top. Bake for 25 minutes, until set and golden. Serve immediately, with salad or steamed green vegetables.



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# Chicken Tacos with Tomato Salsa AND GUACAMOLE



PREP: 20 MINS



COOK: 10 MINS



SERVES: 4

Recipe by **Lilydale** | [freerangechicken.com.au](http://freerangechicken.com.au)

## INGREDIENTS

2 large Lilydale Free Range Chicken breasts (approx 500gm)  
30gm packet taco seasoning  
2 tblsp olive oil  
200gm tomato medley roughly diced  
1 corn cob, kernels removed  
2 green onions, thinly sliced  
1/4 cup coriander leaves, chopped  
2 tblsp lime juice  
1 large avocado, mashed  
1/2 red onion, finely chopped  
12 white corn tortillas, to serve (312gm packet)  
Lime wedges, coriander sprigs and sour cream, to serve

## METHOD

1. Slice breasts into 4 to 5 long strips. Place chicken in a large snaplock bag with taco seasoning and shake to coat. Season.
2. Heat a large non-stick frying pan with 1 tblsp olive oil over medium heat and cook chicken for 6 to 7 minutes, turning often, or until browned and cooked through. Set aside on a plate covered with foil for 5 minutes. Slice if desired.
3. Meanwhile combine tomato, corn, green onions, and chopped coriander in a medium bowl. Season and drizzle with remaining olive oil and 1 tblsp lime juice. Stir to combine.
4. In another medium bowl, combine avocado, red onion and remaining lime juice. Season.
5. Heat tortillas according to packet directions. Serve with chicken, tomato salsa, guacamole, lime wedges, coriander sprigs and sour cream, if desired.



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# Avocado, Spinach and Basil Pesto

## WITH SPAGHETTI



PREP: 20 MINS



COOK: 15 MINS



SERVES: 4

Recipe by **Australian Avocados** | [avocado.org.au](http://avocado.org.au)

### INGREDIENTS

#### PASTA

400g spaghetti

#### PESTO

1 tbs olive oil

200g grape tomatoes,  
halved lengthways

Avocado, spinach & basil pesto

75g baby spinach leaves

2 ripe Avocados, halved  
and deseeded

1/4 cup lemon juice

1/4 cup olive oil

1 garlic clove, crushed

1 cups basil leaves + extra to serve

1/3 cup pine nuts, toasted

1/4 cup grated parmesan + extra  
to serve

Salt & pepper, to season

### METHOD

#### PASTA

1. Cook spaghetti in a large saucepan of boiling water, following packet directions.
2. Drain spaghetti reserving 1/4 cup cooking water and set pasta aside.

#### PESTO

1. Meanwhile, to make the pesto, place spinach into a medium heatproof bowl. Pour over boiling water, toss until leaves wilt. Drain well and squeeze spinach dry.
2. Scoop avocado flesh into a food processor and add spinach, lemon juice, oil, garlic, basil and toasted pine nuts. Process until smooth.
3. Stir through parmesan.
4. Heat olive oil in the saucepan over medium heat; add tomatoes and cook, tossing, until hot.
5. Add spaghetti, reserved pasta water and pesto to pan.
6. Gently toss over heat until just combined.
7. Place in a large serving bowl and sprinkle with extra basil leaves, grated parmesan and season to taste.



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# *Feel Good* **DESSERTS**

Turn a craving for something naughty into something nice with these ideas, and you won't have to give up your after dinner treat or 3pm sweet craving.





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# Lemon Ricotta

## BLISS BALLS



PREP: 10 MINS



SERVES: 20

Recipe by **The Dairy Kitchen** | [legendairy.com.au](http://legendairy.com.au)

### INGREDIENTS

1/4 cup quick oats  
2/3 cup almond meal  
250g wedge ricotta  
1 1/2 tablespoons agave or pure maple syrup  
1/4 cup desiccated coconut  
1/4 cup vanilla whey based protein powder  
1 tablespoon finely grated lemon rind  
1 tablespoon lemon juice  
white chia seeds, crushed pistachios or coconut, for rolling

### METHOD

1. Mix quick oats, almond meal, ricotta, syrup, coconut, protein powder and lemon rind and juice in a large bowl until well combined.
2. Using clean hands, roll heaped tablespoons of ricotta mixture into balls and coat in either the chia seeds, pistachios or coconut.

### TIPS & HINTS

Store in the refrigerator in an airtight container for several days.



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# Allergy Friendly Avocado, CHOCOLATE MOUSSE



PREP: 25 MINS



COOK: 10 MINS



SERVES: 4

Recipe by **Australian Avocados** | [avocado.org.au](http://avocado.org.au)

## INGREDIENTS

2 soft Avocados, cut in half,  
seed removed

1/4 cup dates soaked in 1/4  
cup water

1/2 cup maple syrup or honey

1/2 tsp vanilla

1/3 cup cocoa or carob powder

For Optional Crust: 1 cup  
ground almonds

1 cup finely grated dried coconut

4 tbsp melted butter or coconut oil

2 tbsp honey

## METHOD

1. Whizz up the dates, maple syrup/honey and vanilla in processor or blender.
2. Add the avocado flesh and cocoa powder and process till creamy.
3. Serve chilled or room temperature.
4. If using crust, mix all crust ingredients together and press into a pie dish and bake 10 min in a med-hot oven.
5. Chill and fill with mousse.

## TIPS & HINTS

Layer with whipped cream and berries in a goblet or freeze for a few hours, then let sit on bench for 15 min ice cream.

Will keep in a sealed container in the fridge for about 3 days or up to 1 month in the freezer.



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# 5 Healthy

## AVOCADO FACTS

### 1 CHOLESTEROL REGULATION

The monounsaturated fats found in an avo can aid the regulation of cholesterol in the liver when eaten in moderation.

### 2 APPETITE CONTROL

While many believe that low-cal diets are the way forward, professionals have proven that by eating foods rich in natural fats, we can have a positive impact on controlling our appetite hormones.

### 3 A SOURCE OF ENERGY

For a natural source of low-GI energy, avocados tick all the boxes. Enjoy a portion of avo with your breakfast or lunch to keep you going throughout the day.

### 4 ASSISTANCE IN ABSORBING NUTRIENTS FROM OTHER FOODS

The Vitamins E and K, as well as the monosaturated fat in an avocado can help the body to absorb the fat-soluble nutrients in other foods that we consume.

### 5 MORE THAN JUST A MARVEL IN THE DIET

Rich and concentrated avocado oil is incredibly high in Vitamins such as C, B and D, making it the perfect natural ingredient to deeply moisture the skin and hair! Vitamin C is also linked to natural collagen production so it's no wonder it's become so popular in skin care.



Australian  
Avocados

see more from **Australian Avocados** [click here](#)





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# Chocolate YOGHURT DIP



PREP: 10 MINS



SERVES: 2

Recipe by **The Dairy Kitchen** | [legendairy.com.au](http://legendairy.com.au)

## INGREDIENTS

2 tablespoons milk

100g dark chocolate, finely chopped

2/3 cup thick Greek-style  
natural yogurt

Fresh fruit, to serve (we used  
strawberries, watermelon, kiwi fruit  
and pineapple)

## METHOD

1. Heat milk in a small saucepan over low heat until very hot and foamy, but not boiling. Remove from heat and add chocolate. Set aside for 2-3 minutes to melt, then stir until smooth.
2. Pour into a medium bowl and stir in yogurt. Refrigerate for 1 hour until thickened and cool.
3. Peel and slice the fruit, or use a biscuit cutter to cut into shapes and thread onto skewers if desired. Serve fruit dippers with chocolate yogurt dip.

## TIPS & HINTS

The consistency of your dip may vary, depending on the yogurt you use. Pot-set yogurt will give you a slightly thicker dip compared to stirred yogurt.

We've served this dip in a coconut for fun! To prepare a coconut, carefully pierce the 'eyes' of the coconut with a corkscrew or skewer. Drain the juice. Holding the coconut in one hand, tap sharply around the 'equator' with a hammer until the shell splits in half. It may take about 30 seconds of patient tapping before it cracks. Remove the flesh from the half with the holes, using a butter knife and cut into chunks for serving. Make a ring with foil to help steady the coconut half on the platter.



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MAKE MEALS MORE

# Fun -ghi

## **Australian Mushrooms**

are the best way to make meals much tastier and healthier. You can food-process Button Mushrooms into Bolognese sauce or stack Portabella Mushrooms high in a homemade burger.

## ONLY FOR BREAKFAST... THINK AGAIN

The news is in... Experts say Eggs are OK to eat every day. Which is fabulous for egg loving folk everywhere. Add this protein and nutrient rich ingredient to scrumptious breakfasts or make eggs into an easy dinner that is oh so enjoyable.





# *Just like* **MUMMA** *used to make*

The perfect chicken dinner when you want to bake and not fry, Lilydale Free Range Breast Chicken Schnitzels feature a home-style crumb that is seasoned with oregano, parsley and basil. These schnitzels work wonderfully for a quick dinner as they cook in 15 minutes. Available at Coles.



## CHEESE?

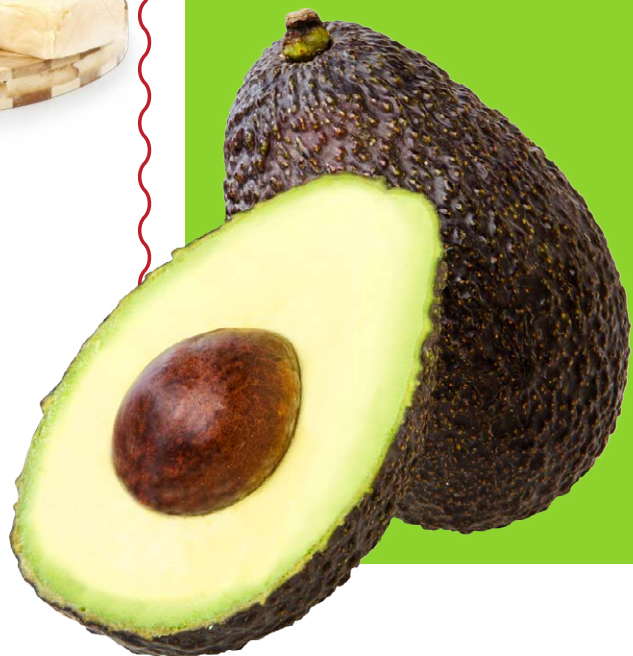


# *Yes, please!*

Dairy products are an essential part of the five recommended food groups for all Aussies. And it's not just milk and yoghurt that are delicious daily, it's smooth and creamy cheese. With a unique package of nutrients, experts say that cheese ticks all the super-food boxes.

## GREEN GLORY

Aussie avos are the ultimate natural creamy ingredient to spread on toasts, put in salads and add to just about everything! Hass avocados are the most common variety, that is available almost all year round. They feature a classic oval shape and a distinct pebbly, textured skin.





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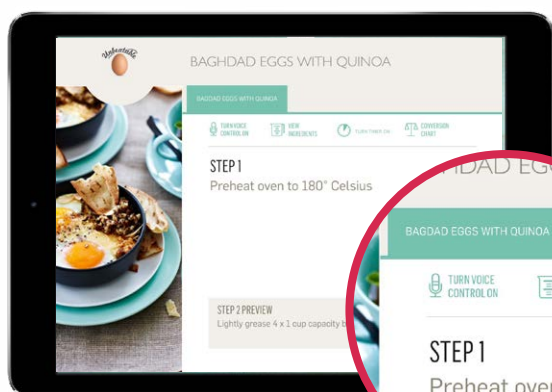




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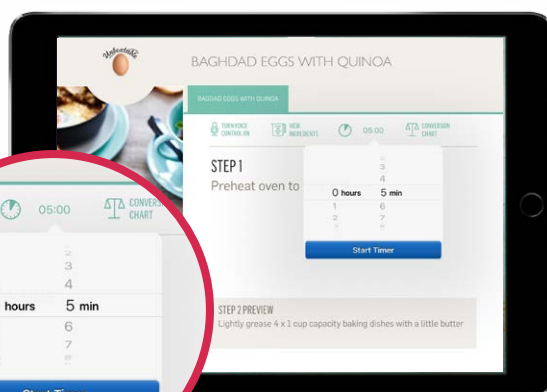


The myfoodbook Collections iPad and iPhone App has **FREE INTERACTIVE** cookbooks for all seasons and occasions.



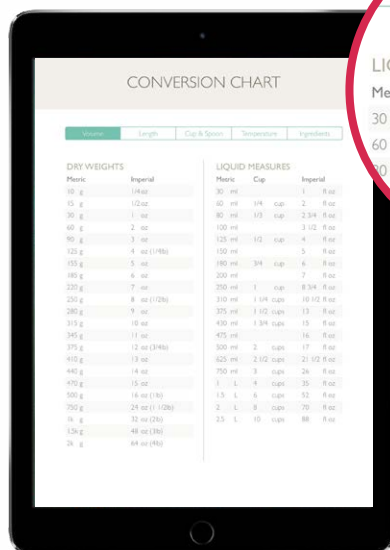
## COOKING MODE

Voice activated hands free cooking mode on iPad and iPhone.



## COOKING TIMER

Set timer to keep track of each recipe step.



Temperature Ingredients

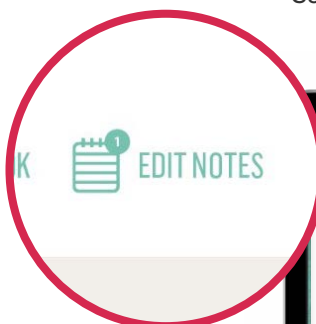
## LIQUID MEASURES

| Metric | Cup     | Imperial    |
|--------|---------|-------------|
| 30 ml  |         | 1 fl oz     |
| 60 ml  | 1/4 cup | 2 fl oz     |
| 90 ml  | 1/3 cup | 2 3/4 fl oz |
| 120 ml | 1/2 cup | 3 1/2 fl oz |
| 150 ml | 3/4 cup | 4 fl oz     |



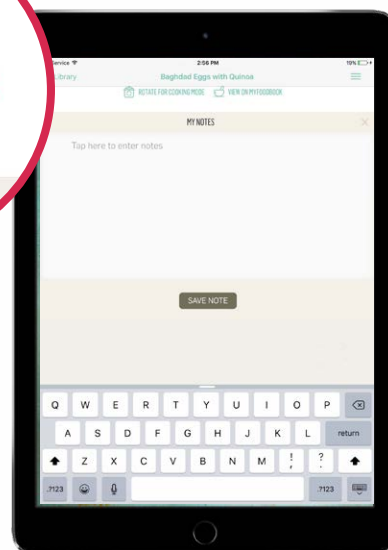
## CONVERSION CHARTS

Quick measurement conversion reference on each recipe.



## NOTES

Save and go back to recipe notes on each recipe.



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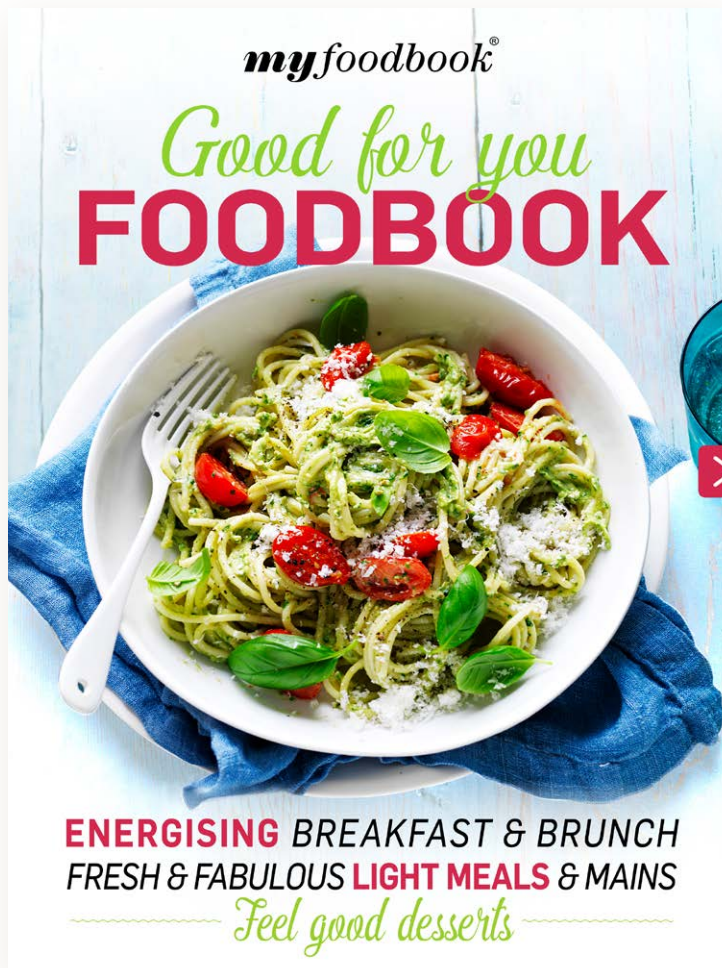


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COLLECTIONS



# *Happy* **COOKING!**



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