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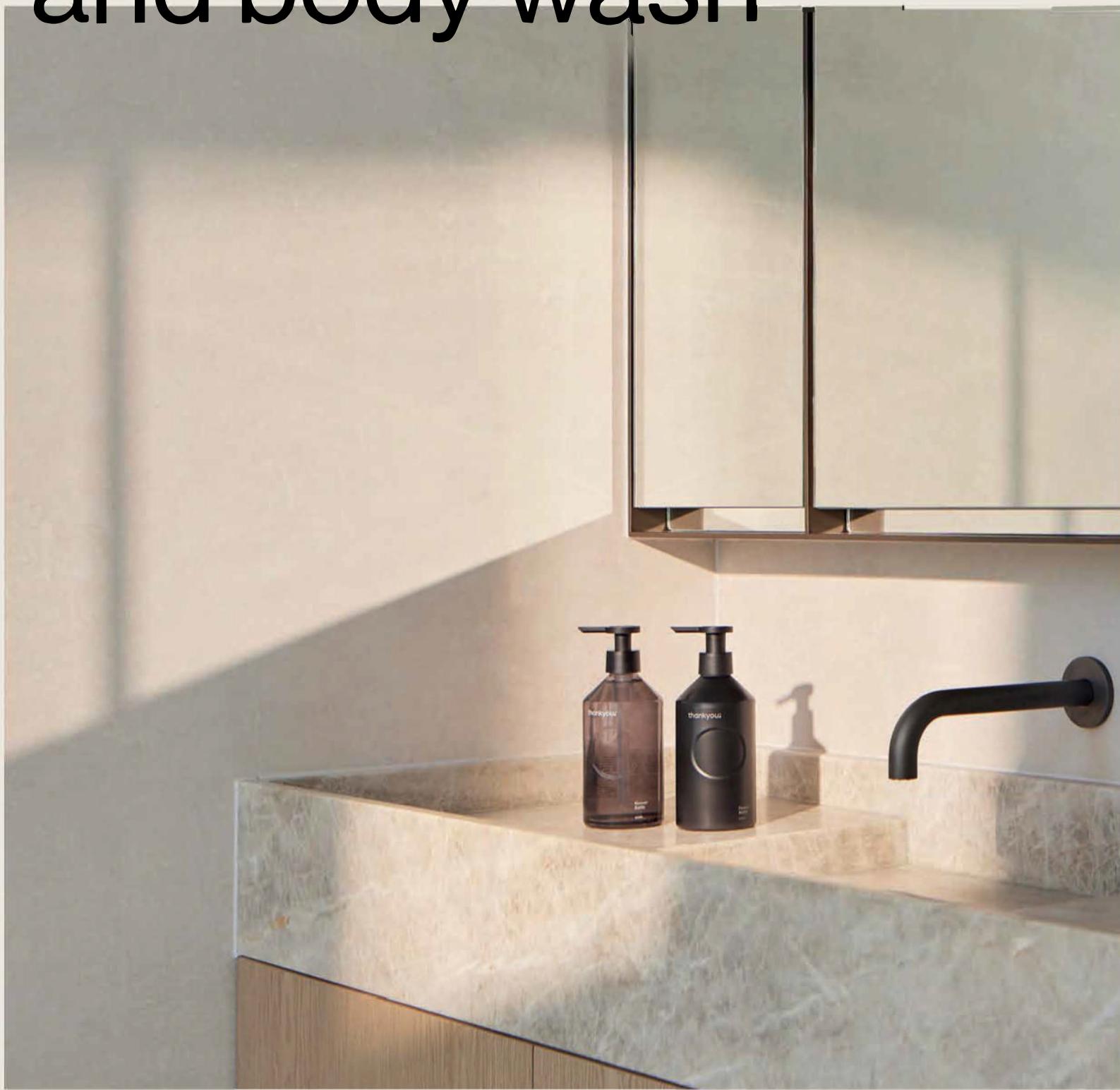
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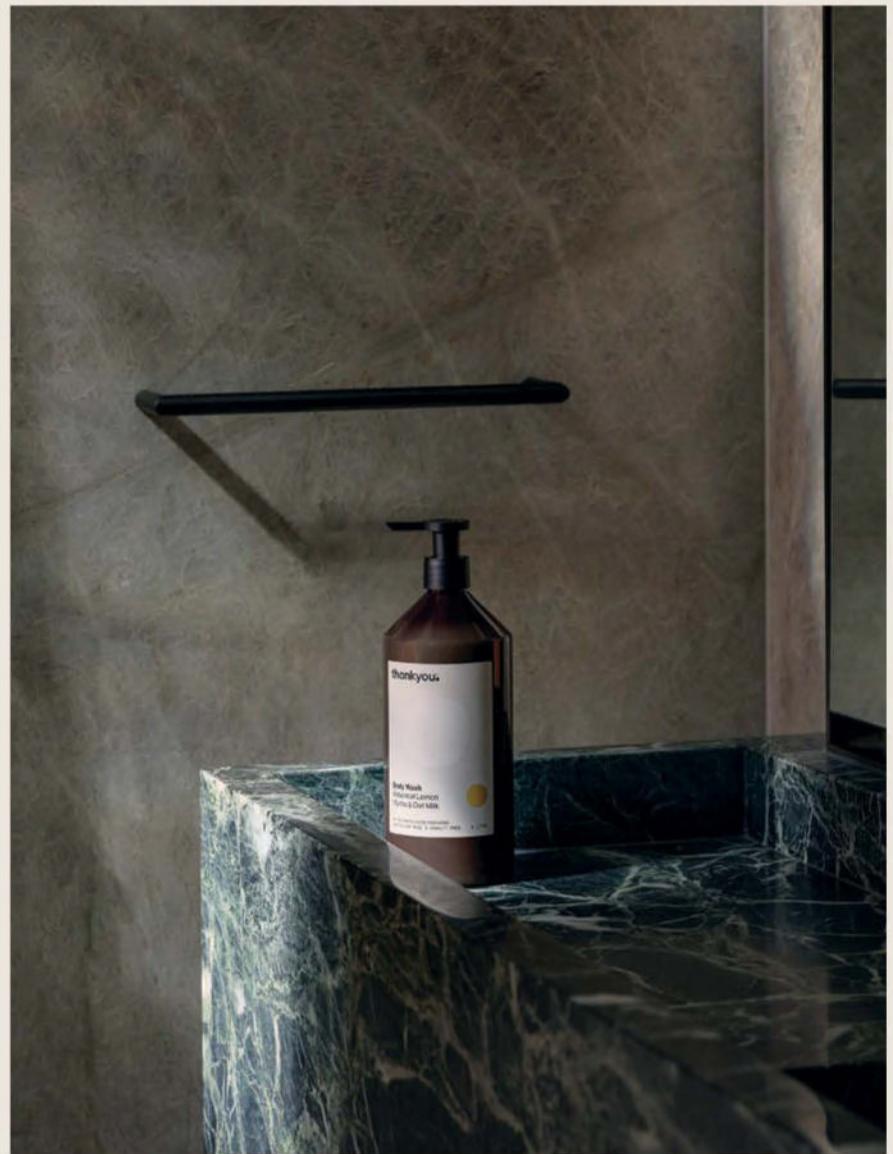
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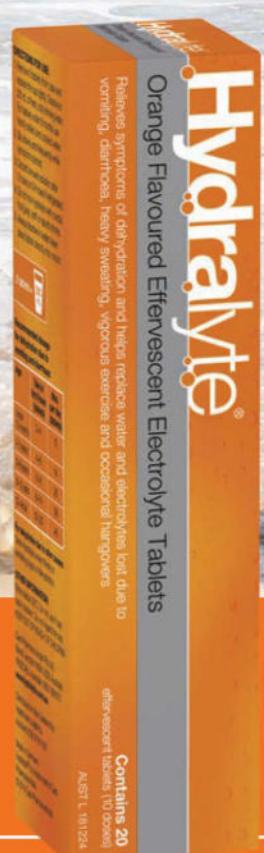


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Finger lime



Finger lime, often called "citrus caviar", is a fascinating fruit native to the rainforests of eastern Australia. Shaped like a small cucumber, this unusual lime bursts with tiny, caviar-like beads known as "vesicles", which separate from the pulp. Each bead holds a tart, lime-flavoured juice that delivers a bright citrus kick, making finger lime a sought-after delicacy in fine dining and gourmet cooking.

The fruit comes in a variety of colours, from pale green and yellow to vibrant pink and ruby red. When sliced open, the beads can be gently squeezed or scooped out, retaining their shape and offering a unique burst of flavour and texture. Because of this, finger lime is commonly used as a garnish for seafood, cocktails and desserts, where it brings a fresh, zesty element and a delightful pop.

Beyond its unique taste, finger lime is rich in vitamin C, folate and antioxidants, making it a nutritious choice too. As more chefs have discovered finger lime, its popularity has soared, cementing its place as a luxurious and versatile citrus fruit that turns any dish into a memorable experience.







Kohlrabi

Kohlrabi, sometimes known as the "German turnip", is a crisp, bulbous vegetable in the brassica family, closely related to cabbage, broccoli and cauliflower. Its unique appearance – with leafy stems sprouting from a round, pale green or purple bulb – makes it stand out, while its mild, slightly sweet taste has earned it a loyal following in culinary circles.

The flavour of kohlrabi combines hints of cabbage and broccoli, with a texture that's similar to a radish or an apple when raw, making it perfect for adding crunch to salads and slaws. The vegetable can be enjoyed both raw and cooked, thinly sliced in salads, cut into sticks for snacking or roasted, mashed or stir-fried for a more mellow flavour. Even the leaves are edible and can be prepared like kale or collard greens, providing an added nutrient boost.

Kohlrabi is rich in vitamin C, fibre and potassium, making it a great choice for boosting immunity, digestion and heart health. Popular in German and Eastern European dishes, kohlrabi is also becoming a favourite for health-conscious cooks around the world, thanks to its versatility, unique taste and nutritious profile.

from the EDITOR



Hello, it's me again! I'm here for a little cameo appearance for one issue, right before I go on maternity leave. I'm also here to share some great news ... the talented Dana Diament will be taking the reins of EatWell – and trust me, you're in good hands. She's a huge food lover (I've tasted her cooking!) and has always dreamed of creating a cookbook. The lovely Cat, who you heard from in the last two issues, filled in for a few editions while we took pause, reimaged EatWell and prepared to bring you something bigger, better and brighter.

In this issue, you'll learn how to grow Brussels sprouts, grapes, capers and mandarins in our new section, Garden to Table. You asked for more garden and growing tips, so we delivered. You'll also learn how to make your own plant-based diary, discover which foods cause the most inflammation, explore eco-friendly alternatives to plastics and so much more. And that's not even our recipes! You'll be transported to the foods of the Blue Zones, discover one-pot wonders, how to perfect your pastries and the delights of Filipino cooking.

Dana is going to take this magazine to a whole new, exciting level while I slip into a land of newborn haze, precious snuggles, long sleepless nights and filling my cup with love (and the occasional red wine!).

Get ready for the next evolution of EatWell!

Kate

Give us feedback

We want your feedback: EatWell is all about building a sharing community of people who care about the origins, quality and enjoyment of our food, so we want to hear from you. Let us know how you have found some of the recipes you have made from this issue, share the improvements you might have made or even send us one of your own favourite recipes. We will publish as many of your insights and contributions as we can. Send your feedback to Kate at dana@umco.com.au.

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The spinach snacks even meat lovers love



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Our Guide

Next to each recipe in EatWell, you will see icons as a guide. This is what they mean:

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Watercress (*Nasturtium officinalis*)

An excellent base for interesting salads and very high in nutrition, watercress is always at its best when freshly picked straight from the garden.

This interesting plant is a brassica, so is related to mustard and cabbage. Watercress is a leafy aquatic plant that's found its way onto our tables in watercress sandwiches, in fancy salads and as a garnish. It is also a delicious sprout. Watercress is nutritious but has a very short shelf-life: two good reasons to grow your own.

A recent study from the US Center for Disease Control named it as the most nutritious vegetable to eat. Analysis shows it is a good source of iron, is rich in folic acid and also contains high amounts of calcium, protein, fibre and vitamins. One of its constituents – gluconasturtiin – may even inhibit carcinogens.

This is a plant of many faces – I've seen it growing in streams and creeks in Australia where it's technically an aquatic weed. Its hollow stems allow it to float on the water surface. Left to its own devices it forms a tangle of long stems.

Watercress

Common name: Watercress

Botanical names: *Nasturtium officinalis*

Family: Brassicaceae (cabbage family)

Group: Floating perennial

Requires: Sun to part shade; constant moisture

Dislikes: Dry conditions

Suitable for: Ponds, containers

Habit: Leafy trailing herb

Needs: Regular moisture

Propagation: Seed or rooted stem cuttings

Difficulty: Moderate



Analysis shows it is a good source of iron, is rich in folic acid and also contains high amounts of calcium, protein, fibre and vitamins.

The leaves are sweet and slightly peppery when young but have a "bite" once the plant begins to flower.

Watercress harvested from streams or creeks should be well washed and consumed only if from clean, fresh water. It can harbour the liver fluke parasite, so never harvest it from areas where there's manure nearby (for example, from grazing sheep, cattle or horses) or if it is growing in stagnant water.

Growing tips

Although watercress must be kept moist, you don't need a fast-flowing stream on hand. Sow seeds in a pot of moist potting mix, which can be kept damp by standing it in a tray or bucket of water. Use a good-quality organic potting mix and stand the pot in sun or part shade. Feed occasionally using an organic liquid plant food. Change the standing water frequently so it stays fresh and free of mosquito larvae.

Seeds take around eight to 12 days to germinate and need around two months to grow to a size that's large enough to harvest. If watercress is needed more quickly it can be grown from stems of organic watercress. Seeds can also be sprouted in trays and harvested when they are about 5cm high.



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Betel leaf (*Piper sarmentosum*)

Valued equally for its culinary and medicinal uses, betel leaf is an attractive plant for a semi-shaded area of the garden.

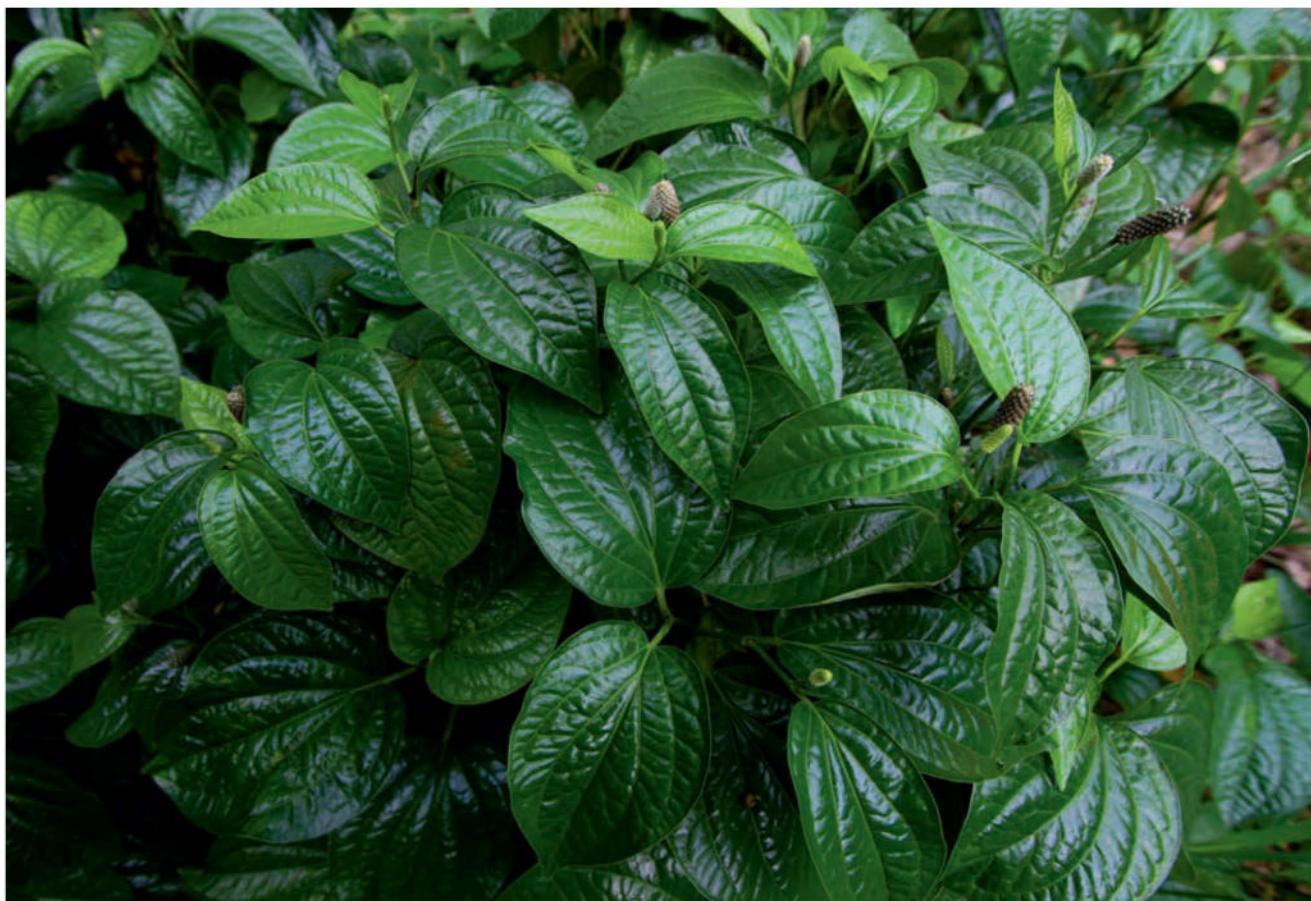
The heart-shaped, glossy, dark-green leaves of betel leaf are used to make a delicious snack (miang kham) topped with (or wrapping) a fragrant mix of minced prawn, lime, chopped peanuts, herbs and spices in a tangy sauce. The leaves have a nice chewy texture and a mildly peppery, spicy flavour.

While these leaves make perfect finger food or starters for a Thai-style meal, other South-East Asian cuisines also use them shredded in salads, omelettes and stir-fries to add their peppery flavour to the dish. In fact, among betel leaf's common names are wild pepper, vegetable pepper and betel pepper as well as wild betel.

This plant is not only valued for its culinary uses, however. In many Asian countries its leaves and roots have been traditionally used for a number of complaints including headaches, arthritis, toothache, coughs and asthma. It has digestive, stimulant, expectorant, carminative, antibacterial and anti-inflammatory actions, and the leaves contain reasonable amounts of protein, potassium, nitrogen and other minerals.

Some of these medicinal uses are supported by scientific research including the antibacterial, anti-inflammatory and hypoglycaemic (anti-diabetic) properties of extracts taken from the plant. The leaves have also been shown in studies to have antioxidant effects. In Indonesia, the plant is taken as a tea for its natural antibiotic actions.





In many Asian countries its leaves and roots have been traditionally used for a number of complaints.

Growing

In the garden, *P. sarmentosum* makes an attractive, fast-growing, evergreen perennial that has a creeping, suckering habit and reaches up to a metre in height. It has white catkin flowers that turn brown and develop into sweet edible fruit with a jelly-like pulp. As it likes a semi-shade position and rich soil, it makes a good under-storey plant.

P. sarmentosum can adapt to cooler climates even though it's considered a subtropical to tropical plant, but it may need to be moved to a warmer spot in cold winter conditions. Frost will damage leaves but not kill the plant. In cold areas it's best to grow it in a container so it can be moved. As much as it doesn't like frost, nor does it like hot midday sun.

The betel leaf plant can be easily propagated from cuttings, which will quickly form roots when placed in a glass of water. Don't plant out until spring or summer. Plants are usually available for purchase from specialist herb retailers around October.

Note: *P. sarmentosum* should not be confused with *P. betel*, whose leaves are used to wrap betel nut, which is traditionally chewed from India across Southeast Asia to the Philippines and Papua New Guinea.





Sawtooth coriander (*Eryngium foetidum*)

If growing coriander has often been a failure due to bolting, sawtooth coriander will provide the same flavour in your cooking but is easier to grow.



Growing annual coriander (*Coriander sativum*) can leave gardeners frustrated and craving the taste of its leaves. Coriander has a habit of bolting to seed when it comes under the slightest stress, such as too much heat, humidity or a lack of water. As it begins to flower and set seed, the leaves become strongly flavoured and unpleasant to eat.

When this happens, you can give up and simply harvest coriander seed, which is a popular spice, or you can try growing another plant altogether. Sawtooth or perennial coriander is a thistle-like biennial with coriander-flavoured leaves. It doesn't look like coriander but is part of the same family, the Apiaceae or the carrot family. Like normal coriander, it's easily grown from seed but, unlike its namesake, is not prone to bolting. The leaves can be substituted for coriander and can also be dried. It's used a lot in South-East Asian cuisines.

Another name for this herb is culantro (not to be confused with cilantro, the US name for coriander), the name given to it in its native home of the Caribbean. As it hails from a balmy region, sawtooth or perennial coriander can be grown in most parts of Australia but does particularly well in tropical, subtropical and warm temperate zones. It tolerates humid conditions.

How to grow

To grow this herb, sow seed directly into the herb garden or vegie patch or plant potted plants. It can also be grown successfully in containers. It likes full sun or part shade and well-drained soil with regular moisture.

As it grows it forms a plant 50cm high with a rosette about 30cm wide of long, green, finely toothed leaves. To keep it producing leaves, discourage flowering by removing flowering stems. The flowers are green and spiky and the stems appear in the centre of the leafy rosette in summer.



Sawtooth or perennial coriander is a thistle-like biennial with coriander-flavoured leaves.

Did you know?

As an Eryngium, sawtooth coriander is related to the ornamental plant sea holly (*E. maritimum*), which has spiky, blue, thistle-like flowers and grey-green leaves.

Availability

Look for potted plants in garden centres where it is sold as perennial coriander. Seeds of sawtooth coriander are available by mail order from Herbs are Special (herbsarespecial.com.au).

Sawtooth coriander

Common name: Sawtooth or perennial coriander

Botanical name: *Eryngium foetidum*

Family: Apiaceae (carrot family)

Group: Biennial

Requires: Sun to part shade; constant moisture

Dislikes: Dry conditions

Suitable for: Herb gardens, vegetable gardens, containers

Habit: Rosette-forming herb

Needs: Warmth

Propagation: Seed

Difficulty: Easy

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A GUILTY treasure

Chocolate is a global powerhouse commodity and a deep personal pleasure. Could it be that something that tastes so delicious, and is so sensual, might also be good for you? We bite into chocolate to find out the truth.

Words / Terry Robson

When Robert Falcon Scott and his crew set off for the South Pole, two of the precious foods that they chose to carry with them were malted cocoa powders and milk chocolate bars. If you are facing temperatures of -22°C, searing winds and intense physical exertion, chocolate offers not only nutrition and calories but also comfort. Of course, even if you aren't racing a bunch of Norwegians across the Antarctic, chocolate has a lot to recommend it. Chocolate is not just a food, it is an event, an expectation, a gift, a solace, a celebration and a companion. You will have turned to chocolate at some time, maybe even today, possibly as you read this. We all have. The question is whether you need to relax about enjoying your chocolate or is it too good to be true? Should you feel a little guilt about your chocolate indulgence? To answer that, we will have to look a little more closely at what chocolate is and dig into the research that suggests that it might even be a health food.

Aztecs to Aussies

The earliest evidence of chocolate consumption by humans comes from the town of Colha in northern Belize, where ceramic vessels have been found to contain traces of chocolate and have been dated to 2600 years old. In Central America, successive civilisations from the Olmec to the Mayans to the Aztecs embraced chocolate with gusto.



Think you're a chocoholic? See how you measure up to the world's first documented chocoholic, the Aztec king Montezuma. When Hernando Cortez and his Spanish conquistadors stumbled across him in 1519, he was in the habit of quaffing around 50 flagons of cacahuatl or xoxocatl every day. This drink was the forerunner of the hot chocolate we drink today.

If you want to make chocolate like Montezuma had it, try mixing cocoa powder with water (or wine), corn meal, vanilla and chillies. Tip this from one container to another to make it froth and drink it cold. Remember, the Aztec palate was very different to ours, so don't expect this drink to be the luscious chocolatey experience you are accustomed to. In 1519, Cortez and his Spaniards very quickly decided to heat the drink and add sugar, while removing some of the spice. Even this sweetened form of chocolate took a while to take off in the European homeland, until the English began adding milk to their hot chocolate and a gastronomic phenomenon was born.

From that point, chocolate quickly became a drink for the nobility across Europe, but the masses enjoyed it too. By the mid-1600s, chocolate houses were all the rage and men of power would meet over cups of exotic hot chocolate to discuss affairs of state. The Queen's Lane Coffee House on High Street, Oxford, in the UK, has been serving hot chocolate since 1650 and continues to do so. What



really unleashed the dark power of chocolate, however, was the discovery that it could be consumed as a solid.

In 1828, a Dutchman named Van Houten found a way to press the cocoa butter out of the beans. With the cocoa butter removed, the beans could be pounded to a cake, then mixed with sugar and some of the original cocoa butter to make a solid. In 1879, the Swiss Daniel Petri added powdered milk to the solid chocolate and the rest, as they say, is delicious, I mean, history.

In 2024, global revenue from chocolate is expected to have reached US\$254 billion (approx. AU\$383 billion). In Australia, we generate US\$3.5 billion (approx. AU\$5.3 billion) every year, with that figure expected to grow by 8.5 per cent in the next two to three years. That breaks down to the average Australian consuming 32kg of chocolate per year. Chew on that figure.

Melting magic

Chocolate is based on cocoa, which comes from the bean of the cacao tree. The tree is thought to have originated in Brazil and now grows in tropical climates all over the world in places such as Venezuela, the Caribbean and West Africa. The botanical name of the cacao tree is *Theobroma cacao*, "Theobroma" being Greek for "food of the gods".

Cocoa beans have more than 600 chemical components and 230 of these are believed to have possible health benefits. Many



Cocoa beans have more than 600 chemical components and 230 of these are believed to have possible health benefits.

of these beneficial compounds are polyphenols (or flavonoids). In fact, the cocoa bean is naturally a richer source of flavonoids than broccoli or green tea. When the cocoa bean is processed, it produces cocoa solids that are rich in flavonoids, and cocoa butter, a fatty substance that contains no flavonoids. The types of chocolate available in the market reflect variations in the amount of cocoa solids and cocoa butter used, as well as the amounts of other additives.

The Food Standards Australia and New Zealand (FSANZ) definition of chocolate is based on the term "cocoa solids", which it defines as the non-fat solids found in chocolate mass. According to FSANZ, all chocolate must contain at least 20 per cent cocoa solids. The three main types of chocolate available are "milk chocolate", "dark chocolate" and "white chocolate".





Chocolate links into the opioid receptors of the brain and acts in the same way as marijuana.

Milk chocolate

Probably the most widely consumed form of chocolate today, milk chocolate is made from cocoa butter, cocoa solids, milk, sugar and vanilla. Amounts of each of these will vary from product to product.

Dark chocolate

This is more bitter than milk chocolate and, as it does not contain milk, it has more room for cocoa solids. It, therefore, contains more health-promoting flavonoids than its milky brethren. Some dark chocolates have 70-80 per cent cocoa and the rest is sugar, cocoa butter and sometimes vanilla.

White chocolate

It is a bit cheeky to call this chocolate as it contains no cocoa (and therefore no flavonoids) at all. White chocolate is made from cocoa butter, sugar, milk and vanilla.

A major part of chocolate's appeal is its physical properties. Its texture is pleasant and matches its flavour, which is subject to the same panoply of ridiculous descriptors as wine. What really defines the experience of chocolate, though, is its melting point. Chocolate melts at somewhere between 30 and 33°C, so that it is solid at room temperature but melts as soon as it hits your tongue. The melting point changes with the amount of cocoa fats present, so dark chocolate will generally melt the fastest as it contains the most cocoa solids. There is no doubt that chocolate is good to eat but is it possible that it might also be good for you?

Healer or vice?

When you eat chocolate, you are eating much more, or sometimes less, than cocoa and its flavonoids, depending on the form of chocolate you choose. It is also believed that modern processing of chocolate destroys a large portion of the beneficial flavonoids. Despite this, many of the studies mentioned below were done using commercially available forms of chocolate, so some of the health benefits do linger on in the modern food.

Chocolate as a mood booster

It has been thought that chocolate boosts levels of the neurotransmitter serotonin, hence inducing a feeling of wellbeing and even euphoria. Research from the University of New South Wales, however, suggests that this is not the case. This research did, however, suggest that chocolate might activate the dopamine system of the brain, which generates a sense of positive reward and also the anticipation of pleasure.

Chocolate also links into the opioid receptors of the brain and acts in the same way as marijuana. The narcotic actions of marijuana arise because of a compound called THC that binds to "feel-good" receptors in the brain. Chocolate does not contain THC, but it does contain something called anandamide that binds to those same receptors. Chocolate also contains substances that stop anandamide from being broken down, so the "buzz" lasts longer.

Moreover, the taste and texture of chocolate in the mouth are utterly and sensuously pleasurable. These qualities are enough to boost a low mood on their own.



Chocolate as stress relief

"I need chocolate!" Many of us have said that after a hard day, after a relationship break up, or after our favourite team loses. At some deep level, we all share the belief that chocolate will ease the stresses of life and research suggests that we might be right. One study published in the Journal of Proteome Research asked people who were identified as suffering from chronic stress to have 20g of dark chocolate at morning and afternoon tea for two weeks. Blood tests showed that levels of the stress hormones cortisol, adrenalin and noradrenalin all dropped significantly in response to the chocolate treatment.

Chocolate as an aphrodisiac

When Cortez and his men met with the Aztec people, several of the literate among them kept journals of what they saw. This translated passage from the journal of Bernal Diaz suggests why the Spaniards may have taken such a keen interest in "chocolatl".

"From time to time, the men of Montezuma's guard brought him, in cups of pure gold, a drink made from the cocoa plant, which they said he took before visiting his wives... I saw them bring in 50 large jugs of chocolate, all frothed up, of which he would drink a little." (Bernal Díaz del Castillo: 1560).

Chocolate's reputation as an aphrodisiac is widespread. Who can honestly say that they have never proffered a chocolate in the hope that it might grease the wheels of affection? In all truth, though, there is scant evidence that chocolate does boost libido except in that it may boost mood. A better mood can make you more disposed to all sorts of things.



Chocolate for the heart

Eighteenth-century physicians believed that chocolate strengthened the heart. In the 1990s, it was found that indeed the flavonoids from cocoa can protect the cardiovascular system and much research has followed.

Tufts University in Boston reported that eating dark chocolate may help lower blood pressure. One study found that white chocolate, which does not contain flavonoids, yielded no benefit for blood pressure. However, dark chocolate led to a significant drop in blood pressure. The researchers did caution that since dark chocolate contains high amounts of fat, this might, in the long term, offset the shorter-term benefits.

Another study reported that eating dark chocolate can protect the blood vessels themselves. Researchers found that after eating 100g of commercial dark chocolate, an artery in the arm of volunteers dilated significantly more in response to blood flow and they had a seven per cent decrease in the stiffness of their aorta (the major artery leading from the heart). Chocolate flavonoids improve blood vessel function by increasing the availability of nitric oxide release and prostacyclin in the body.

Additionally, a study from the Netherlands reported that the flavonoids from cocoa improve the functioning of the cells that line blood vessels. The study lasted 15 years and found that men who ate the most cocoa were only half as likely to die during the trial as those who did not eat it. Before you go out and binge, however, even the highest cocoa consumers were only having an average of 4g of cocoa per day.

Sugar and fat from chocolate products are unfortunately counterproductive to heart health. So to do anything for your heart, eat the high-cocoa-content dark chocolates (70-80 per cent) and eat it in moderation.

Chocolate for the brain

Chocolate contains many substances that act as mental stimulants, such as theobromine, phenethylamine and caffeine.



A study from the Netherlands reported that the flavonoids from cocoa improve the functioning of the cells that line blood vessels.

Although a 50g chocolate bar only has about 20 per cent of the caffeine of a cup of filter coffee, chocolate does seem to stimulate mental performance, but it might just be the sugar in chocolate that is doing the work.

Avoiding deranged confusion

To get the greatest health benefit from your chocolate, choose a dark chocolate high in cocoa. This maximises your flavonoid content. On the other hand, there are occasions when life demands indulgence and, at these times, go for pure, melting taste.

In the end, you can take a guide from the Spanish priest Bernadino de Sahagun who in 1529 wrote the Florentine Codex. This was a compilation of the medicinal knowledge that he had found among the Aztecs. Included in the Florentine Codex was a recommendation that chocolate would invigorate and refresh if used in moderation. Excessive use of chocolate, however, was said to leave the consumer "confused and deranged".

Almost 500 years later, you can heed de Sahagun's words and, by eating your chocolate in moderation, get the best of this heavenly product.

Terry Robson is a writer, broadcaster, television presenter, speaker, author and journalist. He is editor-at-large of WellBeing magazine. Connect with Terry at terryrobson.com

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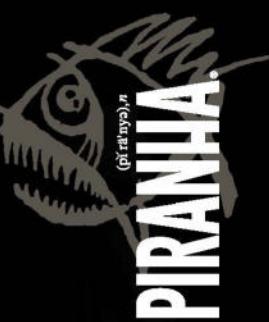


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BLUE ZONES

Discover the secret to longevity with these delicious Blue Zones-inspired recipes from regions where people live the longest, healthiest lives such as Japan's Okinawa, Italy's Sardinia, Costa Rica's Nicoya Peninsula, Greece's Ikaria and California's Loma Linda. Here you'll find plant-based ingredients, simple cooking and vibrant flavours. Nourish your body and soul with these mouth-watering recipes for fish, vegetables and fruit, and be inspired by the world's healthiest cultures.



Blue Zone Harvest Bowl

GF VG

Recipe / Naomi Sherman

There are a few basic guides to eating a Blue Zone-inspired diet: plants are king, reduce sugar wherever possible, incorporate beans into your daily diet and eat seasonally as a priority.

Serves: 4

1kg firm vegetables such as potato, sweet potato, pumpkin, carrot, red onion
500g softer vegetables such as eggplant, zucchini, broccoli
1/4 cup olive oil
Salt & pepper, to taste
1 tbsp finely chopped fresh rosemary
1 tin butter beans, rinsed & drained

Tahini Dressing

1/4 cup tahini
1/4 cup Dijon mustard
2 tbsp apple-cider vinegar
1 tbsp maple syrup
1 tbsp lemon juice
1/4 cup water
Salt & pepper, to taste

1. Preheat oven to 200°C.
2. Cut your vegetables into similar-sized small pieces, keeping the firm and soft separated.
3. Drizzle half of the olive oil over the firm vegetables and spread in an even layer over a lined baking tray.
4. Season with salt and pepper and bake for 20-30 mins, turning halfway.
5. Meanwhile, prepare your soft vegetables by tossing them in the remaining oil and seasoning with salt, pepper and the finely chopped rosemary.
6. Add to the tray at the halfway mark and combine with par-cooked firm veggies. (This stops the softer vegetables from overcooking and starting to burn.)
7. Remove from the oven once vegetables are fork-tender and starting to caramelise around the edges.
8. Whisk the dressing ingredients together in a small jug.
9. Place the roasted vegetables and beans together in a bowl and drizzle the dressing over while still warm.



Roasted Capsicum Pasta

VG

Recipe / Lee Holmes

My vibrant and flavourful pasta is a perfect blend of comfort and Blue Zone ingredients. Combining the sweetness of roasted red capsicum with the umami richness of nutritional yeast, this dish offers a creamy, dairy-free alternative to traditional pasta sauces. The use of spelt or rice pasta makes it suitable for those avoiding gluten, while the addition of coconut milk lends a subtle tropical note. This versatile recipe is vegan and gluten-free.

Serves: 4

2 red capsicums	4 garlic cloves, finely diced
2 yellow capsicums	4 tbsp nutritional yeast flakes, plus extra to serve
3 tbsp extra-virgin olive oil	1/2 cup coconut milk
Salt, to taste	Fresh basil leaves, to serve
350g spelt or rice pasta of your choice	
1 brown onion, finely diced	

1. Preheat the oven to 220°C.
2. Place the whole capsicums on a lined baking tray. Season with 2 tbsp olive oil and a pinch of salt.
3. Roast for approximately 30 mins, then remove from oven and cover in foil. Leave under the foil for 10 mins before removing the charred skin and seeds. Set aside.
4. Add the pasta to boiling salted water and cook according to the packet instructions. Drain and set aside.
5. Meanwhile, heat 1 tbsp olive oil in a large pan. Sauté the onion and garlic until soft and fragrant, about 3-5 mins.
6. Transfer the onion mixture, roasted capsicum, yeast flakes, coconut milk and salt to a food processor and blend until smooth. Return the capsicum sauce to the pan over low heat and gently bring to the boil.
7. Once boiling, turn down the heat and let the sauce simmer until it thickens.
8. Remove from heat and add the cooked pasta to the sauce, stirring well to combine. Serve with a sprinkle of yeast flakes and fresh basil.

Spinach Dahl & Pickled Red Onions

GF VG

Recipe / Lisa Guy

Based on the longevity practices of Blue Zones, this hearty spinach dahl features lentils for plant-based protein, along with turmeric, garlic and chilli to fight inflammation and support heart health. Baby spinach and carrots bring essential vitamins and minerals such as beta-carotene, vitamin K, iron and folate, while the pickled red onion adds a tangy, flavourful twist.

Serves: 4

Pickled Red Onions

1 medium red onion, very thinly sliced

½ cup water

½ cup apple-cider vinegar

1 tbsp maple syrup or raw honey

½ tsp fine sea salt

1 onion, finely chopped

4 cloves garlic, minced

2 medium carrots, diced

1 stick celery, diced

1 tsp ground coriander

1 tsp ground turmeric

1 tsp ground cumin

¼-½ tsp chilli flakes

Sea salt & pepper, to taste

1⅓ cup green lentils, rinsed

4½ cups vegetable stock

½ cup coconut milk

4 handfuls baby spinach

Handful parsley, roughly chopped

Juice 1 small lemon

Cooked brown basmati rice

Topping Suggestions

Chilli flakes, yoghurt, pickled red onion, roughly chopped toasted nuts



1. First make the pickled red onions.
2. Place thinly sliced onions in a clean jar.
3. In a small saucepan combine water, apple-cider vinegar, maple syrup and sea salt.
4. Over medium heat, bring to a simmer then pour it over onions.
5. Press onions down and seal jar. Let pickles sit at room temperature for at least 30 mins.
6. To make your dahl, sauté onions and garlic in a large pot with olive oil over medium heat.
7. Add celery, carrots, lentils, coriander, turmeric, cumin, chilli flakes, sea salt, pepper and veggie stock and bring to a boil.
8. Reduce to a simmer with the lid on for 30 mins. Add more water or stock if needed.
9. Stir through coconut milk, baby spinach, parsley and lemon juice.
10. Blend half the mixture and pour it back into your pot.
11. Serve with brown basmati rice in bowls and top with yoghurt and desired toppings.



Overnight Oats & Berries GF V

Recipe / Lisa Guy

These delicious overnight oats are the perfect way to start the day. Drawing on the longevity-boosting habits of Blue Zones, this recipe is a powerhouse of nutrition. Packed with fibre-rich oats, antioxidant-loaded mixed berries, protein-packed chia seeds, and heart-healthy almonds, sunflower and pumpkin seeds, it promotes digestive health, brain function and sustained energy. Greek yoghurt provides probiotics for gut health and calcium to support healthy bones.

Serves: 2

½ cup rolled oats
2 tsp chia seeds
½ cup almond milk
2 tbsp Greek yoghurt
¼ tsp ground cinnamon
1 tbsp almond flakes
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
1 green apple, shredded
Mixed berries

- Add oats, chia, almond milk, yoghurt, cinnamon, almond flakes, sunflower and pumpkin seeds to the container and stir well. Place in the fridge with the lid on overnight.
- Before eating, stir through shredded apple. Add more almond milk if needed.
- Serve into 2 bowls and top with berries.



Turkey, Dried Blueberry & Quinoa-Stuffed Zucchini

Recipe / Lee Holmes

An innovative stuffed zucchini dish that brings together protein-rich turkey, nutritious quinoa, and the unexpected sweetness of dried blueberries for a truly unique flavour profile. The combination of aromatic spices adds depth to the filling, while the zucchini boats provide a low-carb vessel that's both delicious and visually appealing. This recipe offers a balanced meal with protein, complex carbohydrates and vegetables all in one, making it perfect for a satisfying dinner or lunch option.

Serves: 2

2 large zucchinis, halved lengthwise	½ tsp ground ginger
4 tbsp extra-virgin olive oil	2 tbsp water
1 small brown onion, finely diced	100g quinoa, cooked according to packet instructions
1 garlic clove, minced	1 bunch fresh parsley, chopped
250g turkey mince	45g dried blueberries
1 tsp ground coriander	Salt, to taste
1 tsp ground cumin	
1 tsp ground sweet paprika	

- Preheat the oven to 200°C.
- Carefully use a spoon to scoop out the zucchini flesh without piercing the skin. Finely dice the zucchini flesh and set aside. Place the zucchini boats onto a lined baking tray.
- Heat 1 tbsp olive oil in a large pan over medium-high heat. Add the onions and garlic and sauté for 5–6 mins. Add the turkey mince and spices and stir thoroughly. Cook for 5–10 mins or until the turkey has browned.
- Add the water to the pan, turn down to a simmer and stir in the cooked quinoa, parsley and zucchini flesh. Cook for a further 3–5 mins, then remove pan from heat.
- Scoop the turkey mixture evenly into each zucchini boat. Drizzle some olive oil and sprinkle a little salt over the top. Put in the oven and bake for 25–30 mins or until the mixture is golden on top.
- Serve with a fresh mixed salad and enjoy while warm.

Tip: Any leftover turkey mixture can be stored in the fridge.

DF GF

Okonomiyaki

DF

Recipe / Georgia Harding

Okonomiyaki is a savoury Japanese pancake featuring cabbage as its main ingredient. It is held together with a batter and fried until golden on both sides. There's a wide variety of toppings you can choose, all adding extra dimensions of umami, freshness and flavour. This is a great way to enjoy lots of vegetables and keep your body happy and healthy for a long time.

Serves: 2

125mL chicken or vegetable broth

3 free-range or organic eggs

1 tbsp Worcestershire sauce

75g wholemeal spelt flour

¼ tsp sea salt, or to taste

½ small white cabbage, finely shredded

4 spring onions, white part thinly sliced

15mL extra-virgin olive oil

Sauce

1 tbsp rice-malt syrup

1 tsp tamari

To Serve

2 rashers bacon,
thinly sliced, optional

1 sheet toasted nori
(sushi paper), shredded

4 tbsp pickled ginger

4 tbsp whole egg mayonnaise

½ bunch fresh coriander leaves, torn

1. In a mixing bowl, whisk together the broth, eggs and Worcestershire sauce.
2. Then whisk in the flour and sea salt to form a batter.
3. Mix through the cabbage and spring onion, which should be coated by the batter. If not, add more cabbage; there shouldn't be too much residual batter in the bowl.
4. Add a little olive oil to cover the base of the crêpe or small frying pan and heat over a medium heat. Add half the cabbage batter and spread out to form a thick pancake.
5. Cook for a few mins until the edges have browned, flip and cook the other side.
6. Repeat with the other half of the batter.
7. While the okonomiyaki is cooking, make the sauce by mixing the rice-malt and tamari together.
8. If including the bacon, cook this in a crêpe or small frying pan until it's crispy, then set aside.
9. Serve topped with some or all of the extras and a drizzle of the sauce.



Pesto Chicken with Cauliflower Rice DF GF

Recipe / Lee Holmes

A modern, health-conscious twist on classic Italian flavours. The homemade almond-based pesto adds a nutty richness to the dish, while cauliflower "rice" provides a low-carbohydrate alternative to traditional grains. Packed with lean protein from the chicken and loads of vegetables, this meal is both nutritious and satisfying. The addition of spinach and fresh basil at the end brings a burst of colour and freshness to this soothing dish.

Serves: 4

1 small head cauliflower, roughly chopped
 4 tbsp extra-virgin olive oil
 4 boneless skinless chicken breasts, cubed
 Salt, to taste
 60mL water
 45g fresh baby spinach leaves
 2 large handfuls basil leaves, torn

Pesto

160g (1 cup) blanched almonds
 2 garlic cloves, peeled
 2 large handfuls fresh basil leaves
 80mL extra-virgin olive oil
 1 tbsp apple-cider vinegar
 2 tbsp nutritional yeast flakes, plus extra to serve
 Pinch sea salt

- To make the pesto, place the almonds in a food processor and blitz until fine. Add the garlic and pulse. Add the basil and blend again. Slowly drizzle in the olive oil until you have the desired consistency, then add the apple-cider vinegar, yeast flakes and salt. Remove pesto from food processor and store in an airtight container or jar in the fridge (makes 1-2 cups).
- After cleaning the food processor, add the cauliflower to the bowl and pulse until it resembles rice. Set aside.



- Heat 2 tbsp olive oil in a large frying pan over medium-high heat. Season the chicken with salt then add to the pan. Sear on all sides for 8-10 mins or until golden. Remove from pan and set aside.
- Add 1 tbsp olive oil to the pan, then add the cauliflower rice. Sauté for about 3-5 mins, stirring frequently.
- Return the chicken to the pan and stir in 125mL pesto and the water. Stir thoroughly to combine. Turn down the heat and simmer for 3-5 mins.
- Remove from heat and throw in the spinach and basil. Stir well until wilted.
- Divide into portions and serve with a sprinkle of sea salt and yeast flakes.



Greek Fish

DF

Recipe / Georgia Harding

The clear seas of the Mediterranean and the bright sunshine have given the Greek islands amazing produce that has been turned into delicious and nutritious cuisine. This meal has a rich and flavoursome tomato-based sauce with cannellini beans and olives throughout, fish gently cooked and topped with golden crunchy sourdough pieces.

Serves: 4

2 tbsp extra-virgin olive oil
1 red onion, diced
4 cloves garlic, minced
1 carrot, diced
400g tins cannellini beans, rinsed & drained
2 tin diced tomatoes (800g total)
120mL bone broth (fish or chicken)
½ cup pitted kalamata olives, sliced

600g firm white fish
2 slices sourdough bread, broken into pieces
2 tbsp extra-virgin olive oil
100g feta cheese, crumbled
½ bunch fresh parsley leaves, finely chopped, to serve

1. Heat a large pan over a moderate heat. Add the olive oil and sauté the onion until it starts to soften.
2. Add the garlic and carrot and sauté for a few more mins.
3. Add the cannellini beans, tomatoes and broth, season well and simmer for 5 mins. Then add the olives and fish and simmer for 5 mins or until the fish is just cooked through (this will vary depending on how thick your fillets are).
4. Toss the bread in the olive oil and place on top of the fish with the feta.
5. Place under the grill for a few mins until the bread is crispy and the feta melted.
6. Scatter over the parsley and enjoy immediately.

Blackberry & Blueberry Green Leafy Salad

GF VG

Recipe / Lisa Guy

This vibrant salad is inspired by the Blue Zone regions with their reputation for longevity. Packed with antioxidant-rich blueberries and blackberries, heart-healthy walnuts and almonds, and nutrient-dense greens like kale and rocket, this recipe supports brain health, reduces inflammation, and promotes overall health and wellbeing.

Serves: 4

3 handfuls rocket
Handful purple kale, roughly chopped
1 red onion, finely sliced
1 punnet blackberries
1 punnet blueberries
½ cup slivered almonds
½ Lebanese cucumber, diced
Handful walnuts, roughly chopped
Handful mint, roughly chopped

Vinaigrette

3 tbsp extra-virgin olive oil
1 tsp apple-cider vinegar or balsamic vinegar
2 tsp maple syrup
½ tsp Dijon mustard

1. Toss all salad ingredients together in a large bowl.
2. Whisk vinaigrette ingredients together in a small bowl.
3. Drizzle salad with dressing and gently toss.
4. Arrange salad on a serving dish and enjoy.





Greek Lamb Meatball Tray Bake GF

Recipe / Georgia Harding

This tray bake is an easy and delicious meal for the family.

Roasted vegetables are topped with juicy lamb meatballs, crumbled feta, olives and salad greens, with a lemony dressing to tie it all together. Such fresh, wholesome ingredients provide nutrition and important fibre that keep you healthy and strong.

Serves: 4

500g sweet potato, cut into wedges
4 tbsp extra-virgin olive oil
Sea salt & freshly ground black pepper, to taste
1 large red onion, cut into wedges
1 red capsicum, diced
1 fennel bulb, thinly sliced
150g feta, crumbled
 $\frac{1}{4}$ cup pitted kalamata olives
30g leafy greens

Meatballs

500g lamb mince
2 cloves garlic, minced
1 large lemon, zest only
(*use the juice in the dressing)
 $\frac{1}{2}$ tsp ground cumin
 $\frac{1}{2}$ tsp ground coriander
1 tsp dried oregano
 $\frac{1}{2}$ tsp dried rosemary

Dressing

60mL extra-virgin olive oil
1 tsp rice malt-syrup, honey or maple syrup
1 tsp Dijon mustard
Sea salt & freshly ground black pepper, to taste
Lemon juice (from the lemon zested for the meatballs)



1. Preheat oven to 200°C (fan-forced).
2. On a large baking tray, toss the sweet potato in 2 tbsp of olive oil and seasoning and bake for 10 mins.
3. While that's baking, prepare the onion, capsicum and fennel.
4. Make the meatballs by squeezing the ingredients together and then forming balls a bit larger than a golf ball.
5. Once the sweet potato is cooked, toss the onion, capsicum and fennel in the olive oil and add to the pan.
6. Top with the meatballs and bake for 20-25 mins or until the meatballs are cooked through.
7. Make the dressing by combining all the ingredients together in a jar or small bowl (including the juice from the lemon you zested for the meatballs).
8. Once done, remove from the oven, crumble over the feta and scatter over the olives and greens.
9. Drizzle with the dressing and enjoy immediately.

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Apricot & Cottage Cheese Crêpes

Recipe / Brancourts

Serves: 4-6

1 medium free-range egg

175mL low fat milk

175mL Brancourts Cottage Cheese (97% Fat Free, Classic, Lactose free, Protein +), plus extra to serve

Pinch salt

1 cup plain flour

Oil, to grease pan

1 bag dried apricots, chopped

Strawberries, raspberries, blueberries or mango slices, to serve (optional)

1. Place egg, milk, cottage cheese and salt in a bowl and whisk lightly. Gradually add in the sifted flour and whisk until you have a smooth crepe batter. If you can, allow the batter to rest for about 30 mins.
2. Heat a heavy-based crepe pan over a medium heat. When hot, brush the base of the pan lightly with a little sunflower oil, then pour in enough batter to cover the bottom of the pan with a thin layer. Allow to cook until golden, then turn and cook the other side.
3. Repeat until all the batter is used up, adding more sunflower oil to pan as required. Stir the batter occasionally and add extra milk if consistency thickens.
4. Spoon on a layer of cottage cheese in the middle of each crepe and sprinkle in chopped apricot pieces as well.
5. Roll up each crepe and serve them with seasonal fresh berries or mango slices and a dollop or two of your favourite Brancourts Cottage Cheese.



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Mexican Power Bowl

Recipe / Brancourts

GF

Serves: 4-6

1½ cups uncooked brown rice
 ¼ cup olive oil
 2 garlic cloves, crushed
 2 tsp each ground cumin & ground coriander (or 1 tbsp taco seasoning)
 800g Kent pumpkin, cut into wedges
 600g chicken breasts
 1 avocado, coarsely chopped
 ¼ red or white cabbage (about 300g), thinly shaved
 225g Brancourts Protein + Cottage Cheese (can be substituted with Classic, Lactose free or 97% Fat Free Cottage Cheese)
 Coriander sprigs, to garnish
 Toasted pepitas, to garnish

Smoky Chilli Dressing

½ cup extra virgin olive oil
 2 red chillies, thinly sliced
 2 garlic cloves, finely chopped
 1 tsp smoked paprika
 ¼ cup lime juice, plus zest

1. Preheat oven to 220°C fan-forced. Boil the brown rice in a saucepan of boiling water for 25 mins until tender. Drain. Cover with a tea towel for 10 mins.
2. Combine 2 tbsp olive oil, garlic and spices in a large bowl. Add the pumpkin and toss to coat. Arrange on a baking paper-lined tray, season with salt and pepper and roast for 15 mins.
3. Add the chicken to the bowl with the marinade and set aside to marinate for 10 mins.
4. Remove chicken from marinade. Heat the remaining oil in a large frypan over medium-high heat. Cook the chicken for 2 mins each side until brown. Transfer to the tray with pumpkin and roast for 11-12 mins until chicken is cooked through and pumpkin is golden. Rest the chicken for 5 mins, then thinly slice.
5. To make the dressing, heat olive oil in a small saucepan over medium heat. Cook the chilli, paprika and garlic for 1-2 mins until fragrant. Remove from the heat. Add the lime zest and juice and stir to combine and season.
6. Divide the rice, chicken, pumpkin, avocado and cabbage among bowls. Dollop Brancourts cottage cheese on top and drizzle with the warm chilli dressing. Scatter with coriander and pepitas.



Cooking WITH AUTUMNAL PRODUCE

Autumn produce is bursting with flavour and colour. Discover how to make the most of seasonal fruits and vegetables with our cooking guide – plus three delicious warming recipes.

Words / Lisa Holmen

Autumn is a time of sheer abundance: a vibrant season bursting with colour and flavour. It's no surprise that many chefs claim autumn is their favourite season of the year, as they reap the rewards of their sumptuous harvest, which ripens and develops in the warmth of summer. The peak of the summer heat gives way to cooler, crisper days and the days gradually shorten to make room for longer nights. This is the season to say goodbye to summer stone fruits and berries and say hello to an abundance of apples, pears, figs and nuts that are bursting forth right under your nose.

When it comes to cooking, it's important to eat with the seasons. Not only is it better for the environment, but it also supports local communities and benefits your purse, too. Produce that is in season will be harvested at its peak at the time of ripening, making it ideal for cooking because it is full of nutrition and flavour. As long as you're buying local, the produce has fewer food miles since it minimises travel time between farm to plate, whereas produce that is not in season is often harvested before the full ripening process has occurred. These fruits and vegetables are often stored and cooled to slow the ripening process, before they are transported to stores and are available for sale.

To eat smart, it's essential to know when produce is at its peak throughout the year so you can shop seasonally whenever possible. Of course, there are regional differentiations, so this is a broad guide only. Even in autumn there are seasons within seasons and different months see the peak of different produce. The early harvest in March is full of the likes of plums, peas, apples, figs and persimmons, while April sees wild mushrooms and nuts flourish. The late autumnal harvest

is different again, boasting plenty of gourmet goodies like quinces, carrots, celery, parsnips, rhubarb and Brussels sprouts. If you can't grow your own at home, your local farmers' market is a great place to experiment with different produce and find out what's in season.

Whether you're making a pumpkin pie or an apple cobbler, here's a guide to some of the best gourmet goodies you can enjoy during the autumn harvest.

Apples

Although apple season in Australia officially starts in summer, autumn is the peak of the season. This is the perfect time to experiment with different varieties of apples, all of which boast different flavour profiles and textures. The harvest starts with the Royal Gala (usually available from February), quickly followed by the Fuji, Golden Delicious, Jonathan, Granny Smith and Pink Lady. One of the newest members of the apple family to hit shelves recently is the Jazz Apple, a cross between the Braeburn and Gala, which is deliciously crunchy and sweet. Next time you shop, look for firm apples without bruises. Good storage in a cool, dark place is also essential to keep apples crisp, since warm and humid temperatures usually cause them to turn stodgy and soft. Alternatively, experience picking apples straight from the source at your local orchard: those on the outside of the tree are usually the ripest.

Apples are an ideal snack but are wonderful baked in comfort food like apple pies, muffins and strudels or gently poached on top of your morning porridge. On the savoury side, apple pairs beautifully with roast pork or a crisp textural side like a slaw. They also make an ideal stuffing for your next roast chicken or Christmas turkey.





Produce that is in season will be harvested at its peak at the time of ripening, making it ideal for cooking because it is full of nutrition and flavour.

Sweet potatoes

This nutritious superfood is a popular vegetable all year round; however, they shine the most in autumn when they are plentiful and sourced locally. Kumara, known for its orange skin, is the most popular variety, but it's worth experimenting with lesser-known types like the heirloom, white and red sweet potatoes. It's best to select sweet potatoes that look firm, are as smooth as possible and have an evenly coloured skin. Like apples they are best stored in a dark, dry place.

Sweet potatoes are one of the most versatile vegetables going around: they are delicious steamed, roasted, mashed and stuffed. Try cutting them into thin slices and layering them in an oven-baked gratin, baked into wedges with a little sea salt, pan-fried as fritters or just simply roasted in the oven with a sticky maple glaze. They are also delicious in an autumnal soup, in a coconut curry or stuffed with chickpeas as "jacket potatoes" drizzled with a tahini dressing.

Quinces

Hail the humble quince! These "golden apples" of Greek mythology are one of the earliest known fruits. They look a little like a cross between an apple and a pear, but their similarities stop there. Unlike apples and pears, quinces are generally inedible raw even when ripe. The beauty of quince lies in its sweet fragrance when it's cooked as its hard flesh softens, gently blushes and becomes beautifully sweet.

Quinces can be used for so much more than just an accompaniment on a cheese platter. Since quinces have a high

pectin content, a naturally occurring starch, they are ideal for pastes, jams and jellies. Try slow cooking, baking or pickling them in honey. One of the easiest ways to cook with quinces is poaching them in a delicious blend of spices and a touch of honey. On the savoury side, quince pairs beautifully with meaty dishes including lamb, turkey and duck. For the ultimate autumnal comfort food, substitute the usual apples with quinces in your next crumble or cobbler.

Pears

The falling of autumnal leaves also celebrates the start of the pear season. Sweet and tender William pears are usually the first pears to ripen in the season, followed by the brown Beurre Bosc and Packham. Don't ignore the lesser-known pears which shine in their own right including the Nashi and Corella, a small pear with a sweet flavour. Choose pears that are firm and slightly swollen and plump in appearance – they are usually the juiciest.

If eaten at the right time, pears are juicy and delicious to eat on their own. They are also the perfect accomplice for a flaky filo tart, galette or upside-down cake. Try poaching them with brown sugar, cinnamon and saffron and serve them on a bed of mascarpone, or for a simple show-stopping dessert, poached in red wine or cranberry to achieve the most beautiful reddish/purple hue. On the savoury side, try serving them with rocket and parmesan in a salad or teamed with gorgonzola and caramelised onion on a home-baked pizza. Nashi pears are perfect for Asian cuisine, in a salad or a crispy slaw.



Figs

Is there anything sweeter than biting into the soft flesh of a fig on a crisp autumnal day? The limited season of the fig makes it so much more tempting. Figs are abundant during autumn and are packed full of vitamins and minerals.

Figs can be eaten raw and are equally delicious poached or baked. Add them to a salad complemented by buffalo mozzarella and prosciutto with a drizzle of balsamic dressing, or on a wood-fired pizza with gorgonzola. On the sweeter side, they are lovely accompaniment to a panna cotta with a drizzle of honey, or to naturally sweeten your morning porridge or muesli.

Mushrooms

If you haven't already, autumn is the time to jump on the mushie bandwagon. Get experimental and work your way through the different varieties of wild mushrooms ranging from Porcini and Slippery Jacks to Milk Caps. Nothing screams autumn more like mushroom picking! Scrub up on your mushroom knowledge and experience picking mushrooms first-hand with some foraging – just be sure to take an expert with you so you don't pick the poisonous ones.

Mushrooms are particularly popular for a plant-based diet, since they are a great alternative to meat due to their "meaty" texture and umami profile. They are perfect for comfort cooking and are delicious grilled, sautéed and oven-baked. Think mushrooms braised in a white wine and garlic sauce on a luscious bed of pappardelle or polenta, wild mushroom risotto with shaved parmesan and truffle or just roasted or pan-fried with a splash of extra-virgin olive oil.



Persimmons

Unfortunately, persimmons are one of the most overlooked fruits. But this not-so-trendy fruit is so versatile for both sweet and savoury recipes. There are two main varieties: the original persimmon, well known to older generations, is a large heart-shaped fruit, ranging in colour from pale to a deeper orange; and the sweet persimmon, also known as the Fuyu Fruit, is round with a slightly flattened top. The original version is far too astringent when eaten too early and needs to be harvested once fully ripened when the flesh is soft and sweet. The sweet persimmon is a non-astringent version and can be eaten when crisp and crunchy and has an edible peel.

This fruit can be eaten like an apple or whipped up in a homemade jam or compote or added to a cake or even bread. It provides a lovely texture and sweetness in an autumnal salad.

Pumpkins

From the sweet butternut pumpkin to the big Queensland blue, pumpkins are abundant in autumn and are a must-have in your kitchen pantry. Is there anything more comforting than a big bowl of pumpkin soup on a crisp autumnal day? Think beyond pumpkin soup and get creative in the kitchen: pumpkin-stuffed ravioli with burnt butter and sage, pumpkin pie and whole pumpkins stuffed with lentils, nuts and a myriad of spices.

Pumpkin is usually reserved for savoury dishes, but get experimental and try a pumpkin pie or even pumpkin-spiced muffins or cookies. The list is endless.

Lisa Holmen is a food and travel writer and photographer. Her aim is to "eat the world" one inch at a time and explore as many different cuisines and cultures as possible. Follow Lisa's journey at lisaeatsworld.com



Apple & Cinnamon Muffins

Makes: 12

115g unsalted butter, melted
2/3 cup brown sugar
3/4 cup milk
2 eggs, lightly whisked
2 apples, peeled, cored & chopped
2 cups flour (plain or wholemeal), sifted
1 tbsp baking powder
2 tsp cinnamon
Pinch salt

1. Pre-heat oven to 190°C.
2. Whisk together the butter and brown sugar in a large mixing bowl, then add the milk and eggs and whisk gently. Gently fold in the apples. In a separate bowl, combine the rest of the dry ingredients and gradually add them to the milk mixture, using a large spoon until just combined, ensuring not to overmix.
3. Spoon mixture evenly into 12 non-stick muffin tins, then place two small slices of apple on top of the batter of each muffin.
4. Bake for 15-20 mins until cooked through and slightly golden.
5. Cool in the muffin tin then transfer to a wire rack to cool completely.

Topping

1 apple, unpeeled & sliced



Easy Apple Tart

Makes: 1 tart

1 packet sweet shortcrust pastry
6 large apples, peeled,
quartered & cored
3 tbsp brown sugar
1 tbsp water
1 tsp ground cinnamon
Seeds from one vanilla pod
15g butter

1 tsp lemon juice
1 tbsp melted butter
2-3 tbsp apricot jam

- Pre-heat oven to 180°C fan-forced. Line a 20cm tart tin with the pastry and gently press down on the sides and remove the overhang with a sharp knife. Using a fork, indent the sides of the pastry slightly to create a pattern.
- Cover the pastry with baking paper and top with baking beads (or dried rice or lentils) and blind-bake in the oven for 8-10 mins. Remove the beads and baking paper and bake for another 5-10 minutes until slightly golden.
- While the pastry is cooking, make the filling. Slice 4 of the apples into thick wedges and place in a saucepan with sugar, water, cinnamon, vanilla and butter. Bring the mixture to the boil, then reduce the heat and cook until apples have softened, adding a little more water if necessary. Remove from the heat and mash gently, then allow to cool slightly before placing in the pastry base.
- Slice the other two apples thinly. Place in a bowl and mix with lemon juice so they don't brown. Arrange the apple slices concentrically in circles around the tart, overlapping each one slightly, then brush the top with melted butter.
- Bake for approximately 30 mins until apple is cooked and starts to go slightly golden.
- Once the tart is cooked, brush with a little apricot jam to give it a lovely glaze. Serve immediately while warm.



Sweet Potato, Peanut & Coconut Curry

Serves: 4

2 tbsp olive oil
1 brown onion, finely diced
4 cloves garlic, minced
2-3cm fresh ginger, grated
1 tsp ground turmeric
3 tbsp Thai red curry paste
1 x 400g tin diced tomatoes
1 x 400g tin coconut milk
3 tbsp smooth peanut butter
1 tbsp brown sugar
Juice 1 lime
Salt & pepper, to season
2 sweet potatoes, peeled & diced
1 red capsicum, deseeded & sliced
1 x 400g tin chickpeas, rinsed & drained
120g baby spinach
Coriander, red chilli, extra peanuts and rice to serve

- Heat oil in a large saucepan over medium-high heat, then add the onion and cook for 4-5 mins until soft. Add the garlic and ginger and cook for 1 min until aromatic, then stir in the turmeric and red curry paste and allow the flavours to develop for another 1-2 mins.
- Add the diced tomatoes and two cups of water (or stock) and bring to the boil, then reduce the heat to simmer and add the coconut milk, peanut butter, brown sugar and lime. Season to taste.
- Add the sweet potato and capsicum and cook for 10-15 mins. Once the sweet potato is tender add the chickpeas and baby spinach and cook until the spinach has just wilted.
- Serve immediately with fresh coriander, chilli, extra peanuts and rice.

Lunch favourites

CORN THINS



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Salad & Falafel Mix

Recipe / CORN THINS

GF V

Serves: 1-2

6 CORN THINS Slices	1 small cucumber (sliced)
1 carrot, grated	1 tsp reduced fat mayonnaise
50g falafels, halved	1 handful lettuce, diced
(warm for 20 secs in microwave first)	2 radishes, sliced
¼ tsp Dijon mustard	Pinch black pepper
Juice 1 lime	

1. Place the low-fat mayonnaise, lime juice and Dijon mustard in a small bowl and mix well. Add in a pinch of pepper.
2. Add the the carrot, sliced radishes, cucumber and lettuce to the mixture. Stir gently until all the vegetables are coated with the dressing.
3. Place mixture on top of each CORN THINS slice and top with sliced falafels.



CORN THINS Slices with Tabouli

Recipe / CORN THINS

VG

Serves: 4-6

3 tbsp of bulgar wheat
(or quinoa as a GF alternative)
1 packet CORN THINS slices
1 large bunch parsley, finely chopped
1 small bunch mint, finely chopped
3 tomatoes, diced
3 spring onions, finely chopped
1/3 cup extra-virgin olive oil
Juice 1-2 lemons

1. Soak the bulgar wheat (or quinoa), covered, in boiling water for 10-20 mins (or until grains are no longer hard). If using quinoa, rinse before boiling.
2. Drain and squeeze out the excess water.
3. Combine all ingredients and mix well.
4. Top your desired number of CORN THINS slices with tabouli.

ONE-POT & TRAY *wonders*

Simplify mealtime with one-pot and tray-bake wonders that are healthy, easy and irresistibly delicious! These recipes are perfect for busy days, combining wholesome ingredients with minimal clean-up. From hearty stews and soups to vibrant veggie-packed trays and smoothie bites, each dish has been expertly designed to nourish and delight your whole family.





One-Pan Thai Red Curry Salmon

GF DF

Recipe / Lisa Guy

Easy to prepare and full of wholesome ingredients, this salmon dish is a delicious way to nourish your body in just one pot. Salmon is rich in omega-3 fatty acids, which support heart health, brain function, and reduce inflammation. This fragrant Thai red curry is loaded with antioxidant-rich spices like ginger, garlic and chilli, helping to boost immunity and digestion.

Serves: 4

2 tbsp extra-virgin olive oil
4 x 160g wild salmon fillets
3 shallots, chopped, extra for garnish
1 red capsicum, sliced
1½ cups full-fat coconut milk
4 tbsp red curry paste
½ cup veggie stock
Juice 1 small lemon or lime,
extra to serve
1 tbsp raw honey
2 handfuls baby spinach,
roughly chopped
Handful fresh coriander,
extra for topping
Handful almonds, roughly chopped

To Serve

Cooked brown rice, rice noodles,
cauliflower rice or quinoa

1. Heat olive oil in a deep frying pan over medium heat.
2. Add salmon fillets, skin side up first, and cook each side for 3-4 mins. Transfer to a plate and carefully remove the skin.
3. Wipe pan and then add a little more olive oil. Add shallots and capsicum and cook for 3 mins.
4. Place coconut milk, curry paste, veggie stock, lemon juice and honey into the pan and stir until combined.
5. Add spinach and fresh coriander and stir through. Return salmon to pan and simmer for 10-15 mins, until sauce thickens and salmon cooked to your liking. Add more coconut milk if needed.
6. Top with fresh coriander, shallots and almonds.
7. Serve with jasmine rice, cauliflower rice or rice noodles and lemon wedges.



Middle-Eastern Chicken Tray Bake

GF

Recipe / Georgia Harding

This tray bake is very popular in my household – the incredible flavours, the balanced mix of meat, veggies and legumes, and the fact that it's all made on the one tray!

Serves: 4

500g boneless & skinless chicken thighs, diced	1 tsp ground cumin
200g sweet potato, diced small	1 tsp ground coriander
½ cauliflower, broken into florets	3 tbsp extra-virgin olive oil
1 red capsicum, diced	60g baby spinach or rocket, to serve
1 lemon, sliced	
400g tin chickpeas, rinsed & drained	
4 cloves garlic, unpeeled	
1 tsp smoked paprika	
½ tsp dried oregano	

Tahini Sauce

2 tbsp hulled tahini
1 cup full-fat natural yoghurt
1 clove garlic, minced

1. Preheat the oven to 180°C (fan-forced).
2. Place the chicken, sweet potato, cauliflower, capsicum, slices of lemon, drained chickpeas, garlic cloves, smoked paprika, oregano, cumin, coriander and olive oil on a baking tray and toss well to combine and coat the meat and vegetables in the oil and spices.
3. Arrange in a single layer if possible and bake for 25 mins or until the chicken is cooked through.
4. Meanwhile, make the tahini sauce by mixing the ingredients together in a small bowl.
5. Once the chicken tray bake is cooked, serve with the spinach or rocket and tahini sauce.



One-Pot Tuscan Butter Beans

Recipe / Lisa Guy

This one pot Tuscan butter bean recipe is a hearty and nutritious dish packed with protein and protective antioxidants. Butter beans are a fantastic source of plant-based protein and fibre, promoting digestive health and keeping you full for longer. Infused with garlic, chilli and sundried tomatoes, this dish is rich in antioxidants including lycopene, and has anti-inflammatory properties.

Serves: 4

1 onion, finely chopped
3-4 cloves garlic, minced
Sea salt & pepper, to taste
½ cup sundried tomatoes, chopped
1 heaped tsp dried thyme
½ tsp chilli flakes
½ cup coconut cream

¼ cup water
2 tins butter beans, drained & rinsed
½ cup finely grated parmesan
2 handfuls baby spinach, roughly chopped
Handful fresh parsley, extra for topping
Thick slices sourdough, to serve

1. Heat some olive oil in a large frying pan over medium heat. Add onion and garlic and cook until translucent.
2. Stir through sundried tomatoes, coconut cream, thyme and chilli flakes.
3. Stir through beans, parmesan, baby spinach, parsley and water and bring to the boil.
4. Reduce to a simmer and cook for 10-12 mins, stirring occasionally until the sauce thickens.
5. Serve topped with parsley and parmesan, with toasted sourdough.

One-Pot Wonder Soup

DF

Recipe / Naomi Sherman

This soup is hearty and comforting, made from pantry ingredients, and comes together in about half an hour. It can be very easily made vegan by leaving out the chicken and using vegetable stock. You can swap and change the beans to your personal preference. It is honestly delicious, no matter how I have made it.

Serves: 8

1 tbsp olive oil
1 onion, diced
2 carrots, diced
3 celery stalks, diced
2 tsp minced garlic
½ tsp dried thyme
1 tsp dried oregano
1 tin chickpeas, drained & rinsed
1 tin cannellini beans, drained & rinsed
150g risoni
6 cups chicken stock
Juice ½ lemon
2 cups cooked chicken
60g baby spinach
Salt & pepper, to taste

1. Heat the olive oil over medium heat in a large saucepan and cook the onion, carrot and celery for 6-7 mins until softened.
2. Stir in the seasonings and continue to cook for another minute.
3. Next, add the chickpeas, beans, risoni and stock.
4. Stir to combine, bring to a boil, then lower the heat and simmer for 10 mins until the risoni is cooked.
5. Stir in the lemon and the chicken and simmer for 5 mins until the chicken is heated through.
6. Finish off by wilting the baby spinach in the hot soup and then taste before seasoning further.





One-Pot Smoky Chicken Penne DF GF

Recipe / Georgia Harding

This One Pot Smoky Chicken Penne is a breeze to make and minimises clean up! The smoky paprika infuses the dish with a savoury aroma, while fresh basil adds a delightful herbal freshness. Packed with protein and carbohydrates, this meal also incorporates broth into the sauce, providing essential minerals. Give it a try the next time you need a quick and satisfying mid-week dinner.

Serves: 4

2 tbsp extra-virgin olive oil	Sea salt & freshly ground black pepper, to taste
1 onion, diced	
4 cloves garlic, minced	250g gluten-free penne pasta
800g chicken mince	60g spinach leaves, chopped
1 tsp smoked paprika	1 bunch fresh basil leaves, chopped
700g tomato passata (purée)	100g cheddar, grated, optional
500mL stock or broth	

- In a large skillet or pot over medium heat, add olive oil and onion and sauté for a few mins until translucent.
- Add the garlic and chicken mince and sauté, breaking up the chicken as it cooks, until almost cooked all the way through.
- Add the paprika, passata, broth/stock and season well. Stir well and bring to a rapid simmer.
- Add the pasta to the pot, stirring every 5 mins or so, until cooked, approximately 15 mins. If the sauce is becoming a little dry but the pasta still needs cooking, add a splash of water or extra broth.
- Once the pasta is cooked, take it off the heat and stir in the spinach and basil.
- If you like, you can sprinkle over the grated cheese and pop under the grill (broiler) until the cheese is melted and bubbly.



Whipped Ricotta & Radish Rice Cakes GF V

Recipe / Lee Holmes

The creamy, herb-infused whipped ricotta provides a luxurious base, while the maple-roasted radishes add a unique sweet and peppery element. This recipe transforms simple ingredients into an elegant appetiser or light lunch. The contrasting textures of the crisp rice cake, smooth ricotta, and tender roasted radishes create an interesting and satisfying bite that's as pleasing to the palate as it is to the eye.

Serves: 2

6 small radishes, halved	2 tbsp water
3 tbsp extra-virgin olive oil	1 tsp apple-cider vinegar
2 tbsp maple syrup	1 garlic clove, chopped
1 tsp cumin	Salt, to taste
1 container (300g) ricotta	4 puffed rice cakes
1 bunch basil leaves	

- Preheat the oven to 180°C and line a baking tray with paper.
- Toss the radishes with 1 tbsp olive oil, 1 tbsp maple syrup and all the cumin. Spread evenly across the baking tray. Bake for 10-15 mins or until the radishes are just cooked. Set aside.
- Meanwhile, add the ricotta, remaining maple syrup, half the basil leaves, water, apple-cider vinegar, garlic and salt to a food processor. Blend until whipped and creamy.
- Spread the whipped ricotta generously over each rice cake, then top with roasted radishes, torn basil leaves, a pinch of salt and a drizzle of olive oil.

One Pot Mushroom & Spinach Risotto GF V

Recipe / Lisa Guy

Packed with fibre and plant-based goodness, this comforting risotto is a satisfying, wholesome meal that's delicious and nourishing. Mushrooms provide immune-boosting antioxidants and essential minerals like selenium, while spinach adds a rich source of iron, folate and vitamin K to support energy levels, healthy blood clotting and bone health.

Serves: 4

400g mixed mushrooms (oyster, shiitake, cremini)

2 garlic cloves, minced

Pinch sea salt

Juice & zest $\frac{1}{2}$ lemon

Small handful fresh thyme

Risotto

1 large onion, finely chopped

1 garlic clove, minced

1½ cups arborio rice

6 cups chicken or veggie stock, heated

Ground pepper to taste

½ cup finely grated parmesan, extra for topping

2 handfuls baby spinach, roughly chopped

Juice & zest $\frac{1}{2}$ lemon

- Clean mushrooms and then break or cut larger mushrooms into thick slices. In a large pot heat some olive oil over medium heat. Add garlic and mushrooms and fry for 2 mins, until they start to go golden.
- Season with sea salt, juice of $\frac{1}{2}$ a lemon and thyme. Then transfer mushrooms to a plate.
- Heat 2 tbsp of olive oil in your pot over medium heat. Add onion and garlic and cook until translucent.
- Add rice and stir for 2 mins.
- Add stock 1 cup at a time, until nearly absorbed, stirring occasionally.
- Repeat until stock used up and the risotto is creamy. Add more water if needed.
- Stir through baby spinach, parmesan and pepper.
- Spoon risotto into a serving dish and top with mushrooms. Garnish with thyme and parmesan.





Passionfruit & Peach Chia Pudding

Recipe / Lee Holmes

This pudding is a delightful way to start your day or enjoy as a healthy dessert. The chia seeds, when soaked overnight in coconut milk, create a creamy, pudding-like texture that's both satisfying and nutritious. The tropical sweetness of passionfruit combined with the juicy freshness of peach creates a perfect balance of flavours. Topped with crunchy Brazil nuts, this pudding offers a good dose of omega-3 fatty acids, fibre, and essential minerals.

Serves: 2

60g chia seeds	½ peach, diced
250mL coconut milk	1 passionfruit, halved, to serve
2 tbsp maple syrup	40g Brazil nuts, roughly chopped, to serve
1 passionfruit, pulp only	

- In a glass or mason jar, add the chia seeds, coconut milk, maple syrup, passionfruit pulp and peach.
- Stir well to combine then cover and leave in the fridge overnight to set.
- In the morning, serve with passionfruit halves and a sprinkle of Brazil nuts.

Plum Pear Raspberry Crumble V

Recipe / Georgia Harding

This sweet and colourful fruity crumble features plums, pears and raspberries, topped with an aromatic crumble. This is a super-easy dessert with minimal preparation needed and all done on the one tray!

Serves: 6

6 plums
3 pears
2 tbsp rice-malt syrup, honey or maple syrup
200g raspberries, fresh or frozen (1 cup approx.)

Crumble

115g wholemeal spelt flour
¼ cup coconut sugar or rapadura sugar
1 tsp ground ginger
1 tsp ground cinnamon
100g butter, chilled & cubed
45g flaked almonds

- Preheat the oven to 180°C (fan-forced).
- Halve the plums, peel and quarter the pears and place into a large baking dish. Drizzle over the sweetener, toss and bake for 15 mins.
- While it's baking, make the crumble.
- Mix the flour, sugar and spices in a bowl, then rub in the butter to make a crumb. You can also pulse in a food processor to combine if you prefer.
- Remove the fruit from the oven, add the raspberries and crumble, then finally the flaked almonds. Bake for another 20 mins or until golden on top.
- Serve with the ice cream of your choice, double cream or coconut yoghurt.





Blueberry & Basil Smoothie Bites

VG

Recipe / Lee Holmes

These bites are a creative and refreshing take on the traditional smoothie. By freezing the smoothie mixture into bite-sized portions, you create a convenient and playful snack that's perfect as a quick energy boost.

Makes: 12

155g frozen blueberries
150g frozen dragon fruit (pitaya) chunks
250mL coconut milk
2 tbsp coconut yoghurt
2 tbsp Love Your Gut powder (optional)
1 tbsp chia seeds
6 basil leaves
Pinch sea salt
Coconut oil spray
Granola, for topping (optional)

1. Place all the ingredients in a blender and blend on high until smooth and creamy.
2. Pour the mixture into a silicone mould with 12 small spheres. If you wish, you could top the smoothie bites with granola if using. Place in the freezer until frozen, about 1-2 hours. Keep frozen until ready to grab as a delicious snack!

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Japanese-Style Pancakes

Recipe / Sunny Queen

V

Serves: 4-6

15mL oil, to fry

1 onion, finely chopped

5mL onion powder

1 cup white cabbage

or broccoli, finely diced

1 cup zucchini or carrot,
finely diced or grated

120g Sunny Queen Farms The Odd Eggs
Ready-To-Pour Egg Mix

1. Add all ingredients into a large bowl, except for the mayo, sauce and seasonings. Mix to form a thick batter.
2. Heat and grease a frying pan with the oil. When at medium heat, cook spoonfuls of thick batter until golden on each side, making sure they are cooked through.
3. Once cooked, assemble on a plate or platter and then drizzle with Kewpie mayo and sauce.
4. Garnish with the chopped spring onion, lemon wedges, salt & pepper. Enjoy!

2/3 cup flour

5mL baking powder

50-80g Kewpie mayonnaise

50-80g BBQ or teriyaki sauce

Lemon wedges, spring onion,
salt & pepper, for seasoning



Middle-Eastern Crustless Quiche

Recipe / Sunny Queen

Serves: 4-6

1 onion, finely chopped
2 cloves garlic, crushed
15mL olive oil, to fry
3g cumin powder
1 tbsp dukkha
1 tin chickpeas, drained
1 cup eggplant, finely diced
1 cup zucchini or broccoli, finely diced
1 pack baby spinach
200g Sunny Queen Farms The Odd Eggs Ready-to-Pour Egg Mix

100g labneh or Persian feta
Lemon wedges, dukkha, salt & pepper,
for seasoning

1. Choose a pan with a metal handle that can go into the oven to bake.
2. Lightly fry the onion and the garlic with oil in a medium pan on the stovetop until soft and translucent.
3. Add the spices, drained chickpeas, vegetables and spinach, and allow them to heat through.
4. Add the Egg Mix and stir through.
5. Bake in a pre-heated oven at 180°C for 15-20 mins.
6. Top with the labneh or feta, dukkha, lemon wedges, salt and pepper.

Eco-friendly ALTERNATIVES TO PLASTIC

Plastic has become an essential part of life as we know it. But with sustainability at the forefront of everyone's mind, many of us have realised that life in plastic isn't so fantastic and are turning to eco-friendly alternatives that won't cost the earth.

Words / Georgia Nelson

There are currently 150 million tonnes of plastic floating on our seas. Each minute, the equivalent of a garbage truck load of plastic is dumped into the ocean. Great Pacific Garbage Patch (GPGP), the largest of five major garbage patches in our oceans, contains the equivalent weight of 500 jumbo jets-worth of plastic.

And despite the growing awareness, local initiatives, and activism around plastic waste and the environment, the average Australian still uses 130kg of plastic per year. Given the current rate of plastic consumption worldwide, plastic is expected to account for five to 10 per cent of greenhouse gas emissions by 2050.

However, there is a new focus on innovative eco-friendly alternatives to the plastics we've become reliant upon in modern society. From compostable cling film to pasta straws and edible seaweed packaging, the future of plastic is looking more sustainable than ever.

A single-use society

Plastics are manufactured using fossil fuels such as natural gas, oil or plants and refined into ethane and propane. These compounds are then treated and become ethylene and propylene, then combined to create a range of polymers (or plastics).

The first synthetic polymer was invented in 1869, but the real plastic boom didn't happen until the invention of polyethylene terephthalate (PET) bottles in the 1970s. PET plastic was first discovered in the '40s and, after the invention of the PET bottle, became the go-to for safe, reliable and cheap food and drink storage.





During this time, bottled water was marketed as essential for good hair, skin and health, and touted to be much safer and better than soft drinks and even tap water. Evian water bottles became a staple accessory on fashion runways and quickly spread to the masses. Once major brands such as Coca-Cola and Pepsi jumped on the bottled water bandwagon, there was no turning back. Today, an estimated one million plastic drinking bottles are purchased every minute worldwide.

Let's face it – plastic bottles and food containers are super-convenient. But the cost of convenience is seen in the form of pollution and its effects on the environment. A PET bottle takes more than 450 years to break down, and even then it leaches potentially toxic and harmful substances into the soil and waterways. Bottled water also takes almost 2000 times more energy to produce than tap water, and there are the health effects. Multiple studies have suggested that the various chemicals in PET and other plastics used to house food and drinks act as endocrine disruptors and interfere with the body's hormonal system.

A 2019 report titled *Plastic & Health: The Hidden Costs of a Plastic Planet* found that "roughly two-thirds of all plastic ever produced has been released into the environment and remains there in some form – as debris in the oceans, as micro- or nanoparticles in air and agricultural soils, as microfibres in water supplies, or as microparticles in the human body." And given that modern plastics such as PET are only a few decades old, we are yet to discover the full effects it may have on our health and wellbeing.

Although plastic bottles were first introduced as recyclable, statistics show that only 36 per cent actually get recycled. It seems that Norway is one of the only countries in the world to implement a highly successful recycling scheme, with a 97 per cent recycling rate on plastic bottles. Of this, 92 per cent is reused again in new bottles, up to 50 times. Given that an estimated 91 per cent of plastic produced globally doesn't get recycled, there are many Western countries that could learn a thing or two from the zero-waste powerhouse.

Bottled beauty

Another of the biggest offenders when it comes to single-use plastic is the beauty industry, which produces an estimated 120 billion units of plastic packaging each year. Aside from packaging, personal health tools that contain microplastics and plastic films, including toothbrushes, cotton buds, wet wipes and disposable make-up rounds, are among the most environmentally damaging elements of beauty waste. A London-based river clean-up team recently discovered that the thousands of wipes flushed down the toilet had created a layer atop the river bed of the Thames – an increasingly common phenomenon in rivers around the world.

But, like community and national initiatives to reduce plastic waste from everyday items, the beauty industry is beginning to make a change for the better and find alternative packaging options.

Looking to reduce the carbon footprint in the dairy industry, Nicole Gilliver, owner of Grandvewe Cheeses and executive director at Ewenique Enterprises, recently launched a minimalist beauty brand that repurposes sheep's milk that isn't used for the cheese. "Ewe Care was inspired by a desire to minimise waste and to test the boundaries of consumer perceptions of what constitutes ethics and sustainability in the beauty space," Gilliver explains. "We set out to create one of the most functional, beautiful, innovative and environmentally conscious beauty products we could conceive, and thus Ewe Care was born."



Your guide to disposing of plastics

A plastic-free lifestyle can be super-challenging and, for some, simply impractical. So even those who strive to reduce their plastic use may inevitably end up with some plastic in the house. Here's how to dispose of it responsibly and in the most sustainable way possible.

Kerbside recycling

The yellow bin is for hard plastics, cardboard, paper, glass and aluminium cans. Anything with oil or leftover food (especially pizza boxes) cannot be recycled. Don't forget to empty and thoroughly rinse out your food containers and milk cartons to avoid recycling contamination!

REDCycling

Soft plastics such as food wrappers, clingwrap, pet food bags and squeeze pouches belong in REDcycle bins, which can be found in most supermarkets. The plastics are then taken to REDcycle's Australian-based recycling and manufacturing partners where they are made into shopping trolleys, fence posts and even road base. For a detailed list of what to REDcycle, head to redcycle.net.au/what-to-redcycle

Terracycle

This is for hard-to-recycle materials including empty beauty packaging, blister packs, toothbrushes, coffee pods, stationery and even PPE. You can recycle for free at select stores, buy a Terracycle box for your home or create a local Community Collection Hub. At Terracycle facilities, products are sorted, sterilised and melted down, then remoulded into recycled plastic products. To find out what and where you can Terracycle, head to terracycle.com/en-AU/collection-programs





From compostable cling film to pasta straws and edible seaweed packaging, the future of plastic is looking more sustainable than ever.

Rather than opting for low-cost, high-waste plastic packaging, the bespoke range of day and night cream comes in home-compostable sachets which are emptied into handmade ceramic vessels that double as art.

"The choice to go plastic-free was born of a desire to really challenge the industry to think long and hard about the prolific volume of plastics used in beauty. While we understand that many companies are using recycled or recyclable plastics or glass, this fails to consider the fact that as a society our recycling practices and the recycling infrastructure itself is an issue," Gilliver explains. So what about upcycled plastic packaging? Well, as Gilliver notes, there is still a large amount of virgin plastic used in the creation process, which is adding to the plastic problem we are facing rather than providing an answer.

Ewe Care's answer was raku ceramics handmade by Tasmanian artist Ian Clare. The spherical vessels are a seriously luxurious alternative to plastics, but also add to the entire experience of skincare, which, for many, has become a mindful time to relax, unwind and simply focus on the task at hand.

Sitting pretty on a vanity or bedside table, the vessels offer a striking conversation piece. Each one is finished with a marble pattern that resembles sheep's wool and is completely one of a kind.

"The other major consideration for opting for handmade raku ceramics is simply to force a conversation around thinking about how we use packaging in this space and beyond," she says. "Slow down. Immerse yourself in the ritual of self-care. Buy it once. Refill it. Place it in your bathroom knowing that it's totally unique."

It seems that many small businesses across every industry are making real, progressive change to limit or completely forgo plastic. But, somewhat unsurprisingly, many big corporations and global brands seem to be turning a blind eye. According to the Plastic Waste Makers Index, 90 per cent of all single-use plastic generated globally comes from 100 companies, and 55 per cent of all single-use plastic is generated by just 20 companies. Unsurprisingly, at the top of the list are oil giants including ExxonMobil, Sinopec and Saudi Aramco, as well as Dow, the world's largest chemical company – which is ironic given that their description states they are committed to "sustainable solutions for customers in packaging, infrastructure and consumer care".

And while these corporations should be leading the way to a more sustainable future, it is the independent ones who are calling for the most change. Ewe Care is among them: "We are a business fundamentally built on the value of sustainability," says Gilliver. "We believe that it's the responsibility of every business owner to give serious consideration to all elements of sustainability in what they do. Not just nod in the direction, but really stand behind it. It's not an easy route ... We aim to be a successful example of industry leadership in this area."

Sustainable plastic alternatives

When it comes to plant-based bioplastics, it's important to be aware that only 20 per cent of the ingredients used to make the packaging needs to be from renewable, organic materials for the product to be "plant-based", meaning that up to 80 per cent of the product is made from fossil fuels.

So now you know a little more about plastic and its effects on the environment (and your health), you're probably wondering, What can I use instead? There are plenty of completely eco-friendly, compostable and 100 per cent biodegradable alternatives out there, and plenty more to come.

Seaweed

One of the most efficient swaps for plastic, seaweed bioplastics offer an edible and completely compostable eco-alternative. They are tasteless and odourless and can be used as a substitute for almost any plastic wrapping, including food sachets, soap packaging and even water.

Nopla, a UK-based sustainable packaging start-up, has developed a variety of 100 per cent biodegradable and compostable alternatives including food-grade sachets, plastic-free food containers, dissolvable film and seaweed paper packaging. Their hero product, Ooho, is an innovative replacement for single-use liquid packaging. It can be either eaten or composted, and has a bubble-like appearance to house your beverage of choice. With plastic-free living on the rise, the seaweed-based packaging market is set to grow 16 per cent between 2020 and 2027.

Cornstarch

Cornstarch plastic is one of the most common alternatives to traditional plastic – it looks and acts the same, but instead of petroleum-based polymers, it is made up from cornstarch polymers. Most FOGO bin (the kerbside compost service) liners are made from cornstarch, but it is important to do your research as some brands are contaminated with petroleum plastic and aren't fully biodegradable.

Brands such as Compost-A-Pak are completely plastic-free and Australian certified as compostable for both home and industrial composting. These film bags are also printed with soy-based ink, so no harmful toxins are leached into the ground as the bags biodegrade.

Mushrooms

From packaging to vegan leather, mushrooms really are wonder plants when it comes to sustainability. New York-based sustainable materials company Ecovative Design has pioneered a whole range of mushroom-based products using mycelium, the vegetative part of fungi (the equivalent of plant roots). Ecovative offers two main mycelium technologies: MycoComposite, which produces biodegradable mushroom packaging and eco-friendly building materials (think foam and insulation); and AirMycelium, which provides sustainable alternatives to leather and plastics.



Just when you thought mushrooms couldn't get any more magical, a Utrecht University study has identified more than 50 mushroom species that fully degrade plastic. More studies are being done around the world to discover the extent of mushrooms' ability to eat plastic, so watch this space.

Barley and wheat

Barley and wheat waste offer the perfect alternative to waste that often ends up in the ocean, including cups, straws and six-pack holders. Saltwater Brewery, a microbrewery in Florida, teamed up in 2016 with agency We Believers to create beer packaging rings made from the waste of the beer-making process. The packaging disintegrates within two hours of being in the water and is completely edible, so marine wildlife won't get stuck or ingest any microplastics (although it is important to note that barley is not a natural part of the marine diet).

From straws to children's toys, it seems that barley and wheat plastic substitutes are on the rise, although the added production costs may limit the customer base. But as Marco Vega, co-founder of We Believers, told *The Guardian*: "If most craft brewers and big beer companies implement this technology, the manufacturing cost will drop and be very competitive."



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It seems that many small businesses across every industry are making real, progressive change to limit or completely forgo plastic.

Hemp

Glowing skin, healthy gut, calmer mind, sustainable fashion – what else could you ask for from a single plant? Well, turns out hemp also makes a decent plastic alternative. The plant contains around 60 to 70 per cent cellulose, so contains similar properties to conventional plastic. Hemp is also relatively low-cost, is easily harvested and requires less energy to be made into fibres. While there are limited options for 100 per cent hemp bioplastic, a few companies are leading the way to a greener, hemp-based solution.

Green Spring Technologies has made its mark in the hemp industry with 100 per cent plant-based hemp plastic pens and guitar picks. A few cutting-edge labs such as PFDesignLab and Onyx Composites have created 3D-printed hemp bicycles. With the mission to prove that natural fibres offer a durable and sustainable alternative for synthetic fibres such as glass or carbon, the Onyx Composites model was tried and tested by its creator, German engineer Nicholas Meyer, in a few triathlons.

The cost of sustainable alternatives may be higher initially, but whether you're investing in a reusable drink bottle, recyclable coffee cup, beeswax wraps or plastic-free beauty products, the long-term cost to your wallet and the environment is hugely minimised.

For those of us who are just stepping into the world of plastic-free living, it may seem like a daunting task. But, as Gilliver says, it doesn't have to be: "Any measure of waste reduction is a step in the right direction. Ask questions. Don't accept that a label will always be the truth. Be curious. But above all – start."

11 simple swaps for everyday plastic

- Toothbrush > bamboo toothbrush
- Cling film > beeswax wraps
- Plastic pet waste bags > compostable green pet waste bags
- Plastic straws > metal, bamboo or pasta straws
- Disposable razor > metal safety razor
- Coffee pods > home-compostable coffee pods
- Plastic takeaway packaging > BYO containers
- Dish sponges > natural sponges and cloths
- Shampoo, conditioner and soap > beauty bars
- Plastic-wrapped toilet paper > eco-friendly toilet paper delivery
- Choose packaging that is made from recycled plastic and is BPA-free.

Georgia Nelson is a journalist based on the South Coast of NSW. She has a penchant for sustainable beauty, slow fashion and feminist literature.

Everything is better with Borg's

BORG CRAFT



Asparagus Tart

Recipe / Borg's

This asparagus tart is a sensational salute to summer as we say goodbye and roll into autumn and makes an easy meal, served with a salad.

Makes: 1 tart

1 sheet Borg's puff pastry
150mL sour cream
1 egg, whisked
½ cup Parmesan cheese, finely grated
2 tsp fresh thyme
Zest 1 lemon
Salt & pepper
2 bunches fresh asparagus, ends trimmed
Extra-virgin olive oil, to drizzle
Green salad, to serve

1. Preheat oven to 220°C or 200°C fan-forced and line a tray with baking paper.
2. Using a knife, lightly score a 1.5cm border around the edge of the puff pastry (do not cut through the pastry). Place on a baking tray and bake for 10 mins until the pastry is puffed and lightly golden.
3. Gently push the centre of the pastry down, leaving the scored border.
4. Combine sour cream, most of the egg (save a small amount to brush the pastry), parmesan, thyme, lemon zest, salt, pepper and mix well.
5. Spread the mix onto the pastry, staying within the border then top with asparagus spears.
6. Brush the edges of the pastry with the remainder of the beaten egg.
7. Return the tart to the oven and bake for 15-20 mins until the pastry is golden and the filling is set.
8. Remove from the oven and allow to cool for 5-10 mins. Drizzle with extra-virgin olive oil. Slice and serve with a green salad.



Borg's quality pastry sheets are made with a superior quality 100% Australian Flour and "No Nasties". There are no artificial colours, flavours or preservatives and no Trans Fats. Our pastry is also Vegan, light and flaky and tastes delicious. So, pick up a packet next time you are in the freezer aisle.

For more information visit
borgcraft.com.au



Apple & Raspberry Pie

Recipe / Borg's

What could be better than apple and raspberry pie with double cream? Grab any leftover gorgeous summer fruit to make the prettiest dessert around.

Makes: 1 pie

1kg apples, peeled & diced into 2cm squares
 $\frac{1}{3}$ cup caster sugar
 $\frac{1}{2}$ cup water
1 tbsp lemon juice
1 tsp cinnamon
3 sheets Borg's shortcrust pastry, thawed
1 punnet fresh raspberries
1 egg, beaten lightly
1 tsp sugar
23cm pie dish or flan tin, lightly greased
Double cream, to serve

1. Preheat oven to 220°C or 200°C fan-forced.
2. Combine apple, caster sugar and water in a large saucepan. Cover with lid and bring to the boil. Reduce heat and simmer for 10 mins until the apple is tender.
3. Drain well. Transfer apple mix to a medium bowl; stir in lemon juice and add cinnamon. Mix. Allow to cool.
4. Use two sheets of pastry to line the pie dish and trim to fit. Cover pastry with baking paper and fill with pie weights, dried beans or rice. Bake for 15 mins. Remove paper and beans; bake a further 10 mins or until lightly browned. Cool.
5. Spoon the apples into the pastry and add fresh raspberries.
6. Top with the remaining sheet of pastry and cut some slits in the pastry to allow the steam to escape while cooking. We used a lattice cutter for decorative effect.
7. Brush pastry with egg and sprinkle with sugar.
8. Bake the pie for 25-30 mins until golden.
9. Serve with double cream.

Tip: For more cooking fun and plenty of recipes and inspiration please join the community on Instagram @borgcraft.

Perfect PASTRIES

Indulge in the art of perfect pastry with these irresistible recipes from our talented chefs. From galettes and tarts to quiches and pies, each creation is a masterpiece of flaky, melt-in-your-mouth goodness. Whether you're baking savoury or sweet treats, these recipes make pastry-making approachable, easy and delicious. Elevate your baking game with the perfect balance of texture and flavour in every bite.



Gluten-Free Tomato Quiche

GF V

Recipe / Lisa Guy

This gluten-free tomato quiche is packed with vibrant heirloom and cherry tomatoes, offering a boost of antioxidants like lycopene for heart health. Baby spinach adds a dose of iron, folate and vitamin K, while Greek yoghurt and feta provide protein and probiotics to support digestion.

Serves: 6

Crust

1½ cups almond meal
3 tsp black chia seeds
1 organic egg
1 tbsp coconut oil or olive oil
Pinch sea salt

Filling

½ cup Greek yoghurt
½ cup milk of choice
Pinch sea salt
Pinch pepper
Handful basil, roughly chopped
2 handfuls baby spinach, roughly chopped
4 organic eggs
100g cheddar, grated
1 heirloom tomato, sliced
1½ cups cherry tomatoes, mixed colour
100g feta, cubed

1. Preheat your oven to 180°C.
2. Grease and line a 9-inch quiche or tart tin in baking paper.
3. In a mixing bowl, combine almond meal, chia seeds, egg, coconut oil and sea salt. Mix until the ingredients form a dough. If the dough seems too dry, you can add a little more oil.
4. Roll the dough out on a lightly floured surface to a circle that is larger than your quiche tin. Transfer the base into your quiche tin. Press the dough into the bottom of the prepared pan and up the sides. Cover, then refrigerate for 30 mins.
5. Bake the crust for about 10-12 mins, until it starts to go slightly golden.
6. Remove the crust from the oven and let it cool for a few mins before adding your filling.
7. To make the filling, whisk eggs, yoghurt, milk, sea salt and pepper in a bowl until combined.
8. Stir in the baby spinach, basil and half of the shredded cheese.
9. Pour filling mixture into your base. Top with tomatoes, feta and remaining shredded cheese.
10. Cook your quiche 60 mins or until golden and a skewer comes out cleanly from the centre. Set aside to cool for 10 mins before removing it from the tin.



Steak and Vegetable Pie

Recipe / Georgia Harding

This nourishing pie has a rich, hearty filling of steak and vegetables in a delicious gravy, slow cooked until tender. The filling is then transferred to a pie dish, topped with pastry and placed in a hot oven to produce a golden, crispy top.

Serves: 4

1 tbsp porcini mushrooms	1 tbsp Worcestershire sauce
800g chuck steak, diced	1 tsp dried thyme
300g Swiss brown mushrooms, quartered	1 tsp dried rosemary
2 carrots, diced	1 tbsp arrowroot flour
1 stick celery, finely diced	1 tbsp water
1 parsnip, finely diced	1 cup peas, defrosted if frozen
1 onion, finely diced	Sea salt & freshly ground black pepper, to taste
3 cloves garlic, diced	Carême All Butter Puff Pastry, or pastry of your choice
250mL beef or chicken broth	
250mL red wine	

1. Preheat your oven to 150°C (fan-forced).
2. In a Dutch oven or ovenproof dish (with a lid), place the porcini, chuck steak, mushrooms, carrots, celery, parsnip, onion, garlic, broth, wine, Worcestershire sauce, thyme and rosemary.
3. Mix the arrowroot flour and water together and mix through the meat and vegetables.
4. Cover with a heavy lid (or foil and a lid to make it airtight) and cook for 2 hours. If the meat is too saucy for your liking, remove the lid and cook for another 15-20 mins.
5. Allow the filling to cool. This isn't absolutely essential, but the pastry will puff up better if placed over a cool filling.
6. Place the pie filling in a pie dish and mix through the peas. Top with the pastry, seal the edges and place a slit in the pastry. Bake in a preheated oven 200°C (fan-forced) for 30 mins or until the pastry is golden brown.



Beetroot & Kale Tart

GF V

Recipe / Lisa Guy

This gluten-free beetroot and kale tart is a nutrient-packed dish bursting with goodness. Beetroot is rich in antioxidants and nitrates, supporting heart health and circulation, while kale provides a boost of vitamins A, C and K for immune support and bone health.

Serves: 6

Crust

1½ cups almond meal	1 tbsp coconut oil or olive oil
1 organic egg	Good pinch of sea salt

Filling

2 bunches of baby beetroots
1 red onion, cut into wedges
1 tbsp extra-virgin olive oil
3 tbsp balsamic vinegar or red-wine vinegar
Pinch sea salt & pepper
2 handfuls purple kale, trimmed & torn
4 organic eggs
½ cup Greek yoghurt
½ cup milk of choice
½ tsp chilli flakes
100g feta, cubed
100g cheddar, grated

1. Preheat oven to 200°C.
2. Grease and line a 9-inch quiche or tart tin with baking paper.
3. Scrub beetroot well, remove the stems and cut them in half.
4. Next, add the beetroot, onion, olive oil, balsamic vinegar and a good pinch of salt and pepper to a large roasting pan with sides. Toss well to combine.
5. Roast for 25-30 mins or until the beetroots are tender.
6. Toss kale through with 5 mins to go and roast until kale starts to wilt.
7. Remove from the oven and set aside.
8. Reduce oven to 180°C.
9. To make the base, combine the almond meal, egg, coconut oil and salt in a large bowl. Mix until ingredients form a dough. If the dough seems too dry, you can add a little more oil.
10. Roll the dough out on a lightly floured surface. Make it larger than your quiche tin. Transfer the base to your quiche tin. Press the dough into the bottom of the prepared pan and up the sides. Cover and then refrigerate for 30 mins.
11. Bake the crust for about 10-12 mins, until it starts to go slightly golden.
12. Remove the crust from the oven and let it cool for a few mins before adding your filling.
13. To make the filling, whisk eggs, yoghurt, milk, chilli flakes and salt and pepper in a bowl until combined. Stir in half of the shredded cheese.
14. Place half of the beetroot and kale, and half the feta in the base. Pour over the egg mixture and top with the remaining beetroot, kale and feta.
15. Cook the quiche for 1 hour or until golden and a skewer comes out cleanly from the centre. Set aside to cool for 10 mins before removing from the tin.



Mini Veggie Breakfast Tarts

VG

Recipe / Lee Holmes

These adorable puff pastry squares are topped with a medley of seasonal vegetables, creating a breakfast that's as nutritious as it is delightful to look at. The combination of butternut pumpkin, asparagus, zucchini and red capsicum offers a variety of textures and flavours, while the touch of rosemary adds an aromatic element. These tarts are perfect for a weekend brunch or a grab-and-go breakfast option.

Serves: 2 (makes 4 tarts)

1 sheet frozen puff pastry	1 red capsicum, diced
Olive oil spray	½ brown onion
100g butternut pumpkin, diced	2 sprigs fresh rosemary, diced
4 asparagus spears, diced	2 tbsp extra-virgin olive oil
½ zucchini, diced	Salt, to taste

1. Preheat the oven to 200°C. Line a baking tray with paper.
2. Once the pastry has slightly defrosted, cut into four equal squares. Place on the tray and spray with olive oil.
3. Steam the pumpkin, asparagus and zucchini over boiling water until just tender.
4. Transfer vegetables to a large bowl and combine with the capsicum, onion, rosemary, olive oil and salt.
5. Scoop the vegetable mixture onto each tart, leaving 1cm around the edges. Place the tray into the oven and bake for 15–20 mins until the pastry is golden.

Gluten-Free Pumpkin & Sage Galette

GF V

Recipe / Lee Holmes

This rustic and elegant galette combines pumpkin and sage in a delicate, gluten-free crust. Perfect for autumn, this free-form tart is both visually appealing and delicious. The absence of yeast makes this pastry quick to prepare, while the use of gluten-free flour ensures it's suitable for those with gluten sensitivities. The combination of sweet pumpkin and aromatic sage creates a sophisticated flavour profile that's sure to impress at any gathering, or as a special family meal. The free-form nature of a galette makes it forgiving and rustic, perfect for those who might be intimidated by traditional pies or tarts. The combination of pumpkin and sage gives it a decidedly autumnal feel, making it ideal for seasonal gatherings or holiday meals.

Makes: 4

Crust

1½ cups gluten-free all-purpose flour blend

¼ tsp salt

½ cup cold unsalted butter, cubed

1 large egg

2-3 tbsp ice cold water

Filling

2 cups pumpkin, peeled & thinly sliced

1 small red onion, thinly sliced

2 tbsp olive oil

1 tbsp fresh sage leaves, chopped

¼ cup grated parmesan (optional)

Salt & pepper, to taste

1 egg (for egg wash)

1. In a large bowl, mix the gluten-free flour and salt.
2. Cut in the cold butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs.
3. Beat the egg with 2 tbsp of ice water. Add to the flour mixture, stirring until the dough comes together. Add more water if needed.
4. Form the dough into a disk, wrap in plastic, and refrigerate for 30 mins.
5. Preheat the oven to 190°C.



6. In a bowl, toss the pumpkin slices and onion with olive oil, chopped sage, salt and pepper.
7. Roll out the chilled dough between two pieces of baking paper into a 12-inch circle.
8. Transfer the dough (on the baking paper) and place on a baking sheet.
9. Arrange the pumpkin and onion mixture in the centre of the dough, leaving a 2-inch border.
10. Fold the edges of the dough over the filling, pleating as you go.
11. Brush the crust with beaten egg and sprinkle with parmesan if using.
12. Bake for 35-40 mins, or until the crust is golden and the pumpkin is tender.
13. Let cool for 10 mins before slicing and serving.
14. Serving suggestion: Garnish with additional fresh sage leaves and a drizzle of honey if desired.



Autumn Vegetable Crusty Quiche

GF V

Recipe / Lee Holmes

A hearty and nutritious quiche is the perfect way to welcome the autumn season. Packed with seasonal vegetables and encased in a wholesome crust, the combination of roasted butternut pumpkin, kale and caramelised onions provides depth, while the eggs and Greek yoghurt create a creamy, protein-rich filling. This quiche is not only a satisfying meal, it's also a great way to incorporate more vegetables into your diet.

Makes: 1 quiche, 8 slices

Crust

1½ cups all-purpose gluten-free flour
 ¼ tsp salt
 ½ cup olive oil
 ¼ cup cold water

Filling

2 cups butternut pumpkin, cubed
 1 tbsp olive oil
 1 large onion, sliced
 2 cups chopped kale
 6 large eggs
 1 cup Greek yoghurt
 ½ cup oat milk
 1 cup grated Gruyère
 1 tsp dried thyme
 Salt & pepper, to taste

1. Preheat oven to 190°C.
2. Mix flour and salt in a bowl. Add oil and water, stir until it forms a dough. Press into a 9-inch pie dish.
3. Toss butternut pumpkin with olive oil, salt and pepper. Roast for 20 mins.
4. Caramelize onions in a pan over medium heat for about 15 mins.
5. Sauté kale until wilted.
6. Whisk together eggs, yoghurt, milk, cheese, thyme, salt and pepper.
7. Arrange vegetables in the crust, pour egg mixture over.
8. Bake for 45-50 mins until set and golden.
9. Let cool for 10 mins before serving.



Pork Apple Sausage Rolls

Recipe / Georgia Harding

These simple sausage rolls are fantastic for all the family, with the sweetness of the red onion and apple complementing the savoury pork mince. Surrounded by delicious puff pastry, these are great for lunches, parties and picnics.

Makes: 6

1 clove garlic, peeled	½ tsp sea salt or to taste
1 red onion, peeled	Ground black pepper
2 Granny Smith apples, grated	500g free-range pork mince
1 small carrot, grated	1 sheet Carême All Butter Puff Pastry
30g baby spinach	2 tbsp milk
½ tsp dried thyme	1 tsp chia seeds
1 tsp wholegrain mustard	

1. Preheat your oven to 200°C (fan-forced) and line a baking tray with baking paper.
2. In a food processor, grate your garlic, onion, apple, carrot and baby spinach. Alternatively, grate or finely chop by hand.
3. Mix together with the thyme, mustard, salt, pepper and pork mince until well combined.
4. Halve the sheet of puff pastry and divide the mince mixture evenly along the centre and length of both halves of the pastry.
5. Roll and pinch together the seam, placing it face down on the baking tray.
6. Brush with the milk, sprinkle with the chia seeds and cut into approximately 8 pieces (per log).
7. Bake for 30 mins or until the pastry is puffed and golden brown.





Gluten-Free Pear & Almond Galette

GF

V

Recipe / Lisa Guy

This gluten-free pear and almond galette is a delicious, wholesome dessert. Sweet, juicy pears are rich in fibre and vitamin C, supporting digestion and immune health. Almonds provide heart-healthy fats, plant-based protein and vitamin E, which offers antioxidant protection. Their monounsaturated fats help lower bad cholesterol, while the protein provides amino acids to support muscle growth and repair.

Serves: 4-6**Base**

2½ cups gluten-free all-purpose flour, plus extra for dusting
½ tsp sea salt
1 tbsp coconut sugar, plus extra for sprinkling
225g cold organic butter, cut into cubes
1 tsp apple-cider vinegar
1/3 cup cold water
1 egg, whisked for egg wash (or use milk)

Filling

½ tsp ground cinnamon
200g cream cheese, room temperature
2 tbsp raw honey
1 tsp pure vanilla extract
4 pears, sliced
2 tbsp coconut sugar, extra for topping
½ cup sliced almonds, roughly chopped

Topping suggestions: coconut or vanilla ice cream or yoghurt with a drizzle of honey

1. To make the crust, place flour, salt and coconut sugar in your food processor and pulse to combine. Add cold butter cubes (straight from the fridge) evenly around your food processor and pulse until you have a crumbly mixture. Slowly drizzle in apple-cider vinegar and then cold water, until the mixture starts coming together, so when you pinch it, it sticks together. Don't over-mix it – you want to allow it to come together like a ball.
2. Place the dough on a floured surface and then halve it. Wrap and freeze one half for another pie. Wrap the other half and then put in the fridge for 30 mins.
3. Then roll it out on a lightly floured piece of baking paper. Your crust should be around 30cm round and ½cm thick. If your dough starts to crack, you can patch it up and gently roll over it.
4. Preheat your oven to 170°C fan-forced.
5. Place cream cheese, cinnamon, honey and vanilla in a bowl, and mix until well combined.
6. Spread the mixture onto the circle of dough using a spatula. Leave a 5cm border of dough.
7. Cut the pears in half and remove the cores with a melon baller. Lay pears cut-side down and slice thinly vertically, stopping 2cm from the stem so the pear slices stay attached at the stem end.
8. Arrange the sliced pears onto the cream cheese mixture.
9. Fold the border of the dough over onto the pear to form a crust, pleating it as you go around.
10. Top with sliced almond.
11. Drizzle the pear with honey. Brush the edges of the crust with egg wash and sprinkle with coconut sugar.
12. Bake the galette for 45-50 mins or until the crust is golden brown.
13. Allow the galette to cool completely before serving. Delicious served with coconut or vanilla ice cream or yoghurt drizzled in honey.

Caramelised Leek Tart

V

Recipe / Naomi Sherman

Salty, sweet, creamy and crispy – this tart has it all. The sweetness of caramelised leeks, with the salty, umami hint of miso, nestled in a bed of creamy rich ricotta and all held together in a crispy, golden pastry. Perfect for brunch, a picnic, a light supper, or eating in its entirety – you choose.

Serves: 8

Pastry

2 cups plain flour
180g butter, cubed
2 egg yolks
2 tbsp lemon juice

Caramelised Leeks

2-4 leeks (depending on size)
1 tbsp honey
1 tsp Dijon mustard
½ tsp salt
1 tbsp brown miso paste
(can also use 1 tsp vegemite)
1 tsp olive oil

Filling

200g ricotta
½ cup finely grated parmesan
2 eggs
Nutmeg, freshly grated
Sea salt & cracked black pepper
125g Brie

1. Preheat oven to 200°C.
2. Sift the flour into a bowl.
3. Add butter and flour to your food processor and blitz until they form a crumb.
4. Add egg yolks and lemon juice and mix until a dough forms.
5. Tip onto a floured bench and knead until a smooth dough is formed.
6. Wrap in cling wrap and rest in the fridge for 30 mins.



7. Carefully wash the leeks to remove any grit and cut into round batons, approx. the depth of the tart pan.
8. Whisk the leek dressing ingredients in a bowl until combined.
9. Add the leeks to the dressing and allow to sit for around 15 mins.
10. Add to a frying pan and sizzle on a medium heat for around 5 mins on each side, or until the leeks have started to caramelise and turn golden brown.
11. Remove and allow to cool.
12. Reduce oven temperature to 190°C.
13. Roll pastry between two sheets of baking paper into a large round shape and press it carefully into your tart pan, making sure to get it neatly into the fluted edges.
14. Mix the ricotta, parmesan, eggs and seasonings together and pour them into the pastry shell.
15. Dot the Brie chunks around in the filling.
16. Gently place the leeks into the mixture.
17. Bake for 40-45 mins or until the pastry is crisp and golden.
18. Garnish with thyme and pancetta crumbs if you wish.

Apple Frangipane Galette

Recipe / Georgia Harding

This dessert is a pastry filled with a slightly sweet almond-based custard and topped with apple. With notes of vanilla and maple, this is a blend of textures and flavours. The richness of the frangipane, the juiciness of the apples, and the crispness of the spelt shortcrust pastry all come together in a deliciously rustic treat.

Makes: 6

Spelt Shortcrust Pastry

300g wholemeal spelt flour
Pinch sea salt
3 tbsp rapadura sugar
120g butter, chilled & diced
1 egg yolk (optional)
1-2 tbsp water (approx.), chilled

Frangipane

100g almond flour
1 tbsp tapioca flour
2 tbsp rapadura sugar
 $\frac{1}{8}$ tsp sea salt
30g butter, at room temperature
2 tsp vanilla, or brandy
1 free-range or organic egg

Apple Cinnamon Topper

3 green apples
1 tsp ground cinnamon
2 tbsp maple syrup

1. In a food processor, mix the flour, sea salt and sugar until combined.
2. Add the butter and process until it comes together in a coarse crumb. You can also do this by hand by rubbing the butter into the flour mix with your fingertips.
3. Add the egg yolk and vanilla and process until the dough starts to come together, then gently knead it for a minute (just to bring it together, don't overwork it). If you are not using the egg yolk, you'll only need extra water.



4. Add water, if necessary, tbsp by tbsp. The consistency you are after is that the dough should easily come together in a firm, slightly sticky ball (but not stick to your hands or the bowl). If the pastry cracks when rolling, you haven't added enough water (you can remix it with more water added).
5. Roll into a ball and wrap in baking paper. Rest in the fridge for at least 30 mins.
6. Once the pastry is resting in the fridge, preheat the oven to 180°C fan-forced.
7. To make the frangipane, mix all of the ingredients together in a food processor.
8. Peel and slice the apples into very thin 1-2mm slices.
9. Mix the cinnamon and maple syrup together in a small bowl.
10. Roll the pastry into a large round circle.
11. Place the frangipane in the centre and spread out, leaving a 5cm border.
12. Arrange the thinly sliced apples over the frangipane. Fold the pastry up over the edge of the apples.
13. Brush the apple and pastry edges with the cinnamon/maple mixture. Bake for 35-40 mins or until the apple has just softened and the pastry is golden brown. If your oven has hot spots, rotate the galette as it cooks.

FILIPINO

cooking

Are you ready for a culinary journey? Experience the bold and vibrant flavours of Filipino cooking with recipes that celebrate the rich heritage of the Philippines. You'll find dishes that blend sweet, savoury and tangy notes in every dish. From hearty chicken Adobo to comforting Sinigang na Isda, each recipe is easy to follow and full of warmth. Discover the joy of Filipino cuisine and bring a taste of the islands to your table.



Filipino Chicken Rice Noodles

DF GF

Recipe / Georgia Harding

This Filipino Chicken Rice Noodles recipe is a quick and delicious meal that's loaded with flavour. Tender chicken thighs, fresh vegetables, and vermicelli noodles come together in a sweet and salty sauce. Simple, wholesome and full of flavour – this dish is a must-try!

Serves: 4

800g chicken thighs
1 tsp sea salt
1 tbsp sesame oil or coconut oil
1 red onion, finely diced
2 spring onions, finely sliced (green part reserved to serve)
6 cloves garlic, minced
2 carrots, julienned
12 snow peas, top & tailed
225g vermicelli noodles

Sauce

3 tbsp rice-malt syrup
60mL soy sauce
1 tbsp fish sauce
1 lime, juiced

- Place the chicken thighs in 500mL of water with the sea salt. Bring to a rapid simmer with the lid on and allow to cook for about 15 mins or until the chicken is cooked through.
- While the chicken cooks, mix the sauce ingredients together in a small jug or bowl until well combined.
- Prepare all your vegetables and place on a chopping board as once you start this recipe, you will need to work quickly.
- Heat a wok or large frying pan over a moderately high heat. Add the oil and cook the red onion and the white part of the green onion for a few mins.
- Add the garlic and carrot and cook for a few more mins then add the snow peas. Cook, stirring for one min. Set aside in a large bowl.
- Remove the chicken from the poaching liquid with a slotted spoon or tongs (but reserve the cooking liquid to cook the noodles in). Set the chicken thighs aside on a plate to cool slightly. Once the chicken is cool enough to handle, shred it apart.
- Add the vermicelli noodles to the poaching liquid and cook according to packet instructions (taking care not to overcook – they may just require soaking). All noodles are different so just follow the manufacturer's instructions.
- Once the noodles are almost cooked, working quickly, remove from the water with a slotted spoon right back into a hot wok.
- Toss through the vegetables, shredded chicken and sauce.
- Serve with the green part of the spring onion.



Pickled Mango

GF VG

Recipe / Lisa Guy

Pickled mango or Atsarang Mangga is a tangy and refreshing Filipino dish that is typically enjoyed as a side dish or condiment. It pairs well with a variety of savoury dishes, particularly grilled chicken, fish, prawns and rice dishes. Made from green mangoes, which are rich in vitamin C and antioxidants, this pickled treat supports immune health and skin vitality.

Makes: 500mL jar

½ cup apple-cider vinegar	1 large firm green mango, thinly sliced
¼ cup coconut sugar	½ red capsicum, thinly sliced
1 tbsp minced ginger	½ red onion, thinly sliced
½ tsp sea salt	¼ cup carrot, thinly sliced
1 garlic clove, minced	
Pinch cayenne pepper	

- Combine vinegar with sugar, ginger, salt, pepper, garlic and cayenne in a small saucepan over medium heat. Cook, stirring often, until sugar is dissolved, for about 1 min. Take the saucepan off the heat and let it cool slightly.
- Place mango, capsicum, onion and carrot in a bowl and gently toss. Transfer mango and veggies into a 500mL jar.
- Pour vinegar mixture into the jar. Top with enough water to completely cover mango and veggies. Wait until they are room temperature and then secure the lid and refrigerate for 1 day before serving. It will keep well for up to 5 days.

Coconut Leche Flan

GF DF V

Recipe / Lisa Guy

This coconut leche flan is a wholesome twist on the traditional Filipino dessert. By using coconut milk instead of condensed milk, it's dairy-free and enriched with healthy fats, while pure maple syrup and coconut sugar provide natural sweetness. Eggs contribute a healthy dose of protein to this dessert, while raspberries provide a burst of antioxidant benefits.

Serves: 4

½ cup coconut sugar
1 cup full-fat coconut milk
4 organic eggs
⅓ cup pure maple syrup
1 tsp pure vanilla extract
Raspberries & mint, to decorate

1. Preheat your oven to 160°C.
2. Heat the coconut sugar with 2 tsp water in a small pan over medium heat. Stir constantly until it melts into a caramel-like consistency.
3. Pour the caramel into your moulds or ramekins then set aside.
4. In a blender, combine coconut milk, eggs, honey and vanilla extract. Blend until smooth.
5. Pour the mixture through a fine mesh sieve to remove any bubbles for a silky texture.
6. Pour the mixture into the moulds or ramekins and place them in a large baking dish filled halfway with boiling water. Cover baking dish tightly with foil.
7. Bake for 50 mins, until the flans are set. Allow to cool, then place in the fridge to chill and set completely for at least 3 hours.
8. To serve, run a thin knife around the edges of your flans and turn them upside down on a plate. Top with fresh raspberries and mint.





Sinigang na Isda

Recipe / Lee Holmes

Sinigang na Isda is a classic Filipino soup that perfectly embodies the cuisine's love for sour flavours. This healthier version uses fish instead of meat, making it a healthier option without compromising on taste. The soup is packed with vegetables like okra, eggplant and water spinach, providing a variety of nutrients. The sour broth, typically made with tamarind, is not only delicious but also aids in digestion. This comforting soup is perfect for cooler days and is a great way to introduce yourself to Filipino cuisine.

Serves: 3-4

450g white fish fillets (like snapper or cod), cut into chunks
1 onion, sliced
2 tomatoes, quartered
2 cups okra, trimmed and halved
1 eggplant, cubed
2 cups water spinach (kangkong) or spinach
2 tbsp tamarind paste
6 cups water
2 tbsp wheat-free tamari sauce
Salt, to taste
1 green chilli (optional)

1. In a large pot, bring water to a boil. Add onions and tomatoes.
2. Mix tamarind paste with $\frac{1}{2}$ cup of the hot water, strain and add to the pot.
3. Add tamari and green chilli if using. Simmer for 5 mins.
4. Add eggplant and okra, cook for 3-4 mins.
5. Add fish chunks and simmer for 5 mins.
6. Add water spinach and cook for another 2 mins.
7. Adjust seasoning with salt if needed.
8. Serve hot with steamed rice on the side.

DF



Healthy Buko Pandan

Recipe / Lee Holmes

Buko Pandan is a beloved Filipino dessert that combines the refreshing flavours of young coconut (buko) and pandan leaves. This lighter version reduces the sugar content and incorporates chia seeds for added nutrition. The result is a creamy, fragrant dessert that's perfect for warm days or as a light end to a meal. The green colour from the pandan gives it a vibrant appearance, while the coconut provides a tropical twist. This dessert is not only delicious but also offers some nutritional benefits from the coconut and chia seeds.

GF DF V

Serves: 4

1 cup coconut water
 $\frac{1}{4}$ cup chia seeds
2 cups young coconut meat, shredded
2 tbsp honey (adjust to taste)
1 tsp pandan extract or 2 pandan leaves, finely chopped
1 cup unsweetened almond milk (or coconut milk for a richer version)
 $\frac{1}{4}$ cup tapioca pearls (optional, for added texture)
Ice cubes, for serving

1. In a bowl, combine the coconut water and chia seeds. Let it sit for about 15 mins or until the chia seeds have absorbed the liquid and become gel-like.
2. If using pandan leaves instead of extract, blend the chopped leaves with the almond milk and strain to get the flavoured milk. If using extract, simply mix it with the almond milk.
3. In a bowl, combine the shredded young coconut meat, chia seed mixture, pandan-flavoured almond milk and honey. Mix well.
4. If using tapioca pearls, cook them according to package instructions, drain, and cool before adding to the mixture.
5. Taste and adjust sweetness if needed by adding more honey.
6. Chill the mixture in the refrigerator for at least 2 hours or overnight for best results.
7. Before serving, give the mixture a good stir. If it's too thick, you can add a little more coconut water or almond milk to achieve your desired consistency.
8. Serve in glasses or bowls with ice cubes.
9. Sprinkle with a few extra young coconut strips on top. Add a small mint leaf for colour contrast (optional).



Chicken Adobo with Cauliflower Rice DF

Recipe / Lee Holmes

Adobo is often considered the national dish of the Philippines, and this healthier version maintains all the bold notes while reducing calories. By using skinless chicken breast and replacing traditional rice with cauliflower rice, I have created a lighter dish that's still incredibly satisfying. The chicken is cooked in a tangy, savoury sauce made with apple-cider vinegar, wheat-free tamari and garlic – hallmark flavours of Filipino cuisine.

Serves: 3-4

Adobo

450g boneless, skinless chicken breast, cut into chunks
 $\frac{1}{3}$ cup apple-cider vinegar
 $\frac{1}{3}$ cup wheat-free tamari
6 garlic cloves, minced
1 tsp whole black peppercorns

2 bay leaves
1 tbsp olive oil

Cauliflower Rice

1 medium head cauliflower
1 tbsp olive oil
Salt & pepper, to taste

1. In a bowl, mix apple-cider vinegar, tamari, garlic, peppercorns and bay leaves.
2. Add chicken to the marinade and refrigerate for 30 mins.
3. Heat oil in a pan. Remove chicken from marinade (reserve marinade) and brown on all sides.
4. Pour in the reserved marinade, bring to a boil, then simmer for 20-25 mins until chicken is cooked through and sauce has reduced.
5. For cauliflower rice, grate cauliflower or pulse in a food processor until it resembles rice.
6. Heat oil in a pan, add cauliflower “rice”, season with salt and pepper and cook for 5-7 mins.
7. Serve chicken adobo over cauliflower rice.

Rice Noodle Salad & Spicy Maple Cashews

GF VG

Recipe / Lisa Guy

This colourful Filipino-inspired rice noodle salad with spicy maple cashews is a packed with flavour and nutrients. This salad is loaded with nutrient-rich veggies like red cabbage, which provides antioxidants such as vitamin C and anthocyanins for immune support and inflammation reduction. Carrots are packed with beta-carotene, promoting eye health, while red capsicum adds a burst of vitamin A and C, enhancing skin health and boosting immunity. The maple cashews add a delicious satisfying crunch along with healthy fats, vitamin E and protein.

Serves: 4

200g vermicelli rice noodles
 $\frac{1}{4}$ red cabbage head, finely sliced
1 large carrot, julienned
1 cucumber, julienned
1 red capsicum, finely sliced
2 spring onions, finely sliced
Handful fresh mint, roughly chopped
Handful fresh coriander, roughly chopped

Spicy Cashews

$\frac{1}{2}$ cup raw cashews
1 tbsp maple syrup
 $\frac{1}{4}$ tsp chilli flakes

Dressing

2 tbsp tamari	1 tsp minced ginger
1 tbsp sesame or olive oil	Juice 1 lime
2 tbsp pure maple syrup	Fresh cracked pepper
1 garlic clove, finely diced	

1. To make the maple chilli cashews, preheat a dry frying pan over medium heat. Add cashews, maple syrup and chilli. Cook stirring frequently until the syrup is caramelised and cashews are toasted, about 2 mins. Transfer the cashews to a chopping board covered in some baking paper and scatter them out to cool completely. Then roughly chop.
2. In a large bowl soak rice noodles in boiling water for 10 mins until they soften. Drain and rinse under cold water, then set aside.
3. In a separate small bowl whisk dressing ingredients then set aside.
4. Add the remaining salad ingredients to the noodles, then toss gently. Drizzle in dressing then toss gently again. Serve topped with roughly chopped spicy maple cashews, extra mint and coriander and wedges of lime.

Tip: This salad also makes a delicious filling for rice paper rolls.







Pork Vegetable Menudo

GF

Recipe / Georgia Harding

This combination of pork mince with onion, tomatoes, carrots, capsicum and peas is a wonderful meal, high in protein, vitamins, minerals and fibre. It's a comforting dish often served during special occasions but is also enjoyed as an everyday meal due to its ease of cooking and the balance of the rich sauce with fresh vegetables and meat.

Serves: 4

2 tbsp butter, ghee or olive oil
3 cloves garlic, chopped
1 red onion, chopped
500g free-range pork mince
Ground black pepper, to taste
2 tbsp fish sauce
250mL chicken broth
1 tbsp tomato paste
½ tsp smoked paprika
2 Roma tomatoes, chopped
2 small sweet potatoes, peeled & diced
1 carrot, peeled and diced
1 red capsicum, diced
75g peas, fresh or frozen
Cooked rice, quinoa or cauliflower rice (to serve)

1. Heat the butter, ghee or oil in a deep pan or wok. Sauté garlic and onion until it starts to soften.
2. Add the pork mince and cook until brown. Season with ground black pepper and add the fish sauce.
3. Once the pork has browned, add the chicken broth and bring to a simmer. Stir in the tomato paste and smoked paprika.
4. Add the tomatoes, sweet potatoes and carrots and simmer until the root vegetables are slightly tender. Add the capsicum and peas. Continue to cook for a few more mins until all the veggies are tender but not mushy.
5. Adjust the seasoning to taste.
6. Serve immediately with cooked rice, quinoa or cauliflower rice.

Taho

DF

V

Recipe / Naomi Sherman

If you've ever visited the Philippines, you'll know very well the sound of street vendors calling "Tahoooooo!" Served as a delicious breakfast or a treat at any other time of day, Taho is made of layers of lush silken tofu, rich sweet syrup and pops of tapioca pearls. It is traditionally served warm, but can also be eaten cold. I made mine using boba pearls, purchased at my local Asian grocer, because I love the drama of those big pearls, but you can also use traditional tapioca pearls or even sago.

Serves: 4

Syrup

1½ cups dark-brown sugar	1 cup tapioca or sago pearls
1¼ cups water	600g silken tofu
2 tsp vanilla paste	

1. Place the brown sugar, water and vanilla in a small saucepan over medium heat and cook, stirring regularly, until the sugar dissolves.
2. Bring to a firm simmer and simmer until the mixture thickens to a syrup, approx. 5-10 min.
3. Keep warm until ready to serve.
4. Cook the tapioca pearls according to the package instructions, then drain well.
5. Return the pearls to the pot you cooked them in and add a few spoonfuls of the syrup to coat and stop them sticking and to infuse them with flavour.
6. Leave to sit while you prepare your tofu.
7. Heat a pot of water to a simmer and then lay your tofu on a sheet of baking paper, inside a steamer.
8. Traditionally, bamboo steamers are used but it's not necessary to go out and buy one especially; a normal steamer pot will do just fine.
9. Steam the tofu over very gentle heat for 5 mins to warm it through and give it an incredibly silky texture.
10. Serve in small glasses (this a very sweet breakfast, packed with protein, so you don't need lots) by layering thin slices of tofu with the pearls.
11. Finish off by drizzling the sweet syrup over the top.



Sweet & Sour Adobo

GF

Recipe / Georgia Harding

This Sweet & Sour Adobo is extra tasty from the marinated chicken and the thick sauce full of flavour. Pineapple provides the wonderful sweetness in this dish and the sourness of the apple-cider vinegar is delicately balanced with the salty tamari, while herbs and spices add layers of flavour. While this dish takes a little longer to make, the result is nutritious and incredibly delicious.

Serves: 4

120mL apple-cider vinegar

80mL tamari

500mL water

5 cloves garlic, finely diced

3-4cm ginger root, finely grated

2 red chillies, finely sliced (optional)

2 bay leaves

85g rice-malt syrup or honey

Ground black pepper, to taste

½ tsp ground turmeric

700g boneless & skinless chicken thighs diced (or 1kg chicken wings or drumsticks)

1 onion, thinly sliced

2 tbsp butter, ghee or olive oil

¼ pineapple, diced (about 1 cup)

1 large red capsicum, diced

Cooked rice, quinoa or cauliflower rice (to serve)

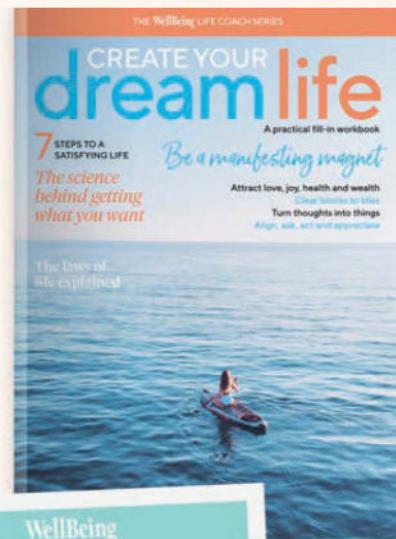
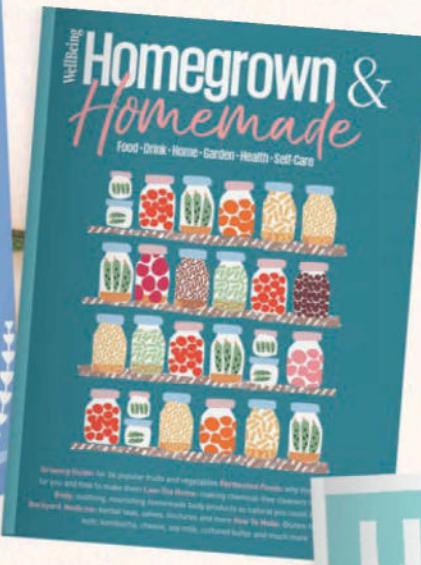
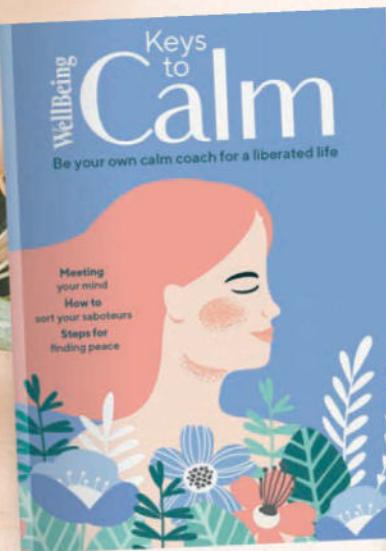
Steamed vegetables (to serve)

1. Place the vinegar, tamari, water, garlic, ginger, chilli, bay leaves, honey or rice-malt syrup, black pepper and turmeric in a large bowl.
2. Add the chicken and allow to marinade for 30 mins or so.
3. In a medium-sized pan, sauté the onion in the ghee, olive oil or butter over a low heat until it softens, about 5 mins.
4. Pour in the chicken, turn the heat up to bring it to the boil.
5. Reduce the heat to a fast simmer and cook for 10-15 mins or until the chicken is just cooked through (if using chicken on bone it will take longer).
6. Remove the chicken and set aside.
7. Continue to simmer the sauce until it has reduced by half and thickened slightly (about another 10 mins).
8. Return the chicken to the pan with the pineapple and capsicum.
9. Simmer for another couple of mins until all hot.
10. Serve immediately with rice, quinoa or cauliflower rice and extra steamed vegetables.



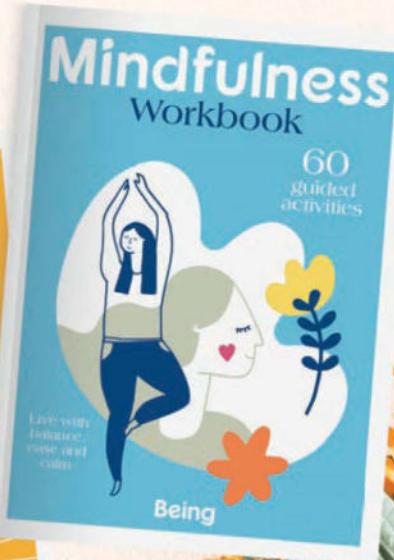
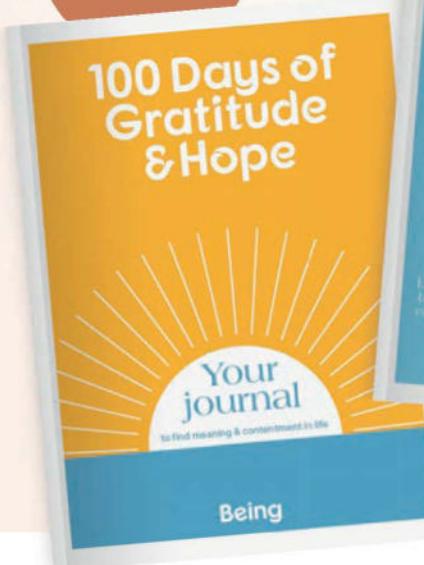
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Brussels Sprouts

If you still don't like Brussels sprouts, label yourself a "supertaster", the term coined in the 1990s for people who are more sensitive to bitter tastes than others, and give up on them.

Words / Jennifer Stackhouse

Brussels sprouts are part of the vast cabbage family collectively referred to as brassicas. Of all the vegies in this family, it's Brussels sprouts that polarise the population: people either love them or loathe them.

While many blame their aversion to Brussels sprouts on eating overcooked sprouts in the past, recent research has shown that sprouts taste different to different palates and to some they do have a bitter and nasty flavour.

If you've hated sprouts in the past but want to give these nutritious vegies one more chance, try sautéing them or toss a few in a stirfry. If you still don't like them, label yourself a "supertaster", the term coined in the 1990s for people who are more sensitive to bitter tastes than others, and give up on them.

But if you do enjoy the flavour of Brussels sprouts and want to try to grow your own, read on!

Best growing conditions

Brussels sprouts are axillary buds – that means they form on the main stem, which grows tall and stout. Left unpicked, they'll become flowers.

Brussels sprouts can be tricky to produce in Australian gardens as they don't like hot, dry weather and are not suited to subtropical or tropical zones. In unsuitable conditions, plants may grow readily, but sprouts may fail to form or fail to expand beyond marble size. Alternatively, they become fluffy or "blown". Blown sprouts are still good to eat and worth harvesting.

In cold climates, sow seed from spring to early autumn but restrict sowing to summer in temperate zones. Seedlings can be planted up until early autumn in both zones.

Timing of planting is critical for the production of good sprouts. Production and sprout formation is at its best when conditions are cool and days are shortening, which is why the timing of seed sowing is so critical to success. Sprouts take four to five months to form, so late planting means sprouts are forming in spring as the weather is warming and days getting longer.



Brussels sprouts label

Common name: Brussels sprouts

Botanical name: *Brassica oleracea Gemmifera Group*

Family: Brassicaceae (cabbage family)

Aspect and soil: Sun; well-drained soil

Best climate: Cool to temperate

Habit: Annual

Propagation: Seed, seedling

Difficulty: Moderate



So, did they come from Brussels?

Although there's no firm documentation to say that Brussels sprouts came from Brussels, they have been known by this name since the mid-18th century. In his book *Heirloom Vegetables*, heritage vegetable expert Simon Rickard says it's likely they did come from this area as the climate of northern Europe is conducive to growing good Brussels sprouts.

Raising sprouts

Sow seeds into a seedling punnet or seed tray where they take six to 10 days to germinate. Transplant seedlings into small individual pots when they are big enough to handle. Allow them to grow on until they are around 7cm high and ready to be planted out into the garden.

When planting purchased seedlings, soak the punnet well, then gently separate the seedlings. This is done to avoid root damage. Space seedlings about 60cm apart in rows and allow at least the same distance between rows. This wide spacing allows each plant room to grow.

As the plants develop, encourage good growth with regular feeds of a liquid fertiliser high in potassium and phosphorus. Even though they're growing through autumn and winter, don't stint on water as these plants don't like to dry out. In windy areas, they may need to be staked – or select a compact variety such as the heritage variety 'Long Island Improved'.

Number one pest

As with other brassicas, Brussels sprouts are at the mercy of cabbage white butterfly caterpillars. These green caterpillars chew holes in the leaves and may damage the sprouts. The best control method is to regularly hand pick the caterpillars, checking both sides of the leaves as the young caterpillars usually feed on the undersides.

Also watch for cabbage white butterflies flitting around in the vegetable garden and check the foliage for clusters of eggs (small white eggs usually found under the leaves).

Sacrificial plantings of nasturtium grown near the vegie bed can act as an early warning system as cabbage white caterpillars love these plants, too. If you spot caterpillars on nasturtiums, check for the pest on the Brussels sprouts and other brassicas in your vegie garden.

Harvest, storage & keeping

Brussels sprouts look like miniature cabbages sprouting up the stem of each plant. They form in the leaf axil (where the leaves join the stem), developing in the lower axils first. Carefully snapping off the leaf beside the developing sprout can encourage larger buds to develop.

With most home-garden varieties, particularly heritage varieties, the bottom sprouts are ready first, so harvest the crop progressively up the stem over several weeks. Modern hybrids mature at the same time and so need to be picked all at once.

Store sprouts in a plastic bag in the crisper section of the fridge for up to 10 days or blanch and freeze to use your harvest through the year. To blanch Brussels sprouts, remove loose outer leaves and plunge the sprouts into boiling water for four to five minutes. Cool in cold water, then spread the little vegetables onto a tray so they freeze individually. Once they're fully frozen, store them in a plastic bag.



Sautéed Brussels Sprouts with Garlic & Balsamic Vinegar

Serves: 2

10 Brussels sprouts
1 tbsp ghee
1 tsp salt
2 cloves garlic, chopped
50mL good balsamic vinegar

1. Remove outer leaves of Brussels sprouts, cut in half and blanch them.
2. Heat ghee in a sauté pan over medium heat and add garlic.
3. Place sprouts flat side down and sauté until lightly brown, then turn and sauté the other side, about 4-5 mins each side.
4. Transfer to serving dish, pour over balsamic, cover with a plate or lid and allow to infuse for 2-3 mins before serving.

Grapes

Grapes are very long lived and vines can survive for a century or more. They tolerate all sorts of soils and climates and are drought-hardy due to their deep roots.



Grapes are such giving plants. They provide bunches of delicious fresh fruit that can be transformed into wine. If the vine is trained over a pergola, they also give cool shade right through summer and autumn.

If you've opted for an ornamental rather than fruiting variety you can also enjoy glorious autumn colour as its leaves colour brilliant red, burgundy and yellow before they drop. In return, all they ask for is a hard prune in winter.

Grapes are very long lived and vines can survive for a century or more. They tolerate all sorts of soils and climates and are drought-hardy due to their deep roots. Although they get by with little care or attention, for a good harvest you need to put in some work to train, manage and care for your vine throughout the year.

Why grow a grape?

The first question to answer is to decide what you want to do with the grapes you produce. If you want to harvest the crop for your own wine vintage or to have worthwhile amounts of table grapes, then it's necessary to grow the vine or vines on a traditional trellis or fence. This is done so they are easy to maintain, to protect from birds, and to harvest.

Select the variety you plant with care as there are varieties for winemaking, others that are better for eating fresh (known as table grapes), some that are dual purpose (both drinking and eating) and yet others that are suited to drying (for raisins or sultanas, for example).

Grapes can be seedless (that is, with no seeds or very few) or seeded and the fruit can be red (known as black) or green in colour. There is also a difference in ripening time, fruit size, disease resistance or susceptibility and, of course, flavour between the myriad varieties available.

If your interest in a grapevine lies more in enjoying the shade beneath the vine and adding a splash of autumn colour to the garden, simply select an ornamental vine and grow it over a pergola.

Growing needs

Winter chilling requirements are low compared to other deciduous fruit plants – around 150 hours, which means they can be grown in many parts of tropical and subtropical regions as well as in traditional grape-growing regions that have a cool or Mediterranean climate. Although grapevines grow in most areas, grape quality and production are best in areas with cold winters and hot but dry summers.

Vines are widely available for purchase in winter and this is the best time to plant a grapevine or a vineyard. A productive, well-trained and pruned vine can yield 40 bunches of grapes.

For fresh grapes over many months, select varieties that ripen between midsummer and late autumn. Popular varieties include 'Flame Seedless' (early to mid-season) and 'Thompson Seedless', also called 'Sultana' (late season). This variety is also grown for drying as raisins.

For wine production, many vines of the same variety are needed to provide the quantity needed to press. Those 40 bunches of grapes per vine may yield only four bottles of wine!

Troubleshooting

Many pests attack grapevines and their succulent fruit, from caterpillars that feast on the newly opened leaves to birds that peck at the ripening grapes. Large pests such as birds are managed in an organic garden by using exclusion methods such as netting over vines or bagging of fruit clusters.

Insect pests may require other physical or chemical intervention. The caterpillars of grapevine hawkmoth and grapevine moth feast on grape leaves and can skeletonise leaves and defoliate the vine. They can be removed by hand or sprayed with an organic caterpillar control such as Dipel, or Bt (*Bacillus thuringiensis*).

Grapeleaf blister mite and grapeleaf rust mite are microscopic insects that cause blistering damage on leaves. Although the vine may look tatty, fruit will not be affected. To control mites, remove affected leaves and make a note to spray in late winter, after pruning, with lime sulphur.

Grapevine label

Common name: Grape, grapevine

Botanical name: *Vitis vinifera*

Family: Vitaceae (grape family)

Aspect and soil: Sun; well-drained soil

Best climate: Cool to Mediterranean

Habit: Deciduous vine

Propagation: Cutting (hardwood)

Difficulty: Moderate



Downy mildew is a fungal disease that attacks grape leaves, causing brown, yellow or red patches on the top of the leaf with patches of white downy growth on the underside. Remove affected growth and use preventive control in winter by applying a Bordeaux mix, a traditional treatment made from a mixture of copper sulphate and slaked lime.

In warm or humid areas, the heritage variety 'Isabella', a table grape, is grown for its disease resistance. Grapes that are well managed, watered in spring but left drier through summer, will also be less susceptible to disease.

Grapes that don't receive full sun as they ripen may be slow to ripen or may ripen erratically.

Pruning & training

Pruning is the number-one task when it comes to managing a productive vine. While the base of the vine can be old, gnarled and thick, the fruiting canes are constantly renewed to maximise fruit production. Pruning in winter removes old wood and encourages new, productive wood.

In the early years after planting, each vine is trained to its desired height and encouraged to form a framework of horizontal growth. The general rule once the framework is established is that each winter the previous year's growth, some 90 per cent of the plant, is cut back to the horizontal framework.

Some varieties have more specific pruning needs, so it's important to check on the correct pruning method for the variety you're growing.

Harvest, storage & preserving

Grapes ripen in late summer and autumn, the timing depending on the variety and the growing conditions. Grapes are harvested when the fruit is at its maximum sweetness. They can be eaten fresh, used to make to wine, vinegar or verjuice, or dried.

While you're waiting for your first grape harvest, the new spring leaves can be used to wrap foods. Dolmades (stuffed grape leaves) are a traditional dish made from grape leaves (see our previous issue). The leaves can be blanched and frozen or packed into brine for storage so they can be used later in the season.

Warm Grape & Walnut Salad

Serves: 2

1 tbsp sesame seed oil
1 celery stick, sliced on an angle
1 carrot, peeled into ribbons
½ cucumber, peeled into ribbons
½ fennel bulb, thinly sliced
2 spring onions, sliced on an angle
10 grapes, halved
50g walnuts
50mL red-wine vinegar

1. Heat sesame oil in a wok over medium heat.
2. Add all ingredients except red-wine vinegar and toss through the heated oil for 2 mins.
3. Add vinegar, toss and infuse for 30–40 secs.
4. Serve in an iceberg lettuce boat.

Capers

Their true identity might surprise you, as capers are preserved flower buds.

It's likely you've spooned salty, shrivelled olive-green capers out of a jar to add to tartar sauce, garnish salmon or a pizza or to spice up a salad, and never wondered what they were. Their true identity might surprise you, as capers are preserved flower buds.

They are the buds of an attractive, white-flowered shrub called capparis or caper bush and are harvested in spring or early summer before the flowers open.

If the buds are not picked and pickled, the flowers open as large, white blooms with a mass of violet-purple stamens in their centre. These flowers go on to produce swollen, slightly ribbed green fruit called caperberries, which are also harvested and preserved. Caperberries are generally larger than capers and pickled with a piece of stem attached. When you bite into a caperberry you'll encounter small seeds, whereas capers are soft.

Other capers

Caper bush (*Capparis spinosa*) is native to the Mediterranean region but also found in surrounding countries including parts of Africa. There are also *Capparis* species found in Australia, including *C. arborea*, known as bush caperberry, and *C. mitchellii*, the native orange.

Caper white butterfly

These white and black butterflies (*Balanois java*) with distinctive orange and yellow spots under their wings are sometimes seen in large numbers across parts of eastern Australia. The caper white is a native butterfly whose caterpillars feed on the native orange (*Capparis mitchellii*), which generally grows west of the Great Dividing Range in parts of New South Wales and Queensland. In late spring and summer, the butterflies migrate and may be blown off track as westerly winds push them over mountains towards the coast. As the larvae (young caterpillars) only feed on caper plants, they don't harm other plants.





Caper label

Common name: Caper

Botanical name: Capparis spinosa

Family: Capparidaceae (caper family)

Aspect & soil: Sun; well-drained soil

Best climate: Mediterranean, temperate

Habit: Shrub

Propagation: Seed, cutting

Difficulty: Easy

The fruit of the bush caperberry is edible and usually harvested in autumn when it's about 25mm across. It forms a tree to about 8m high that grows naturally in rainforest areas along the east coast, but can be grown in most frost-free gardens.

The native orange, also a small tree growing to around 6m tall, is found in semi-arid regions. It has green fruit that ripens to orange, is edible and is high in vitamin C. Its common name of native orange, however, comes not from its fruit but its fragrant white flowers, which resemble orange blossom.

Tough customers

While capers can be grown in most areas, they are well suited to regions with tough growing conditions and long, hot summers. The plants are well adapted to poor soils that may be stony or depleted of nourishment and can also grow in exposed areas near the coast.

Natural adaptations help capers grow in harsh conditions. In the wild they grow with soil mycorrhizae that help in the uptake of nutrients from the soil. They also have an association with nitrogen-fixing bacteria.

Commercial caper production occurs in the arid areas of Spain, Morocco and Turkey and also on some of Italy's Mediterranean islands. Plants tend to be long lived and may be still productive after 25 years or more of harvesting.

The plant has adapted to harsh growing conditions by producing a large root system. In the wild it staves off browsing animals with thorns at the base of its tough leaves.

Get growing

Caper plants can be grown from seed or semi-hard cuttings taken in summer. Potted plants are available from some garden centres or from mail-order suppliers to give a head start, as seed and cutting-grown plants may not flower until their second year of growth.

Position plants in a well-drained, sunny position with at least 1-2m for its branches to spread. Water plants well until they become established and are then able to cope with dry conditions.

Small shrubs are not frost-hardy and need winter protection. Established plants are better able to cope with occasional frost.

Harvest, storage & preserving

To gather capers, pick the buds while they are small and pickle in salt or in salt and vinegar brine. Small, salted capers are considered to be the most desirable caper. The leaves and fruit can also be pickled and eaten.



Pan-Fried John Dory with Caponata

Serves: 4

3 tbsp ghee

1 red onion, chopped

½ fennel bulb, chopped

1 small eggplant, chopped

2 celery stalks, sliced

1 tbsp tomato paste

50g capers

50g raisins, soaked in 50mL red-wine vinegar for 1 hour & drained

25g pine nuts, toasted

½ red capsicum, finely chopped

Salt & freshly ground black pepper

4 John Dory fillets

Sauce

100mL tamari soy sauce

Juice & zest 2 oranges

1 tbsp honey

1 red chilli, finely chopped

- For the caponata, heat 2 tbsp of ghee in a pan and fry the onion, fennel, eggplant and celery for 5 mins until softened. Add the tomato paste and fry for another 2 mins.
- Remove the mixture from the heat and place in a bowl. Add the capers, raisins, pine nuts, capsicum, salt and freshly ground black pepper. Mix together until well combined.
- Heat the remaining ghee in a sauté pan and place the dory skin side down in the hot pan. Fry over a medium heat for 2-3 mins on each side. Remove from heat and set aside.
- For the sauce, place all ingredients in a pan. Stir over a low heat until warmed through.
- To serve, divide the caponata between 4 plates. Place a piece of dory on each and cover with caponata sauce.

Mandarin

As well as being good to eat and nutritious, mandarins are also very handsome trees in fruit and can be grown as an edible hedge or screen.

A mandarin is a must-have tree if you have kids to feed or like to pack a piece of homegrown fruit in your own lunchbox. As mandarins begin fruiting in autumn, they arrive just when summer fruits are waning and provide a welcome source of vitamins, particularly vitamin C.

As well as being good to eat and nutritious, mandarins are also very handsome trees in fruit and can be grown as an edible hedge or screen.

Many varieties

As with most citrus trees, we are spoiled for choice when it comes to selecting a mandarin to grow in the garden. If you have room for several trees, select an early and a late variety to extend harvest time. Mandarins do not need cross-pollination to crop, so a single tree will fruit well.

Imperial and Emperor mandarins are easy to peel and sweetly flavoured. Imperial peaks in autumn and Emperor in winter, making them a good duo to grow for a long harvest.

These varieties form large trees that may be too big for a small space. In small backyards or containers, select dwarf forms such as Dwarf Imperial or Dwarf Seedless.

Selecting the spot

Mandarins have similar growing requirements to all other citrus trees including lemons and oranges and can be grown together to form a small citrus grove.

The ideal spot to grow a mandarin is sunny but sheltered with deep, well-drained soil. If winters are cold, ensure the tree is sheltered from cold winds and is adjacent to a masonry wall that will help to create a warm microclimate through winter.

Mandarin label

Common name: Mandarin, clementine

Botanical name: Citrus reticulata

Family: Rutaceae (citrus family)

Aspect and soil: Sun; well-drained soil

Best climate: Temperate, Mediterranean, subtropical, tropical

Habit: Evergreen tree or tall shrub

Propagation: Grafted or seed

Difficulty: Easy

Good drainage is vital for growing any citrus, and mandarins are no exception. In areas with poorly drained soil, plant mandarins into raised beds or large containers. Allow at least 30cm depth for the root area but deeper is even better.

Mandarins can cope with afternoon shade but they do best with full sun all day and with no close competition from other plants, including grasses.

If growing mandarins in a grove or with other citrus, allow at least 2-3 metres between individual trees. If they are planted more closely as a hedge or screen, make sure individual trees get good watering and nourishment.

Growing needs

Mandarins are generally fed in late winter and again in mid- to late summer with a complete organic fertiliser for citrus. Apply a mulch of compost and aged manure around the base of each tree. Don't





hold back on watering, especially when the trees are first planted and when they're flowering and forming fruit.

Unlike many fruiting trees, mandarins do not need pruning to produce fruiting wood, but they may need to be pruned to around 2-3m high to keep them small enough to easily harvest the fruit.

If pruning is necessary, prune the trees in later winter or early spring after harvesting. Never prune in summer as exposed branches can be burnt by hot sun.

Although mandarins fruit in autumn and winter when most pests have departed, their thin skins make them vulnerable to fruit-fly attack in fruit-fly-prone regions. It's vital, particularly for early varieties, to use organic fruit-fly baits to control these pests. If the mandarin is attacked by fruit fly it may show sting marks on the skin. Inside the fruit segments will be found small, white larvae (maggots), which can destroy the fruit. Affected fruit may also fall.

As well as using baits, regularly collect fallen and infested fruits. Place them in a plastic bag, seal the bag and allow the fruit to stew in the sun for several days to kill the maggots. Dispose of the affected fruit by burying it or by placing it into the garbage (not the compost).

Harvest, storage & preserving

Mandarins may produce heavy crops in alternate years with smaller crops every second year. This is called biennial bearing. To reduce the extremes of cropping, thin fruit if the crop is heavy. Do this by removing some of the fruit in each cluster in spring or early summer when the fruit is small.

Mandarins begin to ripen in autumn with late varieties continuing to produce fruit into early spring. Unlike other citrus, mandarins do not store well on the tree but need to be harvested quickly when ripe. Left too long on the tree, the skin becomes puffy and the flesh may be dry and tasteless. Underripe fruit may be bitter and hard to peel. Ripe fruit should be easy to pick and peel and should be sweet and juicy.

Mandarin Prawns with Fennel & Coconut Salad

Serves: 2

3 tbsp sesame oil
1 clove garlic, chopped
2 small red chillies, chopped
Small knob ginger, diced
2 tbsp tamari soy sauce
1 tbsp raw honey
8 cooked prawns, peeled
1 small fennel bulb, thinly sliced
3 spring onions, chopped on an angle
½ cup fresh young coconut flesh slices
2 mandarins, segmented & pips removed
1 tbsp chopped mint
1 tbsp toasted coconut
Juice 1 lime

1. In a pan, heat the sesame oil and fry the garlic, chilli and ginger for 1 min.
2. Add the tamari soy sauce and honey, then remove from heat.
3. Add the prawns, fennel, spring onion, coconut flesh and mandarin segments, toss and thoroughly coat the salad in the sauce.
4. Transfer to a serving dish, garnish with mint and toasted coconut and finish with drizzling the fresh lime juice over the top.



2024 WINNERS

Meet the winners of the EatWell Yummies Awards 2024

It's time to reveal the winners! Earlier this year, we asked you to cast your votes for your favourite food, lifestyle and kitchen products. We were eager to discover which items truly make a difference in your life and the lives of your families. Can you believe we received an incredible 20,400 reader votes? This overwhelming response not only highlights the passion and engagement of our amazing *EatWell* community but also reflects a shared commitment to living healthy, sustainable and fulfilling lives. It also highlights the presence of exceptional health and wellness brands in today's market – brands that we are proud to support! So, without further delay, meet your winners and hear what they have to say about their achievement. Congratulations to all!

The *EatWell* Team

Winner of Healthy Meals

"We are incredibly excited and proud to have won *EatWell*'s Yummies award for Best Healthy Meal 2024 and want to thank all the amazing *EatWell* readers for your support. We also want to take this opportunity to thank our amazing

Borg's team that works so passionately to deliver the best products possible, from our delicious homestyle pastry to our Pastizzis, Triangles, Gozleme and award-winning Filo Snacks. Born in 1960 from a love of cooking and family, most of our products are still manufactured locally, with local ingredients, so the support of the community is vital. 2024 has been a big year for Borg's with branding and packaging updates and the team really focusing on product improvement. We continue to use 100 per cent Aussie flour and work hard to deliver against our no nasties policy. It has provided the perfect finish to the year."



We'd like to say a big thank you to Craigieburn Trophies for their generous contribution!



Winner Sweet Snacks

"We are thrilled and deeply grateful for your support! Being part of the *EatWell* Yummies Awards is such an honour, and your votes and love for Murray River Salt truly mean the world to us. The product you voted for, Murray River Salt 'Salted Chocolate Bar' is made in collaboration with the Mildura Chocolate Company, a local social enterprise that reinvests 100 per cent of its profits into training and employment opportunities for people facing barriers to employment through disability or disadvantage. At Murray River Salt, we're proud to bring you a pink salt that's not only uniquely Australian but also sustainably harvested. Our mission has always been to provide you with the highest quality, naturally pink salt while caring for our environment and supporting our local community. This recognition is a testament to the hard work of our passionate team, who pour their heart and expertise into every crystal. From our family-run roots to kitchens around the country, it's your enthusiasm and trust in our brand that inspires us every day."

Winner of Eco-Conscious Kitchen

"We are thrilled to have been honoured with the Eco-Conscious Kitchen Award in the 2024 *EatWell* Yummies! This recognition reflects our commitment to healthy cooking. GreenPan has revolutionised home cooking in 2007 with the launch of the first toxin-free alternative to traditional non-stick. As the original ceramic nonstick cookware brand, we have been PFAS-free since day one. We want to extend our heartfelt gratitude to everyone who voted for us; this means a lot to us. Your support inspires us

to continue our PFAS-free mission.

At GreenPan, we believe what we cook on matters! If it's not PFAS-free, it's not toxin-free. Our ceramic non-stick technology, Thermolon™, contains no PFAS, PFOA, lead, or cadmium, and is reinforced with diamonds for extreme durability and long-lasting performance. This award is a testament to the hard work and dedication of our entire team, who strives every day to offer a healthier, safer choice for your kitchen. Together, we can make a difference and build a PFAS-free future."





Hemp Foods

Winner of Drinks

"We are truly honoured to have received the Yummies Readers' Choice Award for Drinks, recognising Hemp Foods Australia's Recharge and Immunity Chai. A heartfelt thank you to everyone who voted – we are thrilled that you love our Chai as much as we do! At Hemp Foods Australia, we are passionate about creating products that not only support health but also offer functional benefits and delicious taste. This award is a testament to our commitment to providing quality, nutritious food that makes a positive impact on people's lives.

We'd also like to extend our sincere gratitude to our dedicated team, who work tirelessly to bring you nutritiously delicious products each day."

Winner of Dips and Spreads

"Bonne Maman is more than just a brand – it's a way of life. Rooted in a long tradition of exceptional savoir-faire, Bonne Maman embodies the tenderness and generosity of our loving grandmothers, creating delicious moments to cherish every time. The name Bonne Maman, which means 'Grandmother' in French, evokes memories of mouth-watering conserves and iconic jars with handwritten labels."



Bonne Maman

Winner of Savoury Snacks

"Being a small Australian family-owned business, Real Foods is so proud to have won another EatWell Yummies Award. We are especially proud this year, as the award is for our new Corn Thins® Minis Cheddar Cheese product, which we have worked on for many years to be able to achieve a unique product that not only tastes like popcorn, but has a crispy, crunchy texture, perfect to eat like a chip by itself or like a cracker with dips. Corn Thins® Minis are simply made by heating grains of corn till they pop (like popcorn), within a mould to form a slightly puffed, wavy snack, which is so delicious they are hard to stop eating. Being made from grains of corn, Corn Thins® Minis have higher levels of fibre than most snacking biscuits, and much less fat than most corn chips, so are a great choice for the whole family when you are looking for a savoury snack. Thank you to all those people that voted for us and enjoy Corn Thins® products."



Corn Thins®

Winner of Pantry Goods

"Pearl River Bridge (PRB) is thrilled that our Superior Light Soy Sauce has won in the Condiments category of the EatWell Yummies Awards 2024! Winning this award is highly encouraging. PRB is the leading soy sauce brand since 1958 – naturally brewed, healthy and delicious. Families have been welcoming PRB into their homes for 66 years. PRB'S naturally brewed soy sauce is not only a key ingredient in Asian dishes, but also in international cuisine. PRB Superior Light Soy Sauce artfully maintains the distinctive fragrance, aroma, unique flavour and rich nutrition of every soya bean. Ideal for dipping, stir frying, stewing and marinating."



Pearl River Bridge

Winner of Supplements and Health Tonics

"Thank you for voting for our ACV Vitamin Gummies! We are absolutely thrilled and deeply grateful to have our ACV Vitamin Gummies recognised as a winner at the Yummies Awards. We want to extend a heartfelt thank you to everyone who voted for us. At Healthier Tastier Foods, our mission has always been to create products that combine wellness and flavour, making it easier and more enjoyable for everyone to prioritise their health. Our ACV Vitamin Gummies are a reflection of this commitment, designed to deliver the benefits of apple-cider vinegar in a convenient and delicious way. Your belief in our vision fuels our passion to continue innovating and delivering the best for you. This recognition is not only a celebration of our gummies but also a testament to the dedication of our amazing team. Their hard work and drive to craft high-quality, better-for-you products are the backbone of our success. Thank you once again for your votes and for being a part of our journey."



Healthier Tastier



Homegrown & HOMEMADE

DIY plant-based dairy has surged in popularity as more people seek wholesome, eco-friendly alternatives to traditional dairy. Making your own plant-based milks, yogurts and cheeses allows you to control ingredients, avoid additives and tailor flavours and textures to your preference. Almond, oat, cashew, and coconut are just a few options that blend well for milks, while soy and cashews are ideal for creamy cheeses.

Beyond the culinary flexibility, homemade plant-based dairy is better for the environment. These alternatives typically have a smaller carbon footprint than dairy, as they require less water and produce fewer greenhouse gas emissions.

Plus, by reusing glass containers and minimising packaging waste, DIY dairy becomes even more sustainable.

From creamy cashew yoghurt to soy milk in your morning coffee, making plant-based dairy at home is cost-effective, healthier and aligns with a lifestyle focused on personal and environmental wellness.



Vegan Cashew "Cheese"

Words / Jana Holmer

When I eat too much cheese made from dairy, I notice changes in my weight and suffer from digestive complaints. For those reasons and others, I've slowly replaced dairy products with more vegetables and nuts in my diet.

A while ago I came across a wonderful cashew cheese recipe using great ingredients that give it a good texture and a full-bodied flavour. I've adapted it and made it my own by adding curry powder, garlic powder and almond milk to give it a bit more oomph.

There are other styles of cashew cheese made by culturing the ground cashews with probiotic powder, but this way of making it is quick and easy and ready in a flash. It's a vegan recipe but my non-vegan friends enjoy it, too. You can also mould it into cheese sticks for kids' lunchboxes.

Makes: one round of cheese and one block for sandwich slices

Ingredients

1¼ cups freshly ground raw cashews*

½ cup savoury yeast flakes

2 tsp onion powder

1 tsp garlic powder

¼ tsp good curry powder

1 tsp turmeric (for colour)

3½ cups almond milk

½ cup extra-virgin olive oil

1 cup agar agar strips or flakes

½ tbsp lemon or orange juice

¼ cup white miso

*If you wish, you can lightly roast your cashews on an oven tray for 10 minutes for a smokier flavour.

Equipment

Blender or food processor

Small saucepan

Wooden spoon

Moulds

1. Place the ground cashews, savoury yeast flakes, onion, garlic powder and curry powders and turmeric in the blender or processor and pulse. Set aside.
2. In a small saucepan, add almond milk, olive oil and agar agar strips and warm on a medium heat until the agar agar melts.
3. Turn the heat to low and continue stirring the liquid mixture for about 10 minutes, making sure it doesn't stick to the bottom of the saucepan. Remove from heat.
4. Slowly pour the heated mixture into the blender of dry ingredients while running until the mixture has a creamy texture. Add the lemon juice and white miso. Pulse for a couple of seconds and it's ready to pour into moulds.
5. Cover and refrigerate until set. Eat within a couple of days.



The nutty-gritty

Cashews (*Anacardium occidentale*) are high in copper and contain manganese, zinc, iron and magnesium. They are also rich in B vitamins, antioxidants, fibre and heart-friendly mono-unsaturated fatty acids such as oleic and palmitoleic acids, which lower "bad" cholesterol (LDL) and increase "good" cholesterol (HDL).

Agar agar, also known as Japanese gelatin or kanten, is a tasteless, clear alternative to animal or synthetic gelatin. High in fibre, it absorbs water in the stomach and gives a feeling of fullness as well as absorbing glucose. It is a good source of vitamin E (alpha-tocopherol), vitamin K, pantothenic acid, zinc and copper, and a very good source of folate, calcium, iron, magnesium, potassium and manganese.

Source: Nutrition Facts and Analysis

Tip

Press dukkah or cracked pepper mixed with a few drops of olive oil into the top of the round of cheese.



Soy Milk

Vegans and people who are lactose-intolerant need alternatives to cow's milk and other animal milks. Soy milk is the most popular alternative milk, but many commercial varieties are made from GM crops and can have a number of additives you don't necessarily want in your milk. Also, commercial GM soy crops are causing devastating environmental impacts in some parts of the world.

It's not hard to source soybeans that have been ethically and organically grown and, as with anything, when you make your own soy milk, you know exactly what has – and has not – gone into it. This is how I make soy milk for my family.

Makes: approximately 2L

1½ cups organic non-GM* soybeans

12 cups fresh cold water

½ cup organic pure honey

*Non-GM means they are not from genetically modified crops.

Equipment

Blender

Large stainless-steel pot

2 large bowls

2 long wooden spoons

Cheesecloth or linen

2 milk jugs

1. In a large bowl soak soybeans in 3 cups of cold water overnight. Make sure the beans are completely submerged. If you see a reduction in the water, top up with cold water 1 cup at a time. I've added 2 more cups of fresh water overnight, making a total of 5 cups of water.
2. Pour the water and the soybeans from the bowl into a blender. Blend until silky smooth and the mixture changes to a whitish colour.
3. Pour the mixture from blender into cheesecloth over another large, clean bowl.
4. Using your hands, squeeze as much of the raw soy liquid as you can through the cheesecloth. Set the bowl aside to top up with more raw soy liquid later. Return the remaining pulp from the cheesecloth to the blender.
5. Rinse the cloth.
6. Add 2-3 cups of fresh cold water to the blender with the pulp and blend.
7. Repeat steps 3-5 however, instead of adding 2-3 cups of water, add only 2 cups and place the raw soy liquid into the same bowl set aside earlier.
8. Turn on the stovetop heat, pour the raw soy milk directly into a large stainless-steel pot and boil on medium-high, stirring continuously with a clean wooden spoon. Don't boil for more than a couple of minutes or allow the raw soy milk to stick to the bottom of the pot.
9. Turn off the heat and remove the pot of milk.
10. Add honey and mix vigorously using a clean wooden spoon.
11. Pour your homemade soy milk directly into milk jugs or bottles.
12. Refrigerate and drink within a week.



Vive les differences

Soy milk

- 1 cup provides 7-10g of protein
- 1 cup provides 8g of carbohydrate
- 1 cup provides 4.5g of fat (not saturated)
- Does not provide significant calcium but is a good source of vitamin B12
- Does not contain lactose
- Assists in reducing bad cholesterol (contains plant chemicals called isoflavones)

Cow's milk

- 1 cup provides 8g of protein
- 1 cup provides 12g of carbohydrate
- 1 cup whole milk contains 8g of fat (5g saturated)
- 1 cup per day provides 30 per cent of calcium and 50 per cent of vitamin B12 and riboflavin
- Contains lactose, a problem for some people
- Fat contributes to cholesterol levels

Tip

As an alternative to honey, add fresh or frozen berries or cooking chocolate to your soy milk. I have also added a whole vanilla bean while it's on the stovetop.



8

ANTI-INFLAMMATORY FOODS TO EAT DAILY

Discover eight of the best anti-inflammatory foods to add to a well-balanced diet and try some easy ways to incorporate them daily in healthy recipes.

Words & photos / Lisa Holmen

One of the easiest ways to fight inflammation is first to look at the foods we eat. Inflammation isn't always a bad thing in a healthy body, since it's the normal immune response that facilitates healing when the body defends itself. It has an important role to play when the body is injured so the immune system can respond and heal effectively. However, health issues often arise when the inflammation is low grade and long term. Chronic inflammation can be detrimental to the body and is linked to many diseases including heart disease, Alzheimer's, type-2 diabetes, rheumatoid arthritis, psoriasis, autoimmune disorders, irritable bowel syndrome and some cancers.

An anti-inflammatory diet is more of a style of eating, similar to the Mediterranean diet, and favours unprocessed foods, lean proteins, fresh fruit and vegetables, fatty fish and oils, nuts, seeds and spices. Inflammatory foods include refined carbohydrates such as white bread and rice, fried food, fast food, sweetened beverages, processed meat and trans fats like shortening and margarine. These foods should be kept to a minimum whenever possible.

Blueberries

Not only are berries rich in vitamins like vitamin C, minerals and fibre, they are also rich in antioxidants called anthocyanins, which have unique anti-inflammatory effects. These water-soluble vacuolar pigments usually appear in fruits and vegetables that are red, purple or blue, and help protect the body from the damaging effects of oxidative stress and inflammation by helping destroy free radicals in the body. Blueberries are also rich in quercetin, a flavonoid which is found in dark-coloured berries and which helps fight inflammation and diseases including cancer.





Look out for unprocessed EVOO rather than other refined olive oils which do not have as many anti-inflammatory benefits.

Berries shine as a snack, but are equally delicious in both savoury and sweet foods. Try adding them to your next salad, puréed into a jam or as a key ingredient in sweet treats like sauces, home-made muffins, olive oil cakes or a fruity crumble. Try to buy organic berries wherever possible that aren't sprayed with pesticides, or give them a good soak before consuming.

Extra-virgin olive oil (EVOO)

The holy grail of cooking oils, EVOO is a staple of the popular Mediterranean diet and is one of the healthiest fats to cook with. It is rich in monounsaturated fats, oleocanthal and polyphenol, which help reduce inflammation in the body, as well as containing disease-fighting antioxidants. Oleocanthal is a phenolic compound which has similar anti-inflammatory characteristics to ibuprofen. Many studies have found that consuming EVOO on a regular basis can help lower the inflammatory marker C-reactive protein (CRP), as well as reduce the risk of cardiovascular disease and some cancers.

EVOO is a very versatile ingredient to use in cooking. Try using it in a salad dressing paired with Dijon mustard and lemon juice or drizzled over roast vegetables or pasta. It's best used in low-heat cooking since it has a lower smoke point in comparison to other refined oils. Olive oil is also a delicious ingredient in cakes and muffins to give them a lovely texture and make them moist. Look out for unprocessed EVOO rather than other refined olive oils which do not have as many anti-inflammatory benefits.

Walnuts

Similar to other nuts, walnuts are a rich source of omega-3 fatty acids, particularly alpha-linolenic and linoleic acids. These acids are renowned for their anti-inflammatory properties and role in keeping the blood vessels healthy and having a positive effect on blood lipids. The polyphenols in walnuts help fight oxidative stress and inflammation. Of all the tree nuts, walnuts are the richest in beneficial omega-3 fatty acids. Consuming walnuts on a regular basis can also help lower cholesterol, relax blood vessels and reduce blood pressure.

While delicious on their own as a snack, walnuts are well suited to green leafy salads paired with goat's cheese, in a sweet or savoury tart, in a simple stir-fry with broccoli and garlic, or an accompaniment on a cheese platter. They are also delicious in desserts like carrot cake and baklava. Since they have a high fat content, it's best not to overindulge in walnuts – just keep it to a handful at a time.



Fatty fish

Fatty fish like sardines, salmon, mackerel and herrings are also excellent sources of healthy omega-3 fatty acids and have been associated with a reduction in the inflammatory marker CRP. When the long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are metabolised, they are converted into compounds called resolvins and protectins, which have unique anti-inflammatory effects and limit the body's inflammatory response. Studies have proven that these fatty acids can help with the treatment of arthritis and other inflammatory health conditions and reduce the risk of heart disease.

Depending on the type of fish, the possibilities for cooking are endless. The humble sardine is a nutritional powerhouse and is a delicious option as a toast or sandwich topper or in a fresh leafy salad or pasta, much like herrings and mackerel. Salmon can be pan-fried, grilled, oven-baked with a tray of roast vegetables or paired with capers and lemon in a creamy pasta or bake. Try to stick to wild-caught salmon rather than farmed for a richer nutritional profile.





PP

Studies have suggested that adding turmeric to the diet is especially beneficial for people who suffer from arthritis and other joint disorders.

Dark chocolate

Chocolate lovers rejoice! Dark chocolate is packed full of antioxidant plant compounds called polyphenols and catechins that help reduce inflammation. This is thanks to flavanols which help keep the endothelial cells that line your arteries healthy, making dark chocolate a very heart-healthy option. Flavanols are a specific type of flavonoid, and are found in cacao and the cocoa bean. Studies have also found that chocolate may positively influence the gut microbiome, which can further enhance its anti-inflammatory effects. Just try to choose a dark chocolate with as high a cocoa content as possible, ideally 70 per cent or over to maximise its anti-inflammatory effects.

Try using cacao from the raw cocoa bean in a mug of hot chocolate or add some dark chocolate in a refined-sugar brownie or muffin. You can also make a Mexican-inspired mole sauce using dark chocolate for a more savoury take on chocolate. Who said anti-inflammatory foods can't be delicious?

Turmeric

With its distinctive warm, earthy flavour and rich orange colour, turmeric contains curcumin, a natural compound which has both antioxidant and anti-inflammatory properties. Since turmeric is rich in phytonutrients, it helps protect the body by neutralising free radicals. Studies have suggested that adding turmeric to the diet is especially beneficial for people who suffer from arthritis and other joint disorders.

Turmeric is commonly used in curries and stews, but can also be used in everyday dishes like soups, scrambled eggs and pancakes. It can be used as a colouring agent for mustard and an ingredient in curry powder. Turmeric teas and lattes are becoming increasingly popular; all you need to do is simmer the turmeric root or powder in water or milk for five minutes then strain. This can be drunk both warm and cold. Where possible, try to buy the turmeric root rather than the ground version in the spice section. The ground version is also more concentrated, so less will be required when cooking.

Chia seeds

Despite their tiny size, chia seeds are anti-inflammatory and nutritional powerhouses as well as being high in fibre and calcium. They have a good ratio of omega-3 to omega-6 fatty acids, and are particularly high in alpha-linolenic acid, which is beneficial for inflammation and cardiovascular health. Regular consumption of chia seeds has been found to reduce inflammatory markers in the blood.

Luckily, chia seeds are super-easy to incorporate into your diet. Try sprinkling them on your morning porridge or muesli, making a chia pudding or overnight oats or blending them into a fruity jam. For easy digestion, try to use them in a softened form by soaking them in a smoothie or pudding for a few hours or overnight.

Broccoli

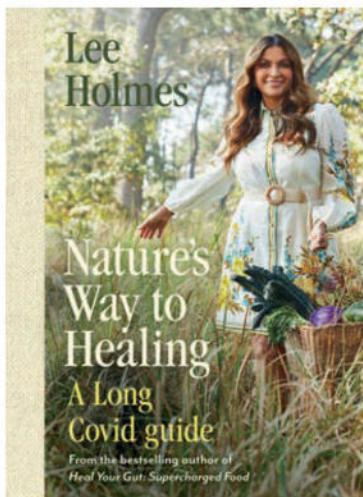
Love it or hate it, broccoli is extremely nutritious and, like other cruciferous vegetables, is rich in anti-inflammatory properties. The antioxidants, flavonoids and carotenoids in broccoli work together to help lower oxidative stress in the body and battle chronic inflammation. Broccoli is a particularly rich source of a flavonoid called kaempferol, which helps the body to combat allergies and inflammation. These anti-inflammatory properties can also help boost your immune system, helping you fight off viruses and other bacteria. Broccoli is also rich in sulforaphane, an antioxidant that decreases inflammation by reducing your levels of cytokines, which drive inflammation in your body.

To maximise broccoli's health benefits, it's important to only lightly cook broccoli as it loses over 50 per cent of its nutritional value when overcooked. Try to keep it on the slightly crispy side rather than soggy. Broccoli is the perfect addition to a stir-fry, curry, salad or pasta. It can also be cooked and blended into a cream of broccoli soup or broccoli-inspired pesto, or simply pan-fried with some EVOO and crunchy nuts.

Lisa Holmen is a food and travel writer and photographer. Her aim is to "eat the world" one inch at a time and explore as many different cuisines and cultures as possible. Follow Lisa's journey at lisaeatsworld.com.



Nature's Way to Healing



By Lee Holmes

Nature's Way to Healing by Lee Holmes is a beautifully curated cookbook that celebrates the power of whole foods and natural ingredients to support wellness and vitality. Holmes combines her expertise in holistic nutrition with nourishing recipes designed to heal, energise and inspire. Each dish emphasises fresh, seasonal ingredients that are packed with nutrients, making it easy to create wholesome meals that fuel the body and mind. From immune-boosting soups to delicious snacks and gut-friendly dishes, this cookbook is a guide to using food as medicine, helping you to embrace a vibrant lifestyle through the healing properties of nature's bounty.

This is an edited extract from *Nature's Way to Healing* by Lee Holmes, published by Rockpool Publishing. Available in stores nationally. Photography by Rob Palmer



Warm Asparagus Salad

Serves: 2

250g asparagus, halved
100g rocket
1 cucumber, thinly sliced
4 small red radishes, thinly sliced
Handful fresh basil
 $\frac{1}{3}$ cup macadamias, roughly chopped
Crumbled feta, to serve (optional)

Dressing
4 tbsp extra-virgin olive oil
1 tsp apple cider vinegar
1 tsp garlic, grated
1 tsp ginger, grated
Salt, to taste

1. Steam the asparagus over boiling water until tender. Drain and set aside.
2. To make the dressing, combine all the ingredients in a small bowl. In a large bowl, toss the salad ingredients together then drizzle the dressing over.
3. Top with crumbled feta if desired and enjoy!



Ginger Salmon Rice Bowl

Serves: 2

2 tsp extra-virgin olive oil, divided	Marinade
2 salmon fillets, cut into chunks	2.5cm-piece fresh ginger, grated
1 cup red cabbage, shredded	4 tbsp sesame oil
1 small bunch kale, shredded	4 tbsp tamari
2 cups cooked brown rice	2 tbsp honey
½ cup fresh basil, chopped	1 tbsp sesame seeds
1 carrot, grated	

1. To make the marinade, whisk all the ingredients together in a small bowl.
2. Heat 1½ tsp olive oil in a large frying pan over medium-high heat. Add the salmon chunks and brown on all sides for 2-3 mins.
3. Lower the heat and stir in the marinade, reserving a small amount to dress the salad. Simmer for a further 3-4 mins or until the salmon is cooked through. Remove from the heat and set aside.
4. Using the same pan, cook the red cabbage and kale in 1 tsp olive oil, then set aside.
5. In a large mixing bowl, combine the cooked brown rice, kale and cabbage. Add the basil then pour a little bit of the reserved marinade over. Toss well.
6. Divide the rice mixture into two serving bowls. Top with carrot and salmon and a drizzle of the remaining marinade. Enjoy while warm!



Coconut, Cranberry & Macadamia Slice

Makes: 12

Base	1 tsp cinnamon
1½ cups dried cranberries, plus extra to garnish	1 tsp sea salt
1 cup roasted macadamias, plus extra to garnish	½ cup liquid coconut oil
½ cup chia seeds	2 tbsp maple syrup
1 cup raw pecans	
½ cup hemp seeds	Topping
½ cup rolled oats	1½ cups macadamias
½ cup desiccated coconut, plus extra to garnish	⅔ cup organic full-fat coconut cream

1. Line a shallow baking tray with baking paper.
2. To make the base, put all the dry ingredients in a food processor and blitz until it forms a crumbly texture. Add the coconut oil and maple syrup and blitz to combine, scraping down the sides of the processor with a spatula as necessary.
3. Scoop the mixture onto the lined baking tray and place in the freezer for 30 mins.
4. Meanwhile, make the topping by combining all the ingredients in a food processor and blend until smooth.
5. When firm, remove the base from the freezer and add the topping, using the back of a spoon to smooth the top. Sprinkle extra cranberries, macadamias and desiccated coconut on top to garnish. Return the slice to the fridge for 30 mins or until set.
6. Cut into slices and serve. Keep in an airtight container in the fridge for up to 1 week, or 2 weeks in the freezer.

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W: borgcraft.com.au



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W: cornthins.com

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W: sunnyqueen.com.au



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W: tilda.com



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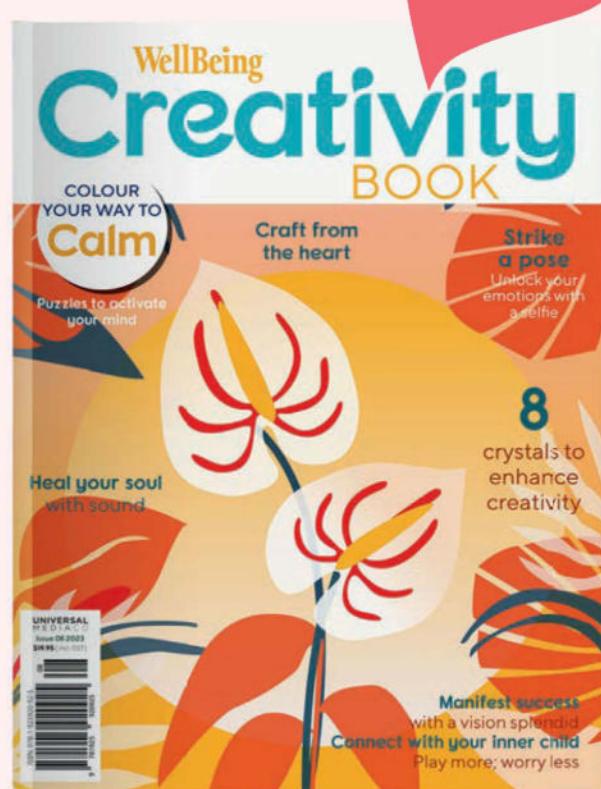
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W: brancourts.com

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Star fruit

Star fruit, also known as carambola, is a tropical fruit that truly lives up to its name. When sliced crosswise, each piece takes on a beautiful star shape, making it an eye-catching addition to fruit salads, drinks and desserts.

Originating in Southeast Asia, star fruit has gained popularity worldwide not only for its unique shape, but also for its refreshing flavour.

The taste of star fruit is mild and subtly sweet, with a hint of tartness that's often compared to a blend of apple, pear and grape. Its texture is crisp and juicy, similar to that of a cucumber or bell pepper, making it a refreshing snack, especially on warm days. Both the skin and flesh are edible, which means there's no need to peel it — just rinse, slice and enjoy!

Star fruit is also nutrient-dense, low in calories and a good source of vitamin C, fibre and antioxidants, supporting immune health and digestion. Its unique appearance and light flavour make it a great garnish for cocktails, an attractive addition to fruit platters, or a delicious ingredient in salsas and sauces. Whether enjoyed raw or cooked, star fruit is a fun, versatile fruit that adds visual appeal and a mild tropical flair to dishes.





Our Chefs



Georgia Harding

Georgia Harding is a naturopath with almost 20 years' experience, a mother and a passionate health educator. After many years consulting in a busy practice, lecturing in natural medicine and sharing her knowledge on talkback radio, Georgia decided to reach out and share her passion for holistic health by developing her blog, *Well Nourished*.

On her website, she shares fad-free health advice and intolerance/allergy-friendly recipes to inspire people to live happy, healthy lives and create delicious food memories. Georgia says, "The intricacies of the way we eat seem to have become the big picture and a source of stress for so many people." She advises, "Avoid becoming hung-up on all of those little things you 'should' be doing and take simple steps to improve your health and wellbeing – good health and eating well is a lifestyle, not a diet." She endeavours to simplify nutrition and make cooking nourishing meals achievable for everyone.

Georgia is committed to supporting the health of this generation of children, so she especially loves to help parents feed their kids well. She believes healthy eating habits and a passion for good food are developed in early childhood. "As you have to teach your children manners or to read and write, you also need to teach them how to eat well." On her website, Georgia shares many tips and strategies for encouraging kids to be fuss-free and genuinely love eating nourishing wholefoods.

Georgia's beautiful ebook, *Rise and Shine – A Well Nourished Breakfast*, will inspire and guide you to prepare the most important meal of the day in just minutes. Her latest ebook, *The Well Nourished Lunch Box*, contains more than 50 nut-free, allergy-friendly, wholefood sweet and savoury snacks, lunches and meals to inspire you to pack a nourishing lunch box that your kids will love to eat and you will love to make.

Connect with Georgia Harding at wellnourished.com.au



Jana Holmer

Jana Holmer was born into a homesteading family that migrated to Australia from former Yugoslavia. She not only lived off the grid, but also grew up doing hard work from a very young age. Early mornings were spent making butter, cheese, yoghurt, bread and even hunting for wild honey and fish on her grandmother's property.

Today, she continues the family homesteading tradition and delights in teaching friends how to make sausages, pasta, sauces, yoghurt, preserves and soap. She also spins alpaca fleece and works full-time on her off-grid, organic farm in Western Australia with her family.



Lee Holmes

Lee's food philosophy is all about S.O.L.E. food: sustainable, organic, local and ethical. Her main goal is to alter the perception that cooking fresh, wholesome, nutrient-rich meals is difficult, complicated and time-consuming.

Lee says, "The best feeling I get is when I create a recipe using interesting, nourishing ingredients and it knocks my socks off. Then I can't wait to share it with my community and hear their experiences."

After being diagnosed with a crippling autoimmune disease in 2006, Lee travelled the world discovering foods that could be used to heal her body at a cellular level. After discovering many nutrient-rich and anti-inflammatory foods and changing her diet, Lee recovered. With her mind alive with ideas for new recipes, she wanted to share her creations with the world, so Supercharged Food was born.

Supercharged Food is all about making small and realistic changes every day. It's about making healthy choices through knowledge and empowerment. Lee's blog has become one of the leading health and lifestyle blogs in Australia.

From posting recipes, her passion to share her story and help others has snowballed and the blog has recently taken home the overall prize at the Bupa Health Influencer Awards as well as the best blog in the Healthy Eating category.

Connect with Lee Holmes at superchargedfood.com

Naomi Sherman

Naomi Sherman is a food photographer and stylist who creates edible artistry in her studio located in the beautiful Huon Valley in Tasmania. A firm believer that there is no one-size-fits-all approach to good health, Naomi loves to create recipes that are fresh and bursting with flavour, with an emphasis on gluten- and refined sugar-free dishes.

Her recipes, along with her award-winning cookbook *Edible Heirlooms* and mentoring program, can be found at naomishermanfoodcreative.com



Lisa Guy

Lisa Guy is an experienced naturopath who has been treating people for more than two decades in her Sydney-based clinic, Art of Healing. Lisa is also an author, avid health writer and recipe developer.

Finding immense joy in supporting and educating people on their journey to improved health and wellbeing, Lisa sees clients with a wide range of health conditions including anxiety, depression, perimenopause and menopause issues, insomnia, and chronic fatigue. She is particularly passionate about supporting women through pregnancy and beyond into their menopausal years.

Lisa works closely with her clients to find the best natural solutions to their specific health needs and tailors these to suit each individual's unique everyday circumstances, enabling them to regain their health and vitality and to get back to doing and enjoying the things they love most.

Through thorough consultation and functional medical testing when needed, Lisa identifies the root cause of her clients' symptoms and addresses these using safe and effective natural medicines. Her methods are based on science and tradition, including herbal and nutritional medicines, homeopathic remedies and dietary interventions.

Lisa believes that food is one of the greatest pleasures in life. With her wholesome recipes and meal recommendations, she helps to motivate people to embrace healthy eating and to become excited about cooking nutritious and delicious meals that will nourish both their minds and bodies.

Connect with Lisa at artofhealing.com.au





What's on

WHAT'S COMING UP FOR YOU

FEBRUARY

February, AU

FebFast

febfast.org.au

February 28–March 2, Falls Creek, AU
Feastival

falls creek.com.au/feastival

February 10, Apollo Bay, AU
Apollo Bay Seafood Festival

apollobayseafoodfestival.com

February 16–18, Falls Creek, AU
Feastival

falls creek.com.au/feastival

MARCH

March, AU

The Water Challenge

waterchallenge.org.au

March, AU
Jump to Cure Diabetes

jdrf.org.au/get-involved

March 16, Lara, AU
Lara Food and Wine Festival

geelongaustralia.com.au

APRIL

April, AU

Newcastle Food Month

newcastlefoodmonth.com.au

April 26, Goulburn, AU
Tastes of the Goulburn

tastesofthegoulburn.org.au



MAY

May 2–11, Canberra, AU

Tasting Australia

tastingaustralia.com.au

May 25, Laurieton, AU
Slice of Haven Festival

sliceofhaven.com.au



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Scrambled Egg & Smoked Salmon

INGREDIENTS

2 CORN THINS® slices
Egg (1)
Milk or cream (3 tbsp)
Smoked Salmon (60g)
Butter (1 nob)
Pepper & salt (as desired)

DIRECTIONS

1. Whisk egg and milk in a small bowl and add desired amount of salt and pepper.
2. Add butter to frying pan and, once melted, add egg & milk mixture. Let sit for 20-30 secs, then using a spatula or wooden spoon, start folding the cooked edges from the bottom, forcing the uncooked egg onto the pan. Continue to do this till the egg is softly set, then remove from heat.
3. Layer smoked salmon onto the CORN THINS® slices, then add half the scrambled egg onto each CORN THINS® slice. Add pepper & salt as desired.

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