

Published in 2014 by

Bright New Media PO Box 144 Belrose NSW 2085 ABN 18972023936

www.vegiesmugglers.com.au

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Text and photography @ Wendy Blume

Printed and bound in China by Midae Printing (Aeia) Ltd

National Library of Australia Cataloguing—in—Publication entry

Vegie smugglers' kitchen collection: essential family recipes for happiness and health/ Wendy Blume.

ISBN: 9780980770032 (paperback) Includes index.

1. Cooking

2. Cooking (Vegetables)

641.5



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ich

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four weeks' worth of dinner inspiration.

E665

High in protein and packed full of vitamine and minerale, egge should be a part of any healthy diet. While great fried on toast, eggs can be whipped up in fancier ways, too.

PERFECTLY BOILED EGGS

Place the room temperature eggs in a small saucepan. Cover with cold water (to 1cm over eggs) and place over high heat. Bring to a strong simmer.

After 3 minutes – they will have firm whites and runny yolks.

After 4 minutes – yolks and whites will be firm, but the yolk will at it be creamy.

After mutes – they will be hard-boiled, of for sandwiches and salads.

* Add 30 seconds for very from eggs



EGG SALAD

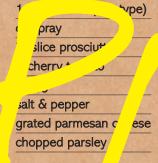
4 hard-boiled eggs
2 tbsp low-fat mayonnaise
squeeze of lemon jnice (1 like ½ lemon)
125g can corn kernels, rinsed, drained
1 tsp chopped dill
salt \$ pepper
icebera lettuce

Remove egg shells (it can be helpful to do this under running water) and place in a medium bowl.

Use a fork to roughly mash the egg and mayonnaise together. Add the lemon juice to taste. Mix through the corn and dill and season with plenty of salt and pepper.

Serve with lettuce.





Cut a big round om the slice of bread, into a greased hole in a

12-hole standard muffin tin. Spray with oil and grill until lightly golden. Pop in the prosciutto and tomato then crack in an egg (if you a small muffin how you won't fit all a egg white). Let 1800 for 10 unutes or get to your liking. Sprinkle wis salt,

Sprinkle wisalt, pepper, page esan and parsley.

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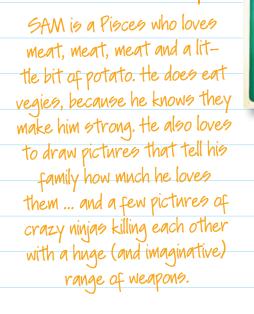


STORAGE & SAFETY Buy eggs fresh (farmers' markets are great) then store in the fridge. They're best used within 2-3 weeks. Eggs potentially contain listeria, so under twos and pregnant women shouldn't eat them raw or partially cooked.





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FRIENDS & FAMILY CELEB

TREEZER TRIENDLY

BERRY & OAT MUTTINS

butter or oil spray (optional) for greasing

11/2 cups self-raising flour

1 cup rolled oats

½ cup firmly packed brown sugar

75g butter, melted

1 egg

ng with D

1 cup milk (or buttermilk if you have some)

11/4 cups frozen mixed berries

Preheat oven to 180C. Grease a 12-hole standard muffin tin or line with paper cases.

Sift the flour into a mixing bowl. Stir through the oats and sugar. Mix in the butter.

Whisk the egg and combine with the milk, then pour into the dry ingredients. Stir through the berries.

Divide the mixture evenly between your muffin holes and bake for 30-35 minutes or until they spring back when touched and a skewer comes out clean.

MAKES 12

Alacaca

MUTTINS freeze well for up to 2 months.

VARIATIONS \$ NOTES...

RATE IT...

You can prep this recipe with just one 1/2 cup measure!

1/2 CUP LUNCH BOX SLICE

Total no-fuss baking.

. cup self-raising flour

1 c olled oats

ground cinnamon

cup mashed fruit (214) tub of apple

puree is a good cheat

t cup firmly packed by in sugar

11/2 cups chopped ...

(apple, <u>sulta</u>nas st car are good,

36 med comunit

_eggs, lightly whered 50g butter, melt

Lemon icing

1 cup icing ongar 1–2 thop lemon inice

Preheat oven to 180C. Line an $18 \times 28 \text{cm}$ slice tin with baking paper.

Mix all the ingredients together, press into the tin evenly and bake for 25 minutes or until golden. Leave in the tin to cool then ice.

For the icing: sift the icing sugar to remove lumps, add the juice gradually until you have a nice consistency and spread over the slice. Leave to set in the tin before cutting.

MAKES 20 PIECES

9

APPLIANCE FUN

The following recipes all have instructions for either your slow cooker, pressure cooker or oven. Choose the method that best suits your day's schedule.

SLOW COOKER CHICKEN SATAY

This is based on a recipe from Sally Wise's 'Slow Cooker' cookbook.

oil spray

2 carrots, cut into thick batons

1 small red capsicum, cut into thick slices

4 mushrooms, thickly sliced sticks celery, thickly sliced

r ornan ornori, iiriciy

700g chicken thigh fillets immed cut into slices

handful of or

med rice, coriander and me wedges, to serve

270 ml can coconut r

2 garlic cloves, crushed

3 tbsp peanut butter (smooth if you have it)

4 tbsp soy sauce

2 tbsp sweet chilli sauce

2 tsp brown sugar

2 tbsp cornflour (optional)

Spray the bowl of your slow cooker with oil (not essential, but helpful when cleaning afterwards). Place the vegies in layers in your slow cooker. Pop the chicken on top.

Combine all the sauce ingredients, pour over, cover and leave on high for 3 hours.

If you'd like to thicken the sauce, place he cornflour into a mug or small bowl. boon a couple of scoops of the oking liquid onto the flour and mix to runny (lump-fre paste. Stir back to the pot. Po snow peas on ve for 10 m cover_ are bright

ped / cori ler rice, wedge

JEK√ES 2 ADU 3 KIDS



lovely, wi brown egg

HEALTHIER FAST FOOD

If your kids love fast food, migrate them over to better eating habits with these dinner ideas.



BAKED CHICKEN NUGGETS

500g chicken breast fillets

juice of 1 lemon

2 tbsp soy sauce

½ tsp smoked paprika

1½ cups commake of representations of readers and bired sees and apply apply and apply apply and apply apply apply and apply a

mixture (I like to regular bought panko crumbumpkin – are als/ ca

spray o

our /ice

Slice the continto ever lite-singular pieces. Mix that the lemo lice, so sauce and paprika. Cover domarinate in the fridge for at least 1 hour, preferably overnight.

Preheat oven to 200C. Line a baking tray with baking paper.

Toss the nuggets in the breadcrumb mix. Spray with oil and bake for 25 minutes, turning once, or until cooked through.

SERVE WITH: tortillas and your choice of salad leaves, cucumber, grated cheese and carrot. Blend some ricotta into the dip from page 35 and you'll have an instant pumpkin sauce to drizzle over the top.

SERVES 2 ADULTS & 2 KIDS

Make your chips instantly more interesting with a crinkle cutter.



PARMESAN CHIPS

otato per person live oil salt \$ pepper grated parmesan co

Preheat the 200C. Line a baking tray with

with a knife of wiggly chopp

Place them on the tray, and toss generously with oil, salt and pepper.

Bake for 10 minutes, remove and sprinkle over the parmesan and bake for another 10-15 minutes or until golden and crunchy and delicious.



VARIATIONS & NOTES...
RATE IT...

st.

Algo

a side dish

without the

- LEN!



NUTTY QUINOA SALAD

1 cup quinoa (high-protein grain, available from supermarkets)

11/2 cups vegetable stock

5 spring onions, finely sliced

1 large carrot, grated

1/4 cup currants

1/4 cup flaked almonds (toast them if you have time - it gives them much more flavour)

⊿р ех ce of 1 chios, shelled, roughly chopped

virgin olive oil

1 tbsp pc

gourmet

arlic cloves (s (available f ogranate m∕

d shops)

Soak the old wa e furthe water in a siev ad to eithe cooker longer f saucepan. Pour over the s cover and for about 30 minutes or un (use the rice cooker just the same as if) cooking rice). Turn off the heat, keep covered and leave to steam for 10 minutes more.

Turn the quinoa out into a bowl, fluff with a fork and add the rest of the vegies and nuts.

Combine the oil, lemon juice, garlic and molasses well. Drizzle over and mix through.

SERVES 2 ADULTS & 3 KIDS AS A SIDE DISH

DAIRY-FREE CREAMY DRESSING

1259 silken tofu

3 thep fresh herbs (any combination of parsley, chives and basil)

1 thep apple cidar vinegar

2 thep store-bought mayonnaise

Use a mini-food processor to blitz the ingredients until smooth.

through a salad of iceberg lettuce, carrot, fennel and avocado.



CHICKEN & BROWN RICE SALAD

cooked brown rice 600g por ned chicken breast (see Je 7 or how to poach), sliced

ot, gro 4 spring on 2, finely sliced

handful of een beans, sliced 400g car orn kernels, drained

ested, unsalted c 34 CUP 1 , chopped rond

1/2 bu 1 parslev*

... vinegar 14 CN 14 cup extra virgin olive oil

1 top dijon mustard

1-2 thep maple syrup

Add all the salad ingredients to a large bowl. Whisk together the vinegar, oil, mustard and maple syrup. Drizzle over and stir through.

SERVES 2 ADULTS & 3 KIDS OR 8 ADULTS AS A SIDE DISH * Kids might like to have theirs served before you mix in the parsley.







VARIATIONS & NOTES ...

RATE IT...



GLUTEN-TREE BISCUITS

1½ gluten-free plain flour

1 up rnflour

ster sugar

ster sugar

siccated coco

1 tbsp olden syrup

1 tbsp ater

1½ ts icarbo e of s

3/4 cut noc .cs, roug ch .ed (a comb ti .f white a ... s delicit

Preheat oven to 170C. two baking pays with baking paper.

In a large mixing bowl, combine the flours, sugar and coconut.

Place a small saucepan over low-medium heat and melt the butter and golden syrup, stirring often. Combine the water and bicarb together well then pour it into the butter mix and stir so that the mixture starts to foam. Pour this mixture into the dry ingredients and stir to thoroughly combine.

Mix through the choc melts. Firmly squeeze together golf-ball-size quantities. Place on the trays, flatten slightly and bake for 8-10 minutes or until golden. (Allow room for spreading.)

MAKES ABOUT 32

Both these recipes keep for 4-5 days in an airtight container.



CO CONUT MACAROONS

2 gg whites cup brown sugar top vanilla extra 2 cups shredded coch

caric beaters r this recipe.

Preheat oven to 18 Line two details with baking paper.

Place the egg whites in a large clean bowl. Use hand-held electric beaters to beat until soft peaks form. Gradually add the sugar and continue beating until stiff peaks form (the mixture stays standing upright when you pull out the beaters).

Mix through the vanilla and fold in the coconut. Dollop spoonfuls of mixture onto the trays and bake for 15 minutes or until golden.

MAKES 20



I won't pretend these are anything other than sweet, festive treats. Tis the season and all that!



GINGERBREAD BISCUITS

This dough freezes well for up to a month, so it's a great recipe to prepare ahead!

25g butter, at room temperature

cup firmly pack brown sugar

yolk

∕₂ cups pl/ flo

tbsp gr id gi

carbonat f

Use electric bea on one the sugar until pale and creamy. Ad and egg yolk. Combine well the emove the beaters.

Sift over the flour, spices and bicarb. Use a spoon to combine roughly then turn out and knead on a floured surface until smooth (about 5 minutes). Wrap the dough in plastic wrap and rest in the fridge for 30 minutes.

Preheat oven to 170C. Line two baking trays with baking paper.

Roll the dough out to 5mm thick between two sheets of baking paper (I do half the dough at a time). Use a cutter to cut into whatever shapes you like. Bake for 8-10 minutes or until firm. Cool on racks.

Kids can have fun decorating these with icing pens, or just sift icing sugar over the top.

MAKES ABOUT 150 BITE-SIZED BISCUITS (store in airtight containers for about a week)

Let the kids decorate these as gifts for their classwates, or keep it simple with a classy dust of icing sugar.

Bill gir

VARIATIONS & NOTES...
RATE IT...



HITE CHRISTMAS

4 cy craisins (dried cranberries)
34 cyred glacé cherries, cut in half
42 p sultanas
1 p vanilla essence

1 p vanilla essence
up shredded coconut
cup Rice Bubbles
375g white chocolate 21ts

(let the paper hanger er the two long sides).

In a large mixing bowl, combine the Craisins, cherries and sultanas. Add the vanilla and mix.

Add the coconut and Rice Bubbles and stir until combined. Make a well in the centre of the mixture.

Melt the chocolate in either the microwave (in a bowl, cook on medium for several 30-second spurts, stirring each time) or stir in a bowl over a saucepan of simmering water (but don't let the bowl touch the water).

Once the chocolate is nice and runny, pour into the dry ingredients and mix until everything is combined. Tip the mixture into your tin and use the back of a spoon or a spatula to press firmly into the pan. Pop into the fridge for a couple of hours to set. Cut into squares.

MAKES ABOUT 20 PIECES (store in the fridge for up to 1 week)

Buy your copy of Vegie Smugglers' Kitchen Collection at

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