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# VEGIE SMUGGLERS' KITCHEN COLLECTION

ESSENTIAL FAMILY RECIPES  
FOR HAPPINESS & HEALTH

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WENDY BLUME

SAMPLE



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SAMPLE



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# EGGS

High in protein and packed full of vitamins and minerals, eggs 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 still be creamy.

After 6 minutes – they will be hard-boiled, perfect for sandwiches and salads.

\* Add 30 seconds for very fresh eggs



## EGG SALAD

4 hard-boiled eggs  
2 tbsp low-fat mayonnaise  
squeeze of lemon juice (I like ½ lemon)  
125g can corn kernels, rinsed, drained  
1 tsp chopped dill  
salt & pepper  
iceberg 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.



## EASY EGG TARTS

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 have a small muffin hole you won't fit all the egg white). Bake at 180C for 10 minutes or until set to your liking. Sprinkle with salt, pepper, parmesan and parsley.

MAKES 1



**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.



# LUNCH BOXES & SNACKS

With kids spending so much time out and about, it's great to have an arsenal of nutritious snack recipes at your fingertips. Some are staples, some are treats and all are delicious!

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SAM is a Pisces who loves meat, meat, meat and a little bit of potato. He does eat vegies, because he knows they make him strong. He also loves to draw pictures that tell his family how much he loves them ... and a few pictures of crazy ninjas killing each other with a huge (and imaginative) range of weapons.







ng with D



# BERRY & OAT MUFFINS

- butter or oil spray (optional)  
for greasing
- 1½ cups self-raising flour
- 1 cup rolled oats
- ½ cup firmly packed brown sugar
- 75g butter, melted
- 1 egg
- 1 cup milk (or buttermilk if you have some)
- 1¼ 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

MUFFINS freeze well for up to 2 months.

FREEZER FRIENDLY



## VARIATIONS & NOTES...

RATE IT... ☆☆☆☆☆



## 1/2 CUP LUNCH BOX SLICE

You can prep this recipe with just one ½ cup measure!  
Total no-fuss baking.

- 1 cup self-raising flour
- 1 cup rolled oats
- 1 tsp ground cinnamon
- 1 cup mashed fruit (a tub of apple puree is a good cheap option)
- ½ cup firmly packed brown sugar
- 1½ cups chopped fruit (apple, sultanas & pear are good)
- ½ cup melted coconut oil
- 2 eggs, lightly whisked
- 50g butter, melted
- Lemon icing
- 1 cup icing sugar
- 1-2 tbsp lemon juice

Preheat oven to 180C. Line an 18 x 28cm 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



# 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 button mushrooms, thickly sliced

2 sticks celery, thickly sliced

1 small onion, finely sliced

700g chicken thigh fillets, trimmed and cut into slices

handful of snow peas

cooked rice, coriander and lime wedges, to serve

270 ml can coconut milk

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 the cornflour into a mug or small bowl. Spoon a couple of scoops of the cooking liquid onto the flour and mix to a runny (lump-free) paste. Stir back into the pot. Pop the snow peas on top, re-cover and leave for 10 minutes so until the peas are bright green.

Serve over rice, topped with coriander and lime wedges.

SERVES 2 ADULTS & 3 KIDS

### COOK THIS IN THE OVEN:

Follow the recipe as directed but use an ovenproof casserole dish with a lid. Bake, covered, in a preheated oven (180C) for 1 hour.

### COOK THIS IN THE PRESSURE COOKER:

Follow the recipe as directed, bring to pressure and cook for 12 minutes.



ARIATIONS & NOTES...

RATE IT ★★★★★



# HEALTHIER FAST FOOD

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



VARIATIONS & NOTES...

RATE IT... ★★★★★

## BAKED CHICKEN NUGGETS

500g chicken breast fillets  
juice of 1 lemon  
2 tbsp soy sauce  
½ tsp smoked paprika  
1½ cups crumb mixture (I like to make of regular bought breadcrumb, panko crumbs and blended pumpkin seeds - sesame seeds are also a good addition)  
spray of cooking oil

Slice the chicken into even bite-sized pieces. Mix with the lemon juice, soy sauce and paprika. Cover and marinate 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



## PARMESAN CHIPS

1 potato per person  
olive oil  
salt & pepper  
grated parmesan cheese

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

Wash the potatoes and chop them with a knife or a fabulously-fun wiggly chopper.

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.



Make your chips instantly more interesting with a crinkle cutter.





This tangy salad tastes great with fatty meats such as lamb or sausages.

**GOING GOURMET**  
Add extra flavour to salad dressings by using roasted garlic. Simply wrap cloves in foil and bake at 180C for 20 minutes or until soft.

VARIATIONS & NOTES...

RATE IT... ☆☆☆☆☆

## NUTTY QUINOA SALAD

- 1 cup quinoa (high-protein grain, available from supermarkets)
- 1½ cups vegetable stock
- 5 spring onions, finely sliced
- 1 large carrot, grated
- ¼ cup currants
- ¼ cup flaked almonds (toast them if you have time – it gives them much more flavour)
- ½ cup pineapples, shelled, roughly chopped
- 1 cup extra virgin olive oil
- Juice of ½ lemon
- 1 roasted garlic cloves (see note)
- 1 tbsp pomegranate molasses (available from gourmet food shops)

Soak the quinoa in cold water for 10 minutes, drain in a sieve and rinse further until the water runs no longer. Add to either a rice cooker or a saucepan. Pour over the stock, cover and simmer for about 30 minutes or until the water is gone (use the rice cooker just the same as if you were 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

- 125g silken tofu
- 3 tbsp fresh herbs (any combination of parsley, chives and basil)
- 1 tbsp apple cider vinegar
- 2 tbsp store-bought mayonnaise

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

This dressing tastes fantastic mixed through a salad of iceberg lettuce, carrot, fennel and avocado.



## CHICKEN & BROWN RICE SALAD

- 2 cups cooked brown rice
- 600g poached chicken breast (see page 2 for how to poach), sliced
- 1 large carrot, grated
- 4 spring onions, finely sliced
- handful of green beans, sliced
- 400g can corn kernels, drained
- ¾ cup roasted, unsalted almonds, roughly chopped
- ½ bunch parsley, finely chopped
- ¼ cup apple cider vinegar
- ¼ cup extra virgin olive oil
- 1 tsp dijon mustard
- 1-2 tbsp 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.



Also  
a side dish  
without the  
chicken!





VARIATIONS & NOTES...

RATE IT... ☆☆☆☆☆

GLUTEN FREE EGG FREE

## GLUTEN-FREE BISCUITS

1 1/2 cups gluten-free plain flour  
1 cup cornflour  
1/4 cup caster sugar  
3/4 cup desiccated coconut

1 tbsp golden syrup  
1 tbsp water  
1 1/2 tsp bicarbonate of soda  
3/4 cup chocolate melts, roughly chopped (a combination of white and dark is delicious)

Preheat oven to 170C. Line two baking trays 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.



DAIRY FREE GLUTEN FREE

## COCONUT MACAROONS

2 egg whites  
1 cup brown sugar  
1 tsp vanilla extract  
2 cups shredded coconut

Use hand-held electric beaters for this recipe.

Preheat oven to 180C. Line two baking trays 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



Bill giv

A collage of images related to baking, including a close-up of a cookie, a plate of cookies, and a close-up of a cookie being rolled in flour. A large, stylized yellow 'SAMPLE' watermark is overlaid across the center.

25g butter, at room temperature  
1 cup firmly packed brown sugar  
1 cup treacle  
1 egg yolk  
1/2 cups plain flour  
1tbsp ground ginger  
1tsp mixed spice  
1tsp bicarbonate of soda

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.

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.

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

RATE IT... ☆☆☆☆☆



30cm x 28cm slice tin with baking paper (let the paper hang over the two long sides).

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

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.

# CELEBRATIONS



Buy your copy of Vegie Smugglers' Kitchen Collection at

[www.vegiesmugglers.com.au](http://www.vegiesmugglers.com.au)