

Tick  
Recipe  
Guide

# Global Flavours

Tasty, nutritious and affordable  
Heart Foundation  
approved recipes







## Experiment this winter

We all know how hard it can be to eat well and maintain a healthy lifestyle, particularly as the winter weather creeps in. To help boost your creativity in the kitchen, we've combined a range of sensational recipes inspired by flavours from around the world.

Savour the tastes of India with our delicious Spicy Red Lentil Soup (page 8) or spice up your night with a Spanish-style Vegetarian Paella (page 10). Experiment with a twist on the traditional by trying our Mexican Meat Loaf (page 22) or mouth-watering Grilled Eggplant Pizzas (page 2). Whatever you decide to cook, Global Flavours will excite your senses with a variety of comforting, nutritious and affordable recipes to nourish everyone around the table this winter.


# Symbols in this guide

## TICK PRODUCTS


All Tick ingredients used in this guide are highlighted with an asterisk (\*). Remember, all fresh fruit and vegetables automatically qualify for the Tick.

## COST PER SERVE

To help plan your food budget, we have included a '\$' symbol to indicate whether the cost per serve of a recipe is low, medium or high. These values are based on the results of the Food Cost Survey conducted by the University of Otago (2014).

 Cost per serve is <\$3.00

 Cost per serve is between \$3.00 and \$4.90

 Cost per serve is >\$4.90

Cost per serve at time of publication

## DIETARY REQUIREMENTS

We have now made it easier to identify recipes that are free of gluten and dairy, but always check the labels of the specific ingredients you're using. We have also included a range of meat-free recipes so keep an eye out for the vegetarian symbol throughout this guide.

 Vegetarian     Gluten-free     Dairy-free

## STANDARD METRIC CUP AND SPOON MEASURES

| Basic cup set comprises: |                  | Basic spoon set comprises: |                  |
|--------------------------|------------------|----------------------------|------------------|
| Cups                     | Millilitres (mL) | Spoons                     | Millilitres (mL) |
| ¼ cup                    | 60mL             | ½ teaspoon (tsp)           | 2.5mL            |
| ⅓ cup                    | 80mL             | 1 teaspoon (tsp)           | 5mL              |
| ½ cup                    | 125mL            | ½ tablespoon (Tbsp)        | 7.5mL            |
| 1 cup                    | 250mL            | 1 tablespoon (Tbsp)        | 15mL             |

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# Grilled Eggplant Pizzas

Prep time: 5 minutes

Cooking time: 35 minutes + resting time



Serves: 5



## INGREDIENTS

5 eggplants  
 1 small can tomato puree\*  
 1 handful of fresh basil,  
 chopped  
 1 fresh chilli, finely chopped  
 (optional)  
 3 fresh thyme sprigs, stems  
 discarded and leaves  
 chopped  
 100g mozzarella  
 cheese, grated  
 Olive oil spray\*  
 Salt and freshly ground  
 black pepper  
 1 bag of mixed salad greens

## METHOD

1. Heat oven to 200°C on grill.
2. Slice eggplant in half lengthwise, sprinkle with salt and let sit for about 30 minutes (or until moisture draws out). Wipe with a paper towel to remove both the moisture and salt.
3. Mix tomato puree with basil, chilli and thyme leaves.
4. Spray both sides of the eggplants with olive oil. Put cut-side down in a baking dish and grill for about 15 minutes or until soft on the grilled side, turn over and repeat until softened and cut side is golden.
5. Take out of the oven and spread with pizza sauce mixture, top with cheese and cracked pepper, return to grill for about 5 minutes or until cheese is just golden.
6. Serve with a crisp green salad.

## NUTRIENTS PER SERVE

Energy

729kJ (174cal)

Saturated fat

2.6g

Carbohydrate

16.9g

Fibre


11.9g

Sodium

197mg

Recipe thanks to



A close-up photograph of several baked eggplant halves on a white surface. The eggplants are cut lengthwise and filled with a thick, red tomato sauce, topped with melted white cheese. The cheese is bubbly and golden-brown in some spots. The eggplant flesh is a pale yellowish-tan color. There are some small pieces of eggplant and sauce scattered on the white surface around the main pieces.

Tip: Experiment with different toppings such as spinach, cherry tomatoes and mushrooms.



Tip: This dip makes a great alternative to hummus and can be served as part of a platter alongside vegetable sticks, olives and crusty bread.



# Skordalia (Potato and Garlic Dip)

Prep time: 30 minutes  
Cooking time: 90 minutes + chilling time



Serves: 4



## INGREDIENTS

6 baking potatoes  
2 Tbsp vegetable oil\*  
2 cloves garlic, crushed  
1/3 cup olive oil\*  
2 Tbsp white wine vinegar  
1/2 tsp lemon juice  
1 egg yolk  
extra olive oil and cracked  
black pepper

## METHOD

1. Preheat oven to 220°C. Prick potatoes with a fork and place in preheated oven. Bake for about 45 minutes until soft.
2. Remove potatoes from the oven, cut into quarters and scoop potato flesh into a separate bowl for the skordalia.
3. Place potato skins in a baking dish, drizzle with the vegetable oil and return to the oven to roast for a further 30-40 minutes until crisp.
4. To make the skordalia, mix olive oil, vinegar, lemon juice and egg yolk in a jug. Gradually add the oil mixture to the scooped potato flesh and beat well until combined.
5. Cover with cling film and refrigerate overnight. When ready to serve, drizzle the skordalia with olive oil, and season with black pepper. Serve accompanied with the potato skins and fresh olives.

## NUTRIENTS PER SERVE

### Energy

1505kJ (340cal)

### Saturated fat

3.8g

### Carbohydrate

27.4g

### Fibre

3.2g

### Sodium

7mg

Recipe thanks to



# Chicken and Corn Soup

Prep time: 5 minutes    Cooking time: 15 minutes



Serves: 6



## INGREDIENTS

2 x 400g can  
cream-style corn\*  
2 cups mixed frozen  
vegetables\*  
2 cups water  
400mL salt-reduced  
chicken stock  
200g Tegel Lean & Lite  
Chicken Mince\*  
2 Tbsp maize cornflour  
2 Tbsp cold water, extra  
2 eggs, beaten  
1 spring onion, sliced  
for garnish

## METHOD

1. In a saucepan, combine the cream-style corn, mixed vegetables, water, and chicken stock. Bring to a boil over a medium-high heat.
2. Break up the chicken mince and stir into the soup. Bring back to the boil.
3. In a small bowl, mix together the cornflour and second measure of cold water. Stir into the boiling soup, and continue cooking until thickened.
4. Gradually add the beaten eggs while stirring the soup. Remove from the heat and serve garnished with the spring onion.

## NUTRIENTS PER SERVE

### Energy

848kJ (203cal)

### Saturated fat

0.9g

### Carbohydrate

28.5g

### Fibre


7.2g

### Sodium


461mg

Recipe thanks to



The image shows three bowls of a light-colored soup, likely a traditional Chinese egg drop soup, served in decorative blue and white ceramic bowls. The soup is garnished with sliced green onions, diced tomatoes, and green peas. A white ceramic spoon is placed on a teal napkin next to the bowls. The background is a wooden surface.

Tip: This soup is quick to prepare and perfect on a cold day. Traditionally, this soup was stirred using chopsticks instead of a spoon.



Tip: Freeze a portion of this soup to reheat for a quick lunch or dinner at a later date.

**NUTRIENTS  
PER SERVE**

**Energy**

2359kJ (564cal)

**Saturated fat**

4.9g

**Carbohydrate**

78g

**Fibre**

14.2g

**Sodium**

442mg

# Spicy Red Lentil Soup

Prep time: 20 min Cooking time: 30 min



Serves: 4



## INGREDIENTS

- 4 cloves garlic
- 2 Tbsp salt-reduced tomato paste
- 4 tsp desiccated coconut
- 4 Tbsp curry powder
- 2 tsp cumin seeds
- 2 tsp mustard seeds
- 2 tsp coriander seeds
- 2 Tbsp canola oil\*
- 2 brown onions, chopped
  - 1L salt-reduced vegetable stock
  - 1L boiling water
- 2 x 400g cans diced tomatoes\*
- ½ cup McKenzie's Pearl Barley\*, rinsed
- 1½ cups McKenzie's Red Lentils\*, rinsed
- 120mL reduced-fat coconut cream
- 1 cup fresh coriander leaves, chopped
- Fresh basil for garnish (optional)

## METHOD

1. In a food processor, mince garlic, tomato paste, coconut, curry powder, and seeds to make a paste.
2. Heat oil in a large saucepan over a medium-high heat. Add onion and cook stirring for 3-4 minutes until softened. Add paste and cook for another minute.
3. Stir in stock, water, tomatoes and barley. Cover and bring to the boil. Reduce heat to low and simmer for 20 minutes.
4. Add red lentils and simmer covered for 25 minutes or until barley is tender. Add more water if the soup appears to be too thick.
5. Stir in coconut cream and then divide between bowls. Top with chopped coriander and fresh basil if desired.

Recipe thanks to



# Vegetarian Paella

Prep time: 15 minutes Cooking time: 30 minutes



Serves: 4



## INGREDIENTS

2 Tbsp olive oil\*  
 1 red onion, diced  
 ¾ cup Arborio or risotto rice  
 1 tsp ground turmeric  
 1 tsp ground cumin  
 ½ tsp smoked paprika  
 ¼ tsp cayenne pepper (optional)  
 ¼ tsp chilli powder  
 Finely grated zest of 1 lemon  
 3 garlic cloves, crushed  
 1 green chilli, deseeded and sliced  
 1 green capsicum, deseeded  
 and diced

1 red capsicum, deseeded  
 and diced  
 1 x 425g can whole baby corn,  
 halved lengthways  
 1 tomato, deseeded and diced  
 450mL salt-reduced  
 vegetable stock  
 ½ cup Mother Earth  
 Cashew Nuts\*  
 ½ cup frozen peas\*  
 2 Tbsp fresh parsley, chopped  
 Freshly ground pepper  
 Lemon wedge for serving

## METHOD

1. Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook stirring constantly for 2-3 minutes until softened.
2. Stir in the rice, spices, lemon zest, garlic, chilli, capsicum, corn, and tomato. Cook for a further 2 minutes, stirring occasionally.
3. Pour in the stock and bring to the boil. Reduce the heat and cook gently, stirring occasionally for a further 20 minutes.
4. Add the cashews and peas and continue to cook for a further 5 minutes, stirring occasionally to prevent the mixture sticking. Season with pepper to taste.
5. Serve the paella warm, sprinkled with the chopped parsley and adorned with a lemon wedge on the side.

Recipe thanks to Amy Judd, Tick Team





Tip: Sprinkle the paella with an extra pinch of cayenne pepper when serving if you want to add an extra kick.

**NUTRIENTS  
PER SERVE**

**Energy**  
1630kJ (390cal)

**Saturated fat**  
3.2g

**Carbohydrate**  
45.2g

**Fibre**  
9g

**Sodium**  
457mg



Tip: All Regal Fresh Cuts have a 10-day shelf life and come ready to cook. Salmon is naturally high in omega 3 fats and a good source of protein.



**NUTRIENTS  
PER SERVE**

| Energy          | Saturated fat | Carbohydrate | Fibre | Sodium |
|-----------------|---------------|--------------|-------|--------|
| 2461kJ (588cal) | 6.1g          | 35.6g        | 4.1g  | 518mg  |



# Regal Teriyaki Salmon and Pineapple Skewers

**Prep time: 5 minutes + marinating time**  
**Cooking time: 10 minutes**



**Serves: 4**



## INGREDIENTS

40mL salt-reduced soy sauce  
 2 Tbsp rice vinegar  
 2 Tbsp brown sugar  
 2 tsp fresh ginger, finely minced  
 2 cloves garlic, minced  
 2 x 275g packs Regal King  
 Salmon Fresh Cuts Stir-fry\*,  
 ½ ripe pineapple, skin and core  
 removed, cut into 3cm chunks

8-10 bamboo skewers, soaked in  
 water for at least 15 minutes  
 4 spring onions (green part only)  
 cut into 3-4cm lengths  
 Canola oil\*  
 1 red chilli, finely chopped (optional)  
 1 lime, cut into wedges  
 2 cups jasmine rice\*, cooked  
 Green salad, to serve

## METHOD

1. Mix soy sauce, vinegar, brown sugar, garlic and ginger together in a dish or mixing bowl. Remove salmon from packs, add to the marinade and toss to coat. Leave to marinate for at least 15 minutes (but up to 2 hours is fine).
2. Thread pieces of marinated salmon, pineapple and spring onion (2 pieces of spring onion at a time) onto each skewer. Set aside until ready to cook.
3. Pour the leftover marinade into a small pot and boil for a few minutes until it has thickened. Remove from heat.
4. Heat a drizzle of oil in a large fry pan on a high heat. Sear salmon skewers for 1 minute on each side (approx 4 minutes in total) until caramelised and salmon is just cooked through. It helps if you use a fish slice to gently, but firmly, press down on the skewers so that they make full contact with the surface of the fry pan.
5. To serve, drizzle skewers with the thickened marinade, sprinkle over chopped chilli and squeeze over a lime wedge. Serve with the hot rice and a green salad.

Recipe thanks to Nadia Lim,



Pure taste. Pure inspiration.



# Linguine with Chicken, Artichokes and Cherry Tomatoes

Prep time: 10 minutes    Cooking time: 30 minutes



Serves: 4



## INGREDIENTS

400g linguine or spaghetti  
 2 Tbsp olive oil\*  
 400g Tegel Lean & Lite chicken thighs\*, boneless and skinless, sliced thinly  
 1 red onion, thinly sliced  
 2 cloves garlic, thinly sliced  
 1 lemon, zest and juice  
 1 punnet cherry tomatoes, halved  
 1 x 400g jar artichoke hearts, drained and halved  
 ¼ cup Italian parsley, chopped  
 ¼ cup basil leaves  
 Freshly ground pepper, to taste  
 ¼ cup shaved parmesan

## METHOD

1. Cook the pasta following the packet directions.
2. While the pasta is cooking, heat the olive oil in a frying pan. Add the chicken and cook over medium heat until it is golden and cooked through. Remove from the pan and set aside.
3. Add the red onion and garlic to the pan and cook over medium heat until the onion and garlic are golden brown. Add the chicken back into the pan with the lemon juice and zest, cherry tomatoes and artichokes. Cook for a further 2 minutes. Stir in the drained pasta, Italian parsley, basil, and pepper to taste.
4. Top with the grated parmesan and serve immediately.

Recipe thanks to





Tip: Artichoke hearts can be found in most supermarkets alongside other antipasto ingredients such as pickled onions, sundried tomatoes and gherkins.

**NUTRIENTS  
PER SERVE**


**Energy**  
2790kJ (667cal)

**Saturated fat**  
4.4g

**Carbohydrate**  
74.5g

**Fibre**  
10.6g

**Sodium**  
402mg



Tip: Save time in the kitchen with this Moroccan recipe cooked all in one dish.

**NUTRIENTS  
PER SERVE**

**Energy**

1993kJ (476cal)

**Saturated fat**

2.3g

**Carbohydrate**

47.3g

**Fibre**

9.8g

**Sodium**

533mg

# 'One Dish' Moroccan Chicken and Couscous

Prep time: 15 minutes    Cooking time: 1 hour 10 minutes



Serves: 4



## INGREDIENTS

400g Tegel Lean & Lite chicken thighs\*, boneless and skinless  
 2cm piece fresh ginger, finely grated  
 2 cloves garlic, finely chopped  
 1 tsp ground coriander  
 1 tsp ground paprika  
 1 tsp cumin seeds  
 1 Tbsp canola oil\*  
 1 onion, chopped  
 2 cups salt-reduced chicken stock  
 10 dried apricots, quartered  
 400g can Wattie's Chickpeas in Springwater\*, drained  
 1 cup instant couscous  
 Fresh coriander leaves, to garnish  
 ¼ cup plain unsweetened yoghurt\*, to serve

## METHOD

1. Preheat oven to 180° C. Make a few cuts in the chicken flesh.
2. Mix together ginger, garlic, coriander, paprika, cumin seeds and oil to make a paste. Rub the paste over the surface of the chicken. Place chicken in a casserole dish. Add chopped onion. Pour over chicken stock. Add apricots and Wattie's Chickpeas and cover with a lid.
3. Place casserole in the hot oven and cook for 1 hour. Remove from the oven. Sprinkle the couscous over the chicken and stir into the sauce. Cover. Stand for 5-10 minutes to allow the couscous to absorb the sauce.
4. Serve garnished with fresh coriander leaves and a spoonful of unsweetened yoghurt, if desired.

Recipe thanks to



# Thai-style Chicken and Coconut Green Curry

Prep time: 10 minutes    Cooking time: 30 minutes



Serves: 4



## INGREDIENTS

1 Tbsp Pams Rice Bran Oil  
 500g Tegel Lean & Lite chicken thighs\*, boneless and skinless, diced  
 1 tsp Pams Crushed Garlic  
 2 tsp Pams Crushed Ginger  
 1 Tbsp lemongrass, finely sliced  
 1 Tbsp green curry paste  
 1 red onion, sliced  
 1 green capsicum, sliced  
 2 cups salt-reduced chicken stock  
 1 can CARNATION Light & Creamy Coconut Flavoured  
 50g Pams Fresh Express Baby Spinach  
 1 Tbsp unsalted peanuts\*, crushed  
 Handful fresh basil leaves  
 1 fresh red chilli, sliced  
 4 cups Pams Jasmine Rice\*, cooked  
 1 fresh lime, cut into wedges

## METHOD

1. In a large pan, wok or saucepan, heat the oil and sauté the chicken, garlic, ginger, lemongrass and curry paste for 5-8 minutes until fragrant and the chicken is just golden.
2. Add the red onion, green capsicum and stock and simmer gently for 15-20 minutes until chicken is cooked through.
3. Add evaporated milk and heat through. Lastly, add spinach leaves, peanuts, fresh basil and red chilli.
4. Serve with the cooked jasmine rice and lime wedges on the side.

Recipe thanks to



Tip: If fresh lemongrass isn't available, you can purchase chopped lemongrass in a jar from most supermarkets.



**NUTRIENTS  
PER SERVE**

**Energy**

1914kJ (458cal)

**Saturated fat**

4.2g

**Carbohydrate**

49.0g

**Fibre**

2.2g

**Sodium**

598mg

Tip: Use an ovenproof dish with a tight fitting lid so you don't lose liquid through evaporation. For best results, choose a dish that fits the ingredients comfortably, i.e. not too small or too large.



**NUTRIENTS  
PER SERVE**

**Energy**

1283kJ (307cal)

**Saturated fat**

2.0g

**Carbohydrate**

42.1g

**Fibre**

6.7g

**Sodium**

248mg



# Baked Lamb Shoulder Chops

Prep time: 20 minutes Cooking time: 1 hour 30 minutes



Serves: 4



## INGREDIENTS

4 Quality Mark lamb shoulder chops\*, trimmed  
2 tsp oil\*  
1 onion, finely chopped  
1 tsp ground ginger  
1 tsp turmeric  
½ cinnamon stick  
1 green chilli, deseeded and finely chopped  
2 carrots, peeled, halved and cut into 7cm lengths  
1½ cups butternut pumpkin, peeled and cubed  
400g can chopped tomatoes\* in juice  
1 cup salt-reduced beef stock  
2 Tbsp fresh coriander leaves, roughly chopped  
2 Tbsp fresh parsley leaves, roughly chopped  
1 Tbsp fresh coriander leaves, extra for garnish  
400g steamed couscous

## METHOD

1. Preheat the oven to 170°C.
2. Heat 1 tsp of the oil in a large frying pan and brown lamb shoulder chops on both sides. Transfer to a casserole dish.
3. Lower the heat, add the remaining oil to the frying pan and cook the onion for 5 minutes or until soft. Add the ginger, turmeric, cinnamon stick and chilli and stir for 1 minute until aromatic. Add the carrots and butternut pumpkin and stir well to coat with the spice mixture. Pour in the chopped tomatoes and stock and bring to the boil. Stir through chopped herbs and pour over the lamb shoulder chops. Cover and place in the hot oven for 1 ½ hours, until the lamb is meltingly tender.
4. To serve, stir through the extra chopped coriander leaves and serve hot with steamed couscous. Use the tasty broth to moisten the couscous.

Recipe thanks to



# Mexican Meat Loaf

Prep time: 30 minutes Cooking time: 1 hour



Serves:6



## INGREDIENTS

Canola cooking spray\*  
 2 medium brown onions,  
 finely chopped  
 ½ green capsicum, diced  
 750g Quality Mark lean  
 beef mince\*  
 ¼ tsp freshly ground  
 pepper  
 1 egg, lightly beaten  
 1 Tbsp Worcestershire  
 Sauce  
 ½ cup Harraways Oats\*  
 3 Tbsp Tomato Sauce\*

### Corn and Black Bean Salad

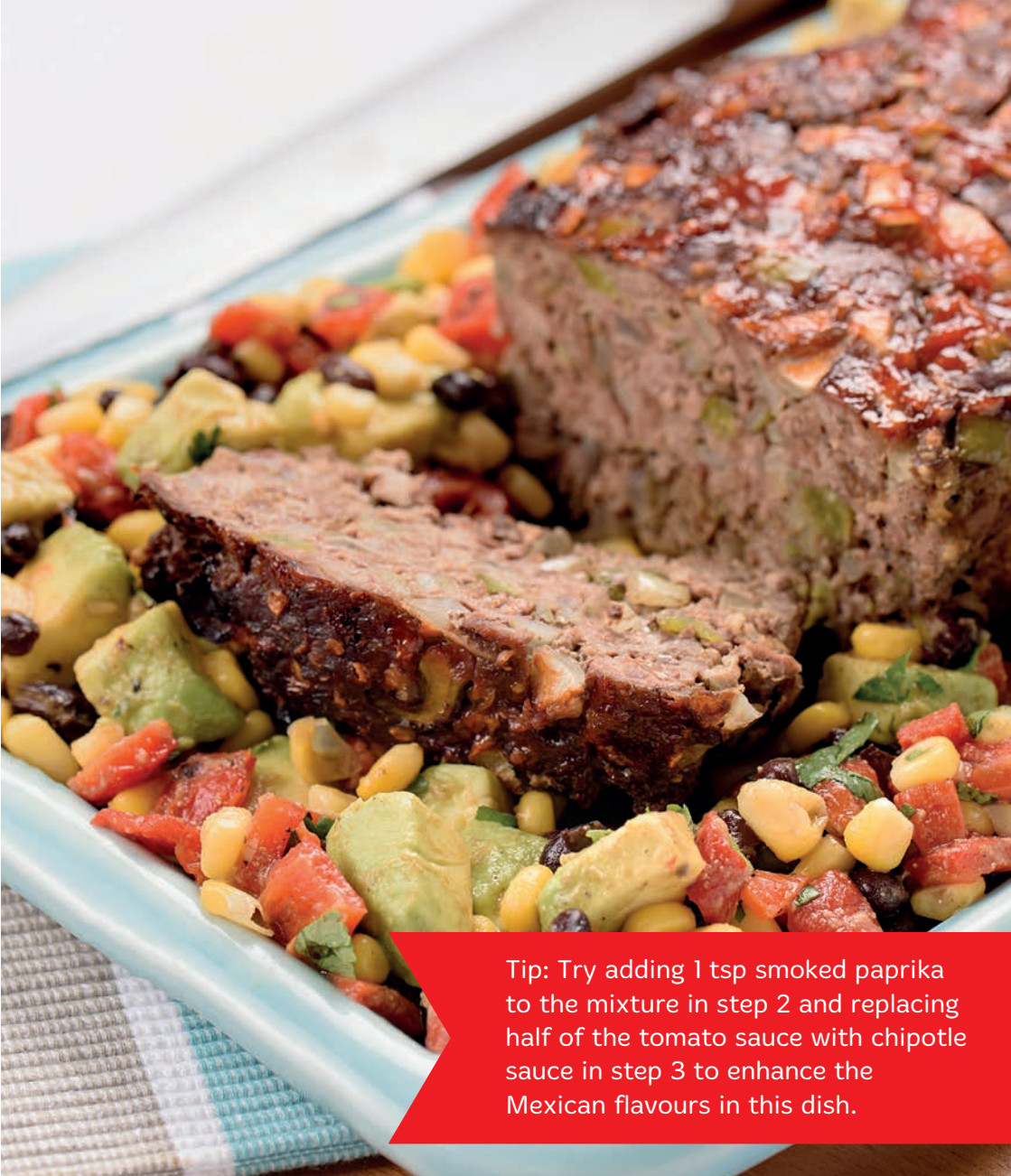
1 x 400g can corn  
 kernels\*, drained  
 2 x red chargrilled  
 capsicum, peeled and  
 chopped  
 1 avocado, chopped  
 ½ cup black beans,  
 drained and rinsed  
 ¼ cup fresh coriander,  
 chopped  
 1 Tbsp lime juice  
 1 tsp cumin  
 Freshly ground pepper,  
 to taste

## METHOD

1. Preheat oven to 180°C. Grease a loaf tin with cooking spray.
2. Mix remaining ingredients (except tomato sauce) together in a large bowl. Press into the greased loaf tin.
3. Spread tomato sauce over the top of the loaf. Bake in the oven for 1 hour.
4. To make the corn and black bean salad, toss together the corn, chopped capsicum, avocado and black beans in a large bowl. Add the coriander, lime juice and sprinkle with cumin and pepper. Toss to combine.
5. Serve a slice of the loaf with the corn and black bean salad on the side.

Recipe thanks to





Tip: Try adding 1 tsp smoked paprika to the mixture in step 2 and replacing half of the tomato sauce with chipotle sauce in step 3 to enhance the Mexican flavours in this dish.

**NUTRIENTS  
PER SERVE**

| Energy           | Saturated fat | Carbohydrate | Fibre | Sodium |
|------------------|---------------|--------------|-------|--------|
| 1773kJ (4524cal) | 5.0g          | 27.1g        | 7.5g  | 168mg  |



Tip: You can use scotch, rump, sirloin or schnitzel for the beef cuts in this recipe.

# Beef Stroganoff

**Prep time: 5 minutes**  
**Cooking time: 15 minutes**



**Serves: 3**



## INGREDIENTS

2 tsp sunflower oil\*  
 300g Quality Mark beef,  
 cut into strips  
 1 red capsicum, sliced  
 1½ cups reduced-fat milk\*  
 1 cup hot water  
 1 x 150g value pack  
 Continental Stroganoff  
 Pasta & Sauce\*  
 2 tsp low-fat sour cream  
 2 Tbsp parsley, chopped  
 150g tomatoes, roasted  
 150g green beans, steamed

## METHOD

1. Heat oil in a frying pan and brown beef strips and capsicum.
2. Add milk, water and Pasta & Sauce, bring to the boil and simmer for 10 minutes, stirring regularly until sauce thickens and pasta is cooked.
3. Stir through sour cream and sprinkle with parsley. Serve with oven roasted tomatoes and steamed green beans.

## NUTRIENTS PER SERVE

### Energy

1802kJ (431cal)

### Saturated fat

5.0g

### Carbohydrate

42g

### Fibre

3g

### Sodium

530mg

Recipe thanks to



# Beef Tenderloin with Pinot Noir and Plum Sauce

Prep time: 5 minutes + resting    Cooking time: 15 minutes



Serves: 3



## INGREDIENTS

1 pack of Silver Fern Farms Beef Tenderloin Eye Fillet\*  
 1 Tbsp olive oil\*  
 Freshly ground black pepper  
 60g plum paste  
 1/3 cup pinot noir wine  
 2 cups fresh seasonal greens, steamed (e.g. asparagus, snow peas)  
 3 medium potatoes, sliced thinly and baked

## METHOD

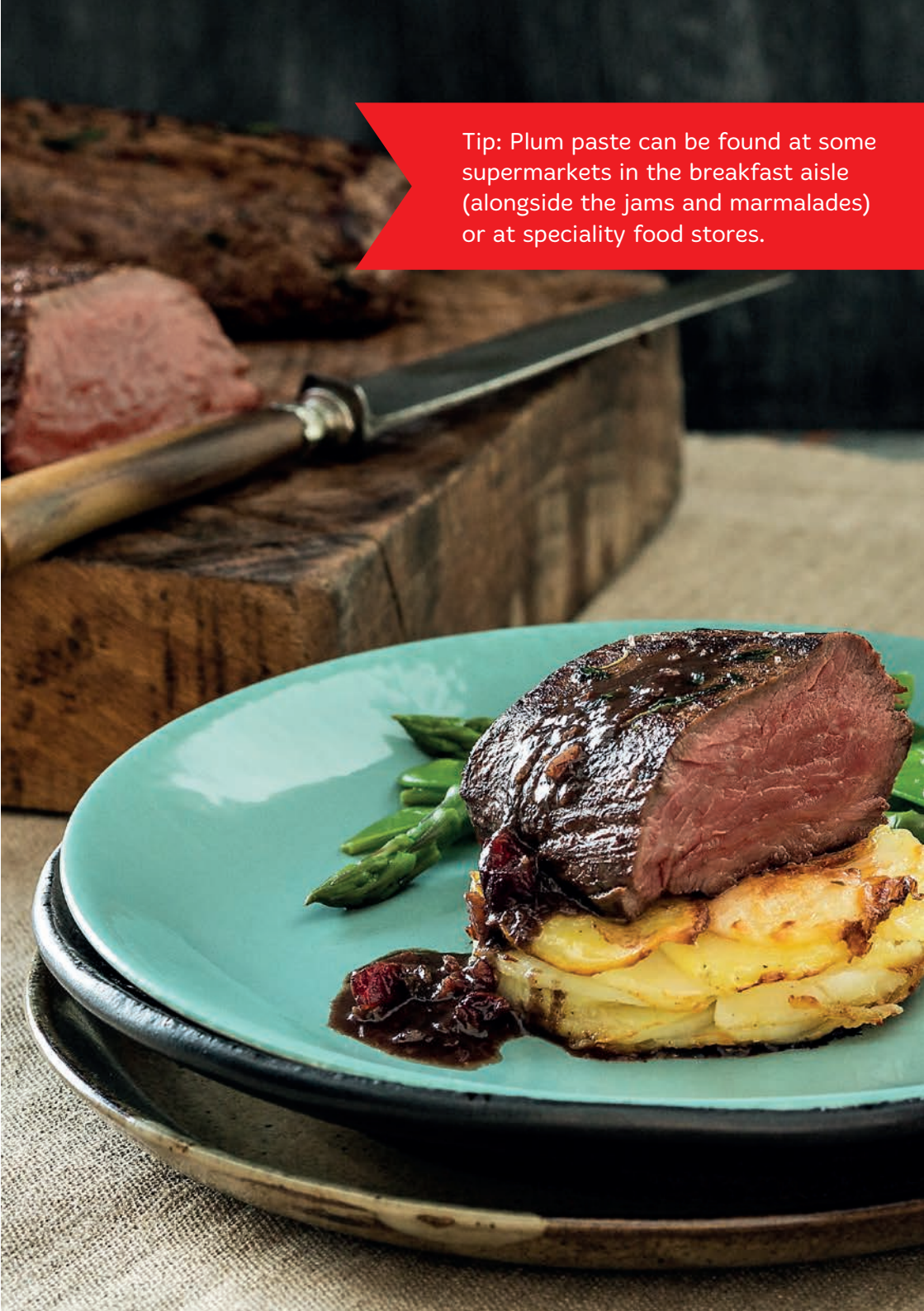
1. Pre-heat oven to 220°C. Remove Beef Tenderloin Eye Fillet from packet 10-15 minutes before cooking to bring to room temperature.
2. Rub oil over beef and season. Sear tenderloin over medium-high heat for 1-2 minutes each side. Transfer to oven and cook for 10 minutes for medium rare.
3. Transfer to plate, cover and rest. Cut fillet into 3 thick steaks.
4. While meat is resting, add the plum paste to the same pan and stir until melted and bubbling. Pour in the pinot noir and simmer until reduced by half. Season to taste with freshly ground black pepper.
5. Serve with your favorite steamed seasonal greens and baked potatoes.

## NUTRIENTS PER SERVE

| Energy          | Saturated fat | Carbohydrate | Fibre | Sodium |
|-----------------|---------------|--------------|-------|--------|
| 1658kJ (396cal) | 5.0g          | 29.8g        | 5.2g  | 62mg   |

Recipe thanks to





Tip: Plum paste can be found at some supermarkets in the breakfast aisle (alongside the jams and marmalades) or at speciality food stores.



Tip: If you prefer a thicker consistency, you can add more sago.





# Sua Fa'i (Samoan Banana Soup)

Prep time: 2 minutes Cooking time: 20 minutes



Serves: 4



## INGREDIENTS

3 ripe bananas  
2 Tbsp sago  
Water to cover  
½ cup CARNATION Lite  
and Creamy Coconut  
Flavoured Evaporated Milk\*  
1 lemon or lime,  
cut in wedges

## METHOD

1. Mash peeled bananas by hand leaving some lumpy bits. Place in a small saucepan and add enough cold water to cover the bananas.
2. Add the sago and stir over a medium heat to bring to the boil. Turn down the heat and simmer, stirring occasionally for 15 minutes or until the sago becomes transparent.
3. Remove from the heat and stir through the CARNATION Coconut Flavoured Evaporated Milk. Serve warm with a squeeze of lemon, or leave to cool to thicken further and eat cold.

## NUTRIENTS PER SERVE

### Energy

634kJ (152cal)

### Saturated fat

0.4g

### Carbohydrate

30.9g

### Fibre

3.1g

### Sodium

23mg

Recipe thanks to



# Muesli Cookies

Prep time: 10 minutes    Cooking time: 15 minutes



Serves: 10



## INGREDIENTS

125g salt-reduced margarine\*, diced  
 3 Tbsp golden syrup  
 ½ cup raw sugar  
 ⅔ cup self-raising flour  
 50g All-Bran® Original\*  
 1½ cups (165g) untoasted muesli\*  
 1 tsp vanilla essence



## METHOD

1. Preheat the oven to 175°C.
2. Place the margarine, golden syrup and sugar in a medium saucepan over a medium heat and stir until the margarine is just melted and ingredients are combined. Add the remaining ingredients and stir to combine.
3. Place tablespoons of the mixture onto two baking trays, flattening slightly. This should make 20 cookies.
4. Bake for 15 minutes or until golden. Allow to cool on trays.

### NUTRIENTS PER SERVE

Energy

504kJ (121cal)

Saturated fat

0.6g

Carbohydrate

21.5g

Fibre

0.2g

Sodium

130mg

NOTE: 1 SERVE = 2 COOKIES

Recipe thanks to



## A special thank you...

To our Tick Partners for their recipes – the team at The 5 + A Day Charitable Trust, Pip from Vegetables.co.nz, Bianca from McKenzie's, Sahra from New Zealand King Salmon, Anna from Tegel, the Food in a Minute team at Wattie's, Nadia from Foodstuffs, Fiona from Beef + Lamb New Zealand, Ros from Harraways, Louise from Unilever, Jo from Silver Fern Farms, and Penny from Kellogg's.

Also to the Heart Foundation Pacific Heartbeat team, fuelled4life team and Amy Judd from the Tick team for their simple, tasty and easy-to-prepare recipes.



## Want more fresh ideas?

For more fresh, tasty and affordable recipes that you and your whole family can enjoy, be sure to join our Tick Club  
[www.heartfoundation.org.nz/tickclub](http://www.heartfoundation.org.nz/tickclub)

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# Quicker, easier, healthier choices



Tick helps you identify a healthier choice within that food category.



Two Ticks helps you easily identify core foods for a healthy diet.

Find out more:

[heartfoundation.org.nz/twoticks](http://heartfoundation.org.nz/twoticks)

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