

FREE  
JAN/FEB 2024

# fresh ideas

## TUCK INTO HEALTHIER CHOICES

**Easy no-cook  
summer meals**

FROZEN  
FRUITY  
DESSERTS

**TURN UP  
THE HEAT**

Meat-free BBQ faves

p 6

Herb falafel bowl  
with beetroot  
tabneh & crispy  
chickpeas

BROUGHT TO YOU BY  
EST. 1989  
**Yumi's**  
FAMILY RECIPES



# LAMB. LOVED BY ALL.



SCAN FOR RECIPES



Share  
the  
Lamb

100% AUSTRALIAN





Magazine Manager  
**Nicky Harper**

Chief Sub-Editor  
**Jessica Pyers**

Senior Sub-Editor  
**Riley Wilson**

Food Director  
**Tamara Graffen**

Acting Food Director  
**Claire Brookman**

Food Editor  
**Amanda Lennon**

Food Editor  
**Gemma Luongo**

Creative Director  
**Shannon Keogh**

Art Director  
**Karen Jang**

Graphic Designer  
**Mario Rivero**

Production Manager  
**Seyma Uygunteur**

Prepress Manager  
**John Virm**

Content Planner  
**Lee Price**

Head of Branded  
Content  
**Keshnee Kemp**

Content Manager  
**Georgina Simon**

Production House  
**Hogarth Australia**

Advertising  
**Cartology.com.au**

**On the cover:**  
Herb falafel bowl  
with beetroot  
labneh & crispy  
chickpeas, p6.  
Photography: Tim  
Roberts. Styling:  
Sarah O'Brien.

# A NEW LEAF

Summer is here, and we're embracing those New Year's resolutions to cook more, eat healthier, save money and ace the back-to-school chaos.

Air-fryer recipes are stealing the spotlight, and our Making Healthier Easier meal planner, p26, is a treasure trove of the best air-fryer delights. Flip to p34 to discover the Healthier air-fryer crispy prawn & mango salad; it's deliciously crunchy and fresh, making it the ideal way to kick off your 2024!

If you're a lunch-box legend who wants to beat lunchtime envy, we've got you covered. Explore our Crunchy rice-paper wraps and Beef & corn-chip pockets, p62, and keep little tummies happy. Budget-friendly meals take the spotlight this issue, too, with our planner, p12, offering inspiring meals as well as tips and steps to make a delicious lunch the next day.

In the summer heat, the kitchen can quickly feel like an oven. Our no-cook feature, p69, will be your warm-weather saviour. Try the Peach, mozzarella & prosciutto crostini with balsamic glaze, p76. And make the most of peaches while staying cool and refreshed with our Raspberry & peach sorbet, p116.

This season, we raise a toast to everyone who appreciates a nutritious meal and those who revel in creating one. Dive in, savour the flavours, and enjoy!

♥ The Fresh Ideas team

Meet...



#### QUICK CHIX

Our Spicy chicken burgers, p14, put takeaway to shame!

Nicky Harper,  
Magazine Manager



#### WOW FACTOR

For a dinner that'll impress your friends and family, try the Healthier air-fryer Chinese five-spice fish, p30.

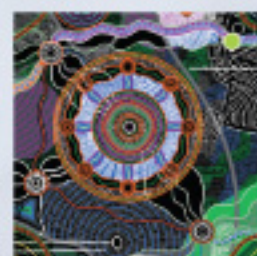
Jessica Pyers, Chief Sub-Editor



#### TOP FLAVOUR

Master the marinades, p87, and you'll be king or queen of the BBQ!

Seyma Uygunteur,  
Production Manager



#### Acknowledgement of Country

Woolworths Group acknowledges the many Traditional Owners of the lands on which we operate, and pay our respects to their Elders past and present. We recognise their strengths and enduring connection to lands, waters and skies as the Custodians of the oldest continuing cultures on the planet. Woolworths Group supports the invitation set out in the Uluru Statement from the Heart to walk together with Aboriginal and Torres Strait Islander peoples. We are committed to actively contributing to Australia's reconciliation journey through listening and learning, empowering more diverse voices, caring deeply for our communities and working together for a better tomorrow.

"A Brave Heart for a Better Tomorrow." Artwork by David Williams of Gilmbar.

**GET IN TOUCH!**  
[freshmagazine@woolworths.com.au](mailto:freshmagazine@woolworths.com.au)

[woolworths.com.au/fresh-ideas-magazine](https://www.woolworths.com.au/fresh-ideas-magazine)

Tell us about your favourite family dish or any recipe you've tried from the magazine on social media using **#myfreshidea!**





SINCE 1928  
**Sunbeam®**

*Proudly supporting*

**NATIVE  
WILDLIFE**  
& HABITAT PRESERVATION



GOLD PARTNER



Visit our website for more  
information about our  
Community support

**FIND OUR LUNCHBOX SNACK RANGE  
IN THE BAKING AISLE**

f @ sunbeam\_foods | #addalittlesunbeamsunshine

Available at Woolworths







### Look out for these icons

**Budget friendly** = recipes are under \$5 per serve<sup>A</sup>  
**Nutritionally approved** = our healthier recipes  
<sup>A</sup>See p119 for more information



# JAN/FEB

*Fresh start and fresh flavours*

## 06 GREEN MACHINE

This veggie-packed herb falafel bowl makes for a quick and filling meal.

## 12 DINNERS UNDER \$5<sup>A</sup>

Save money with these simple, delicious weeknight dishes.

## 26 MAKING HEALTHIER EASIER

End the day on a high note with a nutritious, hearty dinner.

## 42 SUMMER LOVIN'

This mixed berry and banana smoothie bowl will help keep you cool.

## 51 PICK OF THE SEASON

Celebrate fresh Australian peaches with juicy recipes.

## 61 CRUNCH FACTOR

Level up lunch boxes with crispy snacks loaded with flavour.

## 69 IN THE FAST LANE

Beat the heat with speedy, satisfying no-cook meals.

## 87 MARINADES FOR MANY

Jazz up the flavour of your proteins with homemade sauces.

## 92 GRILL OF THE CHASE

These meat-free barbecue recipes suit backyard feasts.

## 107 THRILLS AND FRUITY CHILLS

Hit refresh with flavourful, fruit-packed frozen desserts.

## 119 INDEX

Flip to the back and find your favourite recipes.

## 130 HACK IT

Give beverages a tasty boost with these easy, fruit-packed smoothie cubes.

**everyday rewards**

You're shopping anyway, so why not be rewarded? Collect points, enjoy special discounts on your favourites and score freebies with your Everyday Rewards card.

## NEXT MONTH...

Our March issue is in store February 14.





## SHOPPING TIP

Yumi's Herb Falafel can be found in the refrigerated section.

# GREEN MACHINE

This veggie-packed herb falafel bowl is as satisfying as it looks, making it perfect for a quick and filling lunch or dinner.

Vegetarian High protein High fibre

## Herb falafel bowl with beetroot labneh & crispy chickpeas

**PREP** 25 mins + 6 hrs chilling

**COOK** 20 mins **SERVES** 4

500g Greek-style natural yoghurt  
250g pkt whole beetroot, undrained  
2 garlic cloves, crushed  
420g can no-added-salt chickpeas, rinsed, drained  
extra virgin olive oil cooking spray  
1 tsp smoked paprika  
200g pkt Yumi's Herb Falafel  
2 wholemeal pita pockets  
1 bunch red radishes, scrubbed  
1 cup frozen edamame, blanched

250g pkt Qukes® baby cucumbers, cut in half lengthways  
60g pkt baby spinach leaves  
½ bunch mint, leaves picked

**1** Line a sieve with muslin cloth. Place yoghurt in prepared sieve. Cover and refrigerate for 6 hours or overnight until thick.  
**2** To make beetroot labneh, process beetroot until almost smooth. Add strained yoghurt and garlic and process until smooth. Cover and refrigerate until required.  
**3** Meanwhile, preheat oven to 200°C/180°C fan-forced. Grease and line 2 baking trays with baking paper. Place chickpeas on 1 tray. Spray with

oil and sprinkle with paprika. Add falafel to tray and spray with oil. Bake, turning occasionally, for 10 minutes or until lightly toasted. Cool. Place bread on remaining prepared tray. Spray with oil. Bake for 10 minutes or until golden-brown. Cool. Tear into pieces.  
**4** Thinly slice half of the radishes, leave remaining radishes whole. Spoon beetroot labneh onto plates. Top with sliced and whole radish, edamame, cucumber, spinach and falafel. Sprinkle with toasted chickpeas and mint. Serve with bread.

► **Nutrition** Per serve: 2200kJ (525 cal), 25g protein, 22g fat, 8g sat fat, 50g carb, 16g sugars, 17g dietary fibre, 505mg sodium

PHOTOGRAPHY: TIM ROBERTS STYLING: SARAH O'BRIEN FOOD PREPARATION: JIMMY CALLAWAY RECIPE: AMANDA LENNON WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS VEGETARIAN, ALWAYS CHECK LABELS AS INGREDIENTS MAY VARY FROM BRAND TO BRAND.





**SWAP TIP**

If you're short on time, swap the beetroot labne for a tub of Yumi's Roasted Beetroot Hommus Dip.



# STEP ON IT

Embrace the new year with lighter swaps and by putting fresh produce front and centre. Try these tips and tricks in your summer kitchen!

# 1

## NICE SLICE

Place slightly flattened pitted dates in rows on a piece of baking paper. Drizzle with caramel spread, then melted chocolate. Allow to set and enjoy as a lovely morning or afternoon treat.



Making healthier choices starts in the supermarket. Vegetables don't always have to be fresh; frozen options work just as well and are great if you're short on time.

- AMANDA LENNON, FOOD EDITOR



## SEASONAL SIPPING

Spritz up soda water with fresh and dried citrus slices, crushed berries and sprigs of fresh herbs (such as parsley, basil or mint!) for a refreshing quencher in the warmer weather.

# 3

## TRULY BELLISSIMO!

Swap creamy sauces for your own luscious tomato-based sauce. Add fresh basil and finely grated lemon zest to a 420g can Macro Organic no-added-salt diced tomatoes, then toss cooked pasta through the sauce.





4

**TASTY TOPPER**

Greek-style natural yoghurt makes for a scrumptious and light nachos-topper. You can use it in place of full-fat sour cream for a zingy alternative.



5

**MAXIMUM CRUNCH**

Add roasted unsalted nuts or spicy wasabi peas to salads and stir-fries.



7

**SMALL BITES**

Pair fruit with savoury items for a more balanced lunch box. Woolworths mini fruits are just the right size! Try combining a mini apple with a sushi roll, or mini pear with crusty chicken bánh mì.

**MOVING ON UP**

Packets of Woolworths shredded carrot, fine-cut coleslaw and kaleslaw are a speedy addition to stir-fries – and a great way to increase your veggie intake.





AUSTRALIAN  
**Tamar Valley**<sup>TM</sup>  
Dairy  
**Kids**



**All Natural  
Greek Style Yoghurt**

**Contains Yoghurt  
Cultures**

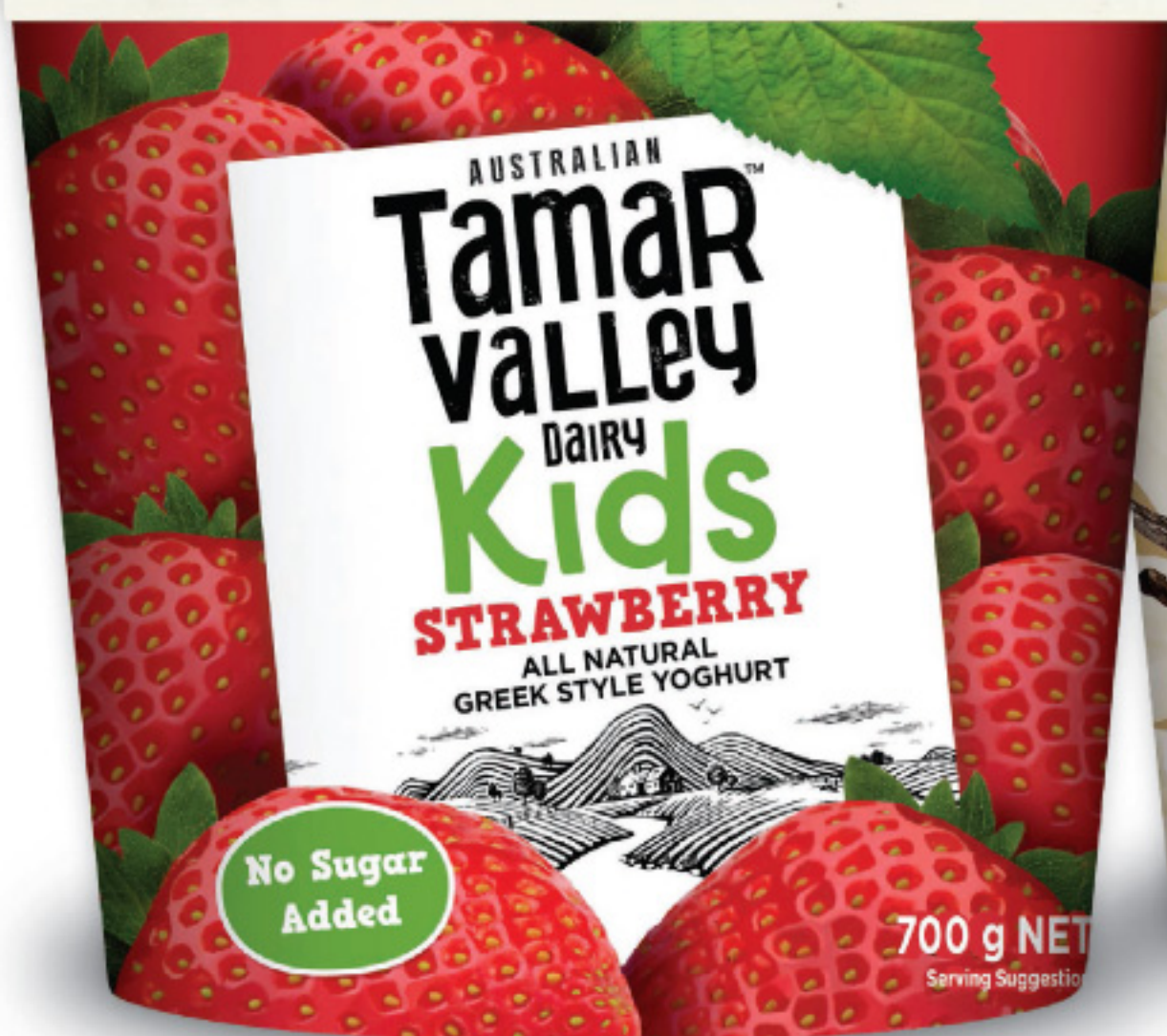


**Source of Calcium**

**No Sweeteners  
Nothing Artificial**

**NOW IN A  
TUB**

**No Sugar  
Added**





# GRAB A SLAB

With juicy Australian-grown truss tomatoes and full-flavoured bacon, this frittata is ready in one pan in under one hour. Boom.

Gluten-free High protein

## Bacon & truss tomato frittata traybake

**PREP** 10 mins + 5 mins standing

**COOK** 30 mins **SERVES** 6

12 free range eggs

$\frac{3}{4}$  cup milk

$\frac{1}{2}$  x 250g pkt shredded parmesan

$\frac{1}{4}$  punnet chives, finely chopped

2 truss tomatoes, sliced

100g marinated Kalamata olives, drained, sliced

6 rashers D'Orsogna Middle Bacon, coarsely chopped

$\frac{1}{4}$  bunch basil, leaves picked

- 1** Preheat oven to 200°C/180°C fan-forced. Grease and line a deep 20x28cm (base measurement) roasting pan with baking paper, allowing paper to overhang on long opposite sides to create handles.
- 2** Whisk egg, milk, parmesan and chives in a large bowl.
- 3** Pour egg mixture into prepared dish. Top with tomato, olives and bacon. Bake for 25-30 minutes or until frittata is just set at centre. Stand in pan for 5 minutes, then cut into pieces. Sprinkle with basil. Serve.

► **Nutrition** Per serve: 2045kJ (490 cal), 31g protein, 38g fat, 15g sat fat, 7g carb, 6g sugars, 1g dietary fibre, 1360mg sodium



### MATCHING PAIR

Super succulent D'Orsogna Middle Bacon Rashers add depth and flavour to dishes, including speedy summertime favourites. Pair with fresh Australian truss tomatoes to create a dream duo.







SPICY CHICKEN  
BURGERS  
(Page 14)



# DINNERS UNDER \$5 PER SERVE<sup>^</sup>

Make your weekly budget go the distance with affordable, easy-to-make meals loaded with texture and flavour.



SALMON &  
SOBA NOODLE  
SALAD  
(Page 16)



To add each recipe's ingredients to your cart, simply scan this code or visit [woolworths.com.au/meal-plan-budget-jan-feb24](https://www.woolworths.com.au/meal-plan-budget-jan-feb24)





PINEAPPLE  
CHICKEN  
PARMIGIANA  
(Page 20)



HEALTHIER  
PAN-FRIED  
TOMATO &  
ZUCCHINI PESTO  
FETTUCCINE  
(Page 18)



Tonight's  
dinner can  
just as easily  
be tomorrow's  
lunch; that  
means you're  
saving time  
and money!

— NICKY HARPER, FRESH IDEAS  
MAGAZINE MANAGER



TURKEY  
NACHOS WITH  
MANGO SALSA  
(Page 22)





## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

High protein High fibre

## Spicy chicken burgers

**PREP** 15 mins + 10 mins standing **COOK** 20 mins **SERVES** 8 (including 4 leftover portions)



**1 PREHEAT** oven to 220°C/200°C fan-forced. Grease and line a large baking tray with baking paper. Whisk milk and eggs in a large shallow bowl. Place panko on a large plate.



**2 DIP** chicken in egg mixture, then press in crumbs to evenly coat.



**3 PLACE** chicken on prepared tray. Spray with oil. Bake for 20 minutes, turning halfway through cooking, or until chicken is cooked through and golden.



**4 PLACE** coleslaw in a large bowl. Add parsley and half of the Dijonnaise to coleslaw and toss to combine. **Reserve half each of the chicken, coleslaw, gherkins, bread rolls and remaining Dijonnaise mixture for next day's lunch.** Spread remaining buns with remaining Dijonnaise mixture. Top bread bases with remaining chicken, remaining coleslaw and remaining gherkins. Top with remaining bread.

► **Nutrition** Per serve: 3135kJ (750 cals), 43g protein, 33g fat, 9g sat fat, 67g carb, 18g sugars, 5g dietary fibre, 970mg sodium



**\$4.37**  
PER SERVE\*



**SWAP TIP**

Replace chicken thighs with 750g firm tofu cut into large squares. Cooking time will change.



## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

Dairy-free High protein High fibre

## Salmon & soba noodle salad

**PREP** 10 mins **COOK** 10 mins **SERVES** 8 (including 4 leftover portions)



**1 PLACE** eggs in a large saucepan. Cover with cold water. Bring to the boil, stirring to help centre the yolks, over high heat. Boil for 8 minutes for a medium yolk or until cooked to your liking, adding noodles to water in last 3 minutes of cooking. Drain noodles and refresh under cold water. Peel eggs. **Reserve 4 eggs for next day's lunch.** Cut remaining eggs in half.



**3 USING** a vegetable peeler, cut carrots into ribbons. Using a sharp knife, cut carrot ribbons into long thin strips. Combine carrot, onion, cucumber, edamame, spinach and noodles in a large bowl. **Reserve half of the salad mixture for next day's lunch.**

► **Nutrition** Per serve: 3075kJ (735 cal), 38g protein, 37g fat, 8g sat fat, 59g carb, 8g sugars, 6g dietary fibre, 450mg sodium



**2 MEANWHILE,** spray salmon with oil. Heat a large non-stick frying pan over medium-high heat. Cook salmon, in batches, for 2 minutes each side for medium or until cooked to your liking. **Reserve 4 pieces of salmon for next day's lunch.** Flake remaining salmon.



**4 ZEST** 1 lime, then juice both limes. Whisk lime zest, juice, ponzu and sesame oil in a jug. **Reserve half of the dressing and half of the sesame seeds for next day's lunch.** Place remaining salad mixture on serving plates. Divide remaining salmon and remaining eggs among plates. Drizzle with remaining dressing. Serve sprinkled with remaining sesame seeds.

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND. \*SEE INDEX (P119) FOR COST PER SERVE TERMS.



**\$4.95**  
PER SERVE\*

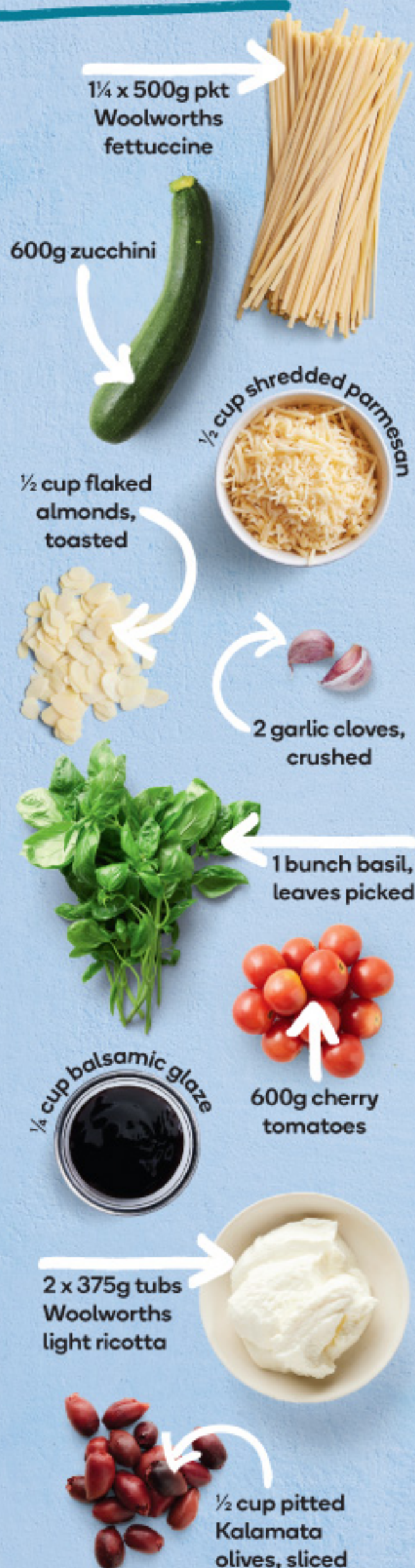


**STORING TIP**

Pack salad and dressing separately and dress just before eating to retain maximum crunch.



## YOU'LL NEED:



### PANTRY STAPLE

1/3 cup extra virgin olive oil, reserving 1 tsp

High protein High fibre

## Healthier pan-fried tomato & zucchini pesto fettuccine

PREP 15 mins COOK 15 mins SERVES 8 (including 4 leftover portions)



**1 COOK** pasta in a large saucepan of boiling water for 12 minutes or until tender. Drain. **Reserve half of the cooked pasta for the next day's lunch.**



**2 MEANWHILE**, grate zucchini. Using your hands, squeeze out any excess liquid. To make pesto, process zucchini, parmesan and almonds until finely chopped. Add garlic and three-quarters of the basil and then pulse until combined. Add oil and process until almost smooth, adding 1/4-1/3 cup water. **Reserve half of the pesto for the next day's lunch.**



**3 HEAT** a large frying pan over medium-high heat. Add tomatoes and reserved oil to pan and cook, stirring occasionally, for 5 minutes or until browned and softened slightly. Add glaze and toss to combine. **Reserve half of the tomatoes for next day's lunch.**



**4 ADD** remaining pasta to remaining tomatoes in pan and toss for 1-2 minutes or until heated and combined. Spoon into bowls. Top with remaining pesto, 1 tub ricotta, half of the remaining basil and half of the olives. **Reserve remaining ricotta, remaining basil and half of the olives for next day's lunch.** Season with freshly ground black pepper. Serve.

► **Nutrition** Per serve: 2495kJ (595 cal), 24g protein, 25g fat, 7g sat fat, 66g carb, 11g sugars, 6g dietary fibre, 350mg sodium

\*SEE INDEX (P119) FOR COST PER SERVE TERMS.



**\$4.14**  
PER SERVE\*



**EXTRA VEG**

Each serve of this recipe has more than two serves of veggies.



## YOU'LL NEED:



### PANTRY STAPLE

¼ cup extra virgin olive oil

High protein

## Pineapple chicken parmigiana

**PREP** 20 mins **COOK** 25 mins **SERVES** 8 (including 4 leftover portions)



**1 PREHEAT** oven to 200°C/180°C fan-forced. Grease and line a large baking tray with baking paper. Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Place chicken on a plastic chopping board. Using a large sharp knife, cut each chicken fillet in half horizontally to make 8 pieces.



**2 COOK** chicken, in batches, for 1 minute each side or until browned. Transfer to prepared tray. Top with tomato and mozzarella and bake for 8-10 minutes or until chicken is cooked through and golden. **Reserve half of the chicken for next day's lunch.**



**3 RETURN** pan to heat. Heat 1 tbs of remaining oil. Add breadcrumbs and garlic and cook, stirring, for 1-2 minutes or until golden. Remove from heat. Cool slightly. Zest and juice 1 lime, then cut remaining lime into wedges. Stir chilli and lime zest into panko mixture. **Reserve half of the panko mixture for next day's lunch.**



**4 FINELY** chop pineapple. **Reserve half each of the pineapple, rocket, coriander, onion, lime juice and oil for next day's lunch.** Place remaining coriander, remaining onion, remaining lime juice and remaining oil in bowl with rocket. Season. Spoon rocket mixture onto plates. Top with remaining chicken and sprinkle with remaining panko mixture. Serve.

► **Nutrition** Per serve: 1360kJ (325 cal), 35g protein, 13g fat, 4g sat fat, 16g carb, 7g sugars, 3g dietary fibre, 225mg sodium

\*SEE INDEX (P119) FOR COST PER SERVE TERMS.



**\$3.33**  
PER SERVE\*



 **HEALTHIER TIP**  
Use no-added-salt tomatoes for a healthier alternative.



YOU'LL  
NEED:

**PANTRY STAPLE**  
1 tbs extra virgin olive oil

Gluten-free High protein High fibre

## Turkey nachos with mango salsa

**PREP** 15 mins **COOK** 20 mins **SERVES** 8 (including 4 leftover portions)



**1 PREHEAT** oven to 200°C/180°C fan-forced. Grease and line a large baking tray with baking paper. Arrange half of the corn chips on prepared tray. Top with ½ cup cheese. Bake for 8 minutes or until cheese melts. **Reserve remaining corn chips and 1 cup cheese for next day's lunch.**



**3 TO MAKE** nachos, top chips with remaining turkey mixture and remaining cheese. Bake for 8 minutes or until nachos are golden-brown.



**2 MEANWHILE**, heat oil in a large non-stick frying pan over medium-high heat. Add turkey and cook, stirring to break up any lumps, for 5 minutes or until browned. Add seasoning and cook for 1 minute or until well combined. Add beans and cook, stirring, for a further 1-2 minutes or until heated and combined. **Reserve half of the turkey mixture for next day's lunch.**



**4 FINELY** chop mango. **Reserve half each of the mango, avocado, sour cream, chilli, coriander and lime wedges for next day's lunch.** Top nachos with remaining mango, remaining avocado, remaining sour cream, remaining chilli and remaining coriander. Serve with remaining lime wedges. ■

► **Nutrition** Per serve: 3420kJ (815 cals), 39g protein, 45g fat, 15g sat fat, 59g carb, 11g sugars, 12g dietary fibre, 1070mg sodium



# PERFECT FOR ENTERTAINING



Serving  
suggestion



**PROUDLY MADE IN AUSTRALIA**

PHILADELPHIA AND DEVICE AND PHILLY ARE TRADE MARKS OF MONDÉLÉZ INTERNATIONAL GROUP.

Available at Woolworths 



p22

Turkey nachos  
with mango salsa

\$4.80  
PER SERVE\*



**STORING TIP**

Drizzle cut  
avocado with  
lemon juice  
to prevent  
browning.





With 5 essential nutrients  
you'll feel invincible.

It must be  
Tassal.



Crispy skin salmon with Asian greens



For delicious salmon recipes,  
visit [www.tassal.com.au](http://www.tassal.com.au)

Tassal salmon is a good source of omega-3, protein,  
vitamin B6, vitamin B12 and vitamin D3

**tassal**  
IT'S AUSTRALIAN FOR SEAFOOD™



HEALTHIER  
AIR-FRYER KALE,  
PUMPKIN &  
CHICKPEA SALAD  
(Page 32)



# MAKING HEALTHIER EASIER



One tool with infinite possibilities, your air fryer will soon become your kitchen saviour.

HEALTHIER  
AIR-FRYER  
CRISPY PRAWN &  
MANGO SALAD  
(Page 34)

HEALTHIER  
AIR-FRYER  
CHINESE FIVE-  
SPICE FISH  
(Page 30)



To add each recipe's ingredients to your cart, simply scan this code or visit [woolworths.com.au/meal-plan-mhe-jan-feb24](https://www.woolworths.com.au/meal-plan-mhe-jan-feb24)





HEALTHIER FOR YOU

HEALTHIER  
AIR-FRYER  
BANG-BANG  
TOFU  
(Page 36)

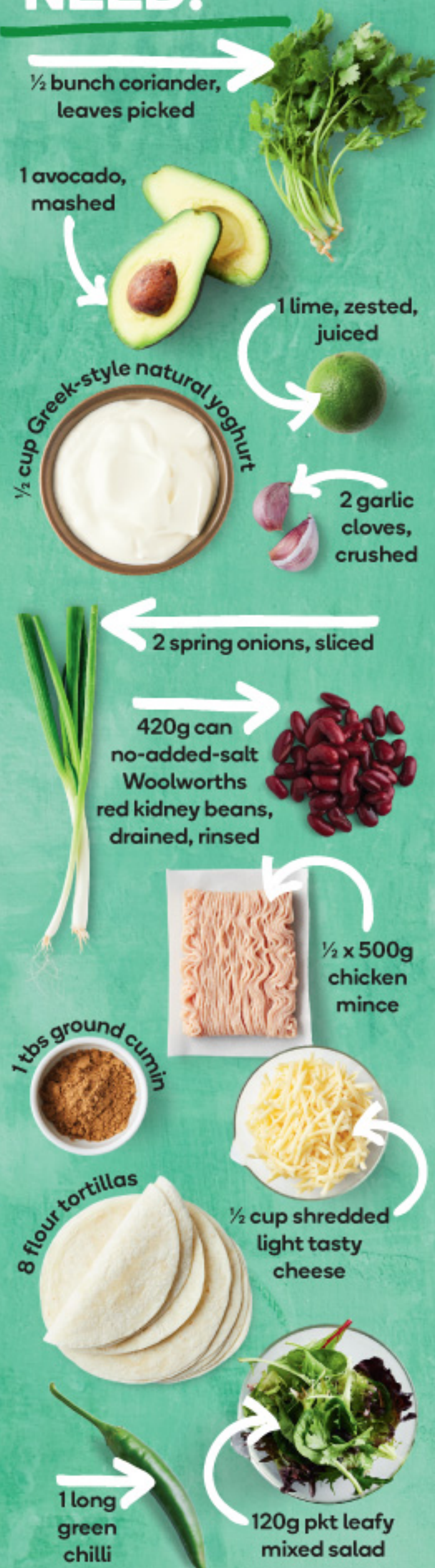
Summer is a great time  
to add seafood to your  
plate, a source of essential  
omega-3 fatty acids.

— NATALIE FIGUEIRA, WOOLWORTHS' NUTRITIONIST & DIETITIAN

HEALTHIER  
AIR-FRYER  
TAQUITOS  
(Page 28)



## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

High protein High fibre

## Healthier air-fryer taquitos

**PREP** 10 mins **COOK** 20 mins **SERVES** 4 **COST PER SERVE**<sup>A</sup> \$3.89



**1 COARSELY** chop half of the coriander. Combine avocado, lime zest and juice, yoghurt, chopped coriander, half of the garlic and half of the onion in a bowl.



**2 PLACE** beans in a large bowl. Using a fork, coarsely mash beans. Add chicken, cumin, cheese, remaining garlic and remaining onion. Stir to combine.



**3 PLACE** 1 tortilla on a chopping board. Using damp hands, shape 2 tbs chicken mixture into a log. Place log on top of tortilla, then roll tortilla to enclose. Repeat with remaining tortillas and chicken mixture to make 8 taquitos in total.



**4 PREHEAT** a 5L air fryer to 200°C. Spray taquitos with oil. Cook in batches, turning halfway, for 8 minutes or until cooked through and golden. Place taquitos on a serving platter with salad leaves and avocado mixture. Serve taquitos sprinkled with remaining coriander and chilli.

► **Nutrition** Per serve: 2465kJ (590 cal), 32g protein, 26g fat, 10g sat fat, 51g carb, 6g sugars, 11g dietary fibre, 755mg sodium

<sup>A</sup>SEE INDEX (P119) FOR COST PER SERVE TERMS.



HEALTHIER FOR YOU



**Need an air fryer?**  
Find one (and more!)  
on Everyday Market at  
[woolworths.com.au/  
everydaymarket](https://www.woolworths.com.au/everydaymarket)



## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

Gluten-free Dairy-free High protein

## Healthier air-fryer Chinese five-spice fish

PREP 10 mins COOK 10 mins SERVES 4



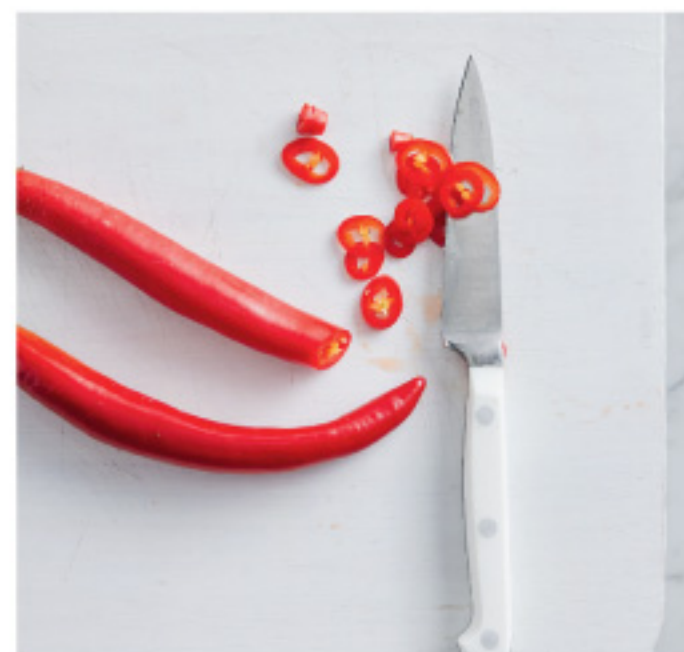
**1 USING** a large sharp knife, cut fillets into 3cm pieces.



**2 WHISK** egg in a large bowl. Combine cornflour, spice powder and pepper in a separate bowl. Using tongs, dip fish into egg, then in spice mixture to lightly coat. Place fish on a plate. Spray with oil.



**3 COOK** fish, in 2 batches, in a 5L air fryer at 200°C for 5 minutes or until fish is cooked and golden-brown. Remove from air fryer. Spray broccolini with oil, then cook in air fryer at 200°C for 3 minutes or until tender.



**4 THINLY** slice chilli. Spoon rice and snow peas onto plates. Top with cucumber, fish, broccolini and chilli. Sprinkle with coriander and onion. Serve with lemon wedges.

► **Nutrition** Per serve: 2495kJ (595 cals), 37g protein, 27g fat, 6g sat fat, 46g carb, 5g sugars, 10g dietary fibre, 145mg sodium

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS GLUTEN-FREE AND DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND.



READY IN  
**20**  
MINS





## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

Vegetarian High protein High fibre

## Healthier air-fryer kale, pumpkin & chickpea salad

PREP 5 mins COOK 20 mins SERVES 4 COST PER SERVE<sup>A</sup> \$3.37



**1 SPRAY** kale with oil. Preheat a 5L air fryer to 200°C. Cook kale, in batches, for 5 minutes or until crisp. Transfer kale to a chopping board.



**2 CUT** pumpkin into wedges, then cut each wedge in half. Sprinkle with dukkah. Spray pumpkin with oil. Place pumpkin in air-fryer basket and cook at 180°C for 8 minutes or until pumpkin is golden and tender.



**3 COMBINE** chickpeas and seed mix in the air fryer basket. Spray with oil and cook at 180°C for 8 minutes or until toasted.



**4 ZEST** and juice 1 lemon. Cut remaining lemon into cheeks. Combine lemon zest and juice, yoghurt, garlic, tahini and ¼ cup water in a bowl. Mix well. Arrange kale, pumpkin and chickpea mixture on a serving platter. Drizzle with yoghurt mixture. Season with freshly cracked black pepper. Serve with bread and lemon cheeks.

► **Nutrition** Per serve: 2485kJ (595 cal), 27g protein, 26g fat, 5g sat fat, 48g carb, 8g sugars, 22g dietary fibre, 220mg sodium

<sup>A</sup>SEE INDEX (P119) FOR COST PER SERVE TERMS. WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS VEGETARIAN, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND.





**EXTRA VEG**

Each serve of this recipe has more than two serves of veggies.





## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

Dairy-free High protein High fibre

## Healthier air-fryer crispy prawn & mango salad

**PREP** 10 mins + 5 mins standing **COOK** 10 mins **SERVES** 4



**1 PROCESS** bread to make fine breadcrumbs. Place breadcrumbs in a bowl. Peel prawns, leaving tails intact. Whisk egg in a shallow bowl. Dip prawns in egg, then breadcrumbs to lightly coat.



**3 MEANWHILE,** place noodles in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes or until noodles are softened. Drain, then refresh under cold water. Return noodles to bowl.



**2 SPRAY** prawns with oil. Cook prawns, in batches, in a 5L air fryer at 180°C for 8 minutes or until cooked through and golden-brown.



**4 CUT** cheeks from mango. Using a spoon, scoop out flesh and thinly slice. Add mango to noodles along with spinach, cucumber, mint, coriander and onion. Zest 1 lime, then juice. Cut remaining lime into wedges. Whisk zest, juice and sesame oil in a small bowl, then add to noodle mixture and toss. Spoon onto plates. Top with prawns and sprinkle with chilli. Serve with lime wedges.

► **Nutrition** Per serve: 2010kJ (480 cal), 26g protein, 10g fat, 2g sat fat, 67g carb, 13g sugars, 7g dietary fibre, 390mg sodium

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND. \*WOOLWORTHS MULTIGRAIN BREAD IS NOT AVAILABLE IN QLD OR NT STORES.



HEALTHIER FOR YOU



READY IN  
**20**  
MINS



**EXTRA VEG**

Each serve of this recipe has more than two serves of veggies.



HEALTHIER FOR YOU

## YOU'LL NEED:



**PANTRY STAPLE**  
extra virgin olive oil cooking spray

Vegetarian Dairy-free High protein

## Healthier air-fryer bang-bang tofu

PREP 10 mins COOK 20 mins SERVES 4



**1 PLACE** 4 eggs in the basket of a 5L air fryer. Cook at 130°C for 12 minutes for a medium-soft yolk. Cool, then peel eggs under cold water. Cut in half.



**2 CUT** tofu in half, horizontally, then each half into 4 pieces to create 8 pieces in total. Whisk remaining egg in a shallow bowl. Mix panko and sesame seeds on a plate. Coat tofu in egg, then press into panko mixture to lightly coat. Spray with oil. Cook tofu at 180°C, in batches, for 8 minutes or until golden-brown.



**3 MEANWHILE**, mix soy, sriracha and sesame oil in a jug until combined.



**4 USING** a vegetable peel, cut cucumber into long thin ribbons. Spoon rice onto plates. Arrange spinach and cucumber on plates. Top with edamame, tofu and onion. Drizzle dressing over salad. Top with chilli. Serve. ■

► **Nutrition** Per serve: 2550kJ (610 cal), 38g protein, 26g fat, 4g sat fat, 51g carb, 5g sugars, 14g dietary fibre, 550mg sodium

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS VEGETARIAN AND DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND.



# NEW YEAR, NEW YOU!



THE PERFECT TIME TO  
MAKE A HEALTHY CHOICE





HEALTHIER FOR YOU



**EXTRA VEG**

Each serve of this recipe has more than two serves of veggies.



p36

Healthier air-fryer  
bang-bang tofu







# DESIGN YOUR OWN **FREE**\* LUNCH BAG



- 1 BUY** ANY 2 BEGA NATURAL CHEESE SLICES OR STRINGERS IN ONE TRANSACTION
- 2 REDEEM** AT [BEGACREATORSClub.NET.AU](http://BEGACREATORSClub.NET.AU)
- 3 DESIGN** YOUR OWN LUNCH BAG

**AUSTRALIA'S  
MOST LOVED  
CHEESE<sup>^</sup>**

**\*\$5 P&H PAYMENT REQUIRED.**

AU residents 13+ only (& if <18, get parent/guardian OK). Purchase & claim between 12.01am (AEDST) 8/1/24 & 11.59pm (AEDST) 18/2/24 only. Buy any two Bega Natural Cheese Slices, Stringers or Sticks packs in one transaction (incl online), visit [begacreatorsclub.net.au](http://begacreatorsclub.net.au) & be one of first 270 people per day to submit claim form, incl barcode digits & pay \$5.00 p&h. Max four claims per household. **Keep original itemised receipt/s & barcode/s.** Gift: lunch bag (value \$15ea; 270 avail per day; 11,340 in total). Total gift pool: \$170,100. Opt in to get future marketing from Promoter. See website, [begacreatorsclub.net.au](http://begacreatorsclub.net.au) for full conditions incl. privacy statement. Promoter: Fonterra Brands (Australia) Pty Ltd, ABN 80 095 181 669, Lvl 2, 40 River Blvd, Richmond VIC 3121. <sup>^</sup>Source: NielsenIQ Scantrack, Total Australian Grocery, Dollars Share of Total Fixed weight Everyday Cheese. <sup>\*</sup>REGISTERED TRADE MARK OF BEGA CHEESE LIMITED.





# LAMB LEGENDS

Enhance your barbecue menu with delicious dishes that showcase perfectly grilled lamb seasoned with MasterFoods' best flavours.

## LAMB LOIN CHOPS WITH COUSCOUS

Succulent grilled Woolworths lamb mid loin chops are the perfect base to a soft pearl couscous salad, topped with dried cranberries, juicy orange segments, crunchy pistachios and fresh mint.



### ROCK THE KASBAH

MasterFoods Moroccan Spice Blend is the base of Moroccan-inspired feasts. Featuring turmeric, paprika, cumin and a touch of chilli, the spice blend is delectable on a variety of proteins and vegetables.

## TUSCAN-STYLE LAMB-CHOP TRAYBAKE

Woolworths lamb forequarter chops are ideal for a family-sized traybake, alongside eggplant, capsicum, zucchini and onion. Basil pesto and sourdough toast completes the meal.



### ITALIAN ESCAPE

Evoked the spirit of Tuscany's culinary history with MasterFoods Tuscan Blend. The masterful mixture of garlic, parsley and rosemary is perfect in marinades, dry rubs and as a post-cooking seasoning.





### LAMB, HUMMUS & SALAD WRAPS

For a simple and delicious lunchtime meal, enjoy slices of juicy, grilled Woolworths lamb leg steaks in a delectable wrap with creamy hummus, homemade tabouli and fresh parsley.



#### FLAVOUR SENSATION

MasterFoods Harissa Middle Eastern Spice Blend features a tasty combination of paprika, mint, cumin and chilli to take your tastebuds on a flavour journey. Sprinkle liberally as seasoning, or use in rubs and marinades.



For the full recipes featuring Australian lamb, scan this code or visit [woolworths.com.au/meal-plan-lamb-4-ways](http://woolworths.com.au/meal-plan-lamb-4-ways)

### LEMON-PEPPER LAMB CUTLETS WITH SALSA VERDE

Woolworths lamb cutlets are a crowd-favourite for a reason. When they're served with a fragrant salsa verde made of fresh herbs, vinegar, capers, anchovies and garlic, you'll have family coming back for thirds.



#### ZESTY BITE

MasterFoods Lemon Pepper Seasoning is comprised of garlic, onion, pepper and real lemon peel for a zingy citrus-based flavour explosion. The seasoning also works well sprinkled over fish, chicken or fresh vegetables.





# SUMMER LOVIN'

A combination of delicious fruity flavours makes this chilled smoothie bowl a seasonal hit.

Vegetarian Dairy-free High fibre

## Mixed berry & banana smoothie bowl

PREP 10 mins SERVES 2

½ cup Macro Organic rolled oats  
¾ cup Macro Organic almond milk  
2½ cups Macro Organic frozen mixed berries

2½ tbs Macro black chia seeds  
2 ripe Macro Organic bananas, thickly sliced  
1 tbs Macro seed mix with pepitas & sunflower seeds

1 Place oats, milk, 2 cups berries, 2 tbs chia and 1 banana in a

blender and blitz until smooth.

2 Divide smoothie mixture among bowls. Top with seed mix, remaining berries, remaining banana and remaining chia. Serve immediately.

► **Nutrition** Per serve: 1650 kJ (395 cal), 10g protein, 14g fat, 3g sat fat, 51g carb, 28g sugars, 19g dietary fibre, 55mg sodium



### MACRO BLACK CHIA SEEDS

A source of fibre and plant-based omega 3, these chia seeds contain antioxidants and are perfect to add to a variety of breakfast, lunch and dinner meals.

### MACRO ORGANIC MIXED BERRIES

Grown on certified organic farms, these frozen natural strawberries, blueberries, blackberries and raspberries make a great addition to smoothies, cereals and desserts.

### MACRO ORGANIC ROLLED OATS

Made from oat groats that are hulled, steamed and flattened, these organic Australian rolled oats are wonderful on their own or made into a warm, creamy porridge.

So quick and simple to blitz together, this refreshing smoothie bowl is a delicious way to start the day.

- AMANDA KWEIZ, WOOLWORTHS INNOVATION CHEF, BAKERY





# PLANT AN IDEA

Experiment with exciting non-meat meals and embrace the delicious flavours of a range of plant-based proteins.

## RIGHT FOOT FORWARD

New year, new you! Summer is the perfect time to mix up your diet and explore tasty, versatile plant-based protein options. There are endless meat alternatives that look, cook and taste like the real thing, so you can tackle any meat cravings without compromising on your lifestyle or diet.

Impress at your next barbecue with **Made With Plants™ Meat-free Roast Duck** in a refreshing hazelnut salad; **Veggie Delights™ Plant Based Thick BBQ Sausages** threaded on colourful skewers; **Plant-based v2burger®** patties served in summer grilled burgers; or a platter of **Yumi's Sweet Corn Fritters** with roasted balsamic tomatoes. Exploring a meat-free menu has never looked or tasted so good!







Vegan Dairy-free High fibre

## Roast duck & hazelnut salad

**PREP** 15 mins **COOK** 25 mins **SERVES** 4

2 pears, cored, cut into wedges  
2 peaches, cut into wedges  
2 tbs maple syrup  
½ cup extra virgin olive oil  
½ cup balsamic vinegar  
1 lemon, juiced  
300g pkt Made With Plants™  
Meat-free Roast Duck  
120g pkt baby rocket leaves  
1 small red onion, thinly sliced  
½ x 55g pkt hazelnuts, toasted,  
coarsely chopped

**1** Combine pears and peaches in

a bowl. Add maple syrup and toss to coat. Whisk oil, balsamic vinegar and lemon juice in a bowl.

**2** Preheat a barbecue grill or chargrill pan over medium-high heat. Add pears and peaches and cook for 2 minutes each side or until browned and tender.

**3** Add meat-free duck to grill and cook for 2 minutes each side or until browned and hot. Transfer to a chopping board. Slice.

**4** Place rocket on a serving platter. Top with onion, pear, peach and duck. Drizzle with balsamic dressing. Serve sprinkled with hazelnuts.

► **Nutrition** Per serve: 2005kJ (480 cal), 19g protein, 25g fat, 4g sat fat, 40g carb, 31g sugars, 9g dietary fibre, 485mg sodium



### SLICE AND ENJOY

With its rich, complex flavour and golden colour, Made With Plants™ Meat-free Roast Duck is 100 per cent plant-based and can be enjoyed in a range of dishes, especially Asian fare. It's high in protein and a source of dietary fibre.





Vegan Dairy-free High fibre

## Balsamic-glazed plant-based sausage skewers

PREP 15 mins COOK 25 mins

MAKES 5

- 1 large red capsicum, cut into 2cm pieces
- 1 large green capsicum, cut into 2cm pieces
- 1 large red onion, cut into 3cm pieces
- 300g pkt Vegie Delights™ Plant Based Thick BBQ Sausages, cut into 3cm pieces
- 500g pkt sweet-corn cobs, cut into 4cm-thick rounds
- ¼ cup extra virgin olive oil
- 3 garlic cloves, sliced
- 2 tbs maple syrup
- 6 rosemary sprigs
- ½ cup balsamic vinegar
- 1 tbs lemon juice

120g pkt baby rocket leaves  
5 long metal skewers

- 1 Thread equal amounts of capsicum, onion, sausage and corn onto 5 skewers.
- 2 To make balsamic glaze, heat 2 tbs oil in a small saucepan over medium heat. Add garlic and cook for 30 seconds or until fragrant. Add syrup, half of the rosemary and 2 tbs vinegar. Simmer for 3 minutes or until thickened slightly. Remove from heat. Strain into a heatproof jug. Brush each skewer with balsamic glaze.
- 3 Preheat a chargrill pan or barbecue grill over medium-high heat. Add skewers and cook, turning occasionally and brushing with remaining glaze, for 5 minutes or until browned and vegetables are tender.
- 4 Whisk lemon juice, remaining oil

and remaining vinegar in a large bowl. Add rocket and toss to combine. Serve skewers with rocket salad and remaining rosemary.

► **Nutrition** Per skewer: 925kJ (220 cal), 6g protein, 13g fat, 2g sat fat, 17g carb, 16g sugars, 5g dietary fibre, 100mg sodium



### SNAG ONE NOW

With 25 grams of protein and a good source of iron, Vegie Delights™ Plant Based Thick BBQ Sausages are also Australian-made and owned.





**Vegan** **Dairy-free** **High protein**

## Summer grilled burger

**PREP** 10 mins **COOK** 25 mins **SERVES** 4

400g pkt frozen sweet potato chips  
250g tub plant-based sour cream  
½ lemon, juiced  
¼ punnet dill, finely chopped  
1 tbs extra virgin olive oil  
452g pkt Plant-based v2burger®  
4 burger buns, split, toasted  
½ x 60g pkt baby spinach leaves  
1 tomato, sliced  
½ red onion, sliced

**1** Preheat oven to 200°C/180°C fan-forced. Grease and line a baking tray with baking paper. Arrange chips

in a single layer on prepared tray. Bake for 20 minutes, turning halfway, or until cooked through and golden.

**2** To make dill sauce, combine plant-based sour cream, lemon juice and dill in a small bowl. Set aside.

**3** Heat oil in a large frying pan over medium heat. Cook burger patties for 3-4 minutes each side or until lightly browned and heated through.

**4** Place bun bases on a serving board. Top bun bases with half of the dill sauce, then spinach, tomato patties and onion. Season well. Sandwich with bun lids. Serve with fries and remaining dill sauce.

► **Nutrition** Per serve: 3680kJ (880 cal), 30g protein, 56g fat, 21g sat fat, 60g carb, 16g sugars, 12g dietary fibre, 920mg sodium



### BITE RIGHT

Plant-based v2burger® is easy to cook, full of flavour, and a source of protein and fibre. Guaranteed to be a new staple at the dinner table, it's ideal for tasty homemade burgers.





Vegan Dairy-free Gluten-free

## Corn fritters with roasted balsamic tomatoes

PREP 5 mins COOK 15 mins SERVES 2

250g cherry tomatoes on the vine, snipped into small bunches  
2 tbs extra virgin olive oil  
260g pkt Yumi's Sweet Corn Fritters  
1 small avocado, sliced  
2 tbs balsamic glaze  
¼ cup basil leaves

1 Preheat oven to 190°C/170°C

fan-forced. Grease and line a baking tray with baking paper.  
2 Place tomatoes on tray and drizzle with oil. Roast tomatoes for 15 minutes, adding fritters to tray halfway through cooking time, until tomatoes are slightly softened and fritters are heated through.  
3 Stack fritters and avocado on platter. Top with tomatoes and drizzle with glaze. Serve sprinkled with basil.

► **Nutrition** Per serve: 2420kJ (580 cal), 8g protein, 36g fat, 5g sat fat, 49g carb, 22g sugars, 14g dietary fibre, 585mg sodium



### CAFE-STYLE DINING

Packed with juicy sweet-corn kernels, red capsicum and spring onion, Yumi's Sweet Corn Fritters make it easy to enjoy the best of breakfast out at home.



# EVERY BITE COUNTS

There's no shortage of satisfying crunch or flavour when you inspire loved ones by shaking up popular classics with plant-based ingredients.



## DAIRY-FREE DELIGHT

Made with high-quality ingredients and an authentic process, Australian-made **Imber's Pantry Fresh Mozzarella in Brine** makes going dairy-free easy. With a beautiful creamy mozzarella texture and flavour, it makes a perfect topping for your favourite pizza and Italian dishes.

## MEAT YOUR NEW FAVE

Made for meat lovers and crafted with quality plant-based ingredients, **Impossible Burger Patties** are a juicy BBQ favourite. They're full of goodness, with 18.8g of protein per serving, and deliver a delicious meaty bite to satisfy burger cravings. Simply cook patties on the barbecue or in a frying pan.

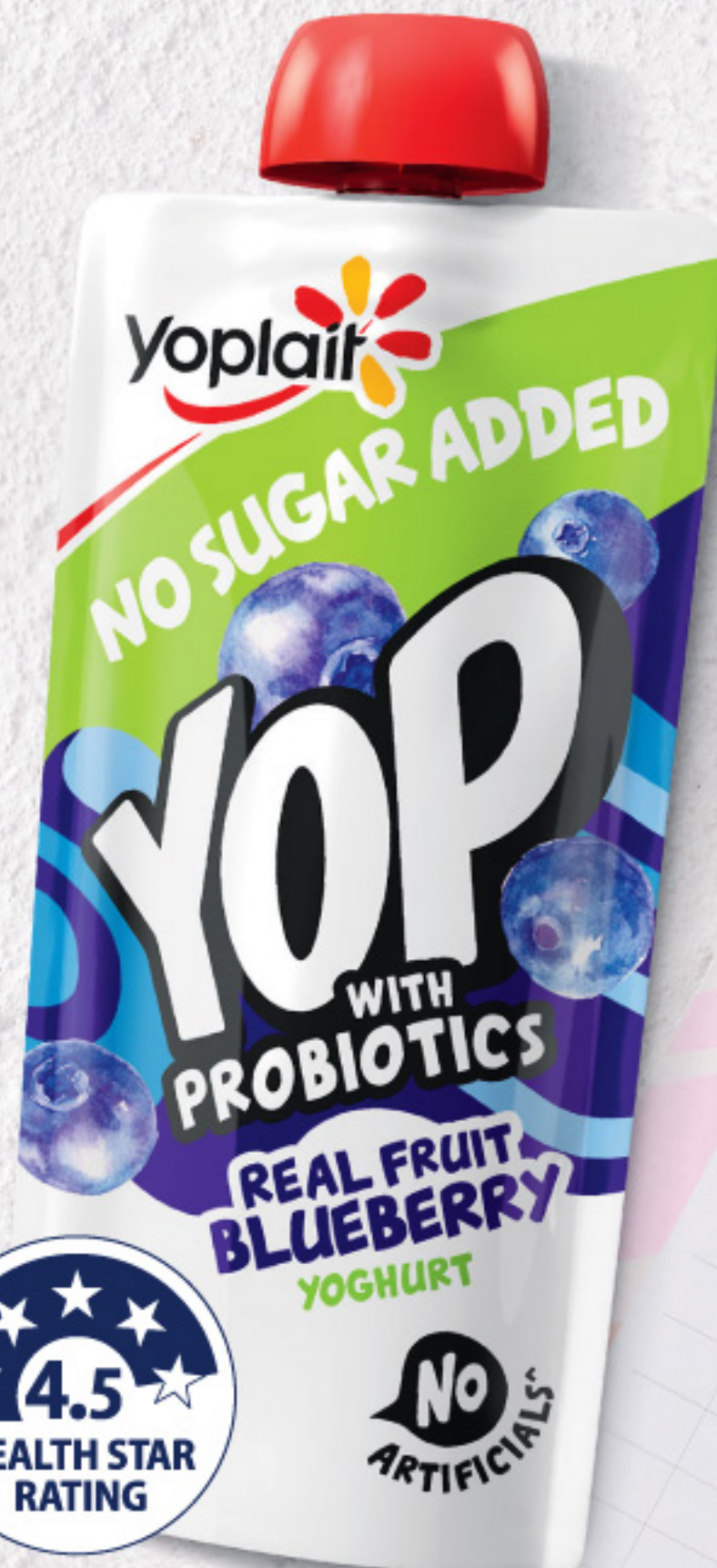
## PLANT POWERED

Deliciously versatile and high in protein, iron and B12, **Protein Plate Plant-based Chicken Free Strips** make a perfect chicken substitute in any meal, including stir-fries, curries and salads. The Australian-made plant-based strips contain no artificial colours or flavours.





GET BACK TO SCHOOL WITH  
**AUSTRALIA'S NO.1  
FAMILY YOGHURT\***



\*Data sourced from Circana MarketEdge based on data definitions provided by Bega Group. Number 1 Yoghurt Brand amongst Total families, MAT to 8/10/23.





# *Pick of the* **SEASON**

Celebrate flavourful Australian peaches with creative recipes that make the most of the juicy fruit.

#### **SELECTING**

Look for bright, plump peaches with golden-reddish skin that give a little when gently squeezed.

#### **STORING**

Allow peaches to fully ripen at room temperature for a day or two before placing them in your fridge's crisper drawer.

PHOTOGRAPHY: TIM ROBERTS STYLING: JENN TOLHURST FOOD PREPARATION: DIXIE ELLIOTT  
RECIPES: TAMARA GRAFFEN WORDS: JESS PYERS





## FROM THE FARM

### LOCATION:

Cobram, Vic

### PRODUCE:

Peaches

### FUN FACT:

The distinct fuzz on the peach helps protect the fruit's delicate skin from rot, decay and pests.



# FIVE

## facts about peaches

We've been growing peaches, plums, apricots and nectarines on our family-operated farm in Cobram, Victoria, for over 50 years.

— PETER DE MAIO, SUNLAND FRESH FRUIT

**1 LOCATION, LOCATION** Peach trees require full sunlight and well-drained soil to thrive. "Cobram has ideal conditions for growing high-quality stone fruit, particularly peaches and nectarines," says peach grower Peter De Maio. "The mineral-rich soil gives our stone fruit its amazing flavour."

**2 SEED TO SHELF** When grown from a pit, peach trees take at least three to four years to bear fruit. They are in season from October to April. "Our premium Australian-grown peaches are picked by hand at the perfect ripeness," says Peter of the harvesting process. "They are packed on our farm and shipped directly to Woolworths stores."

**3 DID YOU KNOW?** Peaches originated in China and have been cultivated for thousands of years. They belong to the Rosaceae or rose family of flowering plants, which includes apricots, cherries, apples, pears and plums.

**4 EVERYTHING'S PEACHY** To make the most of ripe, juicy peaches, enjoy them sliced up in salads and pies; on top of scrumptious baked goods; blended in smoothies, jams or chutneys; or as an accompaniment to a tasty chicken, pork or fish dish.

**5 SUPER FRUIT** A yellow peach (and its signature fuzzy skin) is a source of dietary fibre and potassium, which helps support nerve and muscle function<sup>A</sup>, making it a great anytime snack option.

<sup>A</sup>WHEN CONSUMED AS PART OF A HEALTHY, BALANCED DIET.





p. 54

Chilli  
chicken with  
sweet & sour  
peach sauce



**PREPPING TIP**

The peach sauce  
can be made  
a day ahead.  
Store covered  
in the fridge.  
Bring to room  
temperature  
before serving.





Dairy-free High protein High fibre

## Chilli chicken with sweet & sour peach sauce

PREP 10 mins COOK 20 mins SERVES 4

400g pkt Woolworths frozen chicken breast sweet chilli tenders  
3 peaches, destoned, roughly chopped  
1 garlic clove  
1 tbs cornflour  
2 tbs apple cider vinegar  
1 tbs soy sauce  
1 tbs Dijon mustard  
¼ bunch continental parsley, leaves picked

**1** Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Place chicken on prepared tray and cook for 20 minutes or until cooked and golden-brown.

**2** Meanwhile, add peach and garlic to a small food processor and blitz until smooth. Blend cornflour and ¼ cup water in a small bowl until smooth. Add peach mixture to a small pan with vinegar, soy, mustard and cornflour mixture and stir to combine. Cook on medium heat, stirring frequently, for 8 minutes or until thickened and slightly darker in colour. Allow to cool.

**3** Place chicken and sauce on a platter. Serve sprinkled with parsley.

► **Nutrition** Per serve: 1100kJ (260 cal), 16g protein, 10g fat, 2g sat fat, 23g carb, 10g sugars, 4g dietary fibre, 905mg sodium

Gluten-free Vegetarian High fibre

## Peach & avocado salad with maple-Dijon dressing

PREP 10 mins SERVES 4

2 tbs maple syrup  
1 tbs Dijon mustard  
2 tbs apple cider vinegar  
¼ cup extra virgin olive oil  
100g pkt baby spinach leaves  
2 peaches, halved, destoned, thinly sliced  
1 avocado, cut into thin slices  
50g Woolworths Danish-style feta, crumbled  
2 tbs sunflower seeds

**1** To make dressing, add maple syrup, mustard, vinegar and oil to a small bowl. Season with pepper and whisk until creamy and combined.

**2** Arrange spinach, peach and avocado in a large bowl or platter. Sprinkle over feta and sunflower seeds. Serve with dressing.

► **Nutrition** Per serve: 1255kJ (300 cal), 5g protein, 23g fat, 5g sat fat, 16g carb, 14g sugars, 5g dietary fibre, 290mg sodium

High protein High fibre

## Peach & mortadella toastie

PREP 5 mins COOK 10 mins SERVES 2

4 thick slices seeded sourdough  
1 peach, destoned, cut into wedges  
100g thinly shaved mortadella  
¼ bunch basil, leaves picked  
100g Woolworths mozzarella, sliced

**1** Place 2 sourdough slices on a clean work surface. Top with peach, mortadella, basil and mozzarella. Season with pepper. Top with remaining bread.

**2** Preheat a sandwich press. Cook sandwiches in press for 5 minutes or until golden-brown. Serve.

► **Nutrition** Per serve: 2440kJ (585 cal), 29g protein, 32g fat, 14g sat fat, 42g carb, 8g sugars, 5g dietary fibre, 920mg sodium

High protein High fibre

## Peach & Buffalo chicken pizza

PREP 15 mins COOK 15 mins SERVES 4

500g pizza dough balls (see tip)  
2 tbs plain flour, for dusting  
½ cup Buffalo sauce  
2 peaches, destoned, cut into wedges  
½ x 220g tub bocconcini, drained, torn  
½ red onion, thinly sliced  
½ Woolworths roast chicken, meat shredded  
¼ cup pickled jalapeños  
60g pkt baby spinach leaves

**1** Preheat oven to 220°C/200°C fan-forced. Line two large baking trays with baking paper. Divide dough in half. Using a small amount of flour for each base, roll out each dough portion to a 25cm-wide round.

**2** Place pizza bases on prepared trays. Spread with sauce, leaving a 1cm border. Top bases with peach, bocconcini, onion, chicken and jalapeños.

**3** Bake pizzas for 15 minutes or until crust is golden and toppings are heated. Scatter with spinach. Serve sliced.

► **Nutrition** Per serve: 2170kJ (520 cal), 33g protein, 11g fat, 5g sat fat, 67g carb, 7g sugars, 6g dietary fibre, 2010mg sodium



### SWAP TIP

You can also use store-bought pizza bases and omit step 1.



p. 54

Peach &  
avocado salad  
with maple-  
Dijon dressing





p. 54

Peach &  
mortadella  
toastie



**SWAP TIP**

You can use  
cheddar instead  
of mozzarella  
if you like.





p. 54  
Peach & Buffalo  
chicken pizza  
↑





To freeze plums,  
remove the pit and  
place the halves  
together in a container.

— PAUL TURNER, WOOLWORTHS GENERAL MANAGER, FRUIT & VEGETABLES

### Watermelon

**Peak season:**

December to May

**Fresh tips:**

Pick fruit with darker skin to make sure it's sweet. Store at room temperature until cut, then pop slices in an airtight container in the fridge.

### Plums

**Peak season:**

January to March

**Fresh tips:**

Store unripe plums at room temperature and out of direct sunlight, then place them in the crisper drawer in the fridge to maintain their firmness. The delightful summer fruit can be eaten raw, blended in smoothies or added to recipes.

### Pineapple

**Peak season:**

November to March

**Fresh tips:**

Choose a pineapple that's heavy for its size. Once cut, store pineapple in the fridge in an airtight container.

### Cherries

**Peak season:**

November to January

**Fresh tips:**

Keep cherries in an airtight container in the fridge for ultimate freshness. Do not wash the cherries until ready to eat.

### Black grapes

**Peak season:**

February to May

**Fresh tips:**

The silvery coating on a grape's surface is called bloom. It's a natural protective coating and a sign of freshness. ■



New

# OREO

## Double Stuff Berry ChocTop



Available at Woolworths 





Up close to  
Macro Lentil Bites  
you'll also see  
micro carrots and  
Aussie chickpeas.



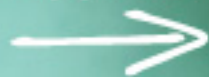
WE'RE BIG ON THE  
LITTLE THINGS  
**macro**  
WHOLEFOODS MARKET

Proudly at Woolworths 



p. 62

Beef & corn-  
chip pockets



# CRUNCH FACTOR

Upgrade your little one's lunch  
and buckle in for a taste sensation  
with these easy, delicious and  
textural childrens' favourites.





High protein High fibre

## Beef & corn-chip pockets

PREP 20 mins COOK 10 mins SERVES 4

250g Woolworths lean beef mince  
extra virgin olive oil cooking spray  
420g can no-added-salt black beans, rinsed, drained  
½ x 420g can no-added-salt diced tomatoes  
2 spring onions, thinly sliced  
4 Nana wholemeal pita pockets\*\*, halved, lightly toasted  
1 Lebanese cucumber, cut into ribbons  
4 iceberg lettuce leaves, shredded  
½ cup Macro Organic original corn chips, coarsely broken  
½ cup shredded light tasty cheese

- 1 Spray beef with oil. Heat a large non-stick frying pan over medium-high heat. Add beef and cook, stirring to break up any lumps, for 5 minutes or until browned.
- 2 Add beans and tomato to beef and cook, stirring, for 4-5 minutes or until mixture thickens and most of the liquid evaporates. Remove from heat. Stir in onion.
- 3 Fill each pita with one-quarter each of the cucumber, lettuce, chips, cheese and mince mixture. Serve.

► **Nutrition** Per serve: 1770kJ (425 cal), 30g protein, 12g fat, 5g sat fat, 38g carb, 3g sugars, 8g dietary fibre, 260mg sodium

Dairy-free High protein High fibre

## Crunchy rice-paper wraps

PREP 15 mins COOK 30 mins SERVES 4

2 large carrots, coarsely grated  
2 cups finely shredded green cabbage  
extra virgin olive oil cooking spray  
60g pkt Woolworths baby spinach leaves, coarsely shredded  
¼ x 375g pkt rice noodles  
1½ cups shredded and cooled skinless Woolworths country-style hot roast chicken

3 spring onions, finely chopped  
2 garlic cloves, crushed  
⅓ bunch coriander, coarsely chopped  
12 rice paper sheets  
2 tsp sweet chilli sauce  
2 tsp salt-reduced soy sauce  
2 tsp rice vinegar

- 1 Spray carrot and cabbage with oil. Heat a large non-stick frying pan over medium-high heat. Add carrot and cook, stirring, for 2 minutes. Add cabbage and cook, stirring, for a further 3 minutes or until vegetables soften. Stir in spinach and stir through until it wilts. Remove from heat.
- 2 Place noodles in a heatproof bowl. Cover with boiling water. Stand for 5 minutes or until softened. Refresh under cold water. Return to bowl. Using kitchen scissors, snip noodles into shorter lengths.
- 3 Add carrot mixture, chicken, onion, garlic and three-quarters of the coriander to noodles and toss to combine. For each wrap, briefly dip a sheet into a shallow bowl of warm water to soften slightly, then place sheet on a chopping board. Spoon ⅓ cup noodle mixture into centre of sheet, then fold in sides to enclose filling and form a parcel. Repeat with remaining noodle mixture and sheets to make 12 wraps.
- 4 Line a 5L air fryer basket with baking paper. Spray wraps with oil. Cook wraps, in 2 batches, at 200°C for 10 minutes or until crispy. Whisk sweet chilli, soy and vinegar with 2 tbs water. Sprinkle wraps with remaining coriander. Serve with sauce.

► **Nutrition** Per serve: 1425kJ (340 cal), 24g protein, 7g fat, 1g sat fat, 42g carb, 8g sugars, 6g dietary fibre, 570mg sodium

High protein High fibre

## Crispy paprika pork tortilla bowls

PREP 10 mins COOK 15 mins SERVES 4

4 Woolworths flour tortillas  
extra virgin olive oil cooking spray  
500g Woolworths lean pork mince  
2 tsp smoked paprika  
2 garlic cloves, crushed  
420g can no-added-salt kidney beans  
½ cup no-added-salt canned tomatoes  
2 Lebanese cucumbers, halved, cut into long wedges  
200g pkt Sweet Solanato® tomatoes, quartered  
½ cup grated light tasty cheese  
½ cup no-fat Greek-style natural yoghurt  
¼ bunch coriander, leaves picked  
2 spring onions, sliced

- 1 Preheat oven to 200°C/180°C fan-forced. Place 4 x 1-cup-capacity round ovenproof ramekins upside down on a baking tray. Spray tortillas with oil. Place tortillas, oiled-side down, over ramekins to create a bowl shape. Spray with oil. Bake for 3-5 minutes or until golden-brown.
- 2 Meanwhile, heat a large non-stick frying pan over medium-high heat. Add pork and cook, stirring to break up any lumps, for 5 minutes or until browned. Add paprika and garlic and cook, stirring, for 1-2 minutes or until fragrant. Add beans and canned tomato. Bring to the boil, then reduce heat to medium and simmer, stirring occasionally, for 5 minutes or until mixture thickens slightly.
- 3 Place shaped tortillas on plates. Spoon pork mixture evenly among bowls. Evenly distribute cucumber, tomato, cheese and yoghurt among bowls. Serve sprinkled with coriander and onion.

► **Nutrition** Per serve: 2000kJ (480 cal), 41g protein, 16g fat, 9g sat fat, 37g carb, 8g sugars, 8g dietary fibre, 530mg sodium





**COOKING TIP**

No air fryer?  
No worries!  
Serve wraps  
fresh instead.





Gluten-free High protein Dairy-free

## Crunchy chicken lettuce wraps

PREP 15 mins COOK 10 mins SERVES 4  
COST PER SERVE<sup>A</sup> \$3.82

500g pkt Woolworths lean chicken mince  
extra virgin olive oil cooking spray  
450g pkt microwave brown rice  
1 large carrot, grated  
1 garlic clove, crushed  
3cm-piece ginger, grated  
1 tbs Woolworths sweet chilli sauce  
2 spring onions, finely chopped  
12 baby cos lettuce leaves, ends trimmed  
1 Lebanese cucumber, finely chopped  
¼ bunch coriander, leaves picked  
1 lime, cut into wedges

**1** Spray chicken with oil. Heat a large non-stick frying pan over medium-high heat. Add chicken and cook, stirring to break up any lumps, for 3 minutes or until browned.  
**2** Add rice, carrot, garlic and ginger to chicken and cook, stirring, for 3 minutes or until chicken is cooked through. Remove from heat. Add sweet chilli and onion.  
**3** Place lettuce on plates. Top with chicken mixture and cucumber. Sprinkle with coriander. Serve with lime wedges.

► **Nutrition** Per serve: 1780kJ (425 cal), 30g protein, 12g fat, 3g sat fat, 45g carb, 9g sugars, 7g dietary fibre, 205mg sodium

Vegetarian High protein High fibre

## Pizza baguettes

PREP 15 mins COOK 15 mins SERVES 6

2 long pumpkin-seed & purple wheat panini rolls, cut into thirds lengthways  
extra virgin olive oil cooking spray  
1½ x 375g tub Woolworths light ricotta  
425g can Macro no-added-salt cannellini beans, rinsed, drained, mashed  
1½ x 200g pkt Sweet Solanato<sup>®</sup> tomatoes, sliced  
3 zucchini, cut into ribbons  
¾ cup grated light tasty cheese  
80g baby spinach leaves  
½ bunch basil, leaves picked

**1** Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place rolls, cut-side up, on prepared tray. Spray with oil. Bake for 5 minutes or until lightly toasted.  
**2** Combine ricotta and beans in a bowl. Spread over bread. Top with tomato and zucchini. Sprinkle with cheese. Bake for a further 5-8 minutes or until golden-brown.  
**3** Sprinkle bread with spinach and basil. Season with freshly ground black pepper. Serve. ■

► **Nutrition** Per serve: 1635kJ (390 cal), 23g protein, 14g fat, 7g sat fat, 41g carb, 7g sugars, 8g dietary fibre, 415mg sodium



**LEFTOVER TIP**

These wraps are a great way to use up any leftover vegetables, including grated zucchini and chopped celery.

For bonus lunch-box recipes, head to *Fresh Ideas For You* by scanning this code.





New

# The creamiest Aussie yoghurt\*



## The best flavours down under

Luscious Aussie fruit and native ingredients layered with delicious creamy yoghurt.

\*Independent survey, Yoghurt bases, Australia, "is creamier than other yoghurts," Apr 2023 – June 2023, n = 1,214

Available at Woolworths 



# JUMP ON IT

Step up your snack game with tasty treats available in the health food aisle.

## PERFECT PUFFS

Messy Monkeys, a popular kid-approved snack, have just become even more fun with delicious new flavours and a new look (for back to school!). **Messy Monkeys Barbeque Corn Puffs** are gluten-free, a source of wholegrain and feature a 4 Health Star Rating.

## SEA SPECIALTY

Lightly roasted and seasoned, **Ceres Organics Seaweed Snack** range is a moreish treat for your tastebuds. Harvested from protected waters, they're certified organic, gluten-free, and offer a source of iodine – perfect for the playground or on the go.

## LUNCH-BOX BITES

When looking for a satisfying snack kids will love, **Kez's Kitchen Mini Bites** hit the spot. They're available in three yummy flavours, are gluten-free, have less than 2g sugar per serve and enjoy a 3.5 Health Star Rating. The treats are so tasty that the whole family will love them!

## PLENTY OF FUN

With only 20 calories per cake, gluten-free **Table Of Plenty Milk Chocolate Mini Rice Cakes** are a great snack-time option. The naturally crunchy wholegrain rice cakes feature no added nasties, making them a delicious after-school treat for hungry tummies or on-the-go parents.





# SPEEDY SALAD?



**YOU'RE  
THINKING  
BEEF**







# IN THE FAST LANE

Balmy summer days are ripe for speedy, simple and satisfying no-cook meals best enjoyed al fresco.

p 70  
Prawn summer rolls with peanut dipping sauce  
➔



Dairy-free High protein High fibre

## Prawn summer rolls with peanut dipping sauce

PREP 20 mins + 10 mins standing

SERVES 4 MAKES 12 rolls

125g dried rice vermicelli noodles  
150g pkt rice paper sheets  
1 bunch mint, leaves picked  
600g cooked prawns, peeled and deveined  
1 avocado, thinly sliced  
1 red capsicum, deseeded, thinly sliced lengthways  
2 carrots, cut into thin matchsticks  
250g pkt Qukes® baby cucumbers, quartered lengthways  
¼ cup Macro almond spread  
1 tbs honey  
¼ cup salt-reduced soy sauce  
1 lime, juiced  
¼ cup roasted peanuts, roughly chopped

**1** Place noodles in a large heatproof bowl. Cover with boiling water. Set aside for 10 minutes or until noodles have softened. Drain well. Using kitchen scissors, cut noodles into shorter lengths.

**2** Fill a shallow bowl with water. Dip 1 sheet in water and leave submerged for 1 minute or until softened.

**3** Place softened sheet on a clean surface. Working 4cm from the bottom edge, arrange 3-4 mint leaves, slightly overlapping, onto sheet. Top with some noodles, prawns, avocado, capsicum, carrot and cucumber.

**4** Fold up bottom edge and sides to enclose filling, then roll up to close. Repeat with remaining sheets and fillings.

**5** To make dipping sauce, combine spread, honey, soy, lime juice and ¼ cup warm water. Whisk to combine. Scatter rolls with peanuts and any remaining mint leaves. Serve with dipping sauce.

► **Nutrition** Per serve: 1955kJ (465 cal), 26g protein, 14g fat, 2g sat fat, 54g carb, 16g sugars, 10g dietary fibre, 1410mg sodium

High protein High fibre

## Healthier chicken & rainbow vegetable wraps

PREP 20 mins SERVES 4

1 cup light smooth ricotta  
½ bunch basil, finely chopped  
1 lemon, zested, juiced  
1 large zucchini, cut into matchsticks  
4 Woolworths wholegrain wraps  
60g pkt baby spinach leaves  
½ Woolworths country style roast chicken, skin removed and discarded  
¼ red cabbage, shredded  
1 carrot, cut into matchsticks

**1** Place ricotta, basil and lemon zest in a bowl. Season with freshly ground black pepper and stir to combine. Place zucchini and lemon juice in a bowl. Season with freshly ground black pepper and toss to coat.

**2** Place 1 wrap on a board. Leaving a 1.5cm border around the edge of wrap, spread with one-quarter of the ricotta mixture. Arrange one-quarter each of the spinach, chicken, cabbage, carrot and drained zucchini side by side on wrap to cover ricotta.

**3** Roll to enclose filling. Repeat with remaining ingredients to make 4 wraps in total. Cut wraps in half and serve.

► **Nutrition** Per serve: 1275kJ (305 cal), 30g protein, 6g fat, 3g sat fat, 25g carb, 8g sugars, 9g dietary fibre, 590mg sodium

Vegetarian Dairy-free High protein

## Chilled tofu with spicy chilli sauce & Asian-style slaw

PREP 15 mins + 5 mins standing SERVES 4

½ bunch spring onion, trimmed  
¼ red cabbage, finely shredded  
¼ green cabbage, finely shredded  
100g pkt crunchy fried noodles  
⅓ cup crispy noodle salad dressing  
2 tbs chilli crisp oil  
2 tbs sesame oil  
¼ cup salt-reduced soy sauce  
1 tbs sesame seeds, toasted  
2 x 300g pkt Macro silken tofu, chilled, drained

**1** Cut onion into 8cm lengths. Thinly slice each piece lengthways and place in a bowl of iced water. Set aside for 5 minutes, then drain. Reserve ¼ cup onion to serve.

**2** To make slaw, combine red and green cabbage, noodles, dressing and remaining onion in a large bowl. Transfer to a serving bowl or platter.

**3** In a small bowl, combine oils, soy and half of the sesame seeds.

**4** Place tofu on serving platter. Top with soy mixture, remaining sesame seeds and reserved onion. Serve with slaw.

► **Nutrition** Per serve: 2045kJ (490 cal), 16g protein, 30g fat, 5g sat fat, 34g carb, 15g sugars, 6g dietary fibre, 1420mg sodium

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THESE RECIPES ARE VEGETARIAN AND DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY VARY FROM BRAND TO BRAND.



NO-COOK MEALS

**\* EXTRA VEG**

Each serve of this recipe has more than two serves of veggies.



p70  
Healthier  
chicken & rainbow  
vegetable wraps







p70  
Chilled tofu with  
spicy chilli sauce &  
Asian-style slaw



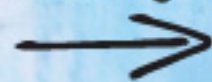
READY IN  
**15**  
MINS





p 76

Peach, mozzarella  
& prosciutto  
crostini with  
balsamic glaze





p 76

Healthier  
beetroot, mint  
& lentil salad



**EXTRA VEG**

Each serve of this  
recipe has more  
than two serves  
of veggies.







p 76  
Hot smoked salmon  
Turkish bread  
➔



High protein High fibre

**Peach, mozzarella & prosciutto crostini with balsamic glaze**

PREP 10 mins SERVES 4

½ loaf sourdough, sliced, toasted  
 100g pkt baby rocket leaves  
 200g fresh mozzarella, torn  
 100g thinly sliced prosciutto, torn  
 3 yellow peaches, halved, destoned, thinly sliced  
 ¼ cup Woolworths balsamic vinegar glaze  
 ¼ cup unsalted pistachios, toasted, chopped  
 ½ bunch basil, leaves picked

**1** Top each slice of sourdough with a little rocket, mozzarella, prosciutto and peach.

**2** Drizzle with balsamic, sprinkle with pistachio and top with basil. Season with freshly ground black pepper. Serve.

► **Nutrition** Per serve: 2030kJ (485 cal), 28g protein, 20g fat, 9g sat fat, 44g carb, 14g sugars, 6g dietary fibre, 755mg sodium

Vegetarian High protein High fibre

**Healthier beetroot, mint & lentil salad**

PREP 20 mins SERVES 4

½ bunch mint, leaves picked  
 2 x 420g cans Woolworths no-added-salt lentils, rinsed, drained  
 1 Lebanese cucumber, peeled into ribbons  
 ½ red onion, thinly sliced  
 60g pkt baby spinach leaves  
 1 lemon, zested, juiced  
 1 tbs extra virgin olive oil  
 2 cups Greek-style natural yoghurt  
 500g pkt whole beetroot, cut into wedges  
 2 wholemeal Lebanese bread rounds, torn

**1** Finely chop half of the mint. Combine lentils, cucumber, onion, spinach leaves, lemon juice, zest, oil and chopped mint in a bowl.

**2** Spread yoghurt among 4 plates. Top with lentil mixture, beetroot and remaining mint. Season with freshly ground black pepper. Serve with bread.

► **Nutrition** Per serve: 2095kJ (500 cal), 24g protein, 16g fat, 8g sat fat, 55g carb, 19g sugars, 13g dietary fibre, 290mg sodium

High protein High fibre

**Hot smoked salmon Turkish bread**

PREP 15 mins SERVES 4

200g pkt spring onion & chive cream cheese  
 2 x 150g pkts Woolworths hot smoked salmon  
 2 Turkish rolls  
 ½ small red onion, thinly sliced  
 2 tbs drained baby capers  
 60g pkt baby rocket leaves  
 1 lemon, cut into wedges  
 2 tsp extra virgin olive oil

**1** Place cream cheese in a bowl and stir until smooth. Season with freshly ground black pepper.

**2** Remove and discard skin from salmon. Flake salmon.

**3** Cut each roll in half horizontally. Spread cut side of each roll with cream cheese. Top with salmon, onion, capers and rocket leaves. Squeeze lemon over salmon and drizzle with oil. Season with freshly ground black pepper. Serve. ■

► **Nutrition** Per serve: 2660kJ (635 cal), 32g protein, 34g fat, 12g sat fat, 49g carb, 6g sugars, 6g dietary fibre, 1210mg sodium



Collect points every day, while you shop for your groceries, fill up at the pump, enjoy weekend drinks and more.

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS VEGETARIAN, ALWAYS CHECK LABELS AS INGREDIENTS MAY VARY FROM BRAND TO BRAND.



# Delicious, easy & quick

Kikkoman's new Gluten Free Makoto series brings authentic Japanese flavours to all your home cooking.



## Teriyaki Salmon - serves 4

### Ingredients

4 x 150g salmon

10 tbsp **Kikkoman** Thick Teriyaki Sauce

1/2 tbsp olive oil

Preparation Time - 5 mins

Cooking time - 15 mins

### Method

- 1 Heat a little oil in a pan over medium heat. Once oil is hot, place the salmon in the pan and cook until the bottom turns a brown colour.
- 2 Flip the fish and cook the other side.
- 3 Pour or brush the Thick Teriyaki Sauce onto the fish pieces and serve with salad or vegetables.



**kikkoman**   
seasoning your life





# CELEBRATION TIME

Elevate your feasts and delight guests with delectable Asian dishes that don't compromise on flavour, quality or authenticity.

Dairy-free High protein High fibre

## Crispy-skinned duck noodle bowl

**PREP** 5 mins **COOK** 20 mins **SERVES** 1

1 duck breast fillet, skin scored  
120g pkt Nongshim Shin  
Ramyun Original Noodle Soup  
1 tbs vegetable oil  
½ x 150g pkt stir-fry mushroom mix<sup>A</sup>  
1 baby pak choy, halved lengthways,  
blanched  
1 spring onion, thinly sliced  
1 long red chilli, thinly sliced  
2 tbs coriander leaves

**1** Place duck, skin-side down, in a cold non-stick frying pan, then place over high heat. Cook for 8 minutes

or until skin turns golden-brown. Turn duck and cook a further 4 minutes for medium or until cooked to your liking. Transfer to a plate. Rest. Wipe pan clean.  
**2** Meanwhile, cook noodles according to packet instructions.  
**3** Heat oil in same pan over high heat. Add mushrooms and cook, stirring occasionally, for 3 minutes or until tender.  
**4** Thinly slice duck. Spoon noodles and broth into a bowl. Top with duck, pak choy and mushrooms. Serve sprinkled with onion, chilli and coriander.

► **Nutrition** Per serve: 3915kJ (935 cal), 34g protein, 51g fat, 15g sat fat, 82g carb, 6g sugars, 10g dietary fibre, 1925mg sodium



### SOUP WITH SOUL

The soft, chewy noodles and spicy, flavourful broth of Nongshim Shin Ramyun Original Noodle Soup are the secret to a speedy masterpiece with a delicious aroma.





**Dairy-free** **High protein** **High fibre**

## Soy chicken san choy bow

**PREP** 10 mins **COOK** 10 mins **SERVES** 4

1 tbs peanut oil  
500g chicken mince  
2 garlic cloves, crushed  
2 tbs Amoy Light Soy Sauce  
¼ cup Amoy Oyster Sauce  
2 heads baby cos lettuce, leaves separated  
½ x 300g pkt bean sprouts  
2 spring onions, thinly sliced on the diagonal  
½ x 100g pkt granulated peanuts  
1 long red chilli, thinly sliced

**1** Heat oil in a large frying pan over medium-high heat. Add mince and cook, stirring to break up lumps, for 3 minutes or until browned. Add garlic and cook for 2 minutes or until fragrant.

**2** Add sauces and cook, stirring, for 3 minutes or until mixture is hot.

**3** Place lettuce on a serving platter. Fill leaves with mince mixture, then top with sprouts and onion. Sprinkle with peanuts and chilli. Serve.

► **Nutrition** Per serve: 1485kJ (355 cal), 30g protein, 19g fat, 4g sat fat, 15g carb, 10g sugars, 4g dietary fibre, 1680mg sodium



### BEST OF THE BEST

Amoy's range of naturally brewed and fermented sauces use premium ingredients. They are used to season all types of recipes and deliver authentic flavour.





Dairy-free High protein High fibre

## Braised chicken with rice

**PREP** 10 mins **COOK** 30 mins **SERVES** 4

1 tbs vegetable oil  
1kg chicken thigh fillets  
1 brown onion, thinly sliced  
2 celery sticks, thinly sliced  
2 garlic cloves, crushed  
1 tbs freshly grated ginger  
¼ cup Lee Kum Kee Hoisin Sauce  
¼ cup Lee Kum Kee Char Siu Sauce  
1 tbs Lee Kum Kee Premium Soy Sauce  
2 tbs rice wine vinegar  
4 cups cooked jasmine rice, to serve  
2 tsp sesame seeds, toasted  
2 spring onions, thinly sliced  
1 long red chilli, thinly sliced  
¼ bunch coriander, leaves picked

**1** Heat oil in a large, deep frying pan over medium-high heat. Cook chicken, in batches, for 2 minutes each side or until browned. Transfer to a plate. Reduce heat to medium. Add onion, celery, garlic and ginger. Cook, stirring, for 3 minutes or until softened.  
**2** Whisk sauces, vinegar and ⅓ cup water in a jug. Return chicken to pan. Pour sauce mixture over chicken. Bring to the boil. Reduce heat and simmer, covered, for 10 minutes or until chicken is cooked. Remove chicken from pan.  
**3** Increase heat to high and boil sauce for 5 minutes or until reduced slightly. Spoon rice into bowls. Top with chicken and sauce. Serve sprinkled with

sesame seeds, onion, chilli and coriander.

► **Nutrition** Per serve: 3570kJ (855 cals), 51g protein, 32g fat, 8g sat fat, 87g carb, 25g sugars, 4g dietary fibre, 1965mg sodium



### CLASSIC STAPLE

The sweetly savoury and fragrant Lee Kum Kee Hoisin Sauce can be used as a delicious dipping sauce, a glaze for meats or an addition to stir-fries.



**Dairy-free** **High protein**

## Chicken ramen noodle salad with miso dressing

**PREP** 10 mins **COOK** 25 mins **SERVES** 4

500g pkt chicken breasts fillets

270g Hakubaku Organic Ramen Noodles

4 free range eggs, at room temperature

2 tbs white miso paste

1 tbs sesame oil

2 tbs maple syrup

1 tbs rice wine vinegar

½ cup shredded red cabbage

½ cup shredded green cabbage

1 Lebanese cucumber, thinly sliced

2 spring onions, thinly sliced

¼ bunch coriander, leaves picked

**1** Bring a large saucepan of water to the boil over medium-high heat. Add chicken and bring water back to the boil. Reduce heat to low and simmer, covered, for 15 minutes or until cooked. Transfer chicken to a plate. Cool. Shred.

**2** Meanwhile, cook noodles according to packet instructions. Drain noodles and set aside. Place eggs in a saucepan of cold water and bring to the boil, stirring, over medium-high heat. Boil for 8 minutes for soft boiled or until cooked to your liking. Drain eggs and refresh under cold water. Peel. Cut in half.

**3** Whisk miso, oil, syrup, vinegar and ¼ cup warm water in a small jug.

**4** Place noodles on a serving platter. Top with cabbage, cucumber, chicken and eggs. Drizzle with

dressing. Sprinkle with onion and coriander. Serve.

► **Nutrition** Per serve: 2240kJ (535 cal), 43g protein, 12g fat, 3g sat fat, 62g carb, 13g sugars, 3g dietary fibre, 690mg sodium



### TASTE OF HOME

Proudly made in Australia from high-quality Australian wheat, Hakubaku Organic Ramen Noodles are the key to a delicious Japanese experience.







Dairy-free High protein High fibre

## Prawn dumpling & Hokkien noodle stir-fry

**PREP** 5 mins + 5 mins standing

**COOK** 20 mins **SERVES** 4

- 2 tbs vegetable oil
- 300g pkt Mr Chen's Prawn Hargow Dumplings
- 400g pkt Mr Chen's Hokkien Noodles
- 150g snow peas, trimmed, halved lengthways
- 1 red capsicum, thinly sliced
- 2 garlic cloves, crushed
- 1 tbs freshly grated ginger
- ¼ cup Mr Chen's Soy Sauce
- ¼ cup sweet chilli sauce
- 1 tbs honey
- 2 tsp sesame seeds, toasted
- 2 spring onions, cut into long thin strips
- 1 long red chilli, seeds removed, cut into long thin strips

**1** Place 1 tbs oil and ½ cup water in a large non-stick frying pan over

medium heat. Add dumplings and cook, covered, for 7 minutes. Uncover and cook for a further 4 minutes or until water has evaporated and dumplings are golden underneath. Transfer to a plate and set aside.

**2** Meanwhile, place noodles in a heatproof bowl and cover with boiling water. Stand for 2 minutes or until tender. Drain.

**3** Heat remaining oil in the same frying pan over medium-high heat. Add snow peas and capsicum and cook, stirring occasionally, for 2 minutes or until bright green and crisp. Add garlic and ginger and cook for 1 minute or until fragrant.

**4** Stir in sauces, honey, dumplings and noodles and cook, tossing occasionally, for 2 minutes or until heated and combined. Spoon noodle mixture into bowls. Serve topped with sesame seeds, onion and chilli.

► **Nutrition** Per serve: 1905kJ (455 cal), 15g protein, 13g fat, 2g sat fat, 67g carb, 23g sugars, 7g dietary fibre, 1590mg sodium



### TWIST AND FLIP

With authentic, tasty Asian flavours, Mr Chen's range of noodles, dumplings and pantry staples inspire great affordable meals. It's dinner done right every time.





High protein High fibre

## Thai green curry larb cups

**PREP** 5 mins + 5 mins standing

**COOK** 15 mins **SERVES** 4

100g dried rice vermicelli noodles

1 tbs vegetable oil

275g pkt The Spice Tailor

Thai Green Curry

300g pork mince

2 heads little gem lettuce,  
leaves separated

2 carrots, cut into matchsticks

¼ cup unsalted roasted cashews,  
toasted, finely chopped

¼ cup coriander leaves

1 long red chilli, deseeded, diced

1 lime, cut into cheeks

**1** Place rice noodles in a large

heatproof bowl and cover with boiling water. Stand for 3 minutes or until softened. Drain.

**2** Heat oil in a large frying pan over medium heat. Add dry spices packet (except lime leaves) and cook, stirring, for 1 minute or until fragrant. Add pork and cook, stirring, for 4 minutes or until browned. Add base sauce and cook, stirring, for 30 seconds. Stir in coconut sauce and reserved lime leaves and simmer for 2-3 minutes or until pork is cooked.

**3** Top lettuce with noodles, carrot, pork curry and cashews. Sprinkle with coriander and chilli. Serve with lime.

► **Nutrition** Per serve: 1630kJ (390 cals), 19g protein, 27g fat, 12g sat fat, 16g carb, 8g sugars, 5g dietary fibre, 365mg sodium



### TAILOR-MADE TASTE

The Spice Tailor Thai Green Curry has a delicious, spicy coconut curry base with citrus top notes, while the Thai Red Curry features sweet coconut and spicy chillies.





High protein High fibre

## Spicy chicken alfredo noodles

**PREP** 5 mins + 5 mins standing

**COOK** 15 mins **SERVES** 4

1 tbs extra virgin olive oil  
2 chicken breast fillets,  
halved horizontally  
2 garlic cloves, crushed  
400g pkt white cup mushrooms,  
sliced  
300ml light thickened cream  
¼ cup freshly grated parmesan  
700g pkt Samyang Buldak  
Hot Chicken Flavour Ramen  
2 tbs finely chopped chives

**1** Heat 1 tbs oil in a large non-stick frying pan over medium-high heat. Add chicken and cook for 3 minutes each side or until cooked through

and golden-brown. Transfer to a plate. Rest for 5 minutes, then slice. Cover to keep warm.

**2** Add garlic and mushrooms to pan and cook, stirring, for 4 minutes or until tender. Add cream, 2 tbs parmesan, 3 flavour sachets from noodles and 1 cup water and bring to the boil. Reduce heat and simmer, stirring occasionally, for 3 minutes or until broth has thickened slightly.

**3** Meanwhile, cook noodles in a large saucepan of boiling water for 4 minutes or until tender. Drain. Divide among bowls.

**4** Toss cooked noodles in sauce. Top with chicken. Serve sprinkled with chives and remaining parmesan.

► **Nutrition** Per serve: 4505kJ (1075 cal), 51g protein, 49g fat, 22g sat fat, 105g carb, 12g sugars, 4g dietary fibre, 2130mg sodium



### TURN UP THE HEAT

A well-known Korean culinary sensation, Samyang Buldak Hot Chicken Flavour Ramen offers a delicious noodle experience and is ready to serve in minutes.



the  
**HAN**  
KITCHEN



Celebrate Lunar  
New Year from  
the comfort of  
your home



Pick up our ramyun in the Asian Food Aisle within our stores  
or scan the QR code to check out online



# PEPPERCORN

THE GOOD FOOD COMPANY

## EXTRA LEAN & EXTRA EASY

WITH LESS THAN 3% SATURATED FAT



New



Made for  
**HEALTHY  
APPETITES**


100% Australian Beef.  
No Artificial Colours or Flavours.  
Gluten Free.

DISCOVER OUR FULL RANGE AT [PEPPERCORNFOD.COM.AU](http://PEPPERCORNFOD.COM.AU)



Available at Woolworths 





*Shichimi  
togarashi*

*Chípotle  
& maple  
marinade*

# MARINADES FOR MANY

To boost the flavour of your proteins, look no further than a generous lather of delicious homemade marinade or rub.





Coriander,  
lime &  
jalapeño  
marinade

Mango  
& chilli  
marinade

Spanish-style  
spice rub



MAXIMISE THE FLAVOUR

Buffalo sauce



**STORING TIP**

Marinate chicken, beef steak, prawns and fish fillets in the fridge for as few as 10 minutes and as long as 4 hours or overnight. Freeze and store marinated meat for up to 1 month<sup>A</sup>. If freezing, remember to label and date your protein. Thaw protein in the fridge overnight before cooking.

Miso & honey marinade



From Sunbeam to SodaStream, collect Everyday Rewards points for every dollar you spend with Everyday Market. T&Cs apply.



**COOKING TIP**

Marinades with a high sugar content are best cooked over medium heat and turned regularly to avoid burning.



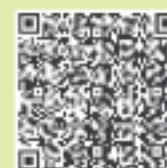
MAXIMISE THE FLAVOUR

*Greek-style  
marinade*

**\*STORING TIP**  
Store rubs in  
an airtight  
container,  
adding citrus  
zest just  
before use.

*Indian-style  
spice rub*

To create these rubs  
and marinades, head  
to Fresh  
Ideas For  
You by  
scanning  
this code.





# Will you Dip?

Share



Sizzle



Spread



Stir



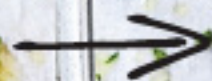
# ...or Create?



SCRUMPTIOUS SNACK &  
DELICIOUS DINNER IDEAS  
[YUMIS.COM.AU/DIPORCREATE](http://YUMIS.COM.AU/DIPORCREATE)  
INSTAGRAM @YUMISDIPS



p 94  
Veggie & balsamic  
onion skewers



# GRILL OF THE CHASE



Turn up the heat and ignite your culinary spark with these outstanding, bright vegetarian barbecue-busting recipes.





94  
Smoky barbecued  
baba ganoush  
→



Vegan Gluten-free Dairy-free

## Veggie & balsamic onion skewers

**PREP** 30 mins + 30 mins standing  
**COOK** 10 mins **MAKES** 6

2 garlic cloves, crushed  
1 tbs Woolworths extra virgin olive oil  
2 tbs white balsamic vinegar  
2 red onions  
2 zucchini, cut into thick rounds  
2 green capsicums, cut into 3cm pieces  
150g button mushrooms  
extra virgin olive oil cooking spray  
6 metal skewers  
**Basil pesto**  
½ bunch basil, leaves picked  
1 garlic clove  
2 tbs extra virgin olive oil

**1** Combine garlic, oil and vinegar in a bowl. Cut each onion into thick wedges, then cut each wedge in half crossways. Add onion to vinegar mixture and toss gently to coat, being careful to keep onion layers together. Stand for 30 minutes to marinate, if time permits.

**2** Thread chunks of onion, zucchini, capsicum and mushroom onto skewers. Spray with oil.

**3** Heat a barbecue grill or plate on medium-high heat. Cook skewers, turning occasionally, for 8 minutes or until tender.

**4** To make the basil pesto, place basil and garlic in a small food processor and blitz until finely chopped. Add oil and blitz until combined. Serve skewers drizzled with pesto.

► **Nutrition** Per serve: 560kJ (135 cal), 4g protein, 10g fat, 1g sat fat, 6g carb, 5g sugars, 4g dietary fibre, 10mg sodium



### USE-IT-UP TIP

Use up any leftover vegetables you have in your crisper drawer for the skewers, such as eggplant and cherry tomatoes.

Vegetarian High fibre

## Smoky barbecued baba ganoush

**PREP** 20 mins + 1 hr cooling  
**COOK** 30 mins **SERVES** 10

2 eggplants  
½ bunch continental parsley, leaves picked  
¼ cup light Greek-style natural yoghurt  
1 tbs Macro Organic hulled tahini  
½ lemon, juiced  
1 garlic clove, crushed  
2 wholemeal Lebanese bread rounds  
100g Sweet Solanato® tomatoes, thickly sliced  
2 Qukes® baby cucumbers, sliced  
2 tbs Kalamata olives, quartered  
¼ tsp smoked paprika  
2 tsp extra virgin olive oil

**1** Heat a barbecue grill on medium-high heat. Add eggplant and cook, turning often, for 25 minutes or until charred and very soft. Transfer to a heatproof bowl and set aside for 1 hour to cool. Remove and discard skin. Place eggplant flesh in a colander set over a bowl for 20 minutes to drain excess liquid.

**2** To make baba ganoush, place eggplant in a food processor and blitz until almost smooth. Transfer to a small bowl. Finely chop half of the parsley. Add chopped parsley, yoghurt, tahini, lemon juice and garlic. Season with pepper and stir to combine.

**3** Meanwhile, heat barbecue grill to medium-high heat. Add bread and cook for 1 minute each side or until toasted.

**4** Transfer baba ganoush to a serving plate. Combine tomato, cucumber, olives and remaining parsley leaves in a small bowl. Add tomato mixture to baba ganoush. Sprinkle with paprika. Drizzle with oil. Serve with bread.

► **Nutrition** Per serve: 375kJ (90 cal), 3g protein, 3g fat, 0.5g sat fat, 10g carb, 3g sugars, 4g dietary fibre, 90mg sodium

Vegetarian Gluten-free High protein

## Spiced barbecued pumpkin with herbed rice

**PREP** 30 mins **COOK** 1 hr 20 mins **SERVES** 4

2 butternut pumpkins, halved  
extra virgin olive oil cooking spray  
2 tsp ground cumin  
1 bunch coriander  
250g pkt Woolworths brown microwave rice  
420g can no-added-salt chickpeas, rinsed, drained  
2 garlic cloves, crushed  
1 lemon, zested, juiced  
½ cup light smooth ricotta  
½ cup almond kernels, roughly chopped  
1 long green chilli, sliced

**1** Remove and discard seeds from pumpkins. Place pumpkin, cut-side up, in a large roasting pan. Score top of each pumpkin in a crisscross pattern. Spray pumpkin with oil and sprinkle with cumin. Season with pepper.

**2** Preheat a barbecue grill (with hood closed) on medium-high heat. Pick half of the coriander leaves and finely chop. Combine rice, chickpeas, garlic, chopped coriander, lemon zest and juice in a bowl. Season with pepper.

**3** Place pumpkin (in the roasting pan) on the unheated side of the barbecue. Cook, with hood closed, for 1 hour and 20 minutes or until the pumpkin is tender, spooning rice mixture into holes in the pumpkin in the final 20 minutes.

**4** Dollop each pumpkin with ricotta. Sprinkle with almonds, chilli and remaining coriander. Serve.

► **Nutrition** Per serve: 2210kJ (530 cal), 23g protein, 19g fat, 4g sat fat, 58g carb, 23g sugars, 17g dietary fibre, 105mg sodium

WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THESE RECIPES ARE VEGAN, VEGETARIAN, GLUTEN-FREE AND DAIRY-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY DIFFER FROM BRAND TO BRAND.



p 94  
Spiced barbecued  
pumpkin with  
herbed rice



**USE-IT-UP TIP**

Clean seeds well, then boil for 5-10 minutes. Dry seeds on paper towel, then toss with oil, salt and pepper. Bake at 180°C/160°C fan-forced for 8-10 minutes.



p100

Whole roasted  
spiced cauliflower  
with pico de gallo



Each serve of this  
recipe has more  
than two serves  
of veggies.





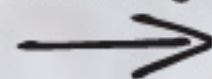
**PREP TIP**

You can make these patties ahead of time. Store patties between sheets of baking paper in a reusable container in the fridge until you're ready to cook them.



p 100

Sweet potato  
& slaw burgers

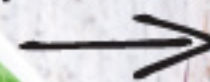




MEAT-FREE BBQ

p.100

Barbecued  
smashed  
potato salad



**EXTRA VEG**

Each serve  
of this recipe  
has more than  
two serves  
of veggies.







To create this Grilled corn with chipotle yoghurt, head to *Fresh Ideas For You* by scanning this code.





Vegetarian Gluten-free High fibre

**Whole roasted spiced cauliflower with pico de gallo**

PREP 20 mins + 5 mins standing

COOK 1 hr 40 mins SERVES 6

2 limes  
 ½ small red onion, finely chopped  
 1 jalapeño, deseeded, finely chopped  
 ½ bunch coriander  
 200g Sweet Solanato® tomatoes, finely chopped  
 3 tsp Mexican chilli powder  
 2 tbs Woolworths extra virgin olive oil  
 1 large cauliflower, trimmed  
 2 tbs light Greek-style natural yoghurt

- 1 Preheat a barbecue grill (with hood closed) on medium-high heat. Juice 1 lime.
- 2 To make pico de gallo, combine onion, lime juice and jalapeño in a bowl. Stand for 5 minutes. Finely chop half of the coriander. Add tomato and chopped coriander to onion mixture and stir to combine. Set aside.
- 3 Combine chilli powder and oil in a small bowl. Season with pepper. Place cauliflower on a large piece of foil on a large shallow roasting pan. Brush oil mixture all over cauliflower. Season. Scrunch a sheet of foil up around cauliflower, then pour ¼ cup boiling water into foil. Fold up sides of foil to enclose cauliflower, scrunching foil at the top to seal.
- 4 Place pan with cauliflower on the unheated side of the barbecue. Cook, with hood closed, for 1 hour. Carefully open foil to expose cauliflower. Cook for a further 40 minutes or until cauliflower is tender.
- 5 Place cauliflower on a serving board. Serve with yoghurt, pico de gallo and remaining coriander.

► **Nutrition** Per serve: 620kJ (150 cal), 7g protein, 7g fat, 1g sat fat, 12g carb, 10g sugars, 6g dietary fibre, 125mg sodium

Vegetarian High protein High fibre

**Sweet potato & slaw burgers**

PREP 30 mins + 15 mins standing + 10 mins chilling COOK 10 mins SERVES 4

½ cup raw cashews  
 400g sweet potato, peeled, chopped, steamed, cooled  
 2 spring onions, roughly chopped  
 2 garlic cloves, crushed  
 1 long red chilli, chopped  
 420g can no-added-salt chickpeas, rinsed, drained  
 1 free range egg  
 ¾ cup quick oats  
 4 Woolworths multigrain rolls  
 extra virgin olive oil cooking spray  
 ½ cup light Greek-style natural yoghurt  
 1 lime, juiced  
 2 tbs sweet chilli sauce  
 200g pkt Woolworths classic coleslaw  
 ½ bunch coriander, leaves picked

- 1 Place cashews in a small heatproof bowl. Cover with boiling water. Stand for 15 minutes to soften. Drain well. Place cashews, potato, onion, garlic, chilli, chickpeas, egg and oats in a food processor and blitz until finely chopped and combined. Using wet hands, shape mixture into 4 patties. Chill for 10 minutes or until slightly firm.
- 2 Heat a greased barbecue plate on medium heat. Split bread rolls and spray cut sides with oil. Place rolls, cut-side down, on barbecue plate. Cook for 2 minutes or until toasted. Transfer to a board and cover to keep warm.
- 3 Spray patties with oil. Add patties to barbecue plate and cook for 4 minutes each side or until golden.
- 4 Combine yoghurt and lime juice in a bowl. Spread a little yoghurt mixture on the toasted sides of each roll. Top bases with patties, then drizzle with sweet chilli. Top with slaw and coriander. Sandwich with lids. Serve.

► **Nutrition** Per serve: 2585kJ (615 cal), 25g protein, 16g fat, 3g sat fat, 84g carb, 19g sugars, 17g dietary fibre, 565mg sodium

Vegan Gluten-free Dairy-free

**Barbecued smashed potato salad**

PREP 15 mins COOK 35 mins SERVES 6

1kg pkt Woolworths white washed baby potatoes  
 1 tbs extra virgin olive oil  
 ¼ bunch rosemary, leaves picked, finely chopped  
 60g pkt baby spinach leaves  
 1 Lebanese cucumber, thinly sliced into rounds  
 1 bunch radish, thinly sliced  
 1 small red onion, thinly sliced into rounds  
 ½ punnet dill, sprigs picked  
**Mustard dressing**  
 3 tsp Dijon mustard  
 1½ tbs white wine vinegar  
 2 tbs extra virgin olive oil

- 1 Place potatoes in a large saucepan and cover with water. Bring to the boil, then simmer for 25 minutes or until potatoes are tender when pierced with a small, sharp knife. Drain well. Transfer potatoes to a large bowl. Add oil and rosemary. Season with pepper and toss to coat.
- 2 Heat a barbecue plate on medium-high heat. Place potatoes on barbecue plate. Using the back of a metal spatula or large metal spoon, gently squash potatoes. Cook for 5 minutes each side or until golden and tender.
- 3 To make mustard dressing, place mustard, vinegar and oil in a small bowl. Season with pepper. Whisk with a fork to combine.
- 4 Place spinach on a serving platter. Arrange potatoes, cucumber, radish, onion and dill over spinach. Drizzle with dressing. Serve. ■

► **Nutrition** Per serve: 880kJ (210 cal), 5g protein, 10g fat, 1g sat fat, 23g carb, 3g sugars, 3g dietary fibre, 115g sodium





# MOONDARRA CHEESE



## Instant Snackification

SOFT & CREAMY SNACK PACK COMBOS

Available at Woolworths 



# BE SCHOOL READY

## FOR YOUR CHANCE TO

# WIN

**65 x \$2,000** in  
Woolworths Supermarket eGift Cards



**1 BUY** any product from the participating brands

**2 SCAN** your Everyday Rewards Card (or link to your online account) in the same transaction

**3 WIN** Go into the draw for your chance to win







Weet-Bix

MORE LOVE  
nōshu  
LESS SUGAR



Nice & Natural



Aus. res. 18+ who are existing Everyday Rewards Members with a valid email address registered to their Everyday Rewards account only. Starts 17/1/24 12:01am AEDT & ends 13/2/24 11:59pm AEDT ('Promotional Period'). To enter, during the Promotional Period, purchase any product from the participating brands (see T&Cs for full list) from any Woolworths supermarket, Woolworths Metro or [www.woolworths.com.au](http://www.woolworths.com.au) (excludes MILKRUN and Everyday Market) and scan your registered Everyday Rewards Card in-store or enter your card number at checkout online prior to finalising the transaction. Draw: 12pm AEDT, 22/2/24, Plexus, Level 4, 411 Collins Street, Melbourne VIC 3000. Prizes: 65 x \$2,000 worth of Woolworths Supermarket eGift Cards. Max 1 prize/person (excl. SA). Winners published at <https://everydayrewards.com.au/competitionwinners> by 29/2/24. Promoter: Woolworths Group Ltd (t/a 'Everyday Rewards') ABN 88 000 014 675, 1 Woolworths Way, Bella Vista NSW 2153. See [everydayrewards.com.au/competitions](http://everydayrewards.com.au/competitions) for Terms and Conditions. NSW Authority No. TP/82. Permit No's: ACT TP 23/02264 & SA T23/1748.







# MUNCH TIME

Impress (and please!) even the fussiest young eaters with fun lunches filled with bright colour, full flavour and texture.

Vegetarian High protein High fibre

## Nachos lunch box

**PREP** 15 mins **COOK** 10 mins

**SERVES** 1

1 mini tortilla, quartered  
5ml extra virgin olive oil  
cooking spray  
75g Sweet Solanato® tomatoes,  
halved  
½ Lebanese cucumber, roughly  
chopped  
½ cup Greek-style natural yoghurt

125g can black beans, rinsed, drained  
20g shredded light tasty cheese  
190g pineapple, peeled, roughly  
chopped  
2 tbs pepitas

**1** Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.  
**2** Place tortilla quarters on tray and spray with oil. Bake for 7 minutes or until lightly golden and crisp.  
**3** Meanwhile, to make tomato

salsa, place tomato and cucumber in a small bowl and mix to combine. Season with freshly ground black pepper.

**4** Arrange tomato salsa, yoghurt and beans in lunch box. Top beans with cheese. Add tortillas to lunch box. Add pineapple to lunch box and top with pepitas. Serve.

► **Nutrition** Per serve: 2840kJ (679 cal), 26.3g protein, 33.9g fat, 11g sat fat, 62.2g carb, 33g sugars, 21.3g dietary fibre, 960mg sodium





Gluten-free High protein High fibre

## Rice paper roll lunch box

**PREP** 20 mins **COOK** 20 mins **SERVES** 2

**200g chicken breast fillet**  
**6 rice paper sheets**  
**1 cup red cabbage, finely shredded**  
**1 carrot, cut into matchsticks**  
**1 Lebanese cucumber, cut into matchsticks**  
**2 kiwifruit, peeled and chopped**  
**1½ cups light Greek-style natural yoghurt**  
**30g sultanas**

**1** Bring a medium saucepan of water to the boil over high heat. Add chicken and reduce heat to medium. Cook for 15 minutes or until chicken is cooked through. Set aside to cool

slightly. Transfer chicken to a board. Using 2 forks, roughly shred chicken.  
**2** Fill a large bowl with lukewarm water. Soak 1 rice paper sheet in water for 10 seconds, then remove and place on a clean board. Top with one-sixth each of the chicken, cabbage, carrot and cucumber. Roll sheet up, tucking in sides, to form a roll. Repeat with remaining sheets, chicken and vegetables to make 6 rolls. Cover and refrigerate until ready to pack.  
**3** Cut rolls in half. Place 3 halves in each lunch box along with kiwifruit and yoghurt topped with sultanas.

► **Nutrition** Per serve: 2280kJ (545 cal), 38.9g protein, 9g fat, 5.2g sat fat, 74g carb, 35.9g sugars, 7.4g dietary fibre, 635mg sodium



## sistema®

### ULTIMATE SNACK PACK

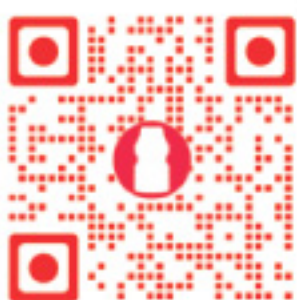
The Sistema Bento Create To Go with Mini Bite has customisable compartments to fit snacks of all shapes and sizes, while the Sistema Ribbon Lunch To Go with Mini Bite is a smaller option to keep food fresh. Opt for the Sistema Sandwich Box To Go to carry your lunch and reduce single-use plastic.



# Yakult

## YOUR GUT'S BEST FRIEND

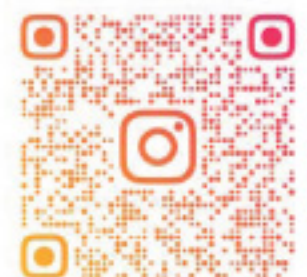
Digestive balance and  
intestinal health.\*



YAKULT BENEFITS

### *Do you Yakult?*

\*via systematic review, based on FSANZ self-substantiated  
food-health relationships notification system



HI YAKULT MAN  
YAKULT\_AUSTRALIA





# *Thrills and* **FRUITY** **CHILLS**

Trust us: you'll be the coolest person in the room with these fruit-packed frozen desserts.

p110

Lamington  
ice-cream cubes







110

Sour grapes



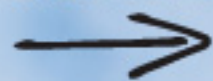
**SWAP TIP**

Use lemon or orange zest instead of lime zest and experiment with different flavour combinations!



p 110

Blackberry syrup  
snow cones



**HEALTHIER TIP**

Top your shaved  
ice with fresh  
berries, fruit and  
honey (instead  
of the syrup) for a  
healthier option.



**everyday  
rewards**

Every boost  
gets you closer  
to big rewards.



**Lamington ice-cream cubes**

**PREP** 30 mins + 5 mins standing +  
6 hrs freezing **SERVES** 12

2L vanilla ice-cream  
270ml can coconut cream  
125g raspberries  
 $\frac{3}{4}$  cup raspberry jam  
200g block Woolworths dark  
chocolate, chopped  
 $\frac{1}{4}$  cup vegetable oil  
 $\frac{1}{2}$  cups desiccated coconut

**1** Grease and line a 22cm square (base measurement) cake pan with baking paper, extending paper at opposite sides for handles. Place ice-cream and coconut cream in a large bowl. Allow to stand at room temperature for 5 minutes to soften slightly. Using an electric mixer, beat ice-cream until smooth. Pour half of the ice-cream mixture into the prepared pan. Cover and freeze for 30 minutes or until firm.

Place remaining ice-cream mixture in the fridge.

**2** Blend raspberries and jam until almost smooth. Pour jam mixture over ice-cream in pan. Freeze for 1 hour or until set.

**3** Pour remaining ice-cream mixture over jam mixture. Cover and freeze for 4 hours or until set. Once set and using paper as handles, remove ice-cream mixture from pan, then using a large knife, trim edges and cut into 9 squares. Return to pan. Freeze for 15 minutes or until firm.

**4** Place chocolate and oil in a microwave-safe bowl. Microwave on high in 30-second bursts, stirring until melted and smooth. Line a baking tray with baking paper. Place coconut on a baking tray. Using two forks and working quickly, dip ice-cream cubes into chocolate mixture, allowing any excess to drip off. Roll in coconut to coat and place on prepared tray. Freeze until ready to eat.

► **Nutrition** Per serve: 1630kJ (390 cal), 4g protein, 26g fat, 17g sat fat, 34g carb, 32g sugars, 5g dietary fibre, 30mg sodium

Vegan Gluten-free Dairy-free

**Sour grapes**

**PREP** 20 mins + 2 hrs chilling +  
2 hrs freezing **SERVES** 4  
**COST PER SERVE**<sup>A</sup> \$2.93

500g green and red grapes  
3 limes, finely zested, juiced  
1 cup Woolworths white sugar

**1** Remove grapes from stem. Place grapes in a large bowl. Add lime juice. Cover and refrigerate for 2 hours to allow flavours to develop.

**2** Line a baking tray with baking paper. Place zest and sugar on a large plate.

**3** Roll grapes in sugar mixture to coat, then place on prepared trays. Freeze for 2 hours or until firm.

► **Nutrition** Per serve: 1430kJ (340 cal), 1g protein, 0.5g fat, 0g sat fat, 81g carb, 81g sugars, 4g dietary fibre, 10mg sodium

Vegan Gluten-free Dairy-free

**Blackberry syrup snow cones**

**PREP** 15 mins + 6 hrs freezing time  
**COOK** 10 mins **SERVES** 4

$2\frac{3}{4}$  cups Macro Organic  
coconut water  
 $\frac{1}{2}$  cup caster sugar  
3 whole star anise  
250g blackberries  
 $\frac{1}{4}$  bunch mint, small leaves picked

**1** Combine coconut water and 1 cup water in a large jug. Pour into 3 x 12-hole (20ml-capacity) ice-cube trays. Freeze for 4 hours or until firm.

**2** Meanwhile, place sugar, star anise and  $1\frac{1}{2}$  cups water in a medium saucepan over low heat. Cook, stirring, for 2-3 minutes or until sugar dissolves. Add blackberries and increase heat to high. Bring to the boil,

then reduce heat to medium and simmer for 5-7 minutes or until mixture thickens slightly. Remove from heat. Cool. Blend until smooth, then strain through a fine sieve into a large jug. Refrigerate for 1 hour to chill.

**3** When ready to eat, process ice cubes, in 2 batches, until finely crushed. Spoon into bowls. Serve immediately, topped with berry syrup and mint.

► **Nutrition** Per serve: 660kJ (160 cal), 1g protein, 0.5g fat, 0g sat fat, 37g carb, 35g sugars, 4g dietary fibre, 65mg sodium

**Frozen yoghurt & pistachio clusters**

**PREP** 30 mins + 5 hrs freezing time  
**SERVES** 12 **COST PER SERVE**<sup>A</sup> \$0.80

500g strawberry yoghurt  
 $\frac{3}{4}$  cup Woolworths pistachio  
kernels, toasted, chopped  
250g strawberries, finely chopped  
200g block dark chocolate,  
chopped

**1** Line 2 baking trays with baking paper. Combine yoghurt, pistachios and strawberries in a bowl.

**2** Working with 1 tbs mixture at a time, spoon 24 portions onto prepared trays. Freeze for 4 hours or until firm.

**3** Place chocolate in a microwave-safe bowl. Microwave on high in 30-second bursts, stirring, until melted and smooth.

**4** Using two forks and working quickly, dip each yoghurt cluster into chocolate to coat, allowing any excess to drip off. Return to trays. Sprinkle with pistachio. Freeze until required.

► **Nutrition** Per serve: 735 kJ (175 cal), 4g protein, 10g fat, 4g sat fat, 17g carb, 15g sugars, 1g dietary fibre, 35mg sodium





p110

Frozen yoghurt &  
pistachio clusters



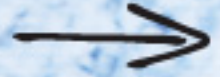
**PREPPING TIP**

To try something different, spread yoghurt mixture over a baking tray lined with baking paper and freeze. Then break into pieces and serve as yoghurt bark.



p 116

Frozen rockmelon  
sorbet wedges with  
spicy coriander sugar





**USE-IT-UP TIP**

Any leftover berries or other fruit – such as rockmelon, mango or nectarine – can be used in this recipe.



p.116

Raspberry & peach sorbet

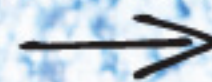




FROZEN FRUITS

p.116

Frozen banana  
& coconut  
cheesecake loaf



**COOKING TIP**

Save time and  
cook pineapple  
in a 5L air fryer  
at 200°C for  
15 minutes or  
until dehydrated.





**New**

# Sweeten your Summer *Get Lucky*



When quality matters, you already know you can trust Lucky nuts.  
Now we're bringing you delicious dried fruits with the same Lucky quality.  
A naturally sweet and nutritious snack that is also perfect to bring all your  
summer cooking and baking creations to life.

**AVAILABLE FROM THE DRIED FRUIT & NUTS AISLE.**

Follow us for recipes & tips:  @LuckyNutsAustralia  @lucky.nuts



**Available at Woolworths** 



Vegan Gluten-free Dairy-free

### Frozen rockmelon sorbet wedges with spicy coriander sugar

PREP 15 mins + 4 hrs freezing SERVES 4

COST PER SERVE<sup>A</sup> \$1.60

1 rockmelon, washed, dried  
 ½ x 1kg tub lemon sorbet  
 ⅓ cup caster sugar  
 1 tsp dried chilli flakes  
 ¼ bunch coriander, sprigs picked

- 1 Cut rockmelon in half. Scoop out seeds. Spoon sorbet into centre of each rockmelon half, then smooth surface. Cover and freeze for 1 hour or until sorbet is slightly set. Once set, cut each half in half, then freeze for a further 3 hours or until sorbet is firm.
- 2 Using a mortar and pestle, pound sugar, chilli and half of the coriander until combined.
- 3 Sprinkle rockmelon wedges with coriander sugar and remaining coriander. Serve.

► **Nutrition** Per serve: 1165kJ (280 cal), 2g protein, 1g fat, 0g sat fat, 65g carb, 64g sugars, 3g dietary fibre, 70mg sodium

 **SWAP TIP**  
 Ice-cream can be used instead of sorbet in this recipe.

Vegan Gluten-free Dairy-free

### Raspberry & peach sorbet

PREP 25 mins + 8 hrs freezing time

COOK 10 mins SERVES 12

8 peaches  
 ⅓ cup Woolworths caster sugar  
 1 cinnamon stick  
 5cm-piece ginger, sliced  
 600g raspberries, frozen,  
 plus 125g extra, to serve  
 2 small ripe bananas, chopped, frozen

- 1 Line a baking tray with baking paper. Using a small sharp knife, cut a small cross in the base of each peach. Place peaches in a large heatproof bowl. Cover with boiling water and stand for 5 minutes or until skin begins to lift. Peel peaches, cut in half and remove stones, then chop. Place on prepared tray. Freeze for 2 hours or until firm.
- 2 Meanwhile, to create sugar syrup, place sugar, cinnamon stick and ginger in a small saucepan. Add 2½ cups water and cook, stirring, over low heat, for 3 minutes or until sugar dissolves. Increase heat to high and bring to the boil. Boil for 5 minutes or until reduced slightly. Remove from heat. Cool completely. Strain, then discard ginger and cinnamon stick.
- 3 Process raspberries, half of the banana and half of the sugar syrup until smooth. Transfer to a bowl. Clean processor, then process peaches, remaining banana and remaining sugar syrup until smooth. Pour half of the raspberry purée into a 2L (10-cup) loaf pan, then half of the peach purée on top. Swirl to create a marbled effect. Repeat with remaining raspberry purée and peach purée. Freeze for 6 hours or overnight until firm. Serve with extra raspberries.

► **Nutrition** Per serve: 445kJ (105 cal), 2g protein, 0.5g fat, 0g sat fat, 21g carb, 19g sugars, 6g dietary fibre, 5mg sodium

### Frozen banana & coconut cheesecake loaf

PREP 30 mins + 8 hrs freezing time

COOK 1 hr 20 mins SERVES 14

250g pkt Woolworths gingernut biscuits, broken  
 ½ cup unsalted macadamias  
 125g unsalted butter, melted  
 ⅓ cup caster sugar  
 2 free range eggs, lightly beaten  
 2 x 225g pkts cream cheese, softened slightly  
 270ml can coconut cream  
 300ml sour cream  
 1 large ripe banana, mashed  
 1 tbs vanilla-bean paste  
 1 small pineapple  
 ¼ cup honey

- 1 Grease and line a 7x30cm (base measurement) loaf pan. To create biscuit crumb, process biscuits and macadamias until finely crushed. Add butter and process to combine.
- 2 Wipe processor clean. To create cheesecake, process sugar, eggs, cream cheese, coconut cream, sour cream, banana and vanilla until smooth. Pour over base of prepared pan and smooth surface. Chill for 1-2 hours or until firm. Spoon biscuit crumb evenly over top of cheesecake, pressing down slightly, then smooth surface. Cover and freeze for 8 hours or overnight until firm.
- 3 Meanwhile, preheat oven to 120°C/100°C fan-forced. Line 2 large baking trays with baking paper. Slice pineapple into very thin rounds. Place slices between sheets of paper towels to remove moisture. Arrange slices, in a single layer, on trays. Bake for 1 hour and 20 minutes, turning slices halfway, or until fruit is dehydrated. Remove from oven and set aside to cool completely.
- 4 Turn cheesecake out onto a serving board. Top with dried pineapple. Drizzle with honey. Serve. ■

► **Nutrition** Per serve: 2060 kJ (490 cal), 6g protein, 37g fat, 22g sat fat, 34g carb, 25g sugars, 2g dietary fibre, x170g sodium



SAMMONTANA  
GELATI ALL'ITALIANA

SAMMONTANA  
GELATI ALL'ITALIANA



BLUEBERRY

SHEER DECADENCE BITE AFTER BITE!

ALSO AVAILABLE:



PISTACCHIO



ALMOND CRUNCH





# healthy wholefood lunchtimes made simpler!

gel cooler  
included

adjustable  
& removable  
divider

leak-proof  
silicone seal

b.box lunchbox  
available in a variety of colours



b.box®

find us in the kitchenware aisle!

[www.bboxforkids.com](http://www.bboxforkids.com)



# recipe index

## starters, sides & extras

Barbecued smashed potato salad	100
Buffalo sauce	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Chipotle & maple marinade	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Coriander, lime & jalapeño marinade	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Greek-style marinade	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Grilled corn with chipotle yoghurt	99
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Indian-style spice rub	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Mango & chilli marinade	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Miso & honey marinade	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Mixed berry & banana smoothie bowl	42
Peach, mozzarella & prosciutto crostini with balsamic glaze	76
Shichimi togarashi	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	
Smoky barbecued baba ganoush	94
Spanish-style spice rub	90
(See <a href="https://www.woolworths.com/au/bonus-recipes">woolworths.com/au/bonus-recipes</a> )	

## meat

Beef & corn-chip pockets	62
Crispy paprika pork tortilla bowls	62
Peach & mortadella toastie	54
Turkey nachos with mango salsa	22

## meat-free

Healthier pan-fried tomato & zucchini pesto fettuccine	18
Herb falafel bowl with beetroot labneh & crispy chickpeas	6

## poultry

Chilli chicken with sweet & sour peach sauce	54
Crunchy chicken lettuce wraps	64
Crunchy rice paper wraps	62

Healthier air-fryer taquitos	28
Healthier chicken & rainbow vegetable wrap	70
Peach & Buffalo chicken pizza	54
Pineapple chicken parmigiana	20
Spicy chicken burgers	14

## vegetarian

Chilled tofu with spicy chilli sauce & Asian-style slaw	70
Healthier air-fryer bang-bang tofu	36
Healthier air-fryer kale, pumpkin & chickpea salad	32
Healthier beetroot, mint & lentil salad	76
Spiced barbecued pumpkin with herbed rice	94
Sweet potato & slaw burgers	100
Peach & avocado salad with maple-Dijon dressing	54
Pizza baguettes	64
Veggie & balsamic onion skewers	94
Whole roasted spiced cauliflower with pico de gallo	100

## seafood

Healthier air-fryer Chinese five-spice fish	30
Healthier air-fryer crispy prawn & mango salad	34
Hot smoked salmon Turkish bread	76
Prawn summer rolls with peanut dipping sauce	70
Salmon & soba noodle salad	16

## sweets & baking

Blackberry syrup snow cones	110
Frozen banana & coconut cheesecake loaf	116
Frozen rockmelon sorbet wedges with spicy coriander sugar	116
Frozen yoghurt & pistachio clusters	110
Lamington ice-cream cubes	110
Raspberry & peach sorbet	116
Smoothie fruit cubes	130
Sour grapes	110

## HEALTH & NUTRITION

**vegetarian:** Contains no ingredients that are derived from animals, except for milk and milk products, honey and eggs.

**vegan:** A vegan diet is typically based on products that contain grains, fruits, vegetables, beans, pulses and peas. Vegan products generally don't contain any animal-based ingredients, like meat, fish, shellfish, dairy, eggs, honey or by-products from the fishing industry. They also don't contain some other typically non-vegan ingredients, like vitamin D3, casein, carmine (120) and lanolin.

**gluten-free:** Contains no wheat, rye, barley or oats, or foods derived from these. Processed products may, in some instances, have gluten-free and gluten-containing versions so it's important to always check labels and verify ingredients without gluten.

**dairy-free:** Contains no milk and no ingredients that are part of milk.

**low salt:** Contains no more than 120mg of sodium in 100g or 100ml of the recipe.

**low saturated fat:** Contains no more than 0.75g/100ml for liquid food or no more than 1.5g/100g for solid food.

**low sugar:** Contains no more than 5g/100g for solid food or no more than 2.5g/100ml for liquid food.

**high fibre:** Contains greater than or equal to 4g of fibre per serve.

**high protein:** Contains greater than or equal to 10g of protein per serve.

### (+ extra veg) two or more serves of veggies per a serve:

For recipes with two or more serves of vegetables per serve, whereby one serve is equal to ½ cup hard vegetables, 1 cup leafy vegetables, and/or ½ cup beans or legumes.

\* Suitable for lacto-ovo vegetarians. Some of these recipes include cheese, which may contain animal rennet. Ingredients vary between brands so always check the label.

### Cost per serve

The cost per serve is calculated by dividing the approximate cost of the ingredients (excluding ingredients marked as "extra to serve") by the number of serves in the recipe. Ingredient prices are based on standard shelf prices in NSW Woolworths supermarkets as at 5 September, 2023. Prices and products may vary by state and may not be available in all supermarkets, Woolworths Metro, MetroGo and Woolworths Online (including Everyday Market). Where a specific brand is not listed for an ingredient, calculations are based on the price of the Woolworths own brand version of the ingredient or the next cheapest alternative.



If you see this icon, it means that the cost per serve is under \$5<sup>^</sup>.



These recipes are based around the five core food groups, and align with specific guidelines and nutrition targets developed by our team of nutritionists.

Storage suggestions for leftover food are a guide only. It is recommended to keep perishable food cold and clean, and always check the label. If in doubt, throw it out.

Recipe nutrition information is provided as a guide only and may differ from information displayed on Woolworths Online due to differences in foods used to calculate the nutritional values.



# Grow

**Clinically proven to provide thicker, fuller and denser hair in only 60 days.**

Containing antioxidants proven to prolong the growth phase of the hair follicle, Grow Thicker Fuller Daily Densifier is the answer to thinning hair prone to breakage and hairfall.

**Let's Grow better together.**

**88%**  
agree their hair looks  
**THICKER**

**88%**  
have seen  
**DECREASED  
HAIRFALL**

**92%**  
agree their hair looks  
**HEALTHIER**




**82%**  
agree their hair looks  
**DENSER**

**85%**  
agree their hair looks  
**FULLER**

ALL RESULTS FROM A CLINICAL TRIAL CONDUCTED OVER 60 DAYS.

 GROW haircare

 grow\_haircare

[growhaircare.com.au](https://growhaircare.com.au)

**Available at Woolworths** 



# COOL CONFIDENCE

Freshen up your children's kicks for the new school year with odour-fighting, stain-repellent shoe-care products.



## ODOUR BE GONE

Kick stinky feet and shoes to the curb with **Odor-Eaters Foot & Shoe Spray Sport** and end the battle with that persistent stench. The antiperspirant deodorant spray offers long-lasting odour control and sweat protection, keeping little feet and shoes fresher, drier and more comfortable. For best results, shake well and use daily by spraying evenly on top of feet, from 15cm away, or inside shoes for 2-3 seconds.

## SHOE SHIELD

Want to prolong the longevity of kids' school shoes? **Maseur Footcare Sneaker Protector** is the shield you need. Whether used on leather, suede, nubuck or fabric sneakers, the spray will repel liquid, dirt and stains while maintaining breathability and softness of the material. Spray clean shoes twice, allow them to dry for one hour, and your sneakers are ready to go.



# BBQ WITHOUT the BUZZZ



Don't miss out on those unforgettable summer moments. With Grillworx and Waxworks, your backyard becomes a haven of flavour and comfort. Whether you're grilling up a storm or simply relaxing under the stars, our products ensure your summer is filled with delicious barbecues and mosquito-free fun.

**GRILLWORX**

**WAXworks®**  
OUTDOOR STYLE THAT PROTECTS!

**WORKS EVERY TIME!**



# STAY COOL

Whether enjoyed during the school day or at home, these chilled treats are true lunch-time stars.



## CREAMY HEAVEN

With exceptional creaminess and a subtle savoury sweetness, **The Laughing Cow Creamy Original Spreadable Cheese Wedges** can be served with crunchy crackers and vegetables, in a sandwich or on their own. The fun, individually-wrapped portions – with eight per wheel – are made with real cream and real cheese and are a good source of calcium.

## GO BABY GO

A creamy, delicious bite-sized snack conveniently wrapped and ready for snacking adventures, **Babybel Mini Original Cheese** is loved by both kids and kids-at-heart alike. The cheese comes in convenient nets of five or 10 portions and is a source of calcium, featuring 100 per cent natural ingredients, pasteurised milk and no added preservatives.

## PLANT POWER

It's time to say hello to great-tasting lunches! Made with sunflower seed oil and plant-based ingredients, and containing 65 per cent less saturated fat than butter, **Flora Original** is a delicious spread that can be enjoyed every day. Lather it on bread, wraps or crispbread and complement the creamy and texture flavour with your favourite toppings.





# TRY THIS AT WOOLWORTHS

Save time and effort at your next barbecue with ready-to-eat, colourful, Australian-made salad kits.

## ◀ SMOKIN' GOOD

Take your outdoor spread to new heights with the delicious **Woolworths Smokey BBQ Slaw Kit**. Simply drizzle the creamy, smokey BBQ dressing over a mix of red and white cabbage, carrot and spring onion for a quick, crunchy salad. The 2024 Product of the Year winner makes the ultimate addition to a pulled pork slider.

## ▲ ALL DRESSED UP

Tossed in a tangy lemon-and-thyme dressing, the **Woolworths Cranberry & Kale Slaw Kit** – made of cabbage, wombok, kale, broccoli, corn, cranberries and shallots – will add a fresh bowl of zesty flavour to any summer feast. Pair it with brown rice and grilled salmon or tofu to create your own poke bowl.

## ◀ GREEK CHARM

The **Woolworths Greek Style Salad Kit** will have you savouring classic Greek flavours in no time, making it perfect for easy entertaining. The vibrant salad features a leafy mix with cucumber, red onion, feta, black olives and a Greek-style vinaigrette dressing. Serve it with grilled or roasted meat and fish, pita bread and tzatziki to impress tastebuds.

## ◀ LETTUCE CELEBRATE

Packed with bright flavours and delicious crunch, the **Woolworths Asian Style Salad Kit** is the perfect accompaniment to any Asian-inspired feast. It features a crisp mix of wombok, cabbage, carrot, corn, crunchy noodles and mizuna leaves, all tossed in a lively soy-sesame dressing.

## GET IT NOW

Find this selection of delicious Woolworths products in store.







# POWER UP WITH PROTEIN!



FIND US  
IN THE  
MUESLI BAR  
AISLE!





# GET THE SCOOP

Is there anything better than an icy treat on a balmy day? Hardly. Enjoy the simple pleasure with this sweet selection.



## REFRESH YOUR SENSES

Ripe, juicy Kensington Pride mangoes are puréed and frozen to create the luscious and refreshing Gelatino Mango Sorbet. It's 99 per cent fat-free and made with 42 per cent real mango, making it the perfect way to enjoy your favourite summer fruit all year. Top scoops of sorbet with fresh mint for an extra flavour burst.



## TEA-RIFIC TIME

Shining light on the moments that matter, Bubbleme treats help you experience life at its fullest. The Bubbleme Tropical Treats Honeydew Delight is a warm-weather indulgence (with a signature Bubbleme twist!) that leaves a lingering taste of delight and sweetness reminiscent of the scrumptious summertime fruit.



## STAY FROSTY

The deliciously punchy and uniquely shaped Frosty Fruits Fruit Stack is a fun frozen treat that combines the irresistible flavours of sweet strawberry, tangy orange and zingy apple into one delicious snack-on-a-stick. Made with real fruit juice and featuring a soft sorbet texture, it's a perfect summer cool-down treat for you and five of your friends!





### GO NUTS

The unique and refined pleasure of Ferrero Rocher is now in a delicious frozen creation. Available in a four-pack, Ferrero Rocher Classic Frozen Desserts are enriched with a delightful hazelnut and cocoa swirl, dipped in a rich coating of milk chocolate and sprinkled with roasted hazelnut pieces. Enjoy a cool, crunchy, decadent Ferrero Rocher experience after dinner or while on a summertime stroll.



### OUT OF THIS WORLD

Spoil yourself or indulge a crowd with the classic, unmistakable taste of childhood. The Mars Choc & Caramel Frozen Dessert Bar (available in a crowd-pleasing six-pack) features all the elements you love about Mars bars: a soft, creamy centre that's slathered in gooey caramel and covered in thick milk chocolate. Pull up to the tuck shop for a welcome taste of nostalgia.



### DESSERT MEETS ICE-CREAM

Since 1929, Bulla has made some of Australia's creamiest, tastiest, award-winning ice-cream on Murray Street in Colac, Victoria. And now – in partnership with renowned Australian pastry chef and chocolate queen Kirsten Tibballs – the dessert-inspired Bulla Murray St Ice Creamery Passionfruit Panna Cotta has joined your summer line-up. Enjoy the fresh tropical fruitiness of passionfruit sauce atop a vanilla ice-cream base and alongside a white-chocolate coating.



# Deliciously gentle on sensitive tummies™

PRODUCT  REVIEW  
.COM.AU

2021-23 AWARDS WINNER

OLI6 GOAT MILK



Scan here to request a free sample



“ During my years as an in-pharmacy Naturopath and also through my private practice, I have recommended Oli6® and goat milk to many of my patients and their children. Often I receive feedback that they have noticed the benefits of goats milk, including improvements to their digestion and reduced gastrointestinal discomfort. Oli6® is manufactured in Victoria, Australia so quality can be assured and hence I highly recommend it to my clients who want a healthy alternative ”.

– Sheetal Kallada. Homoeopath/Naturopath,  
BHMS/AdvDip Naturopathy, ANTA, ANRANT, CMPAC

\* Available to Australian addresses only. One sample pack per family.  
Please note: this product and sample are for ages 12 months and above.



# SQUEAKY CLEAN

Start the new year fresh and power through the summer season with a range of high-quality cleaning products.



## SCENT-SATION

Clean your clothes and freshen your machine with **Dynamo Professional Deep Clean Machine Cleaner**, the only laundry detergent that helps eliminate machine dirt and odours with every wash. The Dynamo detergent range has deep clean technology that removes tough stains deep in the fibre, the very first time.

## ON A ROLL

The delights of the summer season bring with them dust, humidity, grime and everything in between. With **Handee Ultra Paper Towel**, you can wipe down surfaces or spills with ease. The advanced Through-Air-Drying technology makes Handee Ultra super absorbent and ultra strong – wet or dry, no matter the location or situation.

## TOP CHOICE

Recommended by leading consumer advocacy group CHOICE two years in a row, the powerful **Bosisto's Multipurpose Cleaner** kills household germs including E. coli and salmonella. The Australian-made product is safe to use in food preparation areas. It's made with pure Australian eucalyptus oil for a fresh and familiar scent.

## AUSSIE POWER

Grime and soap scum don't stand a chance against Australian-made and owned **Bosisto's Bathroom & Shower Cleaner**. With the natural power of eucalyptus oil, sourced from the Bosisto's farm in Inglewood, Victoria, the cleaner removes mould and leaves bathroom surfaces sparkling bright with no streaky residue.



CHILL OUT

# HACK IT

Mix up marvellous, flavourful summer smoothies in an instant with easy-to-make frozen fruit cubes.

Gluten-free

## Smoothie fruit cubes

**PREP** 15 mins + 6 hrs freezing **MAKES** 12

**300g fruit of choice (see tip)**

**1** Place fruit in a blender and blitz until smooth. Transfer to a small jug.  
**2** Pour mixture equally into a 12-hole (1 tbs-/20ml-capacity) ice-cube tray and freeze for 6 hours or overnight until set.

**3** Transfer cubes to an airtight container and store in the freezer until required. (Once ready to use, place cubes in a blender with yoghurt and milk, then blitz until smooth.)

► **Nutrition** Per block calculated as an average of the following fruits; blackberries, peaches, kiwifruit, watermelon and raspberries: 50kJ (10 cals), 0.5g protein, 0g fat, 0g sat fat, 2g carb, 2g sugars, 1g dietary fibre, 5mg sodium



### COOKING TIP

These ice cubes work well with any fruit, including blackberries, peaches, kiwifruit, watermelon or raspberries.

PHOTOGRAPHY: JAMES KENNY STYLING: SARAH O'BRIEN FOOD PREPARATION: DIXIE ELLIOTT RECIPE: AMANDA LENNON. WHILE EVERY CARE HAS BEEN TAKEN TO ENSURE THIS RECIPE IS GLUTEN-FREE, ALWAYS CHECK LABELS AS INGREDIENTS MAY VARY FROM BRAND TO BRAND.



# Chobani<sup>®</sup> kids



**Mild Greek Yogurt  
that the kids will love**





# Bertocchi

A FAMILY TRADITION SINCE 1972

*Flat Hot Soppresa*

*Premium Boneless Leg Ham*

*Aussie Streaky Bacon*



## *Panino Perfection!*

