



Salads

Tomato and Fettuccine Salad

Serves 10

250g uncooked fettuccine
20mL (1 tablespoon) olive oil
2 tablespoons parsley, chopped
1 tablespoon chives, chopped
1 teaspoon tarragon
4 spring onion bulbs
80g (8) radishes
270g (2 medium) tomatoes
1 quantity French dressing

Cook the fettuccine in boiling, unsalted water. Drain and place in a salad bowl with the oil, parsley, chives and tarragon. Combine gently. Cover and chill in refrigerator for at least 30 minutes. Chop the spring onion bulbs and radishes, and cut tomatoes into wedges. Before serving add the spring onions, radishes and french dressing. Toss well, then arrange tomato wedges around the bowl.

Meatless Meals with Alternative Protein

Spanish Omelette

Serves 4

1 tablespoon polyunsaturated margarine
100g (1 small) chopped onion
50g (1 small) chopped capsicum
4 x 60g eggs
1/4 teaspoon paprika
1/2 teaspoon pepper
1 tablespoon chopped shallots
Chilli to taste
100mL (1/3 cup) water
100g (1 small) chopped tomato

Melt margarine in a frying pan. Fry onion and capsicum until tender. Mix eggs, paprika, pepper, shallots, chilli and water. Add this mixture to the pan. Place tomato on top of omelette mixture. When nearly set, fold omelette over and maintain on a moderate heat until cooked.

Vegetable Meals

Rice Riojana

Serves 8

240g (1 cup) uncooked long-grain rice
40ml (2 tablespoons) polyunsaturated oil
1 clove garlic, crushed
1/2 teaspoon tumeric
6 shallots, chopped and separated white from green
80g (1 medium) red capsicum, chopped
250g corn kernels (no added salt)
Pepper to taste

Cook rice in boiling, unsalted water. Drain, rinse in cold water and refrigerate for several hours.

Heat oil, garlic, tumeric, white of shallot and capsicum. Cook for 3 minutes. Add corn and rice, toss well with a fork, and cook until heated. Add pepper to taste. Serve sprinkled with the green part of the shallots.

Savoury Stuffed Tomatoes

Serves 4

540g (4 medium) tomatoes
40g (2 tablespoons) polyunsaturated margarine, for frying
60g (1/2 medium) onion, chopped
40g (4 tablespoons) breadcrumbs
20mL (1 tablespoon) lemon juice
Pinch sage
Pepper to taste

Cut tops off tomatoes and scoop out pulp. Roughly chop pulp. Heat margarine and fry onion until soft. Combine with the chopped pulp, breadcrumbs, lemon juice, pepper and sage. Fill tomato shells with this mixture. Bake in a moderate oven (180°C) until cooked- approximately 15 minutes.

Savoury Sauces and Dressings

Sweet and Sour Sauce

90g (2 slices) canned pineapple, diced
20g (1 1/3 small) carrot, sliced
40g (1/2 medium) capsicum, chopped
2 tablespoons salt-free polyunsaturated margarine
1 tablespoon cornflour
1 tablespoon sugar
40mL (2 tablespoons) vinegar
250mL (1 cup) water

Saute pineapple, carrot and capsicum in margarine. Mix cornflour with a little water and add to pan. Combine sugar, vinegar and water. Gradually add to pan. Cook the sauce until thickened. (Serve with fish, chicken or pork.)

Soups

Gazpacho

Serves 4

300mL tomato juice (no added salt)
265g (2 medium) cooked tomatoes
or 150g canned tomatoes (no added salt)
1/2 clove garlic, crushed
1/2 teaspoon chilli sauce
1/3 bunch parsley, chopped
1/4 bunch fresh basil
2 teaspoons polyunsaturated oil
1 tablespoon cornflour
Freshly ground black pepper
80mL sour cream and extra basil to garnish (optional)

Mix all ingredients (except garnish) in blender and process until well combined. Serve with a swirl of sour cream and a garnish of basil if desired.

Fruit Desserts

Bananas in Sherry

Serves 4

600g (6 medium) firm bananas, peeled
45g (1/4 cup firmly packed) brown sugar
125mL (1/2 cup) orange juice
Grated rind of 1 orange
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
75mL (1/4 cup) sherry
30g (1 1/2 tablespoons) salt-free polyunsaturated margarine

Place bananas in a greased baking dish. Combine sugar, juices, rind, spices and sherry. Heat and pour over bananas. Dot with margarine, cover and bake in a hot oven (240°C) for 10 to 15 minutes.

Main Meals

Savoury Meatballs

Serves 4

160g finely minced beef
80g (1 small) onion, chopped
1 teaspoon parsley, chopped
40mL (2 tablespoons) fresh tomato puree
1/4 teaspoon pepper
40mL (2 tablespoons) polyunsaturated oil
2 cups canned, peeled salt-free tomatoes
1 clove garlic, crushed
1/2 teaspoon oregano
190mL (3/4 cup) water
1 tablespoon cornflour (optional)

Mix minced beef, onion, parsley, tomato puree and pepper. Mould into 20 balls and gently brown in hot oil. Remove meatballs, pour off excess oil from pan. Add tomatoes, garlic and oregano (do not drain tomatoes). Break up tomatoes with a spoon. Simmer for five minutes. Add water and meatballs. Cover and simmer 20 minutes or until meatballs are cooked. Thicken sauce with cornflour mixed with a little water if desired.

Braised Steak

Serves 4

150g stewing steak
Cornflour
20mL (1 tablespoon) polyunsaturated oil
120g (1 medium) onion
Pinch pepper
2 bay leaves
1/2 teaspoon chopped parsley
125mL (1/2 cup) basic vegetable stock

Cut meat in 2.5cm cubes and coat in cornflour. Fry in oil until browned. Place in an ovenproof dish with sliced onion, pepper, bay leaves, parsley and stock. Cover and bake in a moderate oven (180°C) for 1 hour or until meat is tender.

Curried Chicken

Serves 6

120g (1 medium) onion, chopped
20g (1/4 medium) capsicum, diced
20g (1 tablespoon) polyunsaturated margarine
1 tablespoon curry powder
135g (1 medium) tomato, chopped
1 tablespoon grated lemon rind
125mL (1/2 cup) water
150g cooked chicken, sliced

Fry onion and capsicum in margarine until tender. Stir in curry powder and fry for 1 minute. Add chopped tomato, lemon rind and water to pan and simmer for 10 minutes. Add sliced chicken to pan, heat through and simmer for a further 5 minutes.

Biscuits & Cakes

Passionfruit Biscuits

Makes 38

Biscuits
250g (1 cup) salt-free polyunsaturated margarine
90g (1/2 cup) icing sugar, sifted
1/2 cup passionfruit pulp (approximately 4 passionfruit)
225g (1 1/2 cups) self-raising flour

125g (1 cup) cornflour

Icing

120g (3/4 cup) icing sugar, sifted

1 teaspoon softened salt-free polyunsaturated margarine

1/4 cup passionfruit pulp (approximately 2 passionfruit)

Cream margarine and icing sugar until light and fluffy. Add passionfruit pulp. Sift in flour. Flour hands, roll dough into 76 small balls and place on greased baking sheets. Flatten with a fork. Bake in a moderate oven (180°C) for 10 to 15 minutes. Allow to cool.

Combine icing sugar, margarine and enough passionfruit pulp to make a stiff paste. Sandwich 2 biscuits together with icing.