

brunch tart

SERVES 4

COOK 15 MINUTES

8 slices wholemeal bread,
crusts removed

1 tablespoon olive oil

75g baby spinach leaves

150g drained roasted
capsicum, chopped

2 green shallots, thinly sliced

8 eggs

1/3 cup grated tasty cheese

3 vine-ripened tomatoes,
cut into wedges

1 medium avocado, peeled
and chopped

2 tablespoons tomato
chutney, to serve

- 1 Using a rolling pin, firmly roll each bread slice until thin. Lightly brush both sides of bread with oil. Press slices into 8 round, non-stick metal pie tins (1-cup capacity, 11cm in diameter, 4cm deep) or muffin tins depending on desired size. Place tins on a large baking tray.
- 2 Reserve half the spinach leaves to serve. Coarsely shred remaining spinach leaves. Divide shredded spinach, capsicum and shallots evenly among bread cases. Make a slight hollow in centre. Carefully crack an egg into each one. Sprinkle with cheese. Season with freshly ground pepper.
- 3 Bake in 200c oven (fan-forced) for about 15 minutes, or until egg is set and edges are lightly browned. Stand in tins for 2 minutes. Gently toss reserved spinach leaves with tomato and avocado.
- 4 To serve, transfer tarts to plates. Top with chutney. Serve with spinach, tomato and avocado mix.



TAG US IN YOUR
COOKING CREATIONS
@WHATSONATGRIFFITH



herb and yoghurt soup

SERVES 4

PREP 10 MINUTES

COOK 10-12 MINUTES

2 teaspoons olive oil
1 brown onion, finely chopped
1 clove garlic, crushed
2 stalks celery, finely chopped
1/2 bunch dill, finely chopped
(reserve 1 tablespoon for garnish)
1 bunch coriander, finely chopped
1 bunch parsley, finely chopped
400g no-added-salt butter beans,
drained and rinsed
300mL salt reduced vegetable
stock
200mL water
4 tablespoons reduced fat Greek
yoghurt
1 tablespoon lemon juice
Cracked black pepper, to serve

- 1 Heat oil in a large saucepan over medium-high heat. Add onion, garlic and celery, cook stirring regularly, for 4-5 minutes or until onion has softened.
- 2 Stir in dill, coriander, parsley, butter beans, vegetable stock and water, bring to the boil then reduce heat to low. Simmer for 4-5 minutes, or until vegetables are tender.
- 3 Remove from the heat and use a stick blender to blend until smooth. Add the yoghurt and lemon juice and stir until well combined.
- 4 Divide soup between 4 bowls and garnish with reserved dill and cracked black pepper before serving.



TAG US IN YOUR
COOKING CREATIONS
@WHATSONATGRIFFITH



one pan chicken and pumpkin gnocchi

SERVES 4

PREP 5 MINUTES

COOK 12 MINUTES

350g chicken breast fillet, trimmed of all fat, thinly sliced

500g packet pumpkin gnocchi

2 tablespoons basil pesto dip

375ml can light and creamy evaporated milk

2 cups frozen green peas

Check labels and select gnocchi with lowest sodium per 100g.

For a change, replace peas with 2 cups of your favourite frozen vegetable mix or 500g chopped broccoli.



- 1 Heat a lightly oiled, large, deep non-stick frying pan over a medium-high heat. Add chicken in two batches. Stir-fry each batch for about 3 minutes or until lightly browned and just cooked through. Remove from pan. Set aside.
- 2 Add gnocchi to same oiled pan. Cook, stirring for about 2 minutes, or until lightly browned.
- 3 Stir in pesto dip, evaporated milk and 1/2 cup water. Bring to the boil. Gently boil, uncovered, for 5 minutes, stirring occasionally.
- 4 Stir in peas. Gently boil a further 2 minutes.
- 5 Return chicken to pan, stirring to coat in sauce. Reduce heat. Simmer 1-2 minutes, until chicken is hot and sauce has thickened.
- 6 Serve seasoned with freshly ground pepper. Garnish with fresh basil leaves, if desired.



TAG US IN YOUR
COOKING CREATIONS
@WHATSONATGRIFFITH

banana trail bars

MAKES 15 BARS

PREP 10 MINUTES

COOK 35 MINUTES

3 cups wholegrain oats

1 cup mashed ripe banana

1 cup (170g) diced dried apricots

1 cup (160g) fruit, nut and seed trail mix

1/4 cup honey

Bars will keep for 1 week in container in a cool place, or up to 4 weeks in the fridge.

Use ripe bananas to maximise natural sweetness.



- 1 Grease an 18cm x 28cm rectangular slice pan. Line base and sides with baking paper.
- 2 Place all ingredients in a large bowl. Stir until well combined. Press mixture firmly into prepared pan.
- 3 Bake in 160C oven (fan-forced) for 30–35 minutes until light golden. Cool in pan. Cover and refrigerate in pan until cold.
- 4 Lift from pan using lining paper. Cut into 15 bars. Store in a container in a cool place, or in the fridge (see Tip).



TAG US IN YOUR
COOKING CREATIONS
@WHATSONATGRIFFITH