

Tick Recipe Guide

# Summer Selections

Tasty, healthy and affordable Heart Foundation Tick recipes



Healthier choices *part of your life*



## *The Great Kiwi Summer...*

As New Zealand prepares itself for another glorious summer, it's time to get out the BBQ and start grilling your favourite lean meats, fish and seafood. The summer months provide an abundance of fabulous and affordable fresh fruit and vegetables that not only give you a variety of nutrients but also add colour to your dishes.

Whether you are heading away camping, going to the beach for the day or staying at home, the Tick Recipe Guide 'Summer Selections' contains tasty, affordable and healthy ideas for you and your family to enjoy.

## New Zealand beef and lamb – Nature’s Power Pack

New Zealand beef and lamb are more than just wholesome, versatile ingredients and delicious menu options; they are excellent sources of many essential nutrients and make a valuable contribution to the healthy, balanced diet of New Zealanders.

Lean beef and lamb are excellent sources of protein, easily-used iron, zinc, selenium, vitamin D and B vitamins, as well as being a low fat food. Over 20 cuts of lean beef and lamb, containing less than 4% saturated fat, are eligible to carry the Heart Foundation Tick. High in protein, lean red meat makes a satisfying meal, helping you feel full for longer.

Try the delicious beef and avocado salad in this Tick Recipe Guide to enjoy maximum goodness in an easy summer lunch or mid-week evening meal. Tender, wholesome slices of beef teamed up with the fresh, summer flavours of mango and avocado. For a special occasion with family and friends, the Christmas butterflied leg of lamb is ideal. Perfect for a summer barbecue, teamed up with your favourite salads and vegetables, it feeds a crowd. In line with national and international recommendations, enjoy red meat 3–4 times a week with plenty of vegetables within an overall healthy lifestyle.

*Written by Fiona Carruthers, Nutrition Manager,  
Beef + Lamb New Zealand.*

See Beef + Lamb New Zealand recipes for Beef and Avocado Salad on page 19 and Christmas Butterflied Leg of Lamb on page 27.



## Healthy BBQ tips from our Tick Dietitian – Rebecca McLean

Vegetables are a great healthy addition to the BBQ this summer, they are quick and easy to cook, and almost all your favourites can be used. It’s a simple way to get your 5+ A Day.

Vegetables can be tossed directly on the BBQ, or threaded onto skewers first. You can brush a little dressing on before cooking, or enjoy them plain with just the delicious BBQ flavours.

Wrapping sweetcorn in tin foil and barbequing it is a great way to get healthy, crunchy corn on the cob. Barbequed grilled asparagus drizzled in a little olive oil and lemon juice is also very popular.

On page 32 is one of my favourite vegetarian BBQ recipes.

## A ‘5+ A Day’ start to the day...

A fruit based smoothie is a great way to start the day, especially if you add some rolled oats which are a good source of complex carbohydrates and fibre. Smoothies are quick and easy to prepare and provide an excellent use for fruit which has gone a little soft like bananas.

Simply put all your favourite fruit in a blender, including bananas, strawberries, blueberries and kiwifruit, add some low fat milk and a little honey for taste and you will have a delicious, refreshing smoothie packed with vitamins and minerals.

Fruit smoothies are versatile, making them a great way to start the day or to provide a cool, refreshing drink on a hot summer’s afternoon (see our fruit smoothie recipe from 5+ A Day on page 7).

## A special thank you...

To our licensees for their recipes – the team at 5+ A Day Charitable Trust, Phill from Sealord, the Food in a Minute team at Wattie's, Brenda from Tegel, Fiona from Beef + Lamb New Zealand, Sharon from New Zealand Pork, Emma from New Zealand King Salmon, plus Gillian and Bev from Goodman Fielder.

To our chef Bonnie Evans, a sous chef at the Dish Catering company in the Hawkes Bay. Bonnie loves to experiment with the taste, textures and colours of foods to make truly unique, great tasting dishes. Try her bruschetta with fresh basil and cherry tomato salsa (page 8), steamed mussels (page 31) or chicken kebabs (page 28) to see for yourself.

To the Tick Team – Charlotte, Rebecca, Deb and Libby who have contributed their own recipes, ideas and inspiration to this Tick Recipe Guide.



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**V** For vegetarian options, look for this symbol.





## 5+ A Day smoothie

Serves: 2 Preparation Time: 5 mins

- 1 cup fresh fruit, e.g. blueberries, pineapple, melon
- 1 small ripe banana
- 1 cup Tick approved yoghurt, plain or flavoured e.g. berry
- 1 cup orange juice
- 1 Tbsp honey
- ¼ cup oats
- 2–4 ice cubes

Blend all ingredients in a food processor until smooth and serve immediately.

TIP: Freeze fresh seasonal fruit when plentiful to use in smoothies throughout the year.

Cost Per Serve: <b>\$3.15</b>	Nutrients Per Serve	Nutrients Per 100g
Energy	1130kJ/270cal	271KJ/65cal
Total fat	1.7g	0.4g
Saturated fat	0.5g	0.1g
Carbohydrate	55g	13g
Fibre	3.6g	0.9g
Sodium	69mg	17mg

Recipe thanks to 5+ A Day Charitable Trust



# Bruschetta with fresh basil and cherry tomato salsa v

Serves: 4 Preparation Time: 10 mins Cooking Time: 5 mins

½ French stick  
 3 Tbsp Tick approved oil  
 1 garlic clove, crushed  
 Freshly ground pepper to taste  
 250g cherry tomatoes, cut into quarters

½ red onion, diced  
 ½ yellow capsicum, diced  
 ½ avocado, mashed  
 ½ cup basil leaves, chopped

1. Preheat the oven to 160°C. Slice French stick on an angle to create lengthy pieces.
2. Combine oil and garlic in a small bowl, and brush over bread. Season with pepper.
3. Grill in the oven until bread is slightly brown.
4. Prepare salsa: combine tomatoes, red onion and capsicum in a bowl. Add avocado and basil and fold through.
5. Spoon the salsa on top of the French stick, enjoy.

TIP: Other toppings can be used, such as tuna or smoked salmon.

Cost Per Serve: \$2.43	Nutrients Per Serve	Nutrients Per 100g
Energy	1648kJ/392cal	789kJ/188cal
Total fat	16g	7.8g
Saturated fat	2.7g	1.3g
Carbohydrate	54g	26g
Fibre	5.3g	2.5g
Sodium	213mg	533mg

Recipe supplied by chef, Bonnie Evans





# Chicken salad wrap

Serves: 1 Preparation Time: 5 mins

- 1 spinach wrap
- ¼ avocado, mashed with a squeeze of lemon
- ¾ cup iceberg lettuce, finely sliced
- ¾ cup carrot, grated
- ¼ cup red capsicum, thinly sliced
- 85g can of Wattie's Shredded Chicken with Lite Mayo

1. Lay the spinach wrap on a board and spread with mashed avocado.
2. Place lettuce, carrot, capsicum and Wattie's Shredded Chicken with Lite Mayo across half of the wrap.
3. Starting with the filling side, carefully roll the wrap to enclose the filling.
4. Cut in half and wrap in a paper napkin or lunch paper.

Cost Per Serve: \$5.62	Nutrients Per Serve	Nutrients Per 100g
Energy	1617kJ/385cal	467kJ/92cal
Total fat	19.8g	5.7g
Saturated fat	3.0g	0.9g
Carbohydrate	29.8g	8.6g
Fibre	7.5g	2.2g
Sodium	437mg	126mg

Recipe thanks  
to Wattie's



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# Beetroot & feta summer salad V

Serves: 6 Preparation Time: 15 mins Cooking Time: 5 mins

100g snow peas (or green beans), sliced  
200g can Craig's Chickpeas in brine, well drained  
200g sliced beetroot, drained  
1 capsicum, cut into strips  
25ml Eta Lite & Free Feta & Garlic Dressing  
40g feta cheese, crumbled  
2 Tbsp pine nuts, toasted (optional)

1. Drop snow peas into boiling water for 1 minute to quickly blanch.
2. Drain and cool quickly in iced water.
3. On a serving platter, layer Craig's Chickpeas, beetroot, capsicum and snow peas.
4. Drizzle with Eta Lite & Free Feta & Garlic Dressing and sprinkle over the feta and pine nuts.
5. Serve as a light meal, or as a side salad with barbequed meat.

Cost Per Serve: <b>\$1.87</b>	Nutrients Per Serve	Nutrients Per 100g
Energy	428kJ/102cal	387kJ/92cal
Total fat	4.8g	4.4g
Saturated fat	1.8g	1.6g
Carbohydrate	10.1g	9.1g
Fibre	2.5g	2.3g
Sodium	400mg	361mg

Recipe thanks to Eta



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## Vietnamese style minced chicken lettuce cups

Serves: 5 (makes 10) Preparation Time: 15 mins Cooking Time: 5 mins

75g rice vermicelli	½ Tbsp lemon juice
½ tsp Tick approved oil	2 Tbsp sweet chilli sauce
250g Tegel Lean and Lite chicken mince	1 spring onion, chopped
1 clove garlic, crushed	1 Tbsp fresh coriander, chopped
1 tsp fresh ginger, grated	10 lettuce leaves
½ Tbsp fish sauce	½ Lebanese cucumber, chopped

1. Prepare the rice vermicelli as per instructions on pack. Drain and then cut vermicelli into short lengths and set aside.
2. Heat oil in a pan, add the Tegel Lean and Lite chicken mince and cook over medium high heat until golden. Add the garlic and ginger and cook for a further 2 minutes.
3. Add the fish sauce, lemon juice and sweet chilli sauce and cook over medium heat for a further 2–3 minutes. Stir in vermicelli, spring onion and coriander and allow it to cool.
4. Spoon the chicken and noodle mixture into lettuce cups, top with cucumber and extra coriander and serve.

Cost Per Serve: \$1.43	Nutrients Per Serve	Nutrients Per 100g
Energy	471kJ/112cal	406kJ97cal
Total fat	4.8g	4.1g
Saturated fat	1.4g	1.2g
Carbohydrate	4.6g	4g
Fibre	0.5g	0.4g
Sodium	345mg	299mg

Recipe thanks to Tegel



# Simple calamari mediterranean salad

Serves: 4 Preparation Time: 15 mins Cooking Time: 5 min

- |  |   |
|--|---|
| 300g Sealord Simply Natural Tender Calamari rings, defrosted | 1 small red onion, thinly sliced                              |
| 2 tsp fresh lemon juice                                      | ½ cup pitted kalamata olives, halved lengthwise               |
| 1 tsp red-wine vinegar                                       | 3 cups cherry or grape tomatoes, halved or quartered if large |
| ⅓ cup extra-virgin olive oil                                 | 2 celery stalks, cut into ¼ inch thick slices                 |
| 2 garlic cloves, minced                                      | 1 cup Italian parsley leaves, loosely packed                  |
| ¼ tsp black pepper   |   |

1. Cook defrosted calamari rings in a pot of boiling water, uncovered until just opaque (approximately 40–60 seconds).
2. Drain in a colander and immediately transfer to a bowl of ice and cold water to stop cooking. When the calamari rings are cool, drain and pat dry.
3. In a small bowl, combine and whisk together lemon juice, vinegar, oil, garlic, onion, and pepper (to taste) and stand for 5 minutes.
4. Meanwhile, combine calamari rings, olives, tomatoes, celery and parsley in a large bowl. Toss with dressing and season with pepper if desired.
5. Allow to stand for at least 15 minutes to allow flavours to develop. Serve immediately, or refrigerate for up to 8 hours.

Cost Per Serve: \$5.03	Nutrients Per Serve	Nutrients Per 100g	
Energy	1018kJ/242cal	411kJ/98cal	Recipe thanks to Sealord New Zealand, courtesy of Annabelle White and photography by Kieran Scott
Total fat	17g	6.8g	
Saturated fat	2.8g	1.2g	
Carbohydrate	5.7g	2.3g	
Fibre	3.4g	1.4g	
Sodium	404mg	163mg	





## Beef & avocado salad

Serves: 6 Preparation Time: 15 mins + 1 hour refrigeration time Cooking Time: 10 mins

650g Quality Mark rump steak, trimmed  
 ½ Tbsp paprika  
 ½ Tbsp chilli powder  
 1 Tbsp Tick approved oil  
 ½ Tbsp brown sugar  
 Grated rind of 1 lemon or lime

### Salad

2 yellow capsicum, sliced  
 250g lettuce leaves  
 ½ cup fresh mint leaves  
 1 avocado, halved, peeled and sliced  
 1 mango, halved, peeled and sliced

### Dressing (simply blend these ingredients)

½ cup low fat plain Tick approved yoghurt  
 1 Tbsp Tick approved oil  
 8–10 fresh mint leaves  
 1 green chilli, deseeded and sliced

TIP: Tinned mangoes are a cheaper alternative to fresh mangoes.

1. Using a sharp knife, score both sides of the steak in a criss-cross pattern.
2. Mix together paprika, chilli powder, oil, brown sugar and lime or lemon rind in a bowl and massage into both sides of the steak.
3. Wrap steak in plastic wrap and refrigerate for 1 hour or overnight.
4. Heat a little of oil in a heavy-based pan. Add steak to the hot pan and cook for 3–4 minutes each side. Remove from pan and allow to rest while finishing the salad.
5. Add the peppers to the pan and cook only until lightly grilled, then set aside.
6. Cut the steak across the grain on a sharp angle into thin slices.
7. Mix the lettuce, mint leaves and peppers, then arrange avocado, mango and beef slices on top and finish by drizzling the dressing. Serve warm.

Cost Per Serve: \$5.61	Nutrients Per Serve	Nutrients Per 100g
Energy	1365kJ/325cal	535kJ/127cal
Total fat	18.1g	7.1g
Saturated fat	4.2g	1.7g
Carbohydrate	9.4g	3.7g
Fibre	3.5g	1.4g
Sodium	86mg	34mg

Recipe thanks to Beef + Lamb New Zealand Inc, courtesy of Allyson Gofton



# Ratatouille v

Serves: 6 Preparation Time: 10 mins Cooking Time: 20 mins

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 2 Tbsp Tick approved canola oil  | 1 yellow capsicum, cut into chunks |
| 2 Tbsp salt reduced tomato paste | 1 cup button mushrooms, halved     |
| 1 large onion, diced             | ½ cup water                        |
| 2 cloves garlic, crushed         | 1 tsp dried basil                  |
| 1 small eggplant, diced          | 1 tsp dried oregano                |
| 3 tomatoes, chopped              | 1 tsp sugar                        |
| 3 courgettes, sliced             | 1 tsp vinegar                      |
| 1 red capsicum, cut into chunks  | Freshly ground pepper to taste     |

1. Put oil and tomato paste in a large pot.
2. Layer onion, garlic, eggplant, tomatoes, courgettes, capsicum and mushrooms in the pot.
3. Add water, herbs, sugar and vinegar.
4. Cover and cook over medium high heat for 5 minutes, then reduce heat and simmer for 15 minutes until vegetables are tender.
5. Serve immediately with ground pepper to taste.

Cost Per Serve: \$2.92	Nutrients Per Serve	Nutrients Per 100g
Energy	372kJ/186cal	168kJ/40cal
Total fat	5g	2.3g
Saturated fat	0.4g	0.2g
Carbohydrate	8g	3.5g
Fibre	2.9g	1.3g
Sodium	40mg	18mg

Recipe thanks to 5+ A Day Charitable Trust





# Thai pork burgers

Serves: 4 main / 8 snack Preparation Time: 10 mins Cooking Time: 10–15 mins

## Burgers

400g 100% New Zealand trim pork mince  
 1 Tbsp sweet chilli sauce  
 1 Tbsp wholemeal breadcrumbs  
 1 tsp Thai fish sauce  
 1 lime, grated rind and juice  
 2 Tbsp coriander, chopped

## Cucumber raita

1 cup low fat plain Tick approved yoghurt  
 ½ cup cucumber, peeled and grated  
 2 Tbsp fresh mint, chopped  
 Squeeze of lemon juice

Wholemeal burger buns, warmed in the oven  
 Vegetable filling for the burgers, e.g. lettuce,  
 tomato, cucumber

1. Mix 100% NZ trim pork mince, sweet chilli sauce, breadcrumbs, fish sauce, lime rind, lime juice and coriander together in a bowl.
2. Wash hands and use fingers to form mixture into balls.
3. Flatten balls into patty shapes (4 large for a main or 8 small for a snack).
4. Heat BBQ or fry pan to a medium heat and cook patties (approximately 2–3 minutes each side).
5. Make burgers by warming burger buns in the oven and filling with patties and vegetable ingredients.
6. Combine cucumber raita ingredients together and add to burgers.

TIP: 100% NZ Pork is great for patties, burgers and sausages; pork mince binds well by itself.

Cost Per Serve: \$6.16 / \$3.08	Nutrients Per Serve	Nutrients Per 100g
Energy	1315kJ/313cal	519kJ/124cal
Total fat	9g	3.6g
Saturated fat	3.2g	1.3g
Carbohydrate	28.9g	11.4g
Fibre	3.3g	1.3g
Sodium	597mg	236mg



Recipe thanks to  
 New Zealand Pork

# King salmon with green pepper spice crust

Serves: 2 Preparation Time: 10 mins Cooking Time: 10 mins

## Green Pepper Spice Crust

- 2 Tbsp green peppercorns, drained
- ¼ tsp cinnamon
- ¼ cup sesame seeds
- 2 cloves garlic, crushed
- 250g Regal Salmon Fresh-Cut loins or fillet

## Tamarind Sauce

- 75g tamarind paste
- 2 Tbsp reduced salt soy sauce
- 1 inch piece fresh ginger, grated
- 1 Tbsp sesame oil
- 1 red chilli, deseeded and thinly sliced
- 1 lime, juiced

## Salad

- 1 radish, sliced
- 4 mushrooms, sliced
- 1 spring onion, chopped
- Small bunch of garlic chives, sliced

1. Preheat oven grill to high.
2. In a food processor blend together peppercorns, cinnamon, sesame seeds, and garlic until mixture resembles a rough crumb.
3. Lay salmon pieces, with skin side down, on an oven tray lined with baking paper.
4. Spray lightly with oil, spread peppercorn mixture on top of salmon.
5. Grill in oven for 10 minutes until crispy; keep an eye on it so the topping does not burn.
6. To make tamarind sauce: place tamarind paste and soy sauce in a small bowl and set aside for 20 minutes.
7. Finely puree paste with ginger and sesame oil in a food processor.
8. Heat sauce in a small pan.
9. Garnish salmon with red chilli and lime, and serve with tamarind sauce and a side salad of radish, mushrooms, spring onion and garlic chives.

Cost Per Serve: \$8.11	Nutrients Per Serve	Nutrients Per 100g	
Energy	1236kJ/294cal	649kJ/155cal	Recipe thanks to New Zealand King Salmon
Total fat	18.1g	9.5g	
Saturated fat	3.9g	2g	
Carbohydrate	13.4g	7g	
Fibre	7.8g	4.1g	
Sodium	530mg	278mg	





# Christmas butterflied leg of lamb

Serves: 6 Preparation Time: 10 mins + marinade overnight Cooking Time: 30 mins

- 1 butterflied leg of lamb
- ¼ cup honey
- 2 Tbsp prepared Dijon-style mustard
- 2 Tbsp fresh rosemary, chopped
- 1 tsp freshly ground black pepper
- 1 tsp lemon zest
- 3 cloves garlic, crushed

#### To make marinade:

In a small bowl, combine the honey, mustard, rosemary, ground black pepper, lemon zest and garlic. Rub mixture into the lamb. Cover and marinate in the refrigerator overnight.

#### To cook on the BBQ:

1. Lightly oil a preheated barbecue and grill the butterflied lamb over a low steady heat, turning it several times and basting with any leftover marinade, for 30–35 minutes.
2. Remove from the heat and rest in a warm place, covered, for 10–15 minutes before carving. Serve with your favourite seasonal vegetables or salad.

#### To cook in the oven:

1. Preheat oven to 190°C. Place the marinated leg of lamb on a rack over a roasting tray, cut side facing up. Fan-bake in the oven for 15 minutes, then turn the lamb over and cook for another 15–20 minutes.
2. Remove lamb from oven, cover and rest in a warm place for 10–15 minutes before carving. Serve with your favourite seasonal vegetables or salad.

Cost Per Serve: \$3.02	Nutrients Per Serve	Nutrients Per 100g
Energy	626kJ/149cal	700kJ/166cal
Total fat	4.9g	5.4g
Saturated fat	2.0g	2.2g
Carbohydrate	12.8g	14.4g
Fibre	0.5g	0.6g
Sodium	122mg	136mg



Recipe thanks to  
Beef + Lamb  
New Zealand Inc

# Grilled chicken kebabs stuffed with pesto served with wholegrain rice

Serves: 6 (18 kebabs) Preparation Time: 20 mins Cooking Time: 30 mins

- 18 wooden skewers
- 500g chicken breasts
- 3 Tbsp roast capsicum pesto
- 4 cups of water
- 2 cups wholegrain brown rice
- 1 red capsicum, deseeded and chopped
- 1 yellow capsicum, deseeded and chopped
- 1 red onion, chopped
- 2 medium courgettes, sliced
- 1½ cups button mushrooms, cut into quarters
- 1 garlic clove, crushed
- 1 Tbsp Pams canola oil
- Freshly ground pepper to taste

1. Soak skewers in water for 20 minutes so as to avoid burning on BBQ.
2. Place chicken between pieces of plastic wrap and beat with a rolling pin until it doubles in size.
3. Spread pesto over chicken and roll up tightly. Cut into 2–3 cm slices.
4. Boil water, add wholegrain rice, boil for about 25 minutes. Drain and set aside.
5. Toss courgettes, capsicum and red onion through the garlic and oil.
6. Thread chicken, capsicum, courgettes, red onion and mushrooms onto skewers.
7. Place onto a hot BBQ grill turning a couple of times to avoid burning. Allow to cook for 10 minutes until just tender.
8. To serve, place rice on plates and top with kebabs. Season with pepper.

Cost Per Serve: \$4.94	Nutrients Per Serve	Nutrients Per 100g
Energy	1059kJ/252cal	418kJ/100cal
Total fat	7.5g	3g
Saturated fat	1.3g	0.5g
Carbohydrate	24g	9.5g
Fibre	2.7g	1.1g
Sodium	253mg	100mg

Recipe supplied by chef, Bonnie Evans





## Steamed mussels in aluminium foil bag

Serves: 6 Preparation Time: 15 mins Cooking Time: 10–15 mins

600g mussels, cleaned and debearded	1 red chilli, finely chopped
2 leeks, thinly sliced	2 garlic cloves, roughly chopped
1 red onion, thinly sliced	1 Tbsp ginger, chopped
1 carrot, peeled and thinly sliced	½ cup white wine, plus a little extra
4 spring onions, thinly sliced	25g Tick approved margarine

1. Turn BBQ on high and put lid down (if you don't have a lid use a big bowl).
2. Combine leeks, red onion, carrot, spring onions, chilli, garlic and ginger in a bowl, then add wine and margarine.
3. Add mussels to the bowl and mix well.
4. Divide the mixture into six parcels using aluminium foil to create a square double folded so it has two layers of tin foil on each side.
5. Put the mussels in the tin foil squares and fold the edges up tightly, creating a parcel.
6. Cook parcels on the BBQ for 10–15 minutes.
7. After 10–15 minutes discard any unopened mussels.
8. Garnish mussel parcels with chopped parsley and lemon zest, and serve with a salad.

Cost Per Serve: \$3.22	Nutrients Per Serve	Nutrients Per 100g
Energy	800kJ/190cal	380kJ/90cal
Total fat	6.7g	3.2g
Saturated fat	1.4g	0.7g
Carbohydrate	9.5g	4.5g
Fibre	2.5g	1.2g
Sodium	547mg	260mg

Recipe supplied by chef, Bonnie Evans

# Rebecca's vegetarian kebabs V

Serves: 5 (20 kebabs) Preparation Time: 10 mins + 20 mins marinating Cooking Time: 15 mins

20 wooden skewers	2 capsicums (1 red, 1 yellow), deseeded and chopped
2 Tbsp 100% Nutz peanut butter	½ red onion, chopped
1 Tbsp brown sugar	½ eggplant, chopped
¼ cup boiling water	2 cloves of garlic, crushed
250g firm tofu, cut into cubes	2 Tbsp Tick approved oil
3 courgettes, chopped	2 Tbsp balsamic vinegar
250g button mushrooms, quartered	

1. Soak wooden skewers in cold water for 20 minutes, to prevent them burning on the BBQ.
2. Mix 100% Nutz peanut butter, brown sugar and water together in a bowl.
3. Add tofu to the bowl and marinate for 20 minutes.
4. Thread vegetables and marinated tofu onto skewers.
5. Mix garlic, oil and balsamic vinegar together and brush evenly over kebabs.
6. Preheat BBQ temperature to medium.
7. Grill for 15 minutes, until vegetables start to shrink and brown.

TIP: It is important to keep watch over the BBQ at all times to ensure kebabs don't burn.

Cost Per Serve: \$4.57	Nutrients Per Serve	Nutrients Per 100g
Energy	666kJ/159cal	292kJ/70cal
Total fat	10.6g	4.6g
Saturated fat	1.4g	0.6g
Carbohydrate	7.2g	3.2g
Fibre	2.8g	1.2g
Sodium	9.9mg	4.4mg

Recipe supplied by  
Rebecca McLean





## Sultana & cranberry slice

Serves: 18 Preparation Time: 10 mins Cooking Time: 30 mins

½ cup brown sugar	1 cup pumpkin seeds
100g Olivani Lite spread	2 tsp mixed spice
3 Tbsp golden syrup	1 tsp vanilla essence
2 ½ cups rolled oats	½ cup sultanas
¾ cup water	½ cup dried cranberries
½ cup sesame seeds	Icing sugar to garnish

1. Preheat oven to 170°C (150°C fan oven).
2. In the microwave melt together the sugar, Olivani Lite spread and golden syrup, set aside.
3. In the microwave heat the oats and water for 40–60 seconds.
4. Combine the remaining ingredients in a large bowl. Pour in the melted Olivani mixture and oats, stir until combined.
5. Press mixture firmly into a lined 20x30 cm slice tray.
6. Place tray in preheated oven for 20 minutes or until firm and golden.
7. Cool slightly and cut into slices.
8. Store in a clean, lined, airtight container.
9. Dust with icing sugar before serving.

Cost Per Serve: \$0.73	Nutrients Per Serve	Nutrients Per 100g
Energy	907kJ/216cal	1787kJ/425cal
Total fat	12.7g	25g
Saturated fat	2.3g	4.5g
Carbohydrate	18.5g	36g
Fibre	2.4g	4.8g
Sodium	112mg	221mg

Recipe thanks to Goodman Fielder



# Fresh fruit salad with pomegranate seeds

Serves: 4 Preparation Time: 10 mins

- |  |                                    |
|--|------------------------------------|
| ½ rockmelon, peeled, deseeded and chopped            | 1 kaffir lime leaf, finely sliced  |
| ¼ watermelon, peeled, deseeded and chopped           | 25g honey                          |
| 1 punnet of strawberries, hulled and chopped in half | 250g Slimmers Choice plain yoghurt |
| ½ pineapple, peeled and diced                        | Mint leaves for serving            |
| 3 nectarines, chopped                                |                                    |
| 1 pomegranate, peeled and deseeded                   |                                    |

1. Place rockmelon, watermelon, strawberries, pineapple, pomegranate seeds and nectarines in a bowl, along with the kaffir lime leaf.
2. Mix the Slimmers Choice plain yoghurt and honey in a separate dish.
3. Top fruit with the yoghurt and honey mixture, and serve with mint leaves.

Cost Per Serve: \$5.40	Nutrients Per Serve	Nutrients Per 100g
Energy	752kJ/179cal	157kJ/37cal
Total fat	1.1g	0.2g
Saturated fat	0.2g	0.04g
Carbohydrate	37.4g	7.8g
Fibre	4g	0.8g
Sodium	46mg	9.6mg



Recipe supplied by chef, Bonnie Evans



[www.heartfoundation.org.nz/tick](http://www.heartfoundation.org.nz/tick)

Photography by James Ensing-Trussell

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