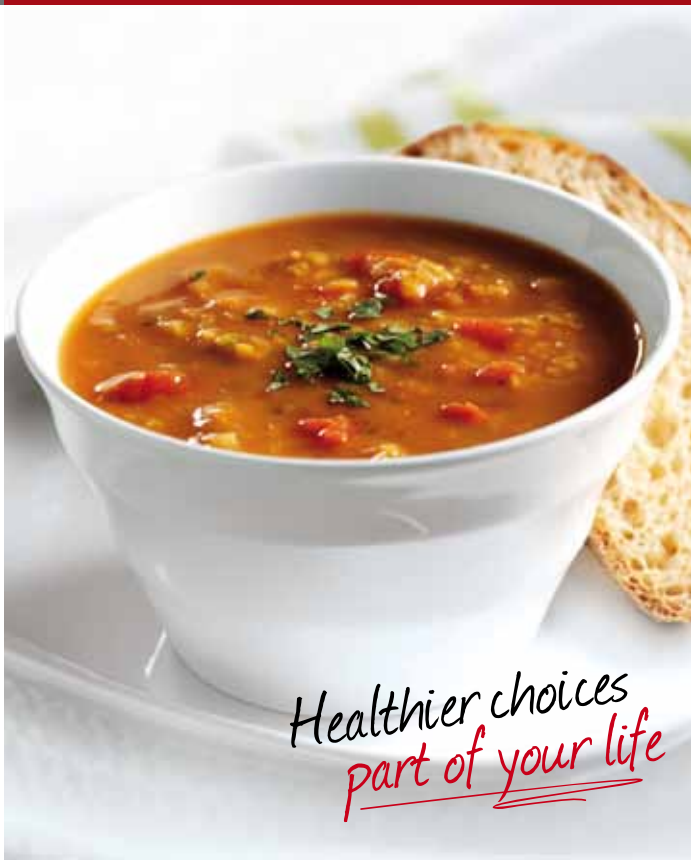




# Tick Recipe Guide

Feel Good Food



Healthier choices  
part of your life

# Feel Good Food

This little book was a joy to create, and we hope that you will enjoy rolling up your sleeves this winter and trying something new.

A hearty soup or warming curry will take the chill off a cold day, and provide the nourishment required to help keep the colds and flu at bay.

Embrace cooking, be adventurous, and feel great this winter.



## Oils and Spreads

An easy way to improve your diet is by using a Tick approved oil or spread in your cooking.

Cooking oils display on the label what purpose they are best suited to, for example baking, stir frying or for salad dressings. Use the label as a guide and always look for the Tick.

Tick approved table spreads are an excellent alternative to butter for both baking and cooking.

## Herbs and Spices

Fresh herbs feature in many of our winter recipes. We haven't set quantities because we know that tastes can vary. If you like lots of fresh herbs then use lots, or if you prefer to be subtle than just use a little.

Dried herbs work just as well but remember they are more potent – so taste as you go.

Ground spices have been used for some winter warmth, but if any of these flavours are new to you please taste and adjust as you go. Spiciness can be balanced with sweetness, so experiment with a drizzle of honey, or a teaspoon of sugar while cooking.

Soothe the palate with a cooling raita, made from natural yoghurt, grated cucumber, lemon juice and fresh mint (see page 15).



## Remember your 5+ A Day

The recipes in this guide are bursting with fresh winter vegetables. To help you make the most of seasonal availability, we encourage you to substitute with vegetables that are on special or growing in the garden.

Silverbeet is plentiful during winter and can be washed, roughly chopped and added to many winter recipes.

Leeks add flavour and texture to casseroles, and sliced cabbage is great lightly tossed in a pan with celery, a little olive oil, fresh herbs and cracked pepper.

Broccoli, cauliflower and carrots should be your winter staples, and onions and garlic form the basis of many recipes. All of these are affordable, nutritious and simple to prepare.



## A special thanks to...

Caroline at Prolife Foods, Anna at Nestlé NZ, Paul at 100% Nutz, Alice & Brooke at Unilever, Hannah at Sealord, Lakshika at Tegel Foods, Sharon at New Zealand Pork, Craig at SunRice, Fiona at Beef + Lamb New Zealand, Simon at Heinz Wattie's, Emma at Regal Salmon, Bridget at McCAIN Foods, and the team at 5+ A Day Charitable Trust.



Thanks also to Chef Nathan Taka for sharing his culinary talent during the photo shoot.

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SERVES  
4-5

## Carrot, Cashew and Ginger Soup

### Ingredients

- 1 Tbsp Tick approved oil
- 2 small onions, finely diced
- 1 small clove garlic, crushed
- 1 tsp fresh ginger, grated OR ½ tsp ground ginger
- 1 heaped tsp of curry powder
- 3 large carrots, peeled and chopped
- 3 cups reduced salt vegetable stock
- 1 cup roasted unsalted cashews, chopped

### Method

1. In a large pot heat oil and sauté onions, garlic and ginger until onions are soft.
2. Add carrots and stock and simmer for about 30 minutes or until carrots are tender.
3. Drain the onion and carrots, and reserve the stock. Set aside to cool slightly.
4. Add onion, carrots and cashews to food processor with a little of the reserved stock – pulse for a few seconds.
5. Gradually add the remaining stock until the desired consistency is achieved.
6. Serve with a dollop of low fat plain yoghurt, and garnish with chopped cashews.



Recipe thanks to Mother Earth

## Spiced Cauliflower Soup

### Ingredients

- 1 Tbsp Tick approved oil
- 2 small onions, finely diced
- 2 cloves garlic, crushed
- ½ tsp each ground turmeric, cumin, paprika
- 2 cups reduced salt chicken stock
- 1 large cauliflower, cut into florets
- 1 x 375ml can low fat evaporated milk
- Fresh parsley, chopped
- 2 Tbsp parmesan cheese, grated

### Method

1. In a large pot heat olive oil and sauté onions, garlic and spice blend until onions are soft.
2. Add stock and cauliflower, cover and bring to the boil.
3. Reduce heat and simmer gently for about 30 minutes or until cauliflower is tender.
4. Stir through evaporated milk and parsley and season with cracked pepper. Set aside to cool slightly.
5. In a food processor, blend batches until smooth.
6. Sprinkle with some grated parmesan cheese, and serve with warm, crusty wholegrain rolls.

Recipe thanks to CARNATION



SERVES  
4-6



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SERVES  
4

## Pumpkin, Kumara and Peanut Soup

### Ingredients

1 Tbsp Tick approved oil  
1 onion, finely diced  
1 clove garlic, crushed  
Fresh coriander, chopped  
2 tsp cumin powder  
Pinch of cayenne pepper (optional)  
400–600g pumpkin, peeled and chopped  
2 kumara, peeled and chopped  
2 Tbsp peanut butter  
2–3 cups of water  
Fresh coriander, chopped

### Method

1. In a large pot heat oil and sauté onions, garlic, coriander and dry spices until onions are soft. 2. Add pumpkin, kumara and enough water to almost cover the vegetables. 3. Cover with a lid and bring to the boil. 4. Reduce heat and simmer gently for about 30 minutes or until vegetables are tender. 5. Drain vegetables, and reserve the stock. 6. Mash vegetables, until smooth, then stir through peanut butter. 7. Gradually stir through stock, until the desired consistency is achieved. For a smoother consistency, blend batches in a food processor. 8. Serve with low fat plain yoghurt, and garnish with fresh coriander.



Recipe thanks to 100% Nutz

## Lentil and Tomato Soup with Spices

### Ingredients

2 Tbsp Tick approved table spread	3 stalks celery, sliced
1 large onion, finely diced	3 cups reduced salt vegetable stock
2 cloves garlic, crushed	3 cups water
½ tsp turmeric powder	1 x 400g can chopped tomatoes in juice
1 tsp ground ginger	2 Tbsp reduced salt tomato paste
1 cup red lentils	Cracked pepper
1 green chilli, deseeded and finely chopped	Fresh coriander, chopped
1 bay leaf	

### Method

1. Heat table spread in a frying pan and gently cook onion and garlic until soft. 2. Add turmeric and ginger and cook stirring, until fragrant. 3. Add lentils, chilli, bay leaf, celery stock and water. 4. Bring to the boil then simmer for 25 minutes, or until lentils are soft. 5. Remove the bay leaf. 6. Stir through tomatoes, tomato paste and coriander, and season with cracked pepper. 7. Serve with crusty wholegrain rolls, and garnish with extra coriander.

Recipe thanks to Flora pro-active



SERVES  
6





SERVES

4

## Seafood Laksa

### Ingredients

- 1 Tbsp Tick approved oil
- 2 spring onions, sliced diagonally 1cm thick
- 1 red chilli, deseeded and finely chopped  
OR 1 tsp chilli flakes
- 2 Tbsp laksa paste
- 170g frozen calamari, defrosted
- 210g frozen hoki fillets, defrosted and cut into chunks
- 1 x 375ml can low fat evaporated milk
- 300ml water
- Fresh mint, coarsely chopped
- 1 carrot, peeled and julienne
- 100g dried rice noodles
- 2 cups bean sprouts

### Method

1. In a large pot heat oil and sauté spring onions and chilli for 2 minutes.
2. Add laksa paste and heat through until fragrant (add a little water if mixture becomes too dry).
3. Add the calamari to the laksa mixture and toss to coat.
4. Stir in evaporated milk, water and chopped mint and bring to a simmer.
5. Meanwhile cover rice noodles with boiling water and soak for 10 minutes until soft.
6. Add the hoki to the soup and simmer for 5 minutes.
7. Drain noodles and add to soup with bean sprouts. Gently stir to combine.
8. Serve in individual bowls.



Recipe thanks to Sealord  
and Annabelle White

## Kumara and Carrot Mash

SERVES

4

### Ingredients

- 2 carrots, peeled and chopped
- 2 kumara, peeled and chopped
- 2 cups water
- 1 Tbsp Tick approved table spread
- Pinch of ground nutmeg

### Method

1. Place vegetables in a pot and cover with water.
2. Bring to the boil and cook for about 30 minutes or until tender.
3. Drain vegetables and reserve the liquid.
4. Add spread and nutmeg to the vegetables and mash well.
5. Gradually add liquid and stir well until smooth.
6. Season with pepper.

## Jacket Potatoes

SERVES

4

### Ingredients

- 4 potatoes, scrubbed with skin on
- Tick approved cooking spray

### Method

1. Preheat oven to 200°C.
2. Cut out four squares of tinfoil and place potatoes on top.
3. Lightly spray with cooking spray and wrap into parcels.
4. Place in oven and bake for 45 minutes.

Recipes thanks to 5+ A Day



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SERVES  
**4**

## Orange and Balsamic Chicken on Kumara and Carrot Mash

### Ingredients

1 Tbsp Tick approved oil  
2–3 oranges, juiced  
2 Tbsp balsamic vinegar  
1 clove garlic, crushed  
1 tsp rosemary  
Cracked pepper  
8 skinless chicken thigh fillets (bone in)

### Method

1. Combine the oil, orange juice, balsamic vinegar, garlic, rosemary and cracked pepper. 2. Place chicken in a dish and pour the marinade over. 3. Cover and refrigerate for 30 minutes (or overnight). 4. Preheat the oven to 180°C. 5. Place the chicken in a large baking dish, and bake in preheated oven for 45 minutes (baste twice during cooking). 6. Serve with kumara and carrot mash (page 11), and steamed greens.



Recipe thanks to Tegel Lean & Lite

## Indian Pork Curry

### Ingredients

1 Tbsp Tick approved oil  
500g lean Trim Pork pieces  
1 medium onion, finely diced  
2 cloves garlic, crushed  
1 Tbsp fresh ginger, grated  
1 tsp cumin powder  
1 tsp red chilli powder  
2 potatoes, peeled and diced  
1 x 400ml can chopped tomatoes in juice  
½ cup bamboo shoots (optional)  
1 cup reduced salt vegetable stock  
1 handful of fresh coriander, chopped

### Method

1. Heat the oil in a frying pan or wok and stir fry the pork, onion, garlic, ginger and spices until pork is browned. 2. Add the potatoes, tomatoes and bamboo shoots and combine well. 3. Transfer to a lidded pot, add the stock and simmer gently for one hour. 4. Serve on rice with a dollop of Raita (page 15), and top with fresh coriander.

Recipe thanks to New Zealand Pork



SERVES  
**4–6**





SERVES  
**4**

## Beef Stroganoff

### Ingredients

- 1 Tbsp Tick approved oil
- 400–500g lean beef, cut into strips
- 1 onion, finely diced
- 1 clove garlic, crushed
- 2 cups button mushrooms, sliced
- 2 Tbsp reduced salt tomato paste
- 1 x 375ml can low fat evaporated milk
- 1 Tbsp cornflour

### Method

1. Heat oil in a frying pan, quickly brown the beef then remove from the pan to rest.
2. Add the onion, garlic and mushrooms to the pan and cook for 2 minutes.
3. Combine tomato paste, evaporated milk and corn flour, then add to the pan.
4. Stir in the beef and simmer gently for 5 minutes.
5. Serve on rice or with mashed potatoes.



Recipe thanks to CARNATION

## Simple Lamb Curry Rice with Raita

### Ingredients

- 2 cups of rice
- 2 Tbsp Tick approved oil
- 400–500g lean lamb, cut into strips
- 1 medium onion, sliced
- 2 cloves garlic, crushed
- 1 Tbsp fresh ginger, finely chopped
- 2 tsp curry powder
- 2 cups of green beans
- 2 cups reduced salt vegetable stock
- Cracked pepper

### Method

1. Cook rice according to packet directions.
2. Heat oil in a frying pan, quickly brown the lamb then remove from the pan to rest.
3. Add the onion, garlic, ginger and curry to the pan and gently cook until the onions are soft.
4. Pour over the stock and simmer gently for 5 minutes.
5. Return the lamb, add the green beans, and simmer for a further 5 minutes.
6. Combine lamb and rice on a large platter and serve with Raita.

## Raita

### In a small bowl combine:

- 250g plain, low fat yoghurt
- 1 cucumber, peeled, seeded and grated
- Juice of 1 lemon
- Fresh mint, finely chopped

Recipe thanks to  
SunRice Doongara Clever Rice



SERVES  
**4**



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SERVES

4

## Chickpea and Pumpkin Wraps

### Ingredients

1 Tbsp Tick approved oil  
 1 onion, finely diced  
 2 cloves garlic, crushed  
 1 Tbsp ground smoked paprika  
 500–600g pumpkin, peeled and diced  
 1 x 300g can chickpeas, drained  
 1 x 400g chopped tomatoes in juice  
 ½ cup raisins  
 1 cup reduced salt vegetable stock or water  
 2 small courgettes, sliced  
 8 wholegrain tortillas, warmed

### Method

1. Heat oil in a frying pan and cook onions, garlic and paprika until onions are soft. 2. Add the pumpkin, chickpeas, tomatoes, raisins and stock or water. 3. Cover and simmer for 10 minutes. 4. Add the courgettes, cover and simmer for further 5 minutes until the vegetables are tender. 5. Place spoonfuls into warm tortillas and fold into parcels.



Recipe thanks to Craig's

## Chilli Con Carne

### Ingredients

1 Tbsp Tick approved oil  
 500g lean beef mince  
 2 onions, sliced  
 1 Tbsp garlic, crushed  
 1 tsp cumin powder  
 1 tsp ground paprika  
 1 x 425g can chilli beans  
 1 x 400g can chopped tomatoes in juice  
 1 cup water

### Method

1. Heat oil in a frying pan and brown the beef mince, then remove from pan and set aside. 2. Add the onion, garlic and dry spices to the pan and cook for 3–4 minutes. 3. Return the mince to the pan with chilli beans, tomatoes and water. 4. Simmer uncovered for 15–20 minutes until the juices have reduced and thickened. 5. Serve with a jacket potato (page 11) and season with cracked pepper.

Recipe thanks to  
 Beef + Lamb New Zealand



SERVES

4



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SERVES  
4

## Salmon and Kumara Red Curry

### Ingredients

2 Tbsp Tick approved oil  
1 large onion, finely diced  
2 Tbsp Thai red curry paste  
2 medium orange kumara, peeled and chopped  
2 cups reduced salt vegetable stock  
1 cup rice  
1 x 375ml can low fat (coconut flavoured\*) evaporated milk  
250g fresh salmon pieces  
1 small broccoli, cut into small florets  
1 courgette, sliced diagonally  
1 baby aubergine, cut into chunks  
Fresh coriander, chopped  
Red chilli, deseeded and finely sliced

\*use a few drops of coconut essence instead of coconut flavoured evaporated milk.

### Method

1. Heat oil in a frying pan and cook onions and red curry paste until onions are soft and fragrant.
2. Add a little stock if the pan becomes too dry.
3. Add the kumara and sauté for a few minutes, then add the vegetable stock and cover.
4. Simmer gently for 20 minutes or until kumara are tender.
5. Meanwhile cook the rice according to the packet directions.
6. Add the evaporated milk to the curry, followed by the broccoli and salmon. Return to a simmer.
7. Add the courgettes and aubergine last, and simmer for a further 3–4 minutes.
8. Serve the curry on rice, and garnish with fresh coriander and chilli.

Recipe thanks to Regal Salmon



## Tuna and Broccoli Pasta Bake

### Ingredients

250g pasta shapes, cooked  
1 tsp Tick approved oil  
250g frozen broccoli  
250g frozen peas and corn  
1 x 200g can tuna in springwater, drained  
1 red capsicum, diced  
½ bunch spring onion, sliced  
1 x 400g can chopped tomatoes in juice  
1 lemon, juiced  
Fresh parsley, chopped  
Cracked pepper  
100g reduced fat cheese, grated

### Method

1. Preheat oven to 185°C.
2. Cook pasta according to packet directions. Drain and drizzle with oil to stop from sticking.
3. In a large bowl combine all ingredients except for the cheese.
4. Place mixture into a large lasagne dish and top with grated cheese.
5. Bake for 30 minutes or until the cheese is golden.
6. Serve warm.

Recipe thanks to McCAIN Foods



SERVES  
5



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SERVES  
**12**

## Cherry Ricotta Flan

### Ingredients

3 Tbsp Tick approved table spread  
¼ cup low fat milk  
1 cup self raising flour  
1 Tbsp icing sugar  
250g low fat ricotta cheese  
2 eggs  
½ cup icing sugar, sifted  
2 Tbsp plain flour  
Grated rind of 1 lemon  
1 x 425g can pitted black cherries, well drained

### Method

1. Preheat oven to 180°C. 2. Lightly brush a flan tin with table spread. 3. To make pastry, sift flour and icing sugar together in a bowl. Add table spread and milk, mixing with a wooden spoon to form a ball. 4. Line the flan tin with the pastry by taking small amounts and pressing evenly over the base and sides. 5. Refrigerate pastry while preparing the filling. 6. To make filling, place ricotta, eggs, icing sugar, flour and lemon rind in a food processor and process until smooth. 7. Pour filling into pastry case, then arrange cherries over the filling. 8. Bake on the middle shelf of the oven for 30–35 minutes. Flan is cooked when the filling is set and the pastry is pale golden brown. 9. Serve warm or cold and lightly dusted with icing sugar.



Recipe thanks to Flora pro-active

## Apricot Pudding

### Ingredients

2 tsp Tick approved table spread, to grease dish  
1 cup self raising flour  
½ tsp baking powder  
¼ cup caster sugar  
¼ cup Tick approved table spread, melted  
2 eggs, lightly beaten  
½ cup low fat milk  
½ tsp vanilla extract  
1 x 425g can apricot halves in juice, drained  
Icing sugar

### Method

1. Preheat oven to 200°C. 2. Grease a round 1L capacity baking dish with table spread. 3. Sift the flour and baking powder into a mixing bowl. 4. Add the sugar, melted table spread, eggs, milk and vanilla and mix well until combined. 5. Place mixture into prepared dish and bake for 5 minutes. 6. Remove from oven and drop the apricot halves, hollow side down, into the cake mixture. 7. Bake for a further 20 minutes, or until pudding is golden and a skewer inserted into the centre comes out clean. 8. Allow to cool slightly and serve dusted with icing sugar, and a dollop of low fat yoghurt.

Recipe thanks to Flora pro-active



SERVES  
**10**



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