


festive

COOKBOOK







The festive season has traditionally been a time to overindulge but it needn't be that way. You don't need to be perfect over the holidays but you can make it just a little healthier without losing any of the festive feels.

With the holiday celebrations falling smack bang in the middle of summer, we are surrounded by an abundance of fresh fruit and vegetables so it's the perfect time to show off some fresh flavours.

Many families will have a roast meat at the centre of the Christmas table and whilst there is no need to ditch the traditional roast, we do recommend sticking to the [guidelines](#) when it comes to how much meat you consume to reduce your cancer risk, so keep your meat portions small and consider skipping the ham this year and trying our spectacular Baked Teriyaki Salmon Side.

We have created some delicious salads to really showcase some of the season's best produce. Pile your plate up with our Fig, Pear and Goats Cheese Salad or a serve of our Shaved Asparagus and Beetroot Ricotta Salad.

And who could forget dessert. We've designed our desserts to be healthier alternatives to the traditional end-of-meal treat. Our Christmas pudding has a twist; we've swapped out the brandy for coffee which gives it a gorgeous depth of flavour and we utilise in-season stone fruits to inspire that sweet finale to the meal.

The New Year's Day Tapas Spread will see you on the right path for those healthy resolutions. The moreish nibbles and finger foods pair beautifully with our delicious mocktails; perfect for those glorious, hot, January days.



Contents

Roast Pork with Apple Slaw and Sticky Braised Cabbage.....	6
Baked Teriyaki Salmon.....	8
Smoked Almond and Prune Turkey Breast.....	10
Green Beans with Smoked Almond Caper Salsa.....	10
Fennel and Apple Roast Chicken.....	12
Moroccan Lamb.....	14
Spicy Cous Cous Salad with Honey Harissa Dressing.....	14
Summer Seafood Spread.....	16
Seared Scallops with Asian Dressing.....	16
Cucumber and Grapefruit Oysters.....	18
BBQ Prawns and Aioli.....	19
Salt and Pepper Squid Salad.....	19
Fig, Pear and Goats Cheese Salad.....	20
Asparagus and Beetroot Ricotta Salad.....	22
Nutty Cauliflower Roast.....	24
Toasted Sesame Vegetables.....	26
Roasted Balsamic Beetroot Salad.....	28
Fennel, Orange and Radish Salad.....	30
New Year's Day Summer Tapas.....	32
Grilled Prawns with Mango Salsa.....	32
Dukkah Dipped Lamb Skewers.....	32

Warm Lemon and Garlic Marinated Olives.....	34
Goats Cheese and Mushroom Tarts.....	34
Falafel Fritters with Hummus and Herb Salad.....	35
Spinach and Pesto Rice Dolmades.....	35
Crispy Parmesan Potatoes with Red Pepper Salsa.....	36
Crostini and Dip.....	36
Berry Trifle.....	38
Mocha and Chocolate Pudding.....	40
Grilled Strawberries and Hazelnut Hotplate Crumb.....	42
Poached Plum and Pistachio Eton Mess.....	44
Cherry and Apple Shortcake.....	46
Tropical Baked Cheesecake.....	48
Mango and Macadamias with Honey Limy Yogurt.....	50
Rose, Cucumber and Honeydew Punch.....	52
Cherry Cranberry Sour.....	53
Pink Grapefruit Spritzer.....	53
Festive Fruit Frappes.....	54
Apple mint.....	54
Raspberry cinnamon.....	54

Roast Pork

with Apple Slaw and Sticky Braised Cabbage



Serves **6 with leftovers**

Preparation **25 minutes**

Cooking **1 hour 45 minutes**
(plus overnight standing)

- * 2kg boned and rolled pork loin, skin scored
 - * 1 tbsp table salt
 - * 1 small red cabbage
 - * 2 medium brown onions, sliced
 - * ¼ cup red wine vinegar
 - * 2 tbsp firmly packed brown sugar
 - * 1 tsp ground allspice
 - * ½ cup mayonnaise
 - * 1 tbsp lemon juice
 - * 1 green apple, thinly sliced and cut into strips
 - * 2 celery stalks, thinly sliced and cut into strips
 - * ¼ small green cabbage, finely shredded
 - * ¼ cup small mint leaves
1. Preheat the oven to 220°C fan forced.
 2. Pat pork dry with paper towel and rub salt into the skin. If time allows, cover flesh of pork with plastic wrap, leaving skin exposed and refrigerate for 2 hours or overnight. This dries out the skin for extra crispy crackling.
 3. If refrigerated overnight, stand pork for 1 hour at room temperature before cooking. Remove plastic wrap. Place pork in a roasting tray and roast for 45 minutes or until skin starts to crackle.
 4. Meanwhile, combine cabbage, onion, vinegar, sugar and allspice in a roasting tray and toss.
 5. Reduce oven to 180°C fan forced and cook pork and cabbage for 1 hour or until pork is cooked through. Stir cabbage every 15 minutes to avoid catching.
 6. Meanwhile, in a medium bowl, combine mayonnaise and lemon juice. Add apple, celery, cabbage and mint, season with salt and pepper and mix.
 7. Serve pork with braised cabbage and apple slaw.

tips

Ask your butcher to bone, roll and score your pork loin for you.

Cancer Council recommends a small 65g serve of cooked red meat each day or 2 serves (130g) 3-4 times a week. Keep your meat portions small and pile your plate high with beautiful salads and sides.

Keep crackle for special occasions. Although delicious, it's high in saturated fat and salt and generally best to avoid for better health.




Baked Teriyaki

Salmon



 Serves **6**

 Preparation **10 minutes**

 Cooking **25 minutes**

- * 1 side of salmon
- * 1 tsp cornflour
- * 1 tbsp boiling water
- * 2 cloves garlic, finely grated
- * 3cm ginger, finely grated
- * ¼ cup salt-reduced soy sauce
- * ¼ cup brown sugar
- * 1 tbsp mirin
- * ¾ cup coriander leaves
- * ¾ cup mint leaves
- * 1 cup bean sprouts
- * 1 large red chilli, thinly sliced

1. Preheat the oven to 200°C fan forced. Line a large oven tray with baking paper. Place fish skin side down onto the tray.
2. In a small saucepan, combine cornflour and water and mix until smooth. Add garlic, ginger, soy, sugar and mirin and mix. Bring sauce to the boil and stir until the consistency of runny honey. Pour half the sauce over fish and spread over surface.
3. Bake fish for 15-20 minutes, depending on the size, until just cooked through. Keeping tray in the oven, baste fish every 5 minutes with the remaining sauce from the pan and sauce from the tray. When basting, work quickly to avoid keeping fish from the heat for too long.
4. Meanwhile, combine herbs, bean sprouts and chilli in a small bowl and toss.
5. Top salmon with herbs and flake away from the skin to serve. Serve with lemon wedges.





Smoked Almond and Prune



Turkey Breast



Serves 6

Preparation 20 minutes

Cooking 40 minutes

- * 2 tbsp olive oil
- * 1 small onion, finely chopped
- * ½ cup chopped smoked almonds
- * ¼ cup chopped prunes
- * ¼ cup oregano leaves
- * ¼ cup fresh breadcrumbs
- * 1 egg, beaten
- * 1 turkey breast, butterflied, skin on

1. Preheat the oven to 180°C.
2. Warm half the oil in a large frying pan over medium heat. Add onion and cook whilst stirring for 2 minutes or until translucent. Transfer to a small bowl with almonds, prunes, oregano, breadcrumbs and egg. Season with salt and pepper. Mix to combine. Wipe pan clean.
3. Lay turkey breast opened out, skin side down between two sheets of baking paper. Use a meat mallet to flatten turkey to a rough rectangular shape of even thickness all over – about 2-3cm thick. Remove and discard the top sheet of baking paper. Spread almond mixture over one of the long edges and roll turkey tightly from that side to enclose filling in a log shape. Use kitchen string to truss and tie the turkey securely.
4. Warm the remaining oil in the same large frying pan as above over high heat. Add the turkey and cook for 5 minutes, turning to brown all sides evenly. Transfer turkey to a roasting dish and roast for 30 minutes or until cooked through. Rest turkey and slice to serve.



Green Beans with Smoked Almond Caper Salsa



Serves 4

Preparation 15 minutes

Cooking 5 minutes

- * 300g green beans, trimmed
- * ½ cup smoked almonds
- * 1 medium eschallot, chopped
- * 2 tbsp baby capers, chopped
- * 1 lemon, finely zested, plus 2 tbsp juice
- * 3 sprigs thyme, chopped
- * 1 tbsp chopped parsley
- * 1 tbsp finely grated parmesan

1. Bring a saucepan of salted water to the boil. Add beans and cook for 1 minute or until tender. Drain beans well in a colander and set aside.
2. Combine remaining ingredients in a small bowl, season with salt and pepper and mix well.
3. Serve beans on a small platter and spoon almond mixture over.

tip

This dish is delicious served hot or cold – a handy side dish to prepare in advance.





*Smoked Almond
and Prune Turkey
Breast p.10*

*Green Beans
with Smoked
Almond Caper
Salsa p.10*

Fennel and Apple Roast Chicken



Serves **4**

Preparation **20 minutes**

Cooking **1 hour 35 minutes**

- * 10g salted butter
 - * 1 leek, trimmed and chopped
 - * 1 medium fennel, coarsely grated, plus 2 extra cut into wedges
 - * 1 cup fresh breadcrumbs
 - * 1 medium green apple, coarsely grated, plus 2 extra, quartered
 - * ¼ cup chopped toasted pine nuts
 - * 2 tbsp chopped parsley
 - * 1 tbsp chopped chives
 - * 2kg whole chicken, cleaned
 - * 1 tbsp olive oil
 - * Gravy to serve
1. Preheat the oven to 160°C fan forced.
 2. Melt butter in a medium frying pan over medium heat. Add the leek and fennel and cook for 2 minutes or until fragrant, stirring. Transfer to a medium bowl and add breadcrumbs, apple, pine nuts and herbs. Season with salt and pepper. Mix well.
 3. Fill chicken cavity with stuffing. Use kitchen string to truss chicken, securing legs and enclosing the filling. Rub with oil and season with salt and pepper. Transfer chicken to a large roasting tray. Roast for 1 hour. Place extra fennel and apple around chicken. Cook all for a further 30 minutes or until chicken is cooked through and fennel and apple tender.
 4. Serve chicken, fennel and apple with gravy.





Moroccan

Lamb



Serves **6 with leftovers** Preparation **15 minutes**
 Cooking **45 minutes (Plus overnight marinating)**

- * 2 oranges, finely zested
 - * 2 tsp ground coriander seeds
 - * 1 tsp ground cumin
 - * 1 tsp ground turmeric
 - * 1 tsp ground cinnamon
 - * 2kg boned and rolled lamb leg
 - * 1 tbs vegetable oil
1. Combine orange zest and spices in a small bowl. Rub spice mix over lamb, wrap tightly in plastic wrap and refrigerate for 2 hours or overnight if time allows.
 2. Preheat the oven to 160°C fan forced. Unwrap the lamb and season with salt and pepper.
 3. Warm oil in a large frying pan over high heat. Add lamb to the pan and cook for 5 minutes, turning to brown all sides evenly. Transfer lamb to a roasting tray and roast for 40 minutes or until cooked medium. Rest lamb for 10 minutes and slice to serve.

tips

Ask your butcher to bone and roll the lamb shoulder.

Cancer Council recommends a small 65g serve of cooked red meat each day or 2 serves (130g) 3-4 times a week. Keep your meat portions small and pile your plate high with beautiful salads and sides.

Spicy Cous Cous Salad with Honey Harissa Dressing



Serves **6** Preparation **15 minutes** Cooking **20 minutes**

- * 500g Jap pumpkin, cut into small thin slices
 - * 2 large zucchinis, chopped
 - * 2 medium red onions, cut into thin wedges
 - * ¼ cup instant cous cous
 - * ¼ cup boiling water
 - * 2 tbs chopped parsley
 - * 1 tbs Dijon mustard
 - * 1 tbs lemon juice
 - * 2 tbs olive oil
 - * 2 tsp Harissa powder
 - * 2 tsp honey
1. Preheat the oven to 180°C fan forced. Line a roasting tray with baking paper and scatter vegetables over. Season vegetables with salt and pepper. Roast vegetables for 20 minutes or until tender.
 2. Meanwhile, combine cous cous and boiling water in a medium bowl, cover with plastic wrap and stand for 5 minutes. Use a fork to fluff the grains and separate. Add parsley, season with salt and pepper and mix through.
 3. Combine the remaining ingredients in a screw top jar, secure lid and shake to combine.
 4. Add vegetables and dressing to the cous cous and toss to serve.

*Spicy Cous Cous Salad
with Honey Harissa Dressing p.14*



*Moroccan Lamb
p.14*

Summer Seafood Spread



Serves 4
 Preparation 50 minutes
 Cooking 15 minutes

Seared Scallops with Asian Dressing

- * 8 scallops in shell, roe off
 - * 1 coriander root, cleaned
 - * ½ large red chilli, finely diced
 - * ½ garlic clove, crushed
 - * 1 tsp firmly packed finely grated palm sugar (18g)
 - * ¼ cup lime juice
 - * ½ tsp fish sauce
 - * 1 tbsp vegetable oil
1. Remove scallops from shells. Clean shells with hot soapy water and dry well.
 2. In a small food processor, combine coriander root, chilli, garlic, palm sugar, lime juice and fish sauce and puree.
 3. Warm oil in a small frying pan over high heat. Cook scallops for 30 seconds each side or until golden. Remove scallops from the pan and transfer back into clean shells. Spoon dressing over to serve.





Cucumber and Grapefruit Oysters p.18

BBQ Prawns and Aioli p.19

Seared Scallops with Asian Dressing p.16

Salt and Pepper Squid Salad p.19

Cucumber and Grapefruit Oysters

- * 12 natural oysters
 - * Rock salt to serve
 - * ½ Lebanese cucumber, deseeded and finely diced
 - * 1 small eschallot, finely diced
 - * ¼ cup fresh pink grapefruit juice
 - * Micro coriander to serve
1. Lay oysters on a bed of rock salt on a serving platter.
 2. In a small bowl, combine cucumber, eschallot and grapefruit juice. Spoon dressing over oysters and sprinkle coriander to serve.





BBQ Prawns and Aioli *(photo p.17)*

- * 2 garlic cloves, crushed
 - * 2 egg yolks
 - * 2 tsp lemon juice
 - * 1 tsp Dijon mustard
 - * ¾ cup olive oil
 - * 12 medium green tiger prawns in shell
 - * Lemon wedges to serve
1. In a small food processor, pulse garlic, yolks, lemon juice and mustard together. With the motor running, gradually add oil in a slow steady stream. Season aioli with salt and pepper and thin with a little warm water if required.
 2. Warm a grill plate or barbecue over high heat. Grill prawns for 2 minutes each side or until bright orange and cooked through. Serve prawns whole. Peel and dip in aioli.
 3. Store in a screw top jar in the fridge for 48 hours.

Salt and Pepper Squid Salad *(photo p.17)*

- * 3 medium squid tubes, cleaned
 - * 2 tsp salt flakes
 - * 2 tsp cracked black pepper
 - * 1 tbsp sesame oil
 - * 1 tbsp soy sauce
 - * 1 tbsp rice wine vinegar
 - * 1 tsp caster sugar
 - * 1 tsp finely grated ginger
 - * 1 cup firmly packed coriander leaves
 - * 1 cup firmly packed mint leaves
 - * 1 cup bean sprouts
 - * 1 large red chilli, thinly sliced into strips
1. Cut the squid tubes in half lengthwise. Score the inside flesh of the squid and cut into rough triangles. Transfer squid to a medium bowl. Add the salt and pepper and toss to coat.
 2. Warm a grill plate or barbecue over high heat. Cook squid for 1-2 minutes each side or until cooked through.
 3. In a screw top jar, combine sesame oil, soy sauce, vinegar, sugar and ginger and shake.
 4. Combine herbs, bean sprouts, chilli and squid in a medium bowl and toss. Serve salad drizzled with dressing.



Fig, Pear and Goats Cheese Salad



Serves 6

Preparation 15 minutes

Cooking 10 minutes

- * ¼ loaf of Turkish bread, thinly sliced
- * olive oil spray
- * 1 tbsp fresh orange juice
- * ½ tbsp white balsamic vinegar
- * 2 tbsp olive oil
- * 2 cups of firmly packed baby kale salad leaves
- * 6 figs, torn in half
- * 1 small pear, halved and thinly sliced
- * ¼ cup hazelnuts, roasted and chopped
- * 50g ash goats cheese to serve

1. Preheat the oven to 160°C. Spread slices of bread in a single layer on a large oven tray. Spray lightly with oil and season with salt and pepper. Bake for 10 minutes or until golden.
2. Combine juice, vinegar and oil in a large serving bowl and whisk to combine. Add kale, figs, pear and hazelnut and gently toss through. Scatter toasted bread through salad and crumble goats cheese over to serve.

tips

Replace baby kale leaves with your favourite salad leaf.

Alternatively, you can omit orange dressing and drizzle pomegranate molasses over the salad instead.





Asparagus and Beetroot



Ricotta Salad

Serves 4

Preparation 15 minutes

Cooking 5 minutes

- * 400g can whole baby beetroots, drained and halved
- * 250g reduced-fat ricotta
- * 4 bunches asparagus
- * 2 tbsp extra virgin olive oil
- * 2 tbsp roasted pine nuts
- * ½ cup mixed micro herbs

1. In a small food processor, pulse beetroots until finely chopped. Transfer beetroot to a medium bowl. Add ricotta, season with salt and pepper and partly fold through to give a ripple effect. Spoon beetroot ricotta onto the serving plate.
2. Using a mandolin, carefully thinly slice asparagus lengthways. Bring a medium saucepan of salted water to the boil. Add asparagus, toss through and immediately remove from the water to a strainer. Set under cold running water to cool. Drain well and transfer to a medium bowl. Add olive oil, pine nuts and herbs, season with salt and pepper and toss. Top beetroot ricotta with dressed asparagus to serve.





Nutty Cauliflower Roast



Serves 4

Preparation 15 minutes

Cooking 35 minutes

- * 1 large head of cauliflower
- * 2 tbsp olive oil
- * 1 tsp ground coriander
- * ¼ cup chopped hazelnuts
- * ½ cup Greek yoghurt
- * 1 tbsp tahini
- * ½ cup coriander leaves
- * 1 cup baby rocket leaves

1. Preheat the oven to 180°C fan forced. Line an oven tray with baking paper.
2. Thinly slice whole cauliflower into slices about 5mm thick and place on prepared oven tray with any cauliflower leaves. In a small bowl, combine oil and coriander. Drizzle oil over cauliflower and rub to coat. Roast cauliflower for 35 minutes or until tender and edges just start to burn. Add hazelnuts for the last 10 minutes to toast.
3. Meanwhile, in a small food processor, combine yoghurt, tahini and coriander and process until smooth.
4. Serve cauliflower drizzled with yoghurt and topped with rocket.





Toasted Sesame Vegetables



Serves **4** Preparation **10 minutes**
 Cooking **35 minutes**

- * ¼ small Jap pumpkin, cut into wedges
- * 3 small sweet potatoes, halved lengthways
- * 3 parsnips, halved
- * 1 bunch Dutch carrots, trimmed
- * 4 baby potatoes, halved
- * 2 tbsp sesame oil
- * 2 tbsp honey
- * 2 tbsp hot water
- * 1 tsp white sesame seeds
- * 1 tsp black sesame seeds
- * Micro coriander leaves to serve

1. Preheat the oven to 180°C fan forced. Line a large oven tray with baking paper.
2. Place vegetables in a single layer on the tray and roast for 35 minutes or until tender.
3. Meanwhile, combine sesame oil, honey, hot water and sesame seeds in a small jug and whisk.
4. Drizzle vegetables with dressing while hot, scatter with micro coriander and serve immediately.





Roasted Balsamic Beetroot Salad



Serves 6

Preparation 15 minutes

Cooking 1 hour 15 minutes

- * 5 medium beetroots, scrubbed, trimmed, halved or quartered
 - * 2 tbsp balsamic vinegar
 - * 2 tbsp olive oil
 - * 1 small red onion, cut into wedges
 - * 1/3 cup black quinoa
 - * 1 cup firmly packed mixed salad leaves
 - * 1/3 cup chopped Brazil nuts
1. Preheat the oven to 180°C fan forced. Line an oven tray with a large piece of foil. Place beetroots on the foil, drizzle with balsamic and oil and toss. Add the onion and season with salt and pepper. Gather corners of foil and scrunch together to form a sealed bag. Roast for 1 hour or until tender. Open foil and set aside to cool for 15 minutes.
 2. Meanwhile, place the quinoa in a small saucepan, cover with plenty of water and bring to the boil. Reduce to medium heat and simmer for 15 minutes or until quinoa tails begin to unravel. Drain and set aside.
 3. In a medium bowl, combine beetroot, quinoa, salad leaves, Brazil nuts and beetroot juice from the foil. Season with salt and pepper if required and toss all. Transfer to serving plate.





Fennel, Orange and



Radish Salad

Serves 6 Preparation 20 minutes

- * 2 baby fennel, trimmed
 - * 1 bunch radishes, trimmed
 - * 2 cups firmly packed watercress
 - * 3 oranges
 - * 1 tsp Dijon mustard
 - * ½ tbsp orange juice
 - * ¼ cup olive oil
1. Using a mandolin, thinly slice the fennel and the radish lengthways. Place in a medium bowl of iced water to soak with watercress for 15 minutes.
 2. Meanwhile, peel and segment oranges.
 3. In a small bowl, combine mustard and orange juice. Whilst whisking, gradually add the oil in a slow and steady stream until dressing has emulsified and thickened slightly.
 4. Drain fennel, radish and watercress and shake off excess water. Transfer salad to serving platter with orange segments and drizzle with dressing to serve.

This salad pairs perfectly with the **Fennel and Apple Roast Chicken** on page 12.







New Year's Day Summer Tapas

SLOW

Serves 6

Grilled Prawns with Mango Salsa

 Preparation 5 minutes  Cooking 5 minutes

- * 12 green tiger prawns, peeled, tail on, deveined
 - * Rice bran oil spray
 - * ½ small mango, peeled and finely diced
 - * ¼ Lebanese cucumber, deseeded and finely diced
 - * ¼ small red onion, finely diced
1. Warm a grill plate over high heat. Spray prawns lightly with oil and add to grill plate. Grill for 2 minutes each side or until cooked through.
 2. In a small bowl, combine mango, cucumber and onion. Mix and season with salt and pepper.
 3. Serve prawns topped with mango salsa.

Dukkah Dipped Lamb Skewers

 Preparation 5 minutes  Cooking 5 minutes

- * 1 lamb backstrap, thinly sliced
 - * 12 x 15cm bamboo skewers
 - * Rice bran oil spray
 - * ¼ cup dukkah
1. Thread one slice of lamb onto each skewer.
 2. Warm a flat barbecue plate or large frying pan over high heat. Lightly spray lamb with oil, add to the barbecue plate or pan and cook for 1 minute each side.
 3. Sprinkle dukkah over a small plate. Remove the skewers and whilst hot, dip the top half of each side into dukkah to coat. Serve hot.



*Grilled Prawns
With Mango Salsa
p.32*



*Falafel Fritters with
Hummus and Herb
Salad p.35*



*Goats Cheese
and Mushroom
Tarts p.34*



*Crispy Parmesan
Potatoes with Red
Pepper Salsa p.36*



*Dukkah Dipped
Lamb Skewers
p.32*

Warm Lemon and Garlic Marinated Olives *(photo p.37)*

 Preparation **5 minutes**  Cooking **5 minutes** Standing **2 days**

- * ¼ cup olive oil
- * 4 garlic cloves, thinly sliced
- * 5 strips lemon rind
- * 6 sprigs of thyme
- * 2 cups of mixed olives in brine

1. In a small frying pan over low heat, combine oil, garlic, lemon rind and thyme and gently cook over low heat for 5 minutes to infuse. Remove pan from the heat, toss olives through and transfer all to a jar. Fasten a lid and set aside at room temperature for 2 days to marinate.
2. Gently warm olives in the oil to serve.



tips

For a fast option, use crushed garlic and finely grated lemon rind. Warm in the oil with thyme for 3 minutes. Toss olives through the oil and serve immediately.

The more time allowed for marinating, the more intense the flavour!

Goats Cheese and Mushroom Tarts

(photo p.33)



 Preparation **5 minutes**  Cooking **10 minutes**

- * 12 button mushrooms, stalks removed
- * 100g goats cheese
- * 12 sprigs of thyme

1. Preheat the oven to 200°C.
2. Place mushrooms, cup side up on an oven tray, crumble goats cheese onto each and sprinkle with thyme. Season with salt and pepper and bake for 10 minutes or until cheese warms. Serve immediately.



Falafel Fritters with Hummus and Herb Salad *(photo p.33)*

 Preparation **15 minutes**  Cooking **10 minutes**

- * 2 x 400g cans chickpeas, drained, liquid reserved
 - * 1 large eschallot, chopped
 - * 2 tbsp chopped mint
 - * 2 tbsp chopped parsley
 - * 3 garlic cloves
 - * 2 tsp ground coriander
 - * 1 tsp ground cumin
 - * 2 tbsp plain flour
 - * 2 tbsp vegetable oil
 - * Small mixed herb leaves and pomegranate seeds to serve
1. In a small food processor, combine 1 ½ cans of chickpeas, eschallot, herbs, 2 garlic cloves and half of the spices. To make the hummus, pulse mixture to chop until mix just comes together. Add flour, season with salt and pepper and mix.
 2. Warm half the oil in a large frying pan over medium heat. Spoon small portions of the chickpea mixture into the pan, flatten into patties and cook for 2-3 minutes each side or until cooked through. Transfer fritters to serving plate and keep warm. Repeat with the remaining oil and chickpea mixture.
 3. In the same food processor, combine remaining ingredients and 2 tablespoons of the chickpea liquid. Process until smooth, adding more chickpea liquid if required. Top fritters with hummus, herbs and pomegranate seeds to serve.



Spinach and Pesto Rice Dolmades



(photo p.37)

 Preparation **15 minutes**  Cooking **5 minutes**

- * 250g white microwave rice
 - * 1/3 cup ready made pesto dip
 - * 1 bunch of large English spinach leaves, trimmed
1. Cook microwave rice as per packet instructions and transfer to a medium bowl. Add pesto, season with salt and pepper and mix well.
 2. Place spinach leaves in a colander and pour a jug of boiling water over to wilt. Run under cold water to cool. Drain.
 3. Place spinach leaves on a clean surface, place 1 tablespoon of rice mixture into the centre. Roll tightly to enclose filling, folding ends in. Serve hot or cold.





Crispy Parmesan Potatoes with Red Pepper Salsa *(photo p.33)*

 Preparation **10 minutes**  Cooking **25 minutes**

- * 500g red delight potatoes, cut into wedges
 - * Rice bran oil spray
 - * ½ cup finely grated parmesan cheese
 - * 1 cup chopped roasted red capsicum, skin off
 - * 1 garlic clove
1. Preheat the oven to 200°C fan forced. Line a large oven tray with baking paper. Place potatoes on the tray, spray lightly with oil and season with salt and pepper. Roast for 25 minutes or until tender.
 2. Remove potatoes from the oven and immediately sprinkle with parmesan.
 3. In a small food processor, combine capsicum and garlic. Puree until smooth and spoon over potatoes to serve.



Crostini and Dip *(photo p.37)*

 Preparation **15 minutes**  Cooking **10 minutes**

Crostini

- * ½ loaf of Turkish bread, thinly sliced
- * Olive oil spray
- * 2 large garlic cloves, peeled

Smashed pea and feta

- * 1 ½ cups frozen peas, thawed
- * 2 tbsp chopped mint leaves
- * 1 tbsp olive oil
- * 50g Greek feta

Beetroot

- * 400g can whole baby beetroots, drained
- * 2 tbsp Greek yoghurt
- * 1 tbsp chopped dill

Tomato and red pepper

- * 1 cup chopped roasted red capsicum, skin off
- * 1 medium vine ripened tomato, deseeded
- * 1 garlic clove

1. Preheat oven to 160°C. Lay slices of bread in a single layer on a large oven tray, spray lightly with oil and toast for 10 minutes or until golden. Whilst warm, rub toast lightly with garlic cloves. Serve crostini with dips.
2. **Smashed pea and feta** In a small food processor, pulse peas, mint and olive to chop. Add the feta and pulse briefly to just mix through. Season with salt and pepper.
3. **Beetroot** In a small food processor, pulse beetroot, yoghurt and dill briefly to just combine. Season with salt and pepper.
4. **Tomato and red pepper** In a small food processor, pulse capsicum, tomato and garlic to finely chop. Season with salt and pepper.



*Spinach and Pesto
Rice Dolmades p.35*



*Crostini
and Dip
p.36*



*Warm Lemon and
Garlic Marinated
Olives p.34*



Berry Trifle



Serves 8

Preparation 35 minutes

Cooking 20 minutes (Plus overnight chilling)

- * 1.5 litres cranberry juice
- * 1/3 cup caster sugar
- * 2 tbsp powdered gelatine
- * 500g raspberries
- * 1/4 cup finely chopped pistachios
- * 2 tbsp caster sugar
- * 1/2 tsp ground cinnamon
- * 10 sheets filo pastry
- * 75g butter, melted
- * 600ml thickened cream
- * 1 tbsp pure icing sugar, sifted
- * 1/2 cup raspberry jam
- * 2 tbsp boiling water
- * 250g strawberries, hulled and sliced
- * 250g blueberries
- * Mint leaves to serve

1. In a medium saucepan, combine juice, sugar and gelatine and stir over low heat until dissolved. Cool for 15 minutes before pouring into a 20cm wide straight sided trifle dish. Scatter half the raspberries in and refrigerate overnight or until set.
2. Meanwhile, combine pistachios, sugar and cinnamon in a small bowl and mix. Brush 5 sheets of filo lightly with butter, sprinkle with pistachio mixture and layer without pressing down. Fold filo stack in half. Cut an 18cm disk from the filo and place on a baking tray. Gently crumple the filo. Repeat with remaining filo, butter and pistachio mixture. Bake for 15 minutes or until golden. Carefully peel layers apart and set aside.
3. In the bowl of an electric mixer, beat cream and icing sugar to firm peaks.
4. In a small bowl, combine jam and boiling water and mix until smooth.
5. Layer filo sheets, whipped cream and remaining mixed berries in two layers on top of the jelly. Drizzle with jam and scatter mint leaves over. Serve immediately.

tip

The filo layers are delicate and can't support the weight of the fruit for too long. Prepare all the components and assemble right before serving. This also keeps the pastry from going soggy.





Mocha

and Chocolate Pudding



Serves 8 Preparation 20 minutes

Cooking 1 hour 15 minutes (Plus 15 minutes standing)

- * Butter for greasing
 - * 250g pitted dried dates, chopped
 - * 2 tbsp golden syrup, plus 1 tbsp extra
 - * 2 tbsp instant coffee
 - * ½ cup water
 - * ½ tsp bicarbonate soda
 - * 75g salted butter, melted
 - * 2 tbsp firmly packed brown sugar
 - * 1 ¼ cup self raising flour
 - * 2 tbsp Dutch cocoa
 - * ½ cup milk
 - * 1 egg, beaten
 - * ½ cup sultanas
 - * 150g dark chocolate, roughly chopped, plus 200g extra chopped
 - * Boiling water
 - * 1/3 cup pure cream
 - * Ice cream to serve
1. Grease a 2 litre capacity metal pudding tin well with butter. Line the base of the tin with baking paper.
 2. In a medium saucepan, combine dates, golden syrup, coffee and water and bring to the boil. Add bicarb, mix and set aside for 10 minutes.
 3. Add butter, sugar, flour and cocoa to date mixture and mix through. Add milk and egg, fold. Add sultanas and chocolate, fold. Transfer batter to prepared pudding tin and smooth surface.
 4. Cover top with foil, fit lid and secure tightly. Place in a large deep saucepan. Pour boiling water around the pudding tin until it reaches three quarters of the way up the side of the pudding. Bring water to the boil then reduce to a low medium heat and simmer for 1 hour 10 minutes or until an inserted skewer comes out cleanly. Top up with boiling water throughout cooking to maintain the water level.
 5. Meanwhile to make ganache, combine cream, extra golden syrup and extra chocolate in a small saucepan and stir over low heat until melted and smooth.
 6. Remove large saucepan from the heat and carefully lift pudding tin from the water. Stand for 5 minutes then turn out upside down onto serving plate. Serve pudding warm, topped with ganache. Cut pudding into wedges and serve with ice cream and extra ganache.





Grilled Strawberries and Hazelnut



Hotplate Crumb



Serves **4** Preparation **20 minutes**
 Cooking **10 minutes**

- * 25g salted butter, chilled and diced
- * ¼ cup hazelnut meal
- * 2 tbsp plain flour
- * 1 tbsp maple syrup
- * 1 tbsp water
- * 350g strawberries
- * 4 x 20cm bamboo skewers
- * ¼ tsp ground nutmeg
- * 500g mascarpone

1. Preheat a barbecue grill plate over low heat.
2. In a small bowl, rub butter into hazelnut meal and flour until a fine crumb consistency. Add maple and water and mix through. Place dough on a sheet of baking paper and flatten to a ½cm thick disk. Place dough and baking paper on the grill plate and cook for 4 minutes each side or until crispy. Remove from the grill and when cool enough to handle, crumble into a small bowl.
3. Increase grill plate to high heat. Thread strawberries onto skewers. Grill strawberries for 1-2 minutes, turning to cook on all sides. Remove strawberries from the grill and from the skewers. Hull two thirds of the strawberries and transfer to a large bowl, mash to a chunky consistency. Leave half the remaining strawberries whole, halve the remaining.
4. In a medium bowl, fold nutmeg through mascarpone.
5. Layer mascarpone, crushed strawberries, grilled strawberries and crumb in serving glasses.





Poached Plum and Pistachio



Eton Mess

Serves 4

Preparation 20 minutes

Cooking 25 minutes

- * 3 cups (750ml) apple juice
- * 1 cinnamon quill
- * 2 star anise
- * 6 whole cloves
- * 3 plums, halved and stones removed
- * 2 egg white
- * ½ cup caster sugar
- * ½ cup water
- * 300ml thickened cream
- * ½ tsp vanilla bean paste
- * Chopped pistachios to serve

1. In a small saucepan, combine juice and spices. Bring to the boil, reduce to a simmer over medium heat and add the plums. Poach for 15 minutes or until tender. Remove plums from the liquid and set aside. Increase liquid to high heat and boil for 5-8 minutes or until reduced by two thirds and a little syrupy. Discard spices. Set aside syrup to serve.
2. Meanwhile, in a small saucepan, combine sugar and water and stir over low heat until sugar dissolves. Increase to medium heat and simmer until sugar reaches 115°C. Do not mix. Meanwhile, place egg whites in the bowl of an electric mixer. Just before sugar reaches the correct temperature, beat whites to soft peaks. When sugar is at temperature and with the electric mixer motor running, gradually pour the sugar syrup into the whites in a slow and steady stream. Beat for 10 minutes, until cool. Dollop meringue onto a heatproof serving plate. Use a blow torch to toast the meringue. Clean the bowl of the electric mixer.
3. Using an electric mixer, whip cream and vanilla to soft peaks.
4. Dollop cream between toasted meringue. Top with plum halves and pistachio. Drizzle with spiced syrup if liked.





Cherry and Apple Shortcake



Serves 8

Preparation 25 minutes

Cooking 25 minutes

- * 2 cups plain flour
- * 1/3 cup caster sugar
- * 1 tbsp baking powder
- * 1/4 tsp salt
- * 110g unsalted butter, chilled, diced
- * 3/4 cup milk
- * 1 egg, beaten
- * 1 tsp vanilla extract
- * 600ml thickened cream
- * 1/4 cup raspberry jam
- * 1 tbsp cold water
- * 1 red apple, halved, deseeded and thinly sliced
- * 8 cherries, halved and deseeded
- * Small mint leaves to serve

1. Preheat the oven to 170°C fan forced. Grease and line a 20cm round springform pan.
2. In a food processor, combine flour, sugar, baking powder and salt. Pulse together. Add butter and pulse through dry ingredients to a pale yellow colour and fine crumb consistency. Combine milk, egg and vanilla in a small jug, add to dry ingredients and pulse through until dough just comes together.
3. Transfer dough to the prepared cake pan and spread evenly, smoothing surface. Bake for 25 minutes or until golden and cooked through. Cool cake in the pan for 5 minutes before turning out, right side up to cool. When cool, trim the top of the cake to level.
4. Using an electric mixer, beat cream to soft peaks. In a small bowl, combine the jam and water until smooth. Dollop the jam over the whipped cream. Use a large spoon to dollop cream and jam mixture over the cooled cake, swirling gently. Top cream with apple slices, cherry halves and mint leaves.





Tropical Baked Cheesecake



Serves 8

Preparation 40 minutes

Cooking 2 hours (Plus 3 hours cooling)

- * 300g Anzac biscuits
 - * 50g unsalted butter, melted
 - * 500g cream cheese, softened
 - * 350g firm ricotta
 - * ¼ cup apple puree
 - * ¾ cup caster sugar
 - * 1 tsp vanilla extract
 - * 4 eggs, beaten
 - * ¾ cup caster sugar
 - * ¾ cup water
 - * 3 egg whites
 - * Thinly sliced pineapple, banana, mango and kiwi fruit to serve
 - * Passion fruit and small mint leaves to serve.
1. Preheat the oven to 150°C. Grease and double line the base and sides of a 20cm round springform pan with baking paper.
 2. In a food processor, process biscuits to a fine crumb. With the motor running, add the butter and process until crumb comes together. Transfer crumb to the prepared pan, spread evenly over the base of the pan and press firmly. Set aside.
 3. Using an electric mixer, beat cream cheese and ricotta until smooth. Add the apple puree, sugar and vanilla and beat for 4 minutes to dissolve sugar. Add the eggs one at a time, beating after each addition. Spoon cream cheese mixture over the biscuit base and smooth surface.
 4. Place a roasting tray in the base of the oven and fill with water. Place cheesecake on the shelf above roasting dish and bake for 1 hour or until just set in the centre. Turn the oven off, leave door ajar and cool cheesecake in the oven for 1 hour. Refrigerate cheesecake in the pan for 3 hours.
 5. In a small saucepan, combine sugar and water and stir over low heat until sugar dissolves. Increase to medium heat and simmer until sugar reaches 115°C. Do not mix. Meanwhile, place egg whites in the bowl of an electric mixer. Just before sugar reaches the correct temperature, beat whites to soft peaks. When sugar is at temperature and with the electric mixer motor running, gradually pour the sugar syrup into the whites in a slow and steady stream. Beat for 10 minutes, until cool. Dollop meringue over cooled pavlova. Use a blow torch to toast the meringue if liked.
 6. Top cheesecake with fruit and mint leaves to serve.





Mango

and Macadamias with Honey Lime Yoghurt



Serves 4

Preparation 10 minutes

Cooking 10 minutes

- * 1/3 cup macadamias
- * 1 cup Greek yoghurt
- * 1 lime, finely zested
- * 2 mangoes
- * Small mint leaves and honey to serve

1. Preheat the oven to 180°C. Place macadamias in a small roasting tray and toast for 8 minutes or until golden. Transfer to a chopping board and roughly chop. Set aside.
2. In a small bowl, combine yoghurt and lime, mix.
3. Cut cheeks from the mango, peel and thinly slice.
4. Divide yoghurt between serving plates and smear. Top each plate with sliced mango, macadamias, mint and a drizzle of honey.








Rose,

Cucumber and Honeydew Punch

FAST

 Serves 4

 Preparation 10 minutes

- * ½ honeydew, deseeded and peeled
- * 1 tbsp rose water
- * Ice to serve
- * 4 baby cucumbers, thinly sliced lengthways
- * 3 cups (750ml) soda water
- * ¼ cup small mint leaves

1. In a blender, puree honeydew and rose water until smooth.
2. Combine puree, ice and cucumbers in a large serving jug, top with soda and mint, stir and serve.

tip

Try using other fruit purees. Watermelon and rose water are a beautiful combination too!

Cherry Cranberry Sour



 Serves **2**

 Preparation **5 minutes**


- * Ice cubes
 - * 2 tbsp maraschino cherry juice, plus maraschino cherries to serve
 - * 200ml cranberry juice
 - * 1 egg white
1. Three quarter fill a cocktail shaker with ice. Add all ingredients and fit the lid. Shake for 30 seconds. Using a small fine sieve, strain liquid into two champagne saucers. Serve immediately.



Pink Grapefruit Spritzer



 Serves **4**


 Preparation **10 minutes**

- * 2 tbsp caster sugar
 - * 2 tbsp boiling water
 - * 1 tbsp finely grated ginger
 - * 3 cups (500ml) fresh pink grapefruit juice
 - * Ice cubes to serve
 - * 1 cup (250ml) soda water
 - * Small slices of grapefruit to serve
1. Combine sugar, water and ginger in a small jug and stir until sugar dissolves. Strain syrup through a fine mesh sieve and discard ginger.
 2. Add grapefruit juice to strained syrup and mix.
 3. Place a few ice cubes in each serving glass, half fill glasses with grapefruit mixture and top with soda water. Serve spritzers with a small slice of grapefruit.

Festive Fruit Frappes



 Serves 4

 Preparation 5 minutes

Apple mint

- * 3 cups (750ml) cloudy apple juice
- * 2 tbsp chopped mint leaves, plus extra to serve
- * 2 cups ice cubes

Raspberry cinnamon

- * 3 cups (750ml) fresh orange juice
- * 1/3 cup frozen raspberries, plus extra to serve
- * 1/4 tsp ground cinnamon
- * 2 cups ice cubes
- * Mint to serve

1. For the apple mint, combine juice, mint and ice cubes in a blender and process until ice is finely chopped. Top with extra mint if liked and serve immediately.
2. For the raspberry cinnamon, combine juice, raspberries, cinnamon and ice cubes in a blender and process until ice is finely chopped. Top with extra raspberries and mint if liked and serve immediately.

tips



If you have the time, freeze the juice in ice cube trays and use instead of ice for a stronger flavour.

Experiment with different juices and fruits. Better yet, get the kids into the kitchen to create their own combinations.







Diet and nutrition

At Cancer Council NSW, we are committed to reducing the impact of cancer in NSW by encouraging the community to lead healthy, cancer-smart lifestyle.

Preventing cancer is one of the most effective ways of beating cancer. More than a third of cancers are related to lifestyle factors – we know that nutrition and diet, such as maintaining a healthy diet and limiting alcohol intake, are important factors in reducing cancer risk.

Fruit and vegetables: These are essential for a healthy balanced diet. Not only are fruits and vegetables a great source of fibre, vitamins and minerals, they also contain natural protective substances, such as antioxidants, that can destroy cancer-causing agents (carcinogens) and cancer cells.

How much should I eat in a day? At least five serves of vegetables and two serves of fruit a day are recommended for good health and to reduce cancer risk.


Red meat and processed meats: We know that bowel cancer is more common among those who eat the most red and processed meat. Processed meat consumption has also been strongly linked to a higher risk of stomach cancer. Lean red meat can be an important source of iron, zinc, vitamin B12 and protein. There is not enough evidence to draw any conclusions on eating poultry and the risk of cancer. However, eating fish may help to reduce the risk of bowel, breast and prostate cancer.

How much should I eat? To reduce your risk of cancer, we recommend you aim for a small 65g serve of cooked meat each day or 2 serves (130g) 3-4 times a week and to avoid consuming more than 455g of cooked lean red meat each week. We also recommend people limit or avoid eating processed meats, which are high in fat, salt and nitrates. Try to choose lean cuts of meat or chicken, have more fish and make sure you eat plenty of plant-based foods such as fruit, vegetables and wholegrain cereals.

Alcohol intake: Drinking alcohol increases the risk of developing some cancers, particularly cancers of the mouth, throat, oesophagus, stomach, bowel, liver and breast.

How much should I drink? We recommend that people limit their alcohol consumption. For people who do drink alcohol, the recommended amounts are: An average of no more than 2 standard drinks a day, and to avoid binge drinking (more than 4 standard drinks in one session).

Find out more about what you can do to reduce your cancer risk on our website: <https://www.cancercouncil.com.au/1in3cancers/>



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