



### Roast cauliflower salad Serves 4

- 2 cups roasted cauliflower florets
- 2 Tbsp mango and fruit chutney
- 4 cups red and green salad leaves
- 1 spring onion, sliced

Place cauliflower in a bowl with the chutney. Mix to coat well.  
Place three-quarters of the salad leaves on a serving platter.  
Add cauliflower and then the remaining salad leaves.  
Top with spring onion and serve.

- To roast cauliflower:
- 1 cauliflower, sliced into florets
  - 2 Tbsp canola oil
  - pinch salt
  - white pepper to taste

Preheat oven to 180°C.  
Place cauliflower florets in a baking dish.  
Drizzle over the oil and toss.  
Place in preheated oven and cook for 20-25 minutes or until cauliflower becomes golden.



### Tomato and beetroot salad Serves 4

- 16 cherry tomatoes, all colours
- 2-3 beetroot, cooked, peeled and chopped
- 1 red capsicum, deseeded and chopped
- 2 Tbsp vinaigrette
- basil leaves for garnish



Place tomatoes, beetroot and capsicum into a serving dish.  
Drizzle with vinaigrette, garnish with basil and serve.

### Tomato, courgette noodle and herb salad [Front cover recipe] Serves 4

- 16 yellow cherry tomatoes, halved
- 2 medium red tomatoes, sliced into wedges
- 1 cup snow peas, trimmed and halved
- 1 carrot, peeled, and coarsely grated, or julienned
- 1 courgette, coarsely grated, or julienned
- 50g chopped almonds or peanuts
- sprigs of Vietnamese mint, or mint, for garnish

- Dressing:
- 2 Tbsp Thai fish sauce
  - 1 Tbsp white vinegar
  - 2 tsp sweet chilli sauce
  - ½ lime, juice of



Place yellow and red tomatoes, snow peas, carrot and courgette in a serving dish.  
Mix dressing ingredients together and pour over the salad.  
Add the nuts and mix. Garnish with mint and serve.

# Vegetable dishes



## hot, warm or chilled

For information and recipes visit





## Courgette and herb fritters

Serves 6

- 4 eggs
- ½ cup unsweetened yoghurt
- ⅔ cup milk
- 2 cups wholemeal flour
- 2 tsp baking powder
- ¼ cup chopped parsley and mint
- 2 spring onions, chopped
- 3 courgettes, grated
- canola oil spray
- 1 Tbsp finely sliced [julienne] lemon rind
- 1 Tbsp finely sliced [julienne] spring onion
- 2-3 mint sprigs



Beat the eggs in a bowl. Mix in the yoghurt and milk.  
Place flour in another bowl and sieve in the baking powder.  
Add the parsley and mint, spring onions and courgettes and mix until combined.  
Make a well in the centre of the mixture, pour in the egg mixture and stir until just combined.  
Heat a large heavy-based frying pan and spray with a little oil.  
Drop large spoonfuls (2 Tbsp equivalent) into the frying pan and cook until bubbles appear and the base is golden brown.  
Turn the fritter over and cook the other side until golden brown.  
Sprinkle with lemon rind and spring onion, garnish with mint and serve warm.

## Roasted tomato and pumpkin soup

Serves 4

- 300g pumpkin, peeled and diced into 1 cm cubes
- canola oil spray
- 800g whole tomatoes
- 1 Tbsp canola oil
- 1 onion, peeled and finely chopped
- 1 clove garlic, peeled and finely chopped
- 1 orange, juice and zest
- 300 ml water
- pinch salt
- freshly ground black pepper, to taste
- chives or spring onion tops, for garnish



Preheat oven to 200°C.  
Place pumpkin in a roasting pan and lightly spray with oil. Add tomatoes. Roast in preheated oven for 20-25 minutes or until pumpkin is soft. Remove from the oven.  
Peel off and discard tomato skin. Remove calyx and discard. Roughly chop flesh and set aside. Keep any juice.  
Heat oil in a large heavy-based saucepan over a low heat.  
Add onion and garlic and stir fry gently for 3-5 minutes, or until softened. Add tomatoes and juice, orange juice and zest.  
Increase heat, bring to the boil, reduce heat and simmer, covered, for 5 minutes.  
Uncover and simmer, stirring often, for a further 10 minutes or until the onion is cooked.  
Add pumpkin, water, salt and pepper, bring back to the boil, reduce heat and simmer for a further 5-10 minutes. Add more water if desired.  
Place in bowls, garnish, and serve immediately.  
Variation: Blitz the soup until smooth, reheat and serve.



## Coriander flavoured onions

Serves 2-3

- 1 Tbsp canola oil
- 2 onions, finely sliced
- ½ tsp cinnamon
- ½ tsp harissa paste
- ½ lemon, juice and zest
- ¼ cup roughly chopped coriander or parsley



Heat the oil in a heavy-based frying pan, add onions and fry until golden. Turn up the heat and brown them quickly so that some of the onions become crisp.  
Add the cinnamon, harissa, lemon juice and herbs. Cook for a further minute.  
Garnish with lemon zest and serve with toast or crackers.