

# Just so easy!



From Producer to the World

Easy cooking with grains and pulses







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Easy cooking with grains and pulses

Recipes by  
Justine **Pearl**



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## Message from the Chairman

In December of 2013, the United Nations declared that 2016 would be recognized as the International Year of Pulses, a collaborative effort between members of the Global Pulse Confederation to heighten public awareness of the benefits of pulses as part of sustainable food production, aimed towards food security and nutrition.

What are pulses? Pulses, including lentils, peas, chickpeas and beans, are healthy, nutritious and sustainably-produced staple foods enjoyed around the world for centuries. Pulses are an excellent non-GMO source of protein, fibre and micronutrients and an essential addition to a health-conscious diet.

One of the main benefits of pulses is their flexibility in cooking. Pulses, along with grains, seeds and flours, can be eaten in an almost infinite number of ways, often as a replacement for meat products. This recipe book, written by Justine Pearl, features unique ways to prepare pulses, grains, seeds and other products produced by AGT Foods in its many locations around the world, showing you the many styles and ways that these foods can be eaten together. We hope it will encourage you to enjoy pulses and integrate them into your daily life.

Regards,

*Huseyin Arslan*

Executive Chairman, Board of Directors

AGT Foods





# Product Guide



Beef bouillon  
Chicken stock  
Pasta  
Rice  
Semolina  
Vegetable stock



Baking powder  
Bean mix  
Black eyed beans  
Bulgur wheat  
Chickpeas  
Corn meal  
Couscous  
Crushed wheat  
Cumin  
Citrus dressing  
Feta cheese  
Heart of palm  
Honey  
Jasmine rice  
Kidney beans  
Lima/butter beans  
Lentils  
Navy beans  
Oats  
Olive oil  
Peas  
Quinoa  
Rice  
Romano beans  
Yeast



Beans  
Bulgur wheat  
Chickpeas  
Jasmine Rice  
Kidney beans  
Lentils  
Navy beans  
Pasta  
Peas  
Rice  
Romano beans

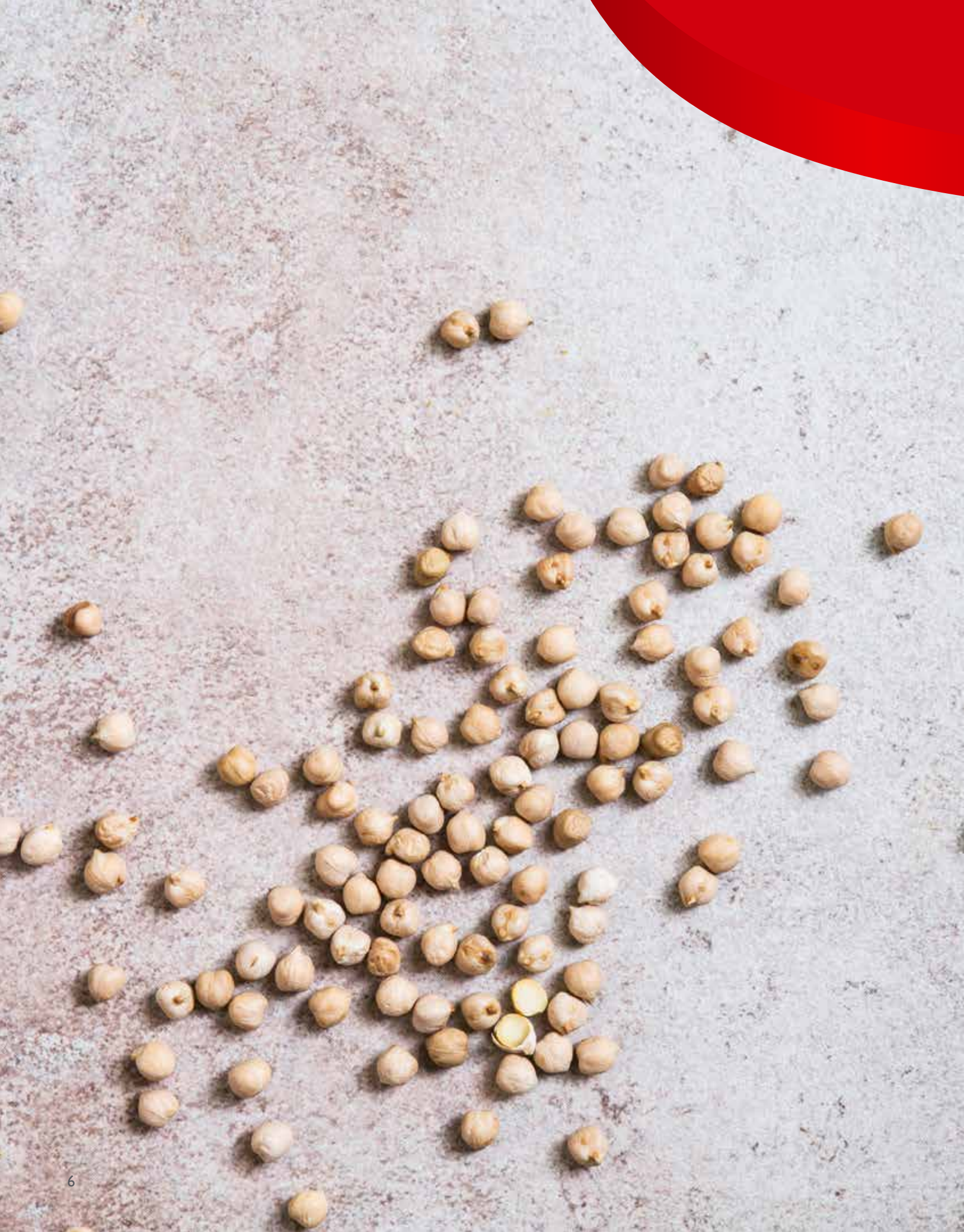


Black eyed beans  
Bulgur wheat  
Chickpeas  
Couscous  
Crushed wheat  
Five bean mix  
Lentils  
Omega seed mix  
Polenta  
Poppy seeds  
Potato flour  
Pumpkin seeds  
Raw peanuts  
Rice flour  
Sesame seeds  
Sunflower seeds  
Whole rolled oats





Chickpeas  
Kidney beans  
Lentils  
Navy beans  
Peas  
Romano beans







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# Cooking Instructions

## Couscous

Add one part boiling water to one part raw couscous in a bowl. Cover and leave until the water is absorbed and the couscous is tender, about 5-10 minutes. Before serving, fluff with a fork.

- ❖ **Cooking tip:** 1 cup (250 mL) raw couscous makes about 3 cups (750 mL) cooked couscous. One serving is usually ½ cup (125 mL) cooked couscous.

## Polenta

Stir one part polenta into one part boiling water in a saucepan and bring to a boil. Cook for 10 minutes. Stir continuously until it is smooth.

- ❖ **Cooking tip:** 1 cup (250 mL) raw polenta makes 4 cups (1 L) cooked polenta. One serving is usually ½ cup (125 mL) cooked polenta.

## Quinoa

Rinse well before cooking. Mix ½ cup quinoa with 1 cup boiling water in a saucepan and bring to a boil. Simmer for 30 minutes or until tender.

- ❖ **Cooking tip:** 1 cup (250 mL) raw quinoa makes 3 cups (750 mL) cooked quinoa. One serving is usually ½ cup (125 mL) cooked quinoa.

## Chickpeas

**To soak overnight:** Rinse and cover with cold water. Leave to soak overnight.

**Quick soak:** Cover chickpeas with water (about 2 cm above the chickpeas), microwave for 3 minutes on high and leave to stand for 30 minutes. Cook as described below.

**Cooking method:** Rinse well, cover with water in a saucepan and simmer gently for 1 ½ hours until tender.

- ❖ **Cooking tip:** 1 cup (250 mL) raw chickpeas makes 2¼ cups (560 mL) cooked chickpeas. Chickpeas will cook more tenderly and in less time if they have been soaked first. One serving is usually ½ cup (125 mL) cooked chickpeas.

## Bulgur Wheat

Add two parts water to one part raw bulgur wheat in a saucepan and bring to a boil. Cook for 10 minutes or until tender. Drain off any excess water.

**Or**

Cover bulgur wheat with boiling water (about 2 cm above the bulgur wheat) in a bowl and cover with a lid. Leave to stand for about 30 minutes. Before serving, fluff with a fork.

- ❖ **Cooking tip:** 1 cup (250 mL) raw bulgur wheat makes 3½ cups (875 mL) cooked bulgur wheat. One serving is usually ½ cup (125 mL) cooked bulgur wheat.







## Crushed Wheat

Add two parts boiling water to one part crushed wheat in a saucepan. Bring to a boil and cook for 40 minutes or until tender. Drain off any excess water.

- ❖ **Cooking tip:** 1 cup (250 mL) raw crushed wheat makes 3 cups (750 mL) cooked crushed wheat. One serving is usually ½ cup (125 mL) cooked crushed wheat.

## Whole Rolled Oats

Place whole rolled oats in a saucepan and pour enough water over to cover the oats (1 cm above the oats). Bring to a boil, reduce the heat and simmer for 15 minutes until tender. Rolled oats do not boil over when cooking.

- ❖ **Cooking tip:** 1 cup (250 mL) whole rolled oats makes 2 ⅓ cups (580 mL) cooked oats. One serving is usually ½ cup (125 mL) cooked oats.

## Black Eyed Beans

**To soak overnight:** Rinse and cover with cold water in a non-metal container. Leave to stand for 12 hours.

**Quick soak:** Cover black eyed beans with water (about 2 cm above the beans), microwave for 3 minutes on high and leave to stand for 30 minutes. Cook as described below.

**Cooking method:** Rinse well, cover with a generous amount of water and simmer gently for 1 ½ hours until done.

- ❖ **Cooking tip:** Only mix in salt and other vegetables when the beans begin to soften.

## 5 Bean Mix

**To soak overnight:** Rinse and cover with cold water. Leave to stand overnight.

**Quick soak:** Cover beans with water (about 2 cm above the beans), microwave for 3 minutes on high and leave to stand for 30 minutes. Cook as described below.

**Cooking method:** Rinse well, cover with a generous amount of water and simmer gently for 1 hour and 45 minutes until done.

- ❖ **Cooking tip:** 1 cup (250 mL) raw beans makes 2 ¾ cups (680 mL) cooked beans. One serving is usually ½ cup (125 mL) cooked beans.

Salt and any acidic ingredients should only be added to the beans about three quarters of the way through cooking, as these ingredients can lengthen cooking time or prevent softening.

## Lentils

Cover lentils with water or stock in a saucepan and bring to a boil. Simmer for 30-45 minutes.

- ❖ **Cooking tip:** 1 cup (250 mL) of raw lentils makes about 2½ cups (625 mL) cooked lentils.

# Taste Pla

# tes

good food

good mood



## Ingredients

- 500 g Pouyoukas polenta
- olive oil, to coat baking trays
- 8 cups (2 L) vegetable stock
- 70 g finely grated parmesan cheese
- sea salt and freshly ground black pepper, to taste

# Polenta Chips



Serves 4

## Method

- ❖ Brush two 22 cm x 30 cm baking pans with olive oil.
- ❖ Bring stock to a boil in a large heavy-based saucepan over medium-high heat. Use a balloon whisk to stir the stock. Gradually add the polenta in a thin steady stream, whisking constantly until all the polenta is incorporated into the stock.
- ❖ Reduce the heat to medium and cook, stirring constantly with a wooden spoon for 2 minutes or until mixture thickens and polenta is soft. Remove from heat and stir in the parmesan cheese. Season with sea salt and freshly ground black pepper.
- ❖ Pour the polenta evenly over the bases of the prepared pans and use the back of a spoon to smooth the surface. Cover with non-stick baking paper and set aside to cool for 1 hour.
- ❖ Turn polenta onto a clean work surface and use a sharp knife to cut off the curved edges. Cut lengthways into 2 cm strips. Cut each strip into 8 cm long pieces.
- ❖ Place the chips onto lined baking trays and bake in a preheated 180°C oven for 20 minutes. Turn halfway through baking and continue to bake until golden and crispy. Serve with homemade tomato sauce.

## Ingredients

- 8 rice paper wraps
- 1 cup cooked Arbel, CLIC or Pouyoukas bulgur wheat
- 1 cup cooked rice noodles
- 2 carrots, peeled and julienned
- Small handful fresh coriander leaves
- Small handful fresh mint leaves
- 2 roasted chicken breasts, sliced
- 100 g raw peanuts, chopped
- Citrus dressing or sweet chilli sauce, to serve
- Pouyoukas sesame seeds, to serve
- Julienned carrots, to serve
- optional Micro leaves, to serve

## Method

- ❖ Working with one wrap at a time, place each rice paper wrap in a bowl of warm water for a few seconds until softened.
- ❖ Place a small amount of bulgur wheat, rice noodles, carrots, coriander, mint, chicken and peanuts into the centre towards the bottom of the wrap. Fold the bottom over the filling. Fold the sides of the wrap over the ingredients and roll up.
- ❖ Continue with the remaining wraps and filling ingredients.
- ❖ Serve with a ready-made citrus dressing or sweet chilli sauce, sesame seeds, micro leaves and julienned carrots.

# Chicken and Bulgur Wheat Wraps

Serves 4





# Slider Trio - Lentil, Chicken

Serves **4 - 6**

## Lentil Sliders

### Ingredients

- 1 teaspoon (5 mL)** olive oil
  - $\frac{1}{2}$  red onion, finely chopped
  - 1** garlic clove, crushed
- 1 teaspoon (5 mL)** ground cumin
- 1 teaspoon (5 mL)** ground coriander
- 2 cups** cooked CLIC or Pouyoukas brown lentils
- 50 g** Pouyoukas potato flour
- sea salt and freshly ground black pepper, to taste

To serve:

Mini hamburger buns  
Grilled eggplant slices  
Spicy tahini sauce  
Crispy onions  
Pouyoukas sunflower seeds  
Micro herbs

### Method

- ❖ Preheat the oven to 180°C and line a baking tray.
- ❖ Heat the oil in a pan over medium heat. Cook the onion and garlic for 3 minutes or until soft. Add the cumin and coriander and cook for a further minute, then remove from the heat. Place the onion mixture, cooked lentils and potato flour in a bowl and season well with sea salt and freshly ground black pepper.
- ❖ Use a fork to break the lentil mix down into a coarse mixture. Divide into 8 small portions and shape into patties. Cover and refrigerate for 30 minutes to firm up.
- ❖ Place on the lined baking tray and bake for 30 minutes, turning halfway through cooking, until crisp.
- ❖ Serve a combination of the lentil patties with chicken patties and beef patties. Place a slice of cooked eggplant onto a mini burger bun, followed by a dollop of spiced tahini sauce, a pattie, crispy onion and sunflower seeds and top with micro herbs.



# and Beef (cont)



## Chicken Slider Patties

### Ingredients

- 300 g** chicken mince
- optional 1** small red chilli, finely chopped
- 1** small handful fresh coriander, finely chopped
- 1** garlic clove, finely chopped
- 1 teaspoon (5 mL)** soya sauce
- 5 cm piece** fresh ginger, grated
- 1-2 tablespoons (15-30 mL)** dried breadcrumbs
- sea salt and freshly ground black pepper, to taste

### Method

- ❖ For the patties, combine all ingredients in a large bowl, season and mix well to combine. Roll into 15 mini balls and flatten slightly to form 1.5 cm thick patties. Place on lined baking trays, cover and chill for 2-3 hours.
- ❖ Both the chicken and the beef patties can be baked in the oven for 15-20 minutes, grilled on a greased griddle pan or on the grill until cooked through.

## Beef Slider Patties

### Ingredients

- 300 g** lean beef mince
- 1** small onion, finely chopped
- 1** garlic clove, finely chopped
- 1 tablespoon (15 mL)** Worcestershire sauce
- 1 tablespoon (15 mL)** Dijon mustard
- optional 1** small red chilli, finely chopped
- sea salt and freshly ground black pepper, to taste
- olive oil, to fry

### Method

- ❖ For the patties, combine all ingredients in a large bowl, season and mix well to combine. Roll into 15 mini balls and flatten slightly to form 1.5 cm thick patties. Place on lined baking trays, cover and chill for 2-3 hours.
- ❖ Heat some olive oil in a clean frying pan over medium heat. Cook the patties in batches, turning occasionally, for 8-10 minutes until cooked through.



# Grilled Eggplant Salad with Sesame Crusted Halloumi



Serves **4**

## Ingredients

- 2** eggplants, thinly sliced
- 4 tablespoons (60 mL)** olive oil
- 3 cups** cooked CLIC quinoa
- 1 small handful** fresh flat leaf Italian parsley, finely chopped
- 150 g** shredded carrot
- sea salt and freshly ground black pepper, to taste
- 300 g** halloumi (Cypriot) cheese, thickly sliced
- 1** egg, beaten
- 150 g** Pouyoukas white sesame seeds
- olive oil, to shallow fry

You can substitute quinoa with CLIC red quinoa, couscous, whole wheat couscous or Arbel, CLIC or Pouyoukas bulgur wheat.

## Method

- ❖ Heat a griddle pan over high heat. Brush the sliced eggplant with olive oil and cook for 3-4 minutes on each side. Set aside to cool.
- ❖ In a large bowl, combine the sliced eggplant, couscous, parsley and carrot and season well with sea salt and freshly ground black pepper.
- ❖ For the halloumi cheese, dip the slices into the beaten egg and coat in sesame seeds. Brush a non-stick frying pan with a thin layer of olive oil or a non-stick cooking spray. Fry halloumi cheese in batches for 2-3 minutes on each side until golden.
- ❖ Serve the crispy halloumi cheese with the eggplant and whole wheat couscous salad.

# Rye and Pumpkin Seed Crackers



## Ingredients

- 200 g rye flour
- 200 g nutty wheat flour
- 100 g Pouyoukas pumpkin seeds
- ½ teaspoon (2.5 mL) baking powder
- 1 teaspoon (5 mL) salt
- 1 teaspoon (5 mL) castor sugar
- 1 large egg

## Method

- ❖ Preheat oven to 140°C and line two baking trays with baking paper.
- ❖ Mix dry ingredients in a large bowl. Beat the egg with 250 mL water in a jug and then pour into the dry mixture.
- ❖ Combine with a wooden spoon, then transfer to a lightly floured work surface and knead until you have a smooth, firm dough.
- ❖ Roll the dough out as thinly as possible and cut into squares, approximately 7 cm. Transfer the squares to your baking trays.
- ❖ Bake for 45 minutes and remove the trays from oven.
- ❖ Flip each cracker over on the tray and return to the oven for a further 45 minutes. Once cooked, remove from the oven and transfer to a wire rack to cool.
- ❖ Store in a sealed container for up to two weeks.



# Indian Spiced Crispy **Quinoa Cakes** with **Mint Raita**

Serves **4**

## **Quinoa** Cakes

### **Ingredients**

- 3 cups** cooked CLIC red or white quinoa
- 1** egg, beaten
- 4 tablespoons** Pouyoukas potato flour
- 2 teaspoons (10 mL)** garam masala
- 150 g** feta cheese, crumbled
- 3** spring onions, finely chopped
- 2 tablespoons (30 mL)** finely chopped fresh coriander
- Juice of ½** lime
- sea salt and freshly ground black pepper, to taste
- olive oil, to shallow fry

## Mint **Raita**

### **Ingredients**

- 1 cup (250 mL)** fat free natural yogurt
- 2 tablespoons (30 mL)** chopped fresh mint
- 2** small Israeli cucumbers, finely chopped
- sea salt and freshly ground black pepper, to taste
- Fresh mint leaves, to serve
- Cucumber ribbons, to serve
- Feta, to serve

These cakes are best served and eaten immediately while they are still  
**warm and crisp**

## Method

- ❖ For the quinoa cakes, combine all ingredients in a large bowl and season well with sea salt and freshly ground black pepper. Mix well and place in the refrigerator for 30 minutes.
- ❖ Heat enough olive oil in a non-stick frying pan to shallow fry. Drop spoonfuls of the quinoa mixture into hot oil and fry for 2-3 minutes on each side until crispy. Drain on absorbent kitchen paper.
- ❖ For the mint raita, combine the yogurt, mint and cucumbers and season well.
- ❖ Mix and serve with the quinoa cakes, fresh mint leaves, cucumber ribbons and extra crumbled feta.









# Seared **Tuna** and **Bulgur Wheat** Nori Rolls

Serves **4**

## Ingredients

- 4** sheets of nori (seaweed)
- 1 cup** cooked Arbel, CLIC or Pouyoukas bulgur wheat
- 200 g** seared tuna, thinly sliced
- 1** carrot, peeled and julienned
- 1** small beetroot, peeled and shredded
- 2** small Israeli cucumbers, julienned
- 100 g** Pouyoukas white sesame seeds
- Cucumber ribbons, to serve
- Julienned carrots, to serve
- Soy sauce, to serve
- Pouyoukas sesame seeds, to serve

You can substitute bulgur wheat with Arbel, CLIC or Pouyoukas crushed wheat

## Method

- ❖ Place the nori on a bamboo sushi mat, lined with cling film. Place a layer of bulgur wheat on the nori, pushing out to the sides of the seaweed.
- ❖ Add a thin layer of tuna, followed by a neat line of carrot, beetroot, cucumber and sesame seeds. Be careful not to overfill.
- ❖ Gently start to roll the mat away from you, pressing firmly as you go.
- ❖ To serve, cut the roll into four sections and serve with cucumber ribbons, julienned carrot and soy sauce. Scatter with white sesame seeds.



The image shows three small, round polenta tarts arranged on a light-colored, cracked marble surface. Each tart has a golden-brown polenta base, topped with a mixture of fresh cream, milk, and eggs. The tarts are garnished with sliced red tomatoes, fresh baby spinach leaves, and a generous sprinkling of finely grated parmesan cheese. A silver fork is placed next to each tart. The background is a textured, cracked marble surface.

## Ingredients

### Polenta Base

- 1 ½ cups (375 mL)** vegetable stock
- 1 cup** Pouyoukas polenta
- ½ cup** finely grated parmesan cheese
- sea salt and freshly ground black pepper, to taste

### Filling

- 300 g** Rosa tomatoes
- 1 tablespoon (15 mL)** olive oil
- sea salt and freshly ground black pepper, to taste
- ½ cup (125 mL)** fresh cream
- ½ cup (125 mL)** milk
- 2** large eggs, beaten
- 50 g** grated parmesan cheese
- 1 large handful** baby spinach leaves

Grated parmesan cheese, to serve





# Spinach and Leek Mini Polenta Quiches

Makes **4** mini quiches

## Method

- ❖ For the polenta, place the stock in a saucepan over high heat. Cover and bring to a boil. Add the polenta, reduce the heat to low and cook, stirring constantly, for 5-7 minutes or until the polenta is thick. Remove from heat.
- ❖ Add the grated parmesan cheese and season well with sea salt and freshly ground black pepper. Allow the polenta to cool slightly for 5 minutes.
- ❖ Grease four mini quiche tins and press the now stiffer polenta into the tins, ensuring the mixture is pressed into the grooves and all the way up the sides to create a thick base. Cover and place in the refrigerator to set for 1-2 hours.
- ❖ For the filling, place the tomatoes on a roasting pan, drizzle with 1 tablespoon olive oil and season well. Roast in a preheated 220°C oven for 15 minutes until softened.
- ❖ Remove from the oven and set aside. In a large jug, combine the cream, milk, eggs and parmesan cheese and season well.
- ❖ Divide the filling between the quiche bases and add a few baby spinach leaves to each.
- ❖ Place on a baking tray and bake in a preheated 180°C oven for 20-25 minutes or until the filling is set and golden. Top with roasted tomatoes and extra grated parmesan cheese just before serving.



# Savoury Pumpkin Crumble

## Ingredients

- 800 g** pumpkin peeled and diced into small cubes  
**2 tablespoons (30 mL)** olive oil  
**½ teaspoon (2.5 mL)** dried chilli flakes  
**½ teaspoon (2.5 mL)** ground cumin  
**1 tablespoon (15 mL)** honey  
**2 teaspoons (10 mL)** chopped fresh rosemary leaves  
 sea salt and freshly ground black pepper, to taste

## Crumble

- 1½ cups** CLIC or Pouyoukas whole rolled oats  
**50 g** Pouyoukas sesame seeds  
**4 tablespoons (60 mL)** Pouyoukas pumpkin seeds  
**2-3 tablespoons (30-45 mL)** olive oil  
**10 g** grated parmesan cheese  
 sea salt and freshly ground black pepper, to taste

## Method

- ❖ Place the pumpkin, olive oil, chilli flakes, cumin, honey and rosemary leaves on a lined baking tray. Season well with sea salt and freshly ground black pepper; toss and roast in a preheated 220°C oven for 25-30 minutes until softened and well roasted.
- ❖ Remove from the oven and transfer to two small or one medium sized baking or gratin dish.
- ❖ For the crumble, combine the oats, sesame seeds, pumpkin seeds, olive oil, parmesan cheese and seasoning in a large bowl and mix well.
- ❖ Pour the crumble mix over the pumpkin and bake in a preheated 180°C oven for 20-25 minutes or until the crumble is golden.





Serves **4**

# Omega Seed Loaf

## Ingredients

- ½ cup** Pouyoukas omega seed mix
- 275 g** nutty wheat flour
- 50 g** light brown sugar
- 7 mL** salt
- 10 g** instant dry yeast
- 1 tablespoon (15 mL)** olive oil
- 400 mL** lukewarm water

## Method

- ❖ Spray an average-sized bread tin with non-stick spray. Mix all the dry ingredients in a bowl. Add the olive oil and water and mix well. Pour mixture into the tin and leave to rise until it has doubled in size. This normally takes about 20 minutes.
- ❖ Place the bread in a preheated 180°C oven and bake for 45 minutes. Remove the bread from the tin and bake for another 15 minutes.





### Ingredients

- 200 g** Pouyoukas sesame seeds
- ½ stick** lemongrass,  
pulsed in a food processor
- 1 teaspoon (5 mL)** dried chilli flakes
- 1 tablespoon (15 mL)** olive oil
- sea salt and freshly  
ground black pepper, to  
taste
- Olive oil, to serve
- Balsamic vinegar, to serve
- Omega seed loaf, to serve

### Method

- ❖ Place the sesame seeds, lemongrass, chilli flakes and olive oil on a lined baking tray and season with sea salt and freshly ground black pepper.
- ❖ Bake in a preheated 180°C oven for 10–12 minutes, stirring halfway through the cooking process.
- ❖ Serve the dukka with olive oil, balsamic vinegar and omega seed loaf.

# Sesame Seed, Lemongrass and Chilli Dukka



# Roasted and Spiced **Pumpkin Seed Dukka**

Serves **4**

## Ingredients

- 300 g** Pouyoukas pumpkin seeds
- 1 tablespoon (15 mL)** olive oil
- 1 tablespoon (15 mL)** ground cumin
- 1 tablespoon (15 mL)** ground coriander
- 1 teaspoon (5 mL)** dried chilli flakes
- 1 teaspoon (5 mL)** cumin seeds
- 2 tablespoons (30 mL)** Pouyoukas sesame seeds
- sea salt and freshly ground black pepper, to taste

Olive oil, to serve  
Balsamic vinegar, to serve  
Omega seed loaf, to serve

## Method

- ❖ Place the pumpkin seeds, olive oil, cumin, coriander, chilli flakes, cumin seeds and sesame seeds on a lined baking tray.
- ❖ Toss well, season with sea salt and freshly ground black pepper. Bake in a preheated 180°C oven for 10-12 minutes, stirring halfway through the cooking process.
- ❖ Serve the dukka with olive oil, balsamic vinegar and omega seed loaf.



# Lentil Tarts

## Ingredients

- 2 cups** cooked Arbel, CLIC or Pouyoukas green lentils
- 1** small onion
- 1 tablespoon (15 mL)** white flour (or whole wheat flour)
- 1 teaspoon (5 mL)** dried mint
- 1 teaspoon (5 mL)** spice mix
- 1 teaspoon (5 mL)** yogurt (or milk)
- 1 tablespoon (15 mL)** vegetable oil
- 1 cup** bread crumbs

Makes **12** tarts

## Method

- ❖ Drain and mash lentils. Chop onion and fry in vegetable oil. Set aside.
- ❖ Cook flour until light brown. Mix flour, mashed lentils and onion and set aside to cool. Form mixture into tart shape and coat with breadcrumbs.
- ❖ Heat the oil and deep-fry tarts until gold and crispy on both sides. Let cool for a minute and serve.
- ❖ Serve these delicious lentil tarts with barley or brown rice.









# Soups

Feed your  
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temperature.**



# Roasted Pumpkin Soup with Spiced and Toasted Pumpkin Seeds

## Ingredients

- 1 small pumpkin, cut into wedges and deseeded
- 1 onion, peeled and cut into wedges
- 5 whole garlic cloves
- 3 tablespoons (45 mL) olive oil
- sea salt and freshly ground black pepper, to taste
- 8 cups (2 L) Arbella vegetable stock
- 2 tablespoons (30 mL) fresh cream
- 200 g Pouyoukas pumpkin seeds
- ½ teaspoon (2.5 mL) olive oil
- ½ teaspoon (2.5 mL) ground cinnamon
- 2 teaspoons (10 mL) honey
- ½ teaspoon (2.5 mL) cayenne pepper
- optional Roasted pumpkin slices, to serve
- Grated parmesan cheese, to serve

Serves 4







### Method

- ❖ Preheat the oven to 180°C. Place the pumpkin, onions and garlic on a large baking tray. Toss the vegetables in olive oil and season with Sea salt and freshly ground black pepper, to taste. Roast for 30-40 minutes until softened. Remove from the oven and set aside.
- ❖ Place the pumpkin seeds, olive oil, cinnamon, honey and cayenne pepper on a lined baking tray and roast in oven for 15-20 minutes, stirring every 5 minutes until roasted. Remove from oven and set aside.
- ❖ Remove the skins of garlic cloves. Add the pumpkin, garlic and onions to a large saucepan. Add the stock and bring to a boil. Reduce the heat and simmer for 15 minutes. Using a stick blender, blend until smooth. Add the cream and set aside.
- ❖ Serve the pumpkin soup with roasted pumpkin seeds, roasted pumpkin slices and grated parmesan cheese.



## Ingredients

- 1 Kg** tomatoes, halved
- 2 tablespoons (30 mL)** olive oil
- 3** sprigs fresh thyme
- sea salt and freshly ground black pepper, to taste
- 1** red onion, chopped
- 2** garlic cloves, crushed
- 1** potato, chopped
- 1 tablespoon (15 mL)** tomato paste
- 1 teaspoon (5 mL)** brown sugar
- 2 cups (500 mL)** Arbella vegetable stock
- 1 cup (250 mL)** water
- ½ cup** cooked Pouyoukas mild Indian flavoured couscous
- 1 tablespoon (15 mL)** olive oil

Serves **4**

## Method

- ❖ Preheat the oven to 220°C. Place the tomatoes on a baking tray and drizzle with half the oil, scatter with thyme and season with sea salt and freshly ground black pepper. Roast for 20 minutes or until tender. Remove from the oven and set aside.
- ❖ Heat the remaining olive oil in a large saucepan. Add the onion, garlic and potato. Cook for 5 minutes, stirring occasionally. Add the tomato paste and sugar. Stir in the stock and water. Cover, bring to a boil, then reduce the heat to low and simmer for 15 minutes or until the potato is tender.
- ❖ Add the roasted tomato to the stock mixture. Carefully blend the soup until smooth and adjust seasoning.
- ❖ Heat 1 tablespoon of olive oil in a non-stick frying pan over high heat. Add the cooked couscous. Lower the heat and fry for 5-10 minutes, stirring continuously until the couscous is golden and crispy.
- ❖ To serve, sprinkle the couscous over the tomato soup.

# Roasted Tomato

# Indian Flavoured

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**up with Crispy Mild  
ouscous**



## Ingredients

- ½ teaspoon (2.5 mL)** olive oil  
    **1** small onion, finely chopped  
    **1** carrot, peeled and thinly sliced  
    **1** celery stick, thinly sliced  
**8 cups (2 L)** good quality chicken stock  
    **Juice of 2** limes  
    sea salt and freshly ground black pepper,  
    to taste  
**1½ cups** cooked CLIC or Pouyoukas green lentils
- to serve:  
    **3** roasted chicken breasts, sliced  
    **4** spring onions, chopped  
**optional** Micro herbs  
    Pumpkin seed rye bread

Serves **4**

# Chicken and Lentil Soup



## Method

- ❖ Heat the olive oil in a large saucepan. Add the onion, carrot and celery and sauté until translucent.
- ❖ Add the chicken stock and fresh lime juice to the saucepan and season well with sea salt and freshly ground black pepper. Bring the broth to a boil, then lower the heat and simmer for 20 minutes.
- ❖ Add the cooked green lentils to the broth and heat through.
- ❖ To serve, spoon the broth into serving bowls, add sliced roast chicken, spring onions and micro herbs to each bowl. Serve with toasted pumpkin seed rye bread or fresh bread of choice.



## Ingredients

- 1 teaspoon (5 mL)** olive oil
- 1** small onion, finely chopped
- 1** carrot, chopped
- 2** celery sticks, chopped
- 1** stalk fresh rosemary, leaves pulled
- 6 cups (1.5 L)** Arbella vegetable stock
- 400 g** canned chopped tomatoes
- Pinch** sugar
- 2 tablespoons (30 mL)** tomato paste
- 1 cup (250 mL)** water
- sea salt and freshly ground black pepper, to taste
- 100 g** Arbella shell pasta
- 1 cup** cooked Pouyoukas 5 Bean Mix
- parmesan cheese, to serve

You can substitute 5 Bean Mix with any Arbel, CLIC or Saskcan beans.

# Minestrone Soup

## Method

- ❖ Heat the olive oil in a large saucepan. Add the onion, carrot, celery and rosemary. Stir and cook for 3 minutes or until the vegetables have started to soften.
- ❖ Add the vegetable stock, tomatoes, sugar, tomato paste and water to the pot. Stir and season well with salt and freshly ground black pepper and bring to a boil. Reduce heat and simmer for 20 minutes.
- ❖ Add the pasta and beans to the soup and continue to simmer until the pasta is cooked.
- ❖ To serve, spoon into serving bowls and scatter with parmesan cheese.









Serves **4**

### Ingredients

- ½ teaspoon (2.5 mL)** sunflower oil
- 2 tablespoons (30 mL)** laksa paste
- 2 cups (500 mL)** light coconut milk
- 2** kaffir lime leaves, thinly sliced
- 2 cups (500 mL)** fish stock or water
- 8** large prawns, peeled (tails intact), deveined
- 1** carrot, julienned
- 12** sugar snap peas
- ½ cup** CLIC or Pouyoukas cooked black eyed beans
- sea salt and freshly ground black pepper, to taste
- Juice of 2** small limes

# Black Eyed Beans and Prawns in Spicy Coconut Broth

### Method

- ❖ Heat the oil in a saucepan over medium-high heat. Add the laksa paste and cook for 30 seconds or until fragrant.
- ❖ Add the coconut milk, lime leaves and stock and simmer for 10 minutes. Add the prawns and carrot and simmer for a further 3 minutes. Add the sugar snap peas and black eyed beans and cook for a further minute or until the prawns are cooked through.
- ❖ Add the lime juice and season well with sea salt and freshly ground black pepper.

# Sa

Let food be thy  
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## food

– Hippocrates

# Baby Spinach, Avocado and Feta Salad

Serves **4**



## Ingredients

- 300 g baby spinach
- 200 g wild rocket
- 2 large ripe avocados cut into chunks
- 100 g fresh shredded beetroot
- 200 g feta cheese, crumbled
- assorted micro herbs – coriander, basil and rocket
- 100 g Pouyoukas sunflower seeds

This salad is best dressed simply with olive oil and seasoning.

## Method

- ❖ On a large serving platter, scatter the baby spinach leaves, rocket and avocado chunks.
- ❖ Add the beetroot, feta cheese, micro herbs and sunflower seeds.
- ❖ Serve with plenty of fresh lime.







## Method

- ❖ Combine the couscous, mango, red onion, coriander, red chilli, olive oil and lemon juice and season well with sea salt and freshly ground black pepper.
- ❖ Mix well, cover and refrigerate for 30 minutes before serving.

# Mango and Couscous Salsa



## Ingredients

Serves **4**

- 2 cups** cooked CLIC or Pouyoukas whole wheat or plain couscous
- 1** large ripe mango, peeled and cubed
- 1** small red onion, finely chopped
- 1 small handful** fresh coriander, finely chopped
- 1** small red chilli, sliced
- 3 tablespoons (45 mL)** olive oil
- Juice of 1** lemon
- sea salt and freshly ground black pepper, to taste



# Roasted Tomato and **Black Eyed Bean** Salad

## Ingredients

- 500 g** Rosa tomatoes
- 2** garlic cloves, chopped
- ½ teaspoon (2.5 mL)** dried red chilli flakes
- 2 tablespoons (30 mL)** olive oil
- sea salt and freshly ground black pepper, to taste
  
- 4 cups** cooked Arbel, CLIC or Pouyoukas black eyed beans
- 5** spring onions, finely chopped
- 1** large handful fresh coriander, chopped
- 100 mL** fresh lime juice
- 3 tablespoons (45 mL)** olive oil
- 1** small red chilli, deseeded and finely chopped
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ Place the tomatoes, garlic, chilli flakes and olive oil on a large baking tray. Season well with sea salt and freshly ground black pepper and toss. Roast in a preheated 220°C oven for 15-20 minutes until the tomatoes have softened. Remove from the oven and set aside.
  
- ❖ In a large bowl, combine the black eyed beans, spring onions, coriander, lime juice, olive oil and red chilli. Add the roasted tomatoes and season well with sea salt and freshly ground black pepper. Mix well and serve at room temperature.





## Ingredients

- 4 cups** cooked CLIC or Pouyoukas crushed wheat
- 2** pomegranates, deseeded
- 1 small handful** fresh mint, finely chopped
- Juice of 1** large lemon
- or 3** fresh limes
- 3 tablespoons (45 mL)** olive oil
- 300 g** feta cheese
- sea salt and freshly ground black pepper, to taste

Extra pomegranate, to serve  
Mint leaves, to serve  
Feta cheese slices, to serve

You can substitute crushed wheat with Arbel, CLIC or Pouyoukas bulgur wheat.

## Method

- ❖ In a large bowl, combine the crushed wheat, pomegranates, chopped mint, lemon or lime juice and olive oil.
- ❖ Crumble the feta and add to the crushed wheat. Season well with sea salt and freshly ground black pepper. Mix well and spoon onto a serving platter.



# Crushe





# ed Wheat, Pomegranate and Feta Salad

Serves 4



# Green **Lentil** Salad

Serves **4**



## Ingredients

- 3 cups** cooked Arbel, CLIC, Pouyoukas or Saskcan green lentils
- Juice of 1** large lemon
- 3 tablespoons (45 mL)** olive oil
- 4** radishes, thinly sliced
- 150 g** sugar snap peas, sliced and shredded
- optional 1** small green chilli, deseeded and finely chopped
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ In a large bowl, combine the lentils, lemon juice, olive oil, radishes, sugar snap peas and chilli.
- ❖ Season well with sea salt and freshly ground black pepper and mix well.
- ❖ Spoon onto a serving platter and scatter with micro herbs before serving.



# Zesty 5 Bean Salad

Serves 4

## Ingredients

- 4 cups** cooked Pouyoukas 5 Bean Mix
- Juice and zest of 1** large lemon
- 5cm piece** fresh ginger, grated
- 4 tablespoons (60 mL)** olive oil
- 3** spring onions, finely chopped
- 200 g** shredded carrot

You can substitute 5 Bean Mix with any Arbel, CLIC or Saskcan beans.



## Method

- ❖ In a large bowl, combine the 5 Bean Mix, lemon juice, lemon zest, ginger, olive oil, spring onions, parsley and carrot. Season well with sea salt and freshly ground black pepper. Cover and refrigerate for 30 minutes to 1 hour before serving.
- ❖ This salad can be made a day in advance and left in the fridge to marinate and absorb the flavours.

## Ingredients

- 830 g** cooked Arbel, CLIC or Saskcan white kidney beans, drained
- 1** onion, finely chopped
- 2** tomatoes, peeled and crushed
- 1 Kg** mussels
- 2 cups (500 mL)** white wine (preferably sauvignon)
- 1** shallot, chopped
- 1** branch thyme
- 1** garlic clove, finely chopped

## Sauce:

- 3 tablespoons (45 mL)** cooking sherry
- 1 tablespoon (15 mL)** Dijon mustard
- 4 tablespoons (50 mL)** olive oil
- 1 pinch** paprika
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ Wash mussels thoroughly, trimming as necessary. Combine in a pot with white wine, shallots, garlic and thyme. Cook uncovered on a high heat until mussel shells have opened. Remove and shell mussels. Strain cooking broth and set aside.
- ❖ In a large salad bowl, mix mussels, beans, onions and tomatoes.
- ❖ Bring cooking juice back to a boil and let it reduce until it reaches a syrupy consistency. Set aside to cool. Mix remaining ingredients and cooking broth in a separate bowl. Gently add the sauce to the salad. Refrigerate for half an hour before serving for best taste.
- ❖ Try this excellent combination: Mix the reduced mussel juice with one cup of mayonnaise, one pinch of curry and a little a bit of lemon juice. Bon appetit!

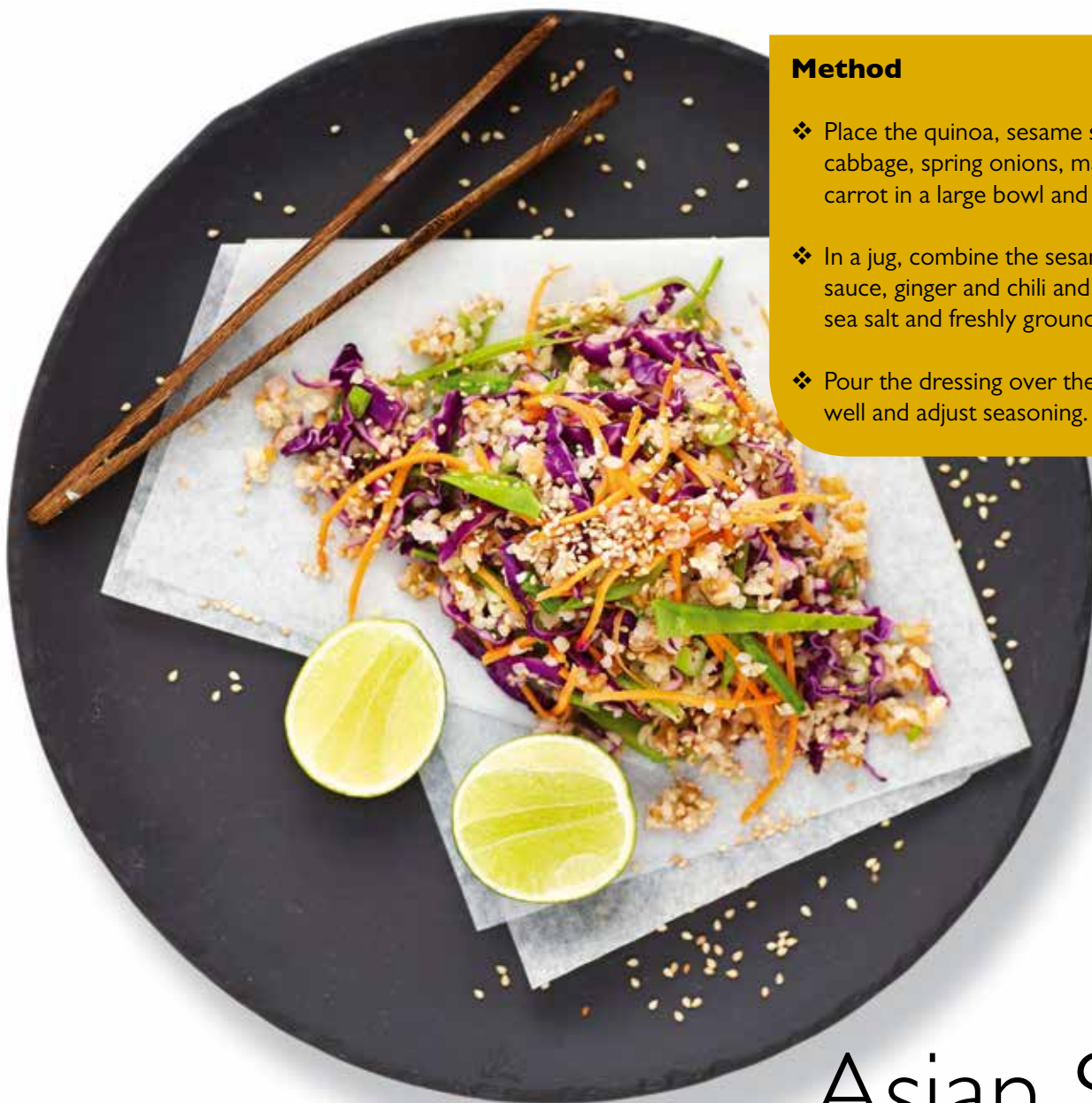
# Mussel and Bean Salad











## Method

- ❖ Place the quinoa, sesame seeds, red cabbage, spring onions, mange tout and carrot in a large bowl and mix well.
- ❖ In a jug, combine the sesame oil, Ponzu sauce, ginger and chili and season with sea salt and freshly ground black pepper.
- ❖ Pour the dressing over the coleslaw, mix well and adjust seasoning.

Serves **4**

# Asian Style Quinoa Coleslaw

## Salad

### Ingredients

- 3 cups** cooked CLIC red or white quinoa
- 100 g** Pouyoukas sesame seeds
- 1** small red cabbage, thinly sliced
- 3** spring onions, thinly sliced
- 150 g** snap peas, thinly sliced
- 150 g** shredded carrot
- sea salt and freshly ground black pepper, to taste

## Dressing

### Ingredients

- 1 teaspoon (5 mL)** sesame oil
- 100 mL** Ponzu sauce
- 5cm piece** fresh ginger, grated
- optional 1** small red chilli, deseeded and finely chopped
- sea salt and freshly ground black pepper, to taste
- Fresh lime, to serve
- Pouyoukas sesame seeds, to serve



# Sweet and Crunchy **Butternut** and Goats Milk Cheese Salad



Serves **4**

## Ingredients

- 2 tablespoons (30 mL)** olive oil
- ½ teaspoon (2.5 mL)** honey
- ½ teaspoon (2.5 mL)** ground cinnamon
- sea salt and freshly ground black pepper, to taste
- 150 g** dried cranberries
- 100 g** Pouyoukas raw peanuts, roughly chopped
- 200 g** goats milk cheese, sliced
- Micro herbs, to serve

## Method

- ❖ Place the butternut on a large, lined baking tray. Add the olive oil, honey and cinnamon. Season well with sea salt and freshly ground black pepper. Roast in a preheated 220°C oven for 20-25 minutes, until cooked. Remove from the oven and cool slightly.
- ❖ Place the roasted butternut on a serving platter or plate, scatter with dried cranberries and raw peanuts and top with sliced goats milk cheese.
- ❖ Add another grinding of freshly ground black pepper and scatter with micro herbs just before serving.



# Couscous Salad with Hearts of Palm

Serves 4 - 6





## Ingredients

- 500 g** cooked CLIC or Pouyoukas couscous
- 2 tablespoons (30 mL)** extra virgin olive oil
- 2 tablespoons (30 mL)** balsamic vinegar
- ½ teaspoon (2.5 mL)** cumin
- 341 mL** CLIC hearts of palm sliced and drained
  - ½ sweet red pepper, diced
  - ½ red apple, peeled and diced
- 2 teaspoons (10 mL)** parsley, finely chopped

## Method

- ❖ Once the couscous is cold and the grains are separated, add the balsamic vinegar, cumin, hearts of palm, diced pepper and diced apple.
- ❖ Before serving, sprinkle chopped parsley on top. If the salad is too dry, you can add a little extra virgin olive oil to taste.



# Key Features



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# Lamb Shawarma Plate



## Hummus

### Ingredients

- 1 cup** cooked Arbel, CLIC, Pouyoukas or Saskan dried chickpeas
- 1** garlic clove, peeled and crushed
- Juice of 1** large lemon
- 100 mL** tahini paste
- 100 mL** hot water
- 4 tablespoons (60 mL)** olive oil
- sea salt and freshly ground black pepper, to taste

## Salad

### Ingredients

- 3** Israeli cucumbers, finely chopped
- ½** small red onion, finely chopped
- Small handful** flat leaf Italian parsley, finely chopped
- Small handful** fresh mint, finely chopped
- pomegranate rubies

## Shawarma

### Ingredients

- 300 g** lamb steak, thinly sliced
- sea salt and freshly ground black pepper, to taste
- 1 teaspoon (5 mL)** each of ground coriander, cumin and paprika
- Juice of ½** lemon
- olive oil, to fry

**Serves 4**

Pouyoukas sesame seeds, to serve  
Crispy onions, to serve  
Flatbread, to serve

### Method

- ❖ For the hummus, combine chickpeas, garlic, lemon juice, tahini, hot water and olive oil in a food processor. Pulse to form a smooth paste and season with salt and pepper. Add a few extra drops of hot water for a thinner consistency. Place in the refrigerator for an hour before serving.
- ❖ For the salad, toss all salad ingredients together and set aside.
- ❖ For the lamb, combine the meat with the seasoning. Heat olive oil in a non-stick frying pan and fry over high heat until crispy.
- ❖ To serve, scatter the hummus with sesame seeds. Serve with crispy lamb, pomegranate salad, crispy onions and flatbread.

# Chicken and Plum Skewers with Apple and **Raw** Peanut

## Plum Sauce

### Ingredients

- 4 plums, sliced
- $\frac{1}{2}$  cup (125 mL) water
- 2 teaspoons (10 mL) honey
- 8 skinless and boneless chicken thighs, sliced
- sea salt and freshly ground black pepper, to taste
- 2 teaspoons (10 mL) olive oil

## Apple and Raw Peanut Salad

### Ingredients

- 2 Granny Smith apples, peeled, cored and thinly sliced
- 100 g Pouyoukas raw peanuts, roughly chopped
- sea salt and freshly ground black pepper, to taste
- $\frac{1}{2}$  teaspoon (2.5 mL) sesame oil
- Juice of 1 lime
- small handful fresh coriander, chopped





# ut Salad

## Method

- ❖ For the plum sauce, place the plums in a medium saucepan, add the water and honey and cook over a medium-high heat for 15 minutes or until the plums are soft. Remove from the stove and cool slightly. Place in a food processor and blend to form a smooth sauce. Set aside.
- ❖ Thread the chicken onto bamboo skewers, season with sea salt and freshly ground black pepper and drizzle with olive oil. Pour half of the plum sauce over the chicken and leave to marinate for 1 hour. Heat a griddle pan over high heat and cook the chicken skewers in batches, basting with plum sauce as you go.
- ❖ For the salad, in a large bowl combine the apples, peanuts, seasoning, sesame oil, lime juice and coriander and mix well.
- ❖ Serve the chicken skewers with the apple and raw peanut salad and remaining plum sauce.







# Lentil, Spinach and Ricotta Lasagne

Serves 4

## Ingredients

### Filling

- 2 cups** cooked Arbel, CLIC, Pouyoukas or Saskcan green lentils
- 200 g** ricotta cheese, crumbled
- 500 g** baby spinach, wilted
- Juice of 3** limes
- Zest of 2** limes
- ½ teaspoon (2.5 mL)** dried red chilli flakes
- sea salt and freshly ground black pepper, to taste
  
- 3 cups (750 mL)** homemade tomato sauce
- 500 g** dried lasagne sheets
- 500 g** smooth fat free cottage cheese or ready-made cheese sauce
- 50 g** grated parmesan cheese

## Homemade Tomato Sauce

- 1** onion, finely chopped
- 2 cloves** garlic, chopped
- 800 g** canned chopped tomatoes
- or 680 ml** tomato purée
- 1 teaspoon (5 mL)** sugar
- 1 small handful** fresh basil, chopped
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ For the filling, in a large bowl combine the cooked lentils, ricotta cheese, spinach, lime juice, lime zest and dried chilli flakes. Mix well and set aside.
- ❖ For the tomato sauce, heat frying pan, add 1-2 teaspoons of olive oil. Fry onions and garlic until soft. Add tomatoes, sugar, salt and pepper.
- ❖ Once the sauce starts to bubble, turn down the heat and simmer for 5 minutes. Remove from heat, add basil and season further to taste if necessary.
- ❖ Place a layer of tomato sauce at the bottom of a large baking dish. Add a layer of lasagne sheets, followed by a layer of lentil filling and a few dollops of cottage cheese or cheese sauce. Repeat the layers until all the ingredients are used, ending with a layer of lentils.
- ❖ Top the lentils with the remaining cottage cheese and scatter with grated parmesan cheese.
- ❖ Bake in a preheated 180°C oven for 20-25 minutes, or until the lasagne is cooked through and bubbling.

## Ingredients

### Base

- 1½ cups Pouyoukas polenta
- ½ cup Pouyoukas potato flour
- pinch of salt
- ½ to 1 cup lukewarm water

### Filling

- 4 tablespoons (60 mL) tomato paste
- 1 handful Rosa tomatoes, sliced
- 1 large handful baby spinach leaves
- 4 tablespoons (60 mL) basil pesto
- 100 g grated parmesan cheese

### Method

- ❖ For the polenta pizza crust, combine the dried polenta, potato flour and salt in a large bowl.
- ❖ Slowly add the lukewarm water, starting with ½ cup at first. The mixture should come together to form a dough. If a bit more water is required, add a little at a time.
- ❖ Divide the dough into four portions. Line two baking trays with baking paper and place two portions of polenta dough onto each baking tray. Pat the dough into thin rounds.
- ❖ Place in a preheated 200°C oven and bake for 10 minutes. Flip the polenta crust over and bake for a further 10 minutes until slightly crisp.
- ❖ Remove the polenta crust from the oven and add a teaspoon of tomato paste to each crust. Top with sliced tomatoes, spinach leaves, pesto and grated parmesan cheese.
- ❖ Place in a preheated 220°C oven and bake for 10-12 minutes or until bubbling.



# Polenta Crust Pizza



## Ingredients

- 1** small cauliflower, chopped into small florets
- 2 tablespoons (30 mL)** olive oil
- 1 teaspoon (5 mL)** turmeric
- ½ teaspoon (2.5 mL)** garam masala
- sea salt and freshly ground black pepper, to taste
- 1 cup** cooked CLIC quinoa
- 6** dried apricots, finely chopped
- 150 g** feta cheese, crumbled
- 4** large boneless chicken breasts
- Wild rocket, to serve

## Method

- ❖ Place the cauliflower on a large baking tray. Add the olive oil, turmeric and garam masala and season well with sea salt and freshly ground black pepper. Toss well and roast in a preheated 200°C oven for 20-25 minutes, stirring halfway through the cooking time, until the cauliflower is cooked and golden.
- ❖ For the filling, combine the cooked quinoa, apricots and feta in a large bowl, season well and mix. Slit the chicken breasts, adding enough stuffing to each breast, tie with kitchen string, drizzle with oil and season. Bake in a preheated 180°C oven for 15 minutes or until the chicken is cooked through.
- ❖ Slice the chicken breasts and serve with roasted cauliflower and plenty of fresh wild rocket.

Serves **4**



# Quinoa Stuffed Chicken Breasts

## Ingredients

- 1** large whole chicken
- 3 tablespoons (45 mL)** honey
- 5 tablespoons (75 mL)** soy sauce
- 2 teaspoons (10 mL)** sesame oil
- 4 tablespoons (60 mL)** water
- 2** garlic cloves, crushed
- 5cm piece** fresh ginger, grated
- ½ teaspoon (2.5 mL)** dried chilli flakes
- sea salt and freshly ground black pepper, to taste
  
- 4 tablespoons** Pouyoukas sesame seeds, to serve
- Red chilli strips, to serve
- Spring onions, to serve

## Method

- ❖ Tie the chicken legs with kitchen string and place into a large baking dish.
- ❖ In a large bowl combine the honey, soy sauce, sesame oil, water, garlic, ginger and chilli flakes and mix well. Season with sea salt and freshly ground black pepper and mix well.
- ❖ Pour the mixture over the chicken and leave to marinate in the fridge for 1 hour.
- ❖ Place the chicken in a preheated 220°C oven and roast for 15 minutes, breast side down. Lower the temperature to 180°C and roast for a further 30-45 minutes, basting the chicken with the marinade throughout the cooking process until the chicken is cooked through and the juices run clear.
- ❖ Remove the chicken from the oven and rest for 5 minutes.
- ❖ To serve, scatter with white sesame seeds and serve with fresh red chilli strips and chopped spring onions.





# Asian **Roast Chicken**







# Chicken Mince and Fennel Balls with Couscous

Serves **4**

## Method

- ❖ For the chicken mince balls, place the chicken mince in a large bowl and season well with sea salt and freshly ground black pepper. Add the chopped fennel fronds, mix well and shape into large balls. Place in the refrigerator to firm up for 30 minutes.
- ❖ For the sauce, heat the oil in a large saucepan. Add the onion and fry until golden. Add the garlic, tomatoes or tomato purée, water, sugar and chilli flakes and season well. Add the lima/butter beans, bring to a boil, reduce the heat and simmer for 15 minutes.
- ❖ Add the chicken mince balls to the sauce, cover with a tight fitting lid and cook for 10-12 minutes or until cooked through.
- ❖ Serve with steamed couscous and plenty of fresh parsley.





## Chicken Mince Balls

### Ingredients

**500 g** chicken mince  
sea salt and freshly ground black pepper, to taste

**Small handful** fresh fennel fronds, chopped

## Tomato and Lima Bean Sauce

### Ingredients

**1 teaspoon (5 mL)** olive oil

**1** small onion, finely chopped

**2** garlic cloves, peeled and crushed

**800 g** canned chopped tomatoes

**680 ml** tomato purée

**½ cup (125 mL)** water

**½ teaspoon (2.5 mL)** sugar

**½ teaspoon (2.5 mL)** dried chilli flakes

sea salt and freshly ground black pepper

**400 g** CLIC lima/butter beans, rinsed and drained

Steamed Arbel, CLIC or Pouyoukas  
couscous, to serve

Chopped Italian parsley, to serve

You can substitute couscous with CLIC quinoa, Arbel, CLIC or Pouyoukas bulgur wheat or whole wheat couscous.



# Tabouli Style Stuffed **Salmon**

Serves **4**





## Ingredients

### Stuffing

- 1 cup** cooked Arbel, CLIC or Pouyoukas bulgur wheat
- 100 g** Pouyoukas sunflower seeds
- 1 small handful** fresh mint, chopped
- 1 small handful** flat leaf Italian parsley, chopped
- 1 small handful** fresh dill, chopped
- 3** spring onions, chopped
- 3 tablespoons (45 mL)** olive oil
- Juice of** 2 limes
- or 1** small lemon
- ½** red chilli, deseeded and finely chopped
- sea salt and freshly ground black pepper, to taste

- 1** whole salmon, filleted
- or 2** salmon fillets

Fresh lime slices, to serve  
Fresh dill, to serve

### Method

- ❖ For the filling, in a large bowl combine the bulgur wheat, sunflower seeds, mint, parsley, dill, spring onions, olive oil, lime or lemon juice and chilli. Season well with sea salt and freshly ground black pepper. Mix well and set aside.
- ❖ Place the whole salmon or one of the salmon fillets skin side down on a clean work surface. Fill with the stuffing. If using fillets, top with the second fillet, skin side up and secure with kitchen string. Transfer the fish to a large baking tray. Season and drizzle with olive oil.
- ❖ Place the fish in a preheated 200°C oven for 15-20 minutes. The salmon should still be pink, with the skin crisp.
- ❖ Serve with any remaining stuffing, plenty of fresh lime slices and fresh dill.



## parmesan **Biscuit**

### Ingredients

- 2 cups** flour
- 50 g** grated parmesan cheese
- 180 g** butter, chilled, chopped
- 1** egg yolk
- 3-4 tablespoons (45-60 mL)** cold water

## **Bolognaise** Filling

### Ingredients

- 2 tablespoons (30 mL)** olive oil
  - 1** small onion, finely chopped
  - 2** garlic cloves, peeled and crushed
  - 1 L** tomato purée
- 2 teaspoons (10 mL)** tomato paste
- ½ teaspoon (2.5 mL)** sugar
  - 1** fresh rosemary stalk
- 1 teaspoon (5 mL)** dried oregano
  - 1 cup** cooked Pouyoukas World Lentil Mix
  - 1 cup** cooked Pouyoukas 5 Bean Mix
  - 1** egg, beaten

You can substitute World Lentil Mix with any Arbel, CLIC, Pouyoukas or Saskcan dried lentils or beans.

You can substitute 5 Bean Mix with any Arbel, CLIC or Saskcan beans.

### Method

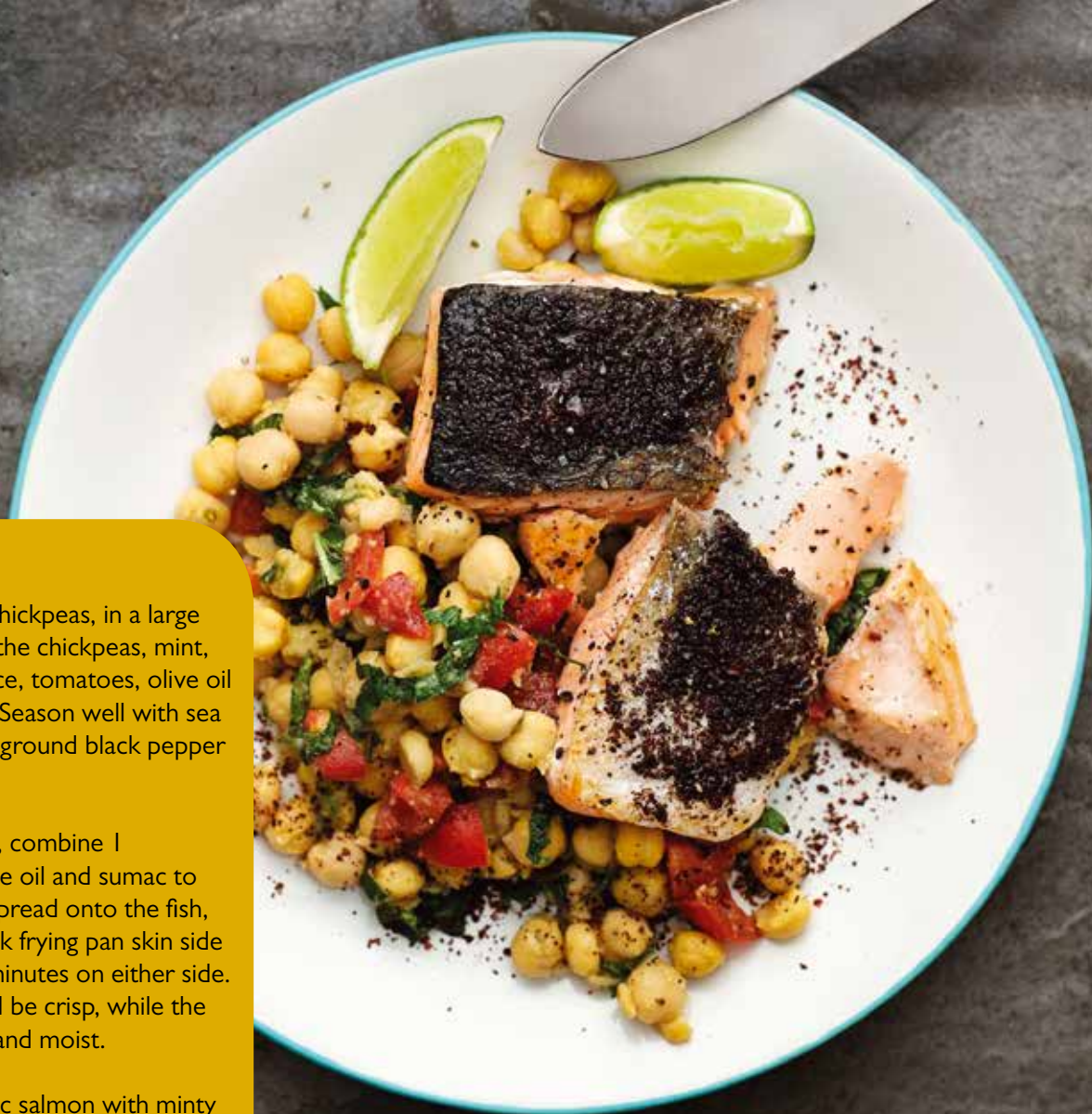
- ❖ For the parmesan biscuit, process the flour, parmesan cheese and butter in a food processor until the mixture resembles fine breadcrumbs. Add the egg yolk and water. Process until the dough just comes together. Cover with plastic wrap and refrigerate for 30 minutes to chill. Turn onto lightly floured surface and knead until just smooth. Shape into pizza slices.
- ❖ For the filling, heat the olive oil in a large nonstick saucepan. Add the onion and fry until golden. Add the garlic, tomato sauce, tomato paste, sugar, rosemary, oregano, world lentil mix and black eyed beans and season well.
- ❖ Simmer the filling over medium heat for 20 minutes, until reduced and thick.
- ❖ Preheat oven to 180°C. Pour the mixture into a pie or baking dish and top with the pastry, leaving a gap between each pastry slice. Brush the pastry with beaten egg and bake for 30-35 minutes until the pastry is cooked and the filling is bubbling.

# Bean and Lentil Bolognaise Pie









## Method

- ❖ For the minty chickpeas, in a large bowl combine the chickpeas, mint, chilli, lemon juice, tomatoes, olive oil and red onion. Season well with sea salt and freshly ground black pepper and set aside.
- ❖ For the salmon, combine 1 tablespoon olive oil and sumac to form a paste. Spread onto the fish, fry in a non-stick frying pan skin side down for 3-4 minutes on either side. The skin should be crisp, while the fish is still pink and moist.
- ❖ Serve the sumac salmon with minty chickpea salad and plenty of fresh lemon or lime.

Serves **4**

# Crispy Sumac Salmon and Crushed Minty Chickpeas

## Ingredients

- 3 cups** cooked Arbel, CLIC, Pouyoukas or Saskcan dried chickpeas
- 1 small handful** fresh mint, chopped
- ½** red chilli, deseeded and finely chopped
- Juice of 1** large lemon
- Small punnet** cherry tomatoes, finely chopped
- 3 tablespoons (45 mL)** olive oil
- 1** small red onion, finely chopped
- sea salt and freshly ground black pepper, to taste
- 1 tablespoon (15 mL)** olive oil
- 2 tablespoons (30 mL)** sumac
- 4 portions** fresh salmon

Fresh lime or lemon wedges, to serve



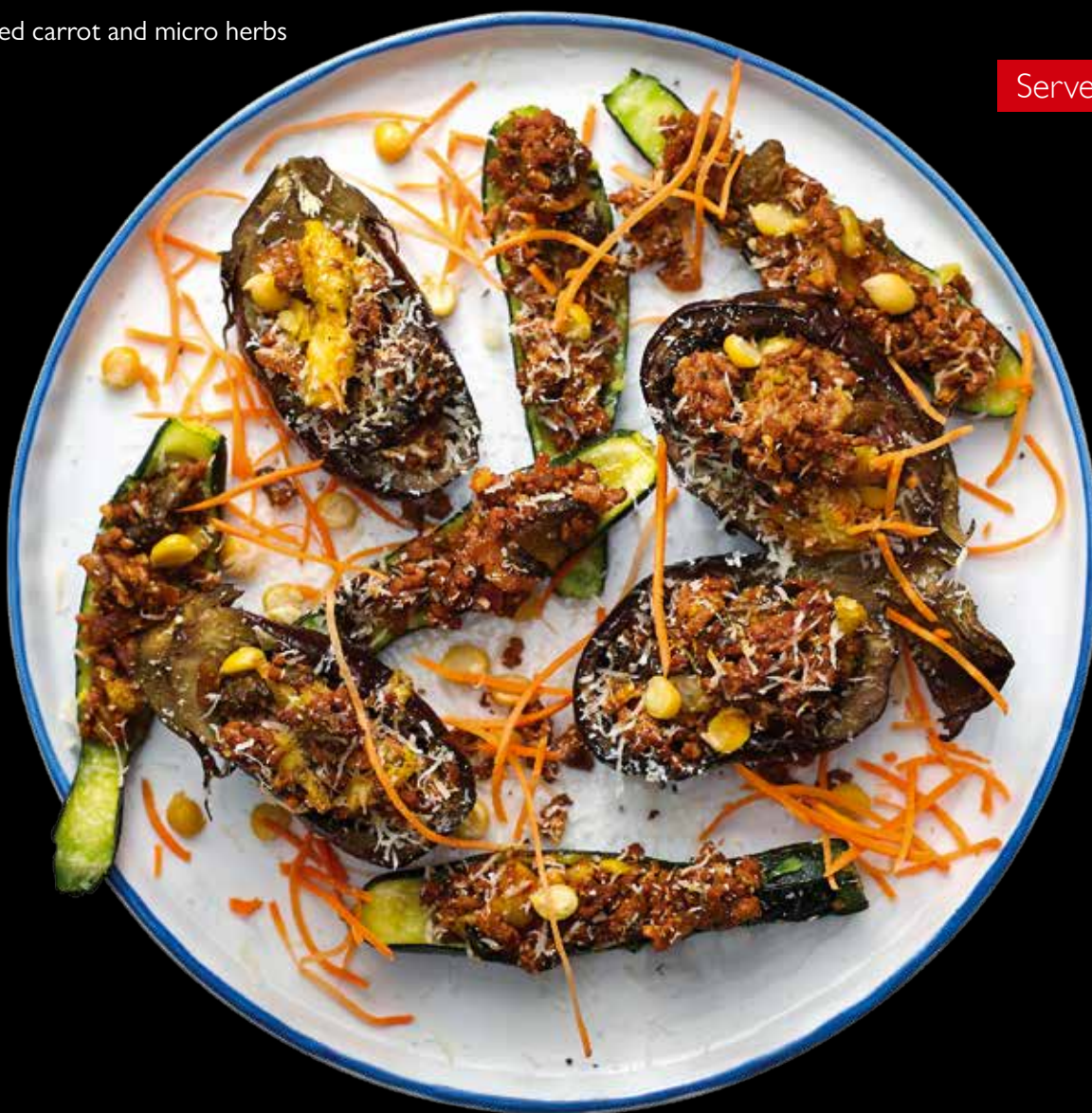
## Method

- ❖ Slice the eggplant and zucchini lengthways and place on a lined baking tray. Bake in a preheated 200°C oven for 15 minutes or until slightly softened. Remove from oven and when cool enough to handle, scoop out the soft flesh of the vegetables, place in a bowl and set aside.
- ❖ Heat olive oil in a non-stick frying pan. Add onion and sauté for 2-3 minutes. Add the mince and fry over high heat.
- ❖ Add the dill, cinnamon, tomatoes, sugar and chickpeas and season well with sea salt and freshly ground black pepper. Cook the mince mixture over medium heat for 20 minutes until thick and reduced.
- ❖ Add reserved scooped vegetables to the mince mixture and mix well. Stuff the vegetables with the filling and place on a lined baking tray. Bake for 15-20 minutes until the vegetables are cooked through.
- ❖ Scatter with shredded carrot and micro herbs just before serving.

## Ingredients

- 4 baby eggplant
- 4 medium zucchini
- 1 tablespoon (15 mL) olive oil
- 1 small red onion, peeled and grated
- 250 g extra lean beef mince
- 2 tablespoons (30 mL) fresh dill, chopped
- ½ teaspoon (2.5 mL) ground cinnamon
- 1 cup canned tomatoes
- ½ teaspoon (2.5 mL) sugar
- 100 g cooked Arbel, CLIC, Pouyoukas or Saskcan dried chickpeas
- sea salt and freshly ground black pepper, to taste

# Filled Eggplant and Zucchini Pockets



Serves 4







# North African **Spiced Fish** with **Couscous** and **Black Eyed Beans**

Serves **4**

## **Couscous** and **Black Eyed Beans**

### **Ingredients**

- 3 cups** cooked Arbel, CLIC or Pouyoukas whole wheat couscous
- 1 cup** cooked Arbel, CLIC or Pouyoukas black eyed beans
- 3 tablespoons (45 mL)** olive oil
- Juice of 1** lemon
- Small handful** fresh coriander, chopped
- sea salt and freshly ground black pepper, to taste

You can substitute whole wheat couscous with Arbel, CLIC or Pouyoukas plain couscous or bulgur wheat, or CLIC quinoa.

## Fish

### **Ingredients**

- 2 tablespoons (30 mL)** olive oil
- 4 teaspoons (20 mL)** harissa spice mix
- 1 teaspoon (5 mL)** fresh rosemary leaves, finely chopped
- 600 g** fresh hake fillets
- 1** Avocado peeled and sliced, to serve
- Natural unflavoured yogurt, to serve

### **Method**

- ❖ In a large bowl, combine the couscous, black eyed beans, olive oil, lemon juice and fresh coriander. Season well with sea salt and freshly ground black pepper and set aside.
- ❖ Combine the 2 tablespoons olive oil, harissa spice mix and rosemary. Mix well. Place the fish fillets in large baking tray and spoon the spice rub onto the fish. Place the fish in a preheated 180°C oven and bake for 15-20 minutes until it is just cooked through.
- ❖ Serve with couscous and black eyed beans, fresh avocado and natural yogurt.

Serves **4**

## Whole wheat Couscous Stuffing

### Ingredients

- 1 cup** cooked Arbel, CLIC or Pouyoukas whole wheat couscous
- 2** spring onions, finely chopped
- 4 tablespoons (60 mL)** chopped fresh dill
- 4 tablespoons (60 mL)** chopped coriander
- 4 tablespoons (60 mL)** horseradish sauce
- 1 tablespoon (15 mL)** olive oil
- Squeeze** of lemon juice
- sea salt and freshly ground black pepper, to taste

## Fillet

### Ingredients

- 1 Kg** whole beef fillet

Extra horseradish sauce, to serve  
Sliced spring onions, to serve

You can substitute whole wheat couscous with Arbel, CLIC or Pouyoukas plain couscous or bulgur wheat, or CLIC quinoa.



# Horseradish and Couscous Fillet Roll





## Method

- ❖ Combine the whole wheat couscous, spring onions, dill, coriander, horseradish sauce, olive oil and lemon juice. Season well with sea salt and freshly ground black pepper, mix well and set aside.
- ❖ Slice the fillet down the middle, taking care not to cut all the way through and flatten out on a clean work surface. Season well with sea salt and freshly ground black pepper.
- ❖ Fill the fillet with the stuffing, taking care not to overfill. Roll up and secure the entire fillet with kitchen string. Season the outside of the fillet.
- ❖ Heat some olive oil in a non-stick frying pan and sear the fillet on all sides. Transfer to a lined baking tray and roast in a preheated 200°C oven for 20 minutes.
- ❖ Let the meat rest for 5-10 minutes before slicing. Serve with extra spring onions and horseradish sauce.



## Method

- ❖ For the lamb chops, in a large bowl combine the yogurt and tikka paste and season well with sea salt and freshly ground black pepper. Add the chops and coat well. Cover and marinate for 1-2 hours.
- ❖ Remove the chops from the marinade and coat in 1 cup of cooked couscous. Heat olive oil in a non-stick frying pan and fry the chops to desired tenderness and until the couscous is golden and crispy.
- ❖ For the mint and pomegranate yogurt, combine the yogurt, pomegranate and mint in a bowl. Season with salt and pepper and set aside.
- ❖ Serve the tikka chops with couscous, pomegranate, mint yogurt sauce and fresh lemon or lime wedges.





# Tikka Lamb Chops

## with Indian Flavoured Crispy Couscous Crumb



### Tikka **Lamb Chops**

#### Ingredients

- 1 cup (250 mL)** fat-free natural unflavoured yogurt
- 2 tablespoon (30 mL)** tikka paste
- sea salt and freshly ground black pepper, to taste
- 8** lamb chops

- 4 cups** cooked Pouyoukas mild Indian flavoured couscous
- 3 tablespoons (45 mL)** olive oil

You can substitute mild Indian flavoured couscous with Arbel, CLIC or Pouyoukas whole wheat or plain couscous, or any other flavoured couscous.

### Mint and Pomegranate **Yogurt**

#### Ingredients

- 2 cups (500 mL)** fat-free natural unflavoured yogurt
- 100 g** pomegranate rubies
- 6** mint leaves, finely chopped

Pomegranate rubies, to serve  
Fresh lemon or lime wedges, to serve

## Ingredients

	4	garlic cloves, finely chopped
1 teaspoon (5 mL)		cumin seeds
	1	small onion, chopped
1 tablespoon		fresh ginger, grated
2 tablespoons (30 mL)		olive oil
	2	bay leaves
	1	cinnamon stick
	2	chilli peppers sliced
2 teaspoons (10 mL)		coriander powder
2 teaspoons (10 mL)		curry powder
1 cup (250 mL)		vegetable broth
1½ cups		cooked Arbel, CLIC, Pouyoukas or Saskcan dried chickpeas
		sea salt and freshly ground black pepper, to taste
		Chopped fresh coriander, to decorate

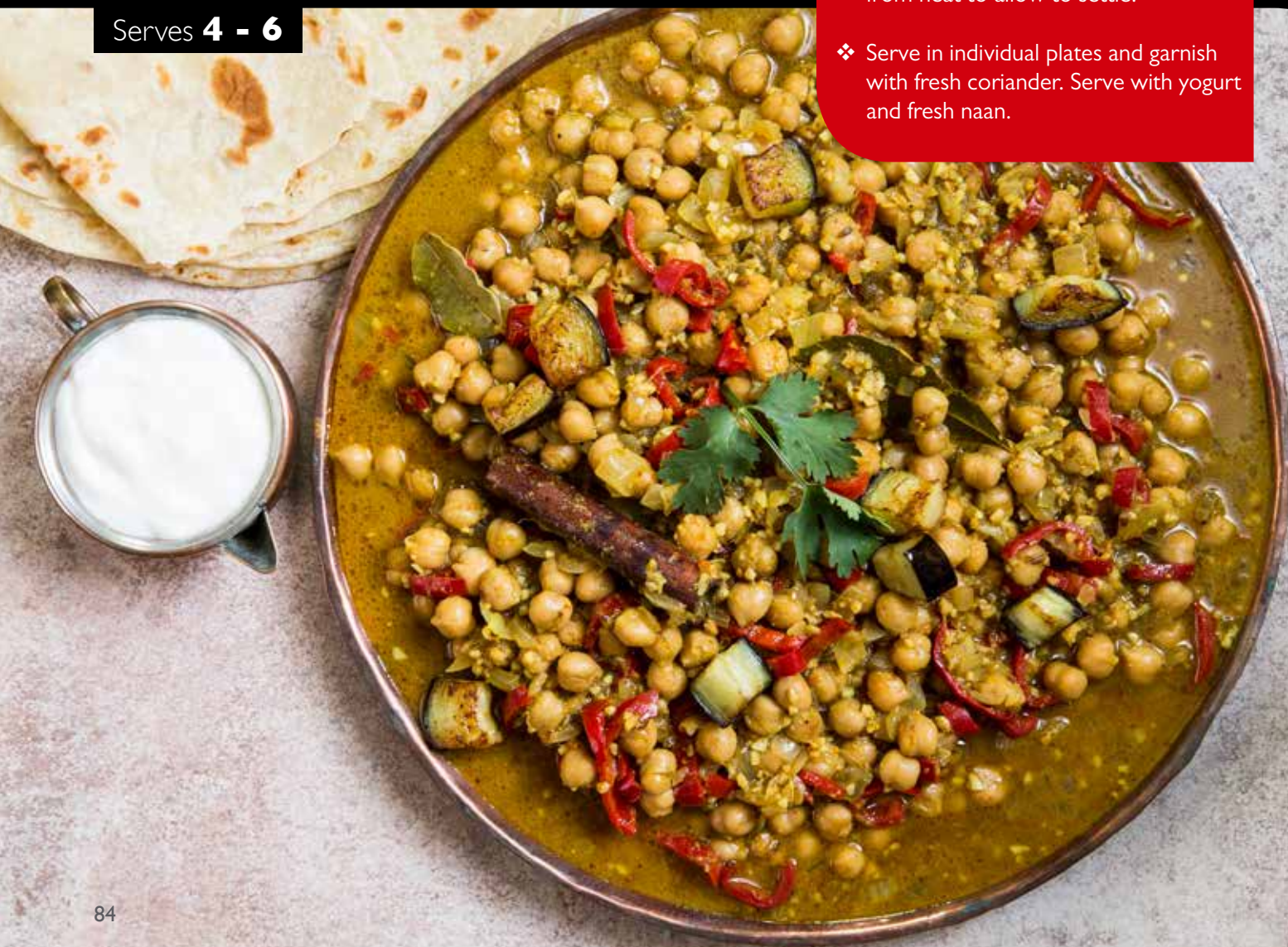
**optional** You can replace the hot pepper with a sweet pepper to cut down on this dish's heat.

Serves **4 - 6**

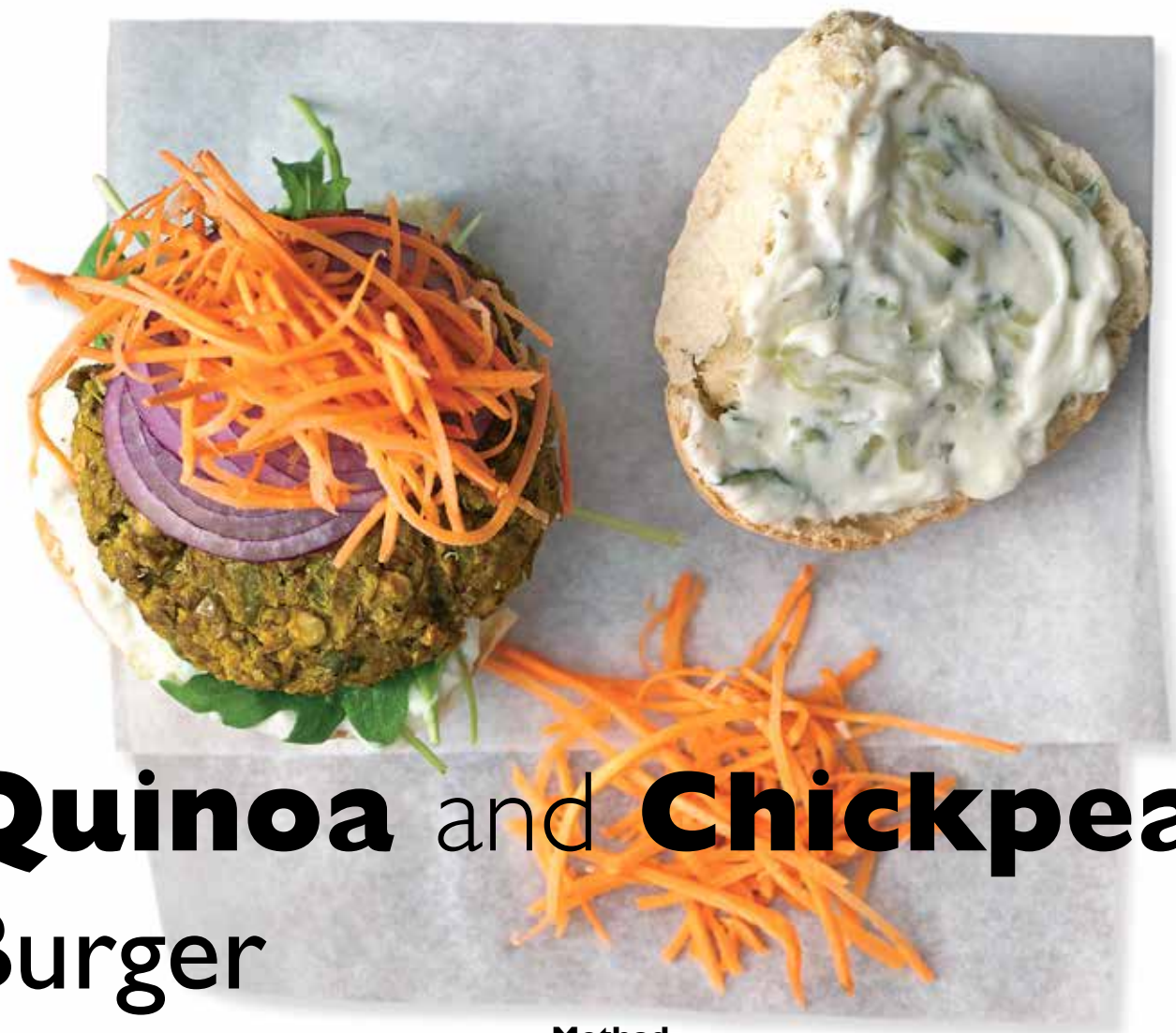
# Punjab Chickpeas

## Method

- ❖ In a large pot, sauté garlic, onion and ginger in oil for 2 minutes, stirring constantly.
- ❖ Add vegetable broth, chickpeas, bay leaves, hot peppers, cinnamon stick, coriander powder and curry. Mix well. Add salt and pepper to taste. Simmer for 10 minutes while stirring. Remove from heat to allow to settle.
- ❖ Serve in individual plates and garnish with fresh coriander. Serve with yogurt and fresh naan.







# Quinoa and Chickpea Burger

## Ingredients

- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 2 teaspoons (10 mL)** curry powder
- 1 zucchini, grated
- 400 g** cooked Arbel, CLIC, Pouyoukas or Saskcan dried chickpeas
- 110 g** cooked CLIC quinoa
- 1 egg, lightly beaten
- 1 tablespoon (15 mL)** chopped fresh coriander
- olive oil spray
- sea salt and freshly ground black pepper, to taste
- Pouyoukas potato flour, to dust
- Burger buns, to serve
- Wild rocket, to serve
- Sliced red onion, to serve
- Shredded carrot, to serve
- Tzatziki, to serve

## Method

- ❖ Heat a frying pan over medium heat and spray with oil. Cook the onion, stirring for 5 minutes or until soft. Add the garlic and curry powder and cook, stirring for 1-2 minutes or until fragrant. Add the zucchini and cook for 2 minutes or until soft.
- ❖ Process the chickpeas in a food processor until they resemble coarse breadcrumbs and transfer to a bowl. Add the onion mixture, quinoa, egg and coriander and season well with sea salt and freshly ground black pepper. Mix until well combined.
- ❖ Dust your hands with potato flour and shape the mixture into 4 patties. Cover and place in the refrigerator to firm up for 30 minutes.
- ❖ Heat a large non-stick frying pan over medium-high heat. Lightly spray with oil. Cook the patties for 3-4 minutes each side or until golden.
- ❖ Add some wild rocket to a burger bun, top with a chickpea patty, some sliced red onion, julienned carrot and a dollop of tzatziki.









# Mexican **Black Eyed Bean** and **Beef Wraps**

## Ingredients

- 1 tablespoon (15 mL)** olive oil
- 250 g** extra lean beef mince
- 1 teaspoon (5 mL)** ground coriander
- 1 teaspoon (5 mL)** ground cumin
- ½ teaspoon (2.5 mL)** dried chilli powder
- 2** garlic cloves, peeled and crushed
- sea salt and freshly ground black pepper, to taste
- 1 cup** cooked Arbel, CLIC or Pouyoukas black eyed beans
- Juice of 2** limes
- 250 g** cherry tomatoes, chopped
- Tortilla wraps, to serve
- Guacamole, to serve
- 3-4** spring onions, thinly cut or sliced, to serve
- Micro herbs, to serve
- Fresh lime, to serve

Serves **4**

## Method

- ❖ Heat the oil in a large, non-stick frying pan. Add the mince and fry over high heat until crispy. Add the ground coriander, cumin, chilli powder and garlic and season well. Add the black eyed beans and lime juice and fry for a further 2 minutes.
- ❖ Add 3 tablespoons of chopped tomatoes to the mince and black eyed beans and mix well.
- ❖ Serve the mince and black eyed beans with tortilla wraps, guacamole, spring onions, micro herbs and fresh lime.



# Pearled Barley

## with Vegetables

### Ingredients

- $\frac{1}{2}$  cup celery, finely chopped
- $\frac{1}{2}$  cup onions, chopped
- 1 tablespoon (15 mL) extra virgin olive oil
- $\frac{1}{2}$  cup Arbel pearled barley
- 2 cups (500 mL) water
- 2 tablespoons (30 mL) Arbella beef bouillon
- $\frac{1}{4}$  cup (60 mL) parsley, finely chopped
- sea salt

### Method

- ❖ Sauté celery and onion in olive oil. Add pearled barley and cook until light brown. Pour the mix into a pot. Add water, bouillon and half the chopped parsley.
- ❖ Stir well. Cover and cook in oven at 175°C for 30 to 40 minutes or until the barley is tender.
- ❖ Salt to taste and serve. Garnish with the remaining parsley.



## Ingredients

- 400 g** canned Arbel or CLIC navy beans, drained
- 400 g** canned Arbel red kidney beans, drained
- 400 g** canned Arbel or CLIC romano beans, drained
- 10 tablespoons (150 mL)** extra virgin olive oil
- 3** onions, minced
- 3** garlic cloves, minced
- 3** green peppers
- 2 teaspoons (10 mL)** cumin powder
- 8** tomatoes, diced
- 2 tablespoons (30 mL)** tomato paste
- 1** eggplant, diced
- 2 to 3 tablespoons (30-45 mL)** sour cream
- 4 tablespoons** cheddar cheese, grated
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ Heat 4 tablespoons of olive oil in a pan and sauté onions, peppers, garlic and green peppers. Add tomatoes. Cook for 15 minutes, then add tomato paste, cumin, chilli powder and beans. Cook for 2 more minutes. Add salt and pepper to taste.
- ❖ Heat 6 tablespoons of oil in a pan and sauté eggplants until golden. Drain and add to the chilli.
- ❖ Heat everything and serve in a deep plate. Serve with sour cream and/or grated cheese.

# Three Bean Chilli

Serves **4 - 6**



# Pasta





Life is a  
combination of  
**magic** and  
pasta

– Federico Fellini

## Ingredients

- 454 g** Arbella plain or whole wheat Fusilli pasta
- 2 teaspoons (10 mL)** olive oil
- 2 cloves** garlic, minced
- ½ cup (125 mL)** CLIC or Saskcan kidney beans, precooked
- 200 g (1 cup)** spinach, chopped
- 1 cup (250 mL)** chicken broth
- sea salt and freshly ground black pepper,  
to taste







Serves **4 - 6**

# Fusilli Pasta with Spinach and Kidney Beans

## Method

- ❖ Bring a large pot of salted water to a boil. Add fusilli pasta and cook for 8-10 minutes until pasta is al dente.
- ❖ In a saucepan, heat olive oil and sauté garlic until browned. Add spinach, kidney beans, salt and black pepper and continue to sauté for 2 minutes until spinach is cooked. Add chicken broth and cook until spinach absorbs the broth.
- ❖ Add mixture to pasta and serve.

# Spaghetti a la Puttanesca

Serves 4 - 6

## Ingredients

- 450 g** Arbella spaghetti
- ¼ cup (60 mL)** extra virgin olive oil
- Pinch of** hot chilli flakes
- 1** clove garlic, minced
- 6** anchovy fillets, roughly mashed with a fork
- 2 cups** ripe cherry tomatoes, halved
- 15** Kalamata olives, pitted and coarsely chopped
- 1 tablespoon** capers, coarsely chopped
- Large pinch** brown sugar
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ Cook spaghetti in boiling salted water until it is slightly undercooked, about 1 minute away from being al dente, strain.
- ❖ Heat olive oil in a large pan on medium heat. Add chilli flakes and garlic, sauté for 2 minutes until garlic is fragrant and golden. Add the mashed anchovies and sauté for 30 seconds. Add the cherry tomatoes and sauté for an additional 8-10 minutes, until the tomatoes begin to create a light sauce.
- ❖ Once the tomatoes have sauced up, mix the olives, capers, brown sugar, sea salt, and freshly ground black pepper into the sauce.
- ❖ Add the cooked spaghetti to the pan, reduce the heat to medium-low and use tongs to stir until the pasta absorbs the sauce, about 3 minutes.



# Broccoli and Sage Pasta



## Ingredients

**140 g** Arbella quick-cook spaghetti  
**140 g** tender stem broccoli, trimmed  
and cut into 5 cm lengths

**3 tablespoons (45 mL)** olive oil  
**2** shallots, sliced  
**1** garlic clove, finely chopped  
**¼ teaspoon** chillies, crushed  
**12** sage leaves, shredded  
parmesan shavings, to serve

## Method

- ❖ Boil the spaghetti for 1 minute. Add the broccoli and cook for 4 more minutes.
- ❖ Heat the oil in a frying pan and add the shallots and garlic. Gently cook for 5 minutes until golden. Add the chillies and sage to the pan and gently cook for 2 minutes.
- ❖ Drain the pasta and mix with the shallot mixture in the pan. Sprinkle with parmesan shavings.

## Ingredients

- 454 g** Arbella plain or whole wheat spaghetti
- 200 g** smoked salmon
- ½ bunch** dill, finely chopped
- Juice and zest of 1** lemon
- 3 tablespoons** capers
- 1** clove garlic, minced
- 4 tablespoons (60 mL)** olive oil
- sea salt and freshly ground black pepper, to taste
- Crème fraîche, to serve
- Basil tomato sauce, to serve

Serves **4 - 6**

# Spaghetti with Dill Salmon



## Method

- ❖ Bring a large pot of salted water to a boil. Add whole wheat spaghetti and cook for 8-10 minutes until pasta is al dente.
- ❖ In a saucepan, heat 1 teaspoon olive oil and sauté garlic until browned. Add the garlic, salt, pepper, olive oil, capers, dill, lemon juice and lemon zest to the pasta. Add smoked salmon and continue mixing.
- ❖ Garnish with dill, lemon zest and crème fraîche and serve.







# Macaroni and Four Cheese Pasta

## Ingredients

- 454 g** Arbella elbow pasta
- 2** ripe tomatoes
- 50 g** basil, chopped
- 10 g** dried origanum, chopped
- 10 mL** olive oil
- ½ cup** white cheddar cheese
- ½ cup** mozzarella cheese
- ½ cup** ricotta cheese
- ½ cup** parmesan shavings
- sea salt and freshly ground black pepper, to taste

## Method

- ❖ Preheat oven to 180°C. Boil pasta, drain and place in a large casserole dish to cool.
- ❖ Lightly grease a large, deep casserole dish with olive oil and layer the bottom with pasta. Place slices of tomato over the pasta, add salt and pepper to taste and cover with ricotta cheese, basil and origanum. Repeat and cover with white cheddar cheese, basil and origanum. Repeat and cover with mozzarella cheese, basil and origanum. Cover with parmesan shavings.
- ❖ Bake for 15 minutes or until cheese begins to melt.

Serves **4 - 6**





## Ingredients

- 454 g Arabella spaghetti
- 200 g mushrooms, sliced
- 1 tablespoon (15 mL) olive oil
- 2 cloves garlic, minced
- ½ cup (125 mL) light cream
- sea salt and freshly ground black pepper, to taste

# Spaghetti with Mushrooms

Serves **4 - 6**

## Method

- ❖ Bring a large pot of salted water to a boil. Add spaghetti and cook for 8-10 minutes until pasta is al dente.
- ❖ In a saucepan, heat olive oil and sauté garlic, then add sliced mushrooms, salt and pepper and continue to sauté until mushrooms are lightly browned. Add cream, reduce heat and simmer until cream is warmed.
- ❖ Mix sauce with pasta and serve.



# Tuna Bake

Serves **4 - 6**

## Ingredients

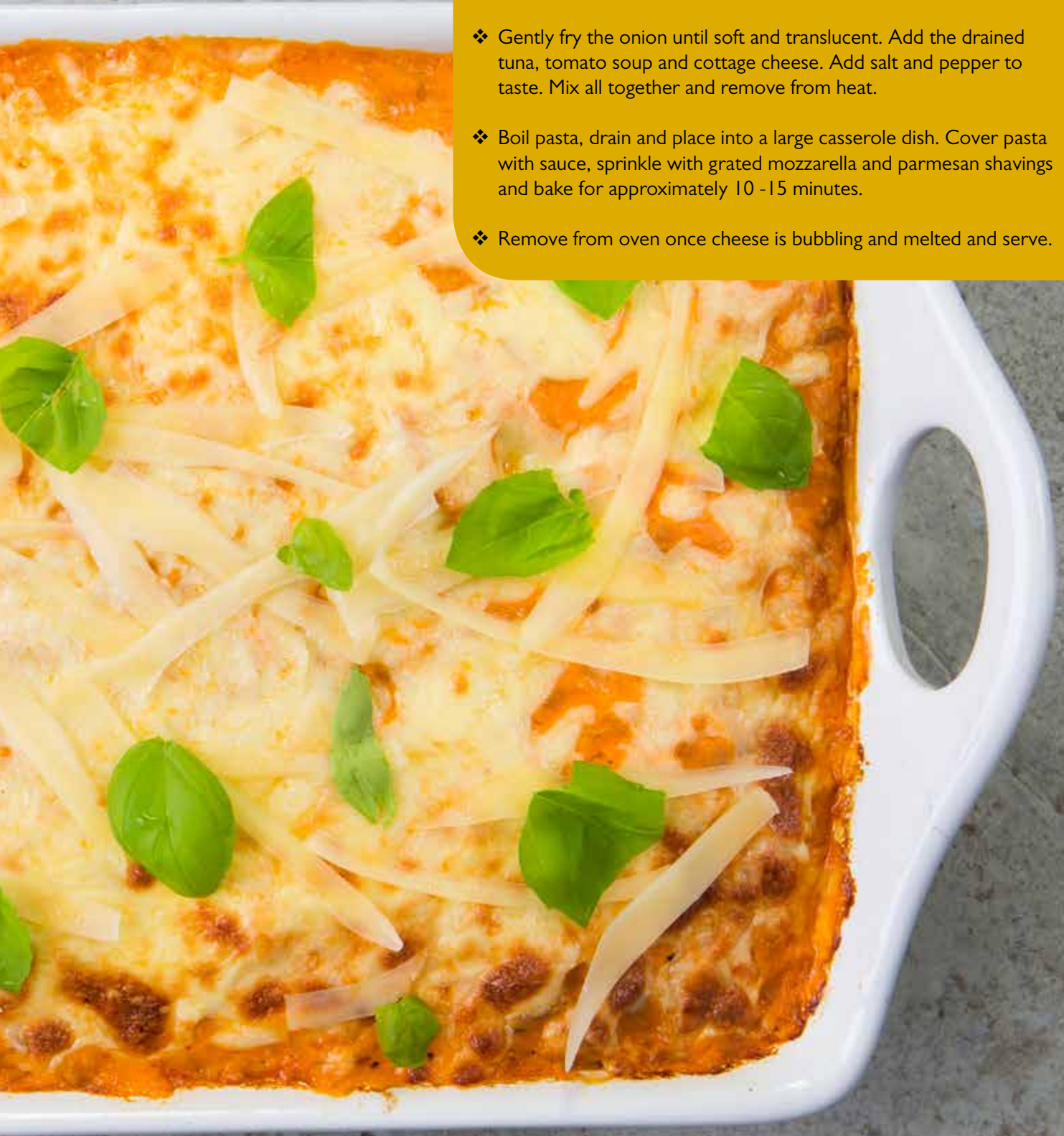
- 800 g** tomato soup
- 340 g** canned tuna
- 1** onion, chopped
- 1 tablespoon (15 mL)** oil
- 500 g** smooth low fat or fat free cottage cheese
- 200 g** mozzarella cheese, grated
- 200 g** parmesan shavings
- 454 g** Arbella pasta of your choice
- sea salt and freshly ground black pepper, to taste





## Method

- ❖ Preheat oven to 180°C.
- ❖ Gently fry the onion until soft and translucent. Add the drained tuna, tomato soup and cottage cheese. Add salt and pepper to taste. Mix all together and remove from heat.
- ❖ Boil pasta, drain and place into a large casserole dish. Cover pasta with sauce, sprinkle with grated mozzarella and parmesan shavings and bake for approximately 10 -15 minutes.
- ❖ Remove from oven once cheese is bubbling and melted and serve.





## Ingredients

**454 g** Arbella farfalle pasta  
**2 tablespoons (30 mL)** olive oil  
1 small onion, chopped  
**5 cloves** garlic, minced  
2 large tomatoes, grated  
**1 cup (200 g)** spinach, chopped  
**1 cup (100 g)** parmesan, grated  
sea salt and freshly ground black pepper, to taste

## Method

- ❖ Bring a large pot of salted water to a boil. Add farfalle pasta and cook for 8-10 minutes until pasta is al dente.
- ❖ In a saucepan, heat olive oil and sauté garlic and onion until browned. Add spinach, salt and pepper and continue to sauté for 2 minutes until spinach is cooked. Add grated tomatoes and cook over low heat until tomatoes are hot.
- ❖ Mix sauce with pasta, garnish with parmesan and serve.

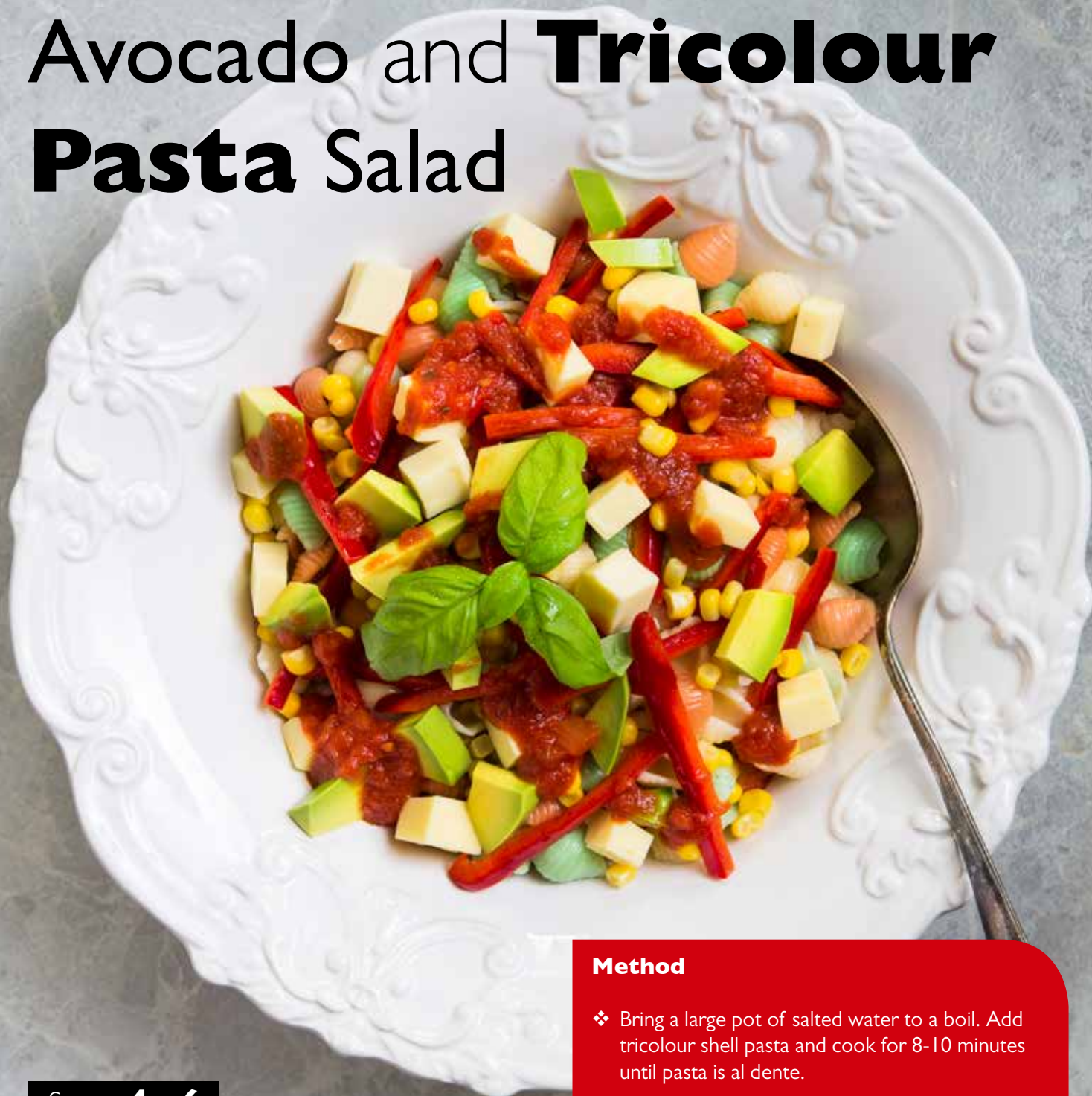
Serves **4 - 6**



# Farfalle with Spinach



# Avocado and Tricolour Pasta Salad



Serves **4 - 6**

## Ingredients

- 454 g** Arbella tricolour shell pasta
- 1** avocado, peeled and julienned
- ¼ cup** corn, precooked
- 1** red pepper, julienned
- 1 cup (100 g)** mozzarella cheese, cubed
- 2 teaspoons (10 mL)** olive oil
- 50 mL** basil tomato sauce

## Method

- ❖ Bring a large pot of salted water to a boil. Add tricolour shell pasta and cook for 8-10 minutes until pasta is al dente.
- ❖ In a saucepan, heat olive oil and sauté red pepper for 10 minutes until tender.
- ❖ Mix pasta, peppers, cubed mozzarella, corn, avocado and basil tomato sauce in a large bowl.

Serves **4 - 6**

### Ingredients

- 2 teaspoons (10 g)** butter
- ½ cup (125 mL)** low fat milk
- 2 cloves** garlic, minced
- ½ cup (125 mL)** low fat yogurt
- ½ bunch (30 g)** chopped parsley
- 1 cup (250 mL)** chicken broth
- 454 g** Arbella bucatini pasta
- ½ teaspoon (2.5 mL)** chilli flakes
- 2** eggs, whisked
- sea salt and freshly ground black pepper, to taste

### Method

- ❖ Preheat oven to 180°C. Bring a large pot of salted water to a boil. Add bucatini pasta and cook for 8-10 minutes until pasta is al dente.
- ❖ In a separate medium-sized pot, heat chicken broth, milk and smashed garlic, then mix in salt, pepper, chilli, eggs and yogurt.
- ❖ Mix in cooked pasta until coated with sauce mixture and mixture is reduced. Pour mixed pasta into an oiled baking pan and sprinkle with chopped parsley. Place in oven and bake for 25 minutes.





# Oven Baked **Bucatini** **Pasta**







## Ingredients

- 454 g** Arbella penne rigate
- 1 teaspoon (5 mL)** salt
- 2 tablespoons (30 mL)** olive oil
- 10** asparagus spears
- 1** clove garlic, minced
- 30 g** parmesan, grated



# Penne Rigate

## with Asparagus



Serves **4 - 6**

### Method

- ❖ Bring a large pot of salted water to a boil. Add penne rigate and cook for 8-10 minutes until pasta is al dente.
- ❖ In a skillet, bring approximately 1 inch of salted water to a boil, add asparagus and cook for 5-7 minutes until asparagus is tender. Cut asparagus into slices.
- ❖ In a saucepan, heat olive oil and sauté garlic and asparagus until garlic is cooked. Mix with pasta and garnish with parmesan.

# Ju Bake

Life is so much  
**sweeter**



when it's  
shared

list  
a



## Ingredients for cake & cupcakes

- 4 small cooked and peeled beetroots
- 1½ cups brown sugar
- 1 cup (250 mL) apple sauce
- 1 teaspoon (5 mL) vanilla essence
- 2 cups Pouyoukas rice flour
- 1 cup Pouyoukas potato flour
- 1 cup cocoa powder
- 2 teaspoons (10 mL) baking powder
- pinch of salt
- 1 cup (250 mL) milk
- 200 g dark chocolate, broken into pieces
- 20 g unsalted butter

Fresh cherries, to serve

# Wheat Free **Chocolate** and Beetroot **Cake**

## Chocolate **Cake**

### Method

Makes 1 large cake

- ❖ Place the beetroots in a food processor and blend to form a purée.
- ❖ Combine the puréed beetroot, brown sugar, apple sauce and vanilla extract in a medium bowl, mix well and set aside.
- ❖ In a large bowl, sift the rice and potato flour, cocoa powder, baking powder and salt together.
- ❖ Add the milk to the dry ingredients and mix well, followed by the beetroot mixture. Mix lightly until well combined.
- ❖ Pour the batter into a greased and lined 20 cm cake tin and bake in a preheated 180°C oven for 50-55 minutes, or until a skewer inserted in the centre comes out clean. Remove from the oven and cool in the tin completely before icing.
- ❖ Melt the chocolate with the butter in a heatproof bowl over a pot of boiling water (careful not to let the bottom of the bowl touch the water). When melted and glossy, pour over the cooled cake and garnish with fresh cherries.



# Chocolate and Beetroot 'Red Velvet' Cupcakes

## Cake Method, adjusted for cupcakes

- ❖ Spoon into cupcake cases and bake in a preheated 180°C oven for 20-25 minutes, or until a skewer inserted in the centre comes out clean.

Makes **12-16** cupcakes

## Cream Cheese Frosting

### Ingredients

- 230 g** cream cheese (room temperature)
- 125 g** butter (room temperature)
- 2 cups (500 g)** icing sugar
- 1 teaspoon (5 mL)** vanilla essence

### Method

- ❖ Cream together butter and cream cheese with a mixer until smooth.
- ❖ Mix in vanilla and gradually add icing sugar. Mix until smooth, creamy and fluffy.





## Method

- ❖ Preheat oven to 180°C and spray a 12 hole muffin tin with non-stick spray. Combine yogurt, apple sauce, mashed banana, honey and vanilla. In a separate bowl, combine all the remaining dry ingredients.
- ❖ Add the wet to dry ingredients and mix until smooth (do not over-mix as this will cause the muffins to be heavy).
- ❖ Spoon the mixture equally throughout the tin and sprinkle with extra oats and seeds. Bake for 25-30 minutes until well risen and golden and a skewer inserted into the centre comes out clean. Remove from oven and transfer to wire rack. Allow to cool.



Makes **12** muffins

# Breakfast **Muffins**

## Ingredients

- 200 g** nutty wheat flour
- 50 g** CLIC or Pouyoukas whole rolled oats  
plus extra for sprinkling
- 2** large eggs
- 150 mL** plain fat-free yogurt
- 100 g** applesauce or puréed pie apples
- 1** ripe banana mashed
- 5 tablespoons (75 mL)** honey
- 1 teaspoon (5 mL)** vanilla essence
- 1½ teaspoons (7.5 mL)** baking powder
- 1½ teaspoons (7.5 mL)** bicarbonate of soda
- 1½ teaspoons (7.5 mL)** cinnamon
- 2 tablespoons (30 mL)** Pouyoukas omega seed mix  
plus extra for sprinkling









## Ingredients

- 2 cups** plain flour
- 1 cup** Pouyoukas polenta
- 200 g** unsalted butter, softened
- 150 g** castor sugar
- 2** lemon zests, finely grated
- 4** egg yolks
- 1 tablespoon (15 mL)** Pouyoukas poppy seeds

Makes **12** biscuits

# Polenta, Lemon and Poppy Seed Biscuits

## Method

- ❖ Preheat oven to 200°C. Line two baking trays with baking paper.
- ❖ Beat butter, sugar and lemon zest until light and creamy. Add the egg yolks one at a time, beating well after each addition. Sift flour into a separate bowl and add a pinch of salt, polenta and poppy seeds.
- ❖ Add dry ingredients to wet and beat until combined.
- ❖ Knead lightly for 1-2 minutes and form dough into a ball. Wrap in plastic wrap and chill for 30 minutes or until firm.
- ❖ Roll out the dough on a floured surface until 5 mm thick and cut out circles using a 6 cm pastry cutter. Use a palette knife to gently lift biscuits and place on trays. Bake for 10-12 minutes or until lightly golden. Cool on wire racks.
- ❖ Biscuits can be stored in an airtight container for up to 1 week.

# Coconut and Lime Rice Pudding

## Ingredients

- 150 g Arbel or CLIC Jasmine rice
- ½ cup castor sugar
- 1 teaspoon (5 mL) vanilla extract
- 1 cinnamon stick
- 2 cups (500 mL) coconut milk
- 1 cup (250 mL) milk
- Juice and zest of 1 lime
- 4 tablespoons (60 mL) Pouyoukas toasted sesame seeds, to serve
- Coconut shavings, to serve
- Honey, to serve

Serves 4



## Method

- ❖ Rinse the rice under cold running water and place in a medium saucepan, along with the sugar, vanilla, cinnamon stick, coconut milk and milk.
- ❖ Bring to a boil, stirring and then reduce the heat to low and simmer for 20-25 minutes, stirring occasionally to prevent sticking.
- ❖ Remove the cinnamon stick and set aside to cool slightly.
- ❖ Serve the coconut rice pudding at room temperature, topped with toasted sesame seeds, coconut shavings and honey.



# White Chocolate and Raw Peanut Blondies

## Method

- ❖ Preheat the oven to 180°C. Brush a 16 cm x 26 cm slab pan with melted butter. Line with non-stick baking paper, allowing the sides to overhang.
- ❖ Place chocolate and butter in a large tempered bowl over a saucepan half-filled with simmering water (make sure the bowl doesn't touch the water). Use a metal spoon to stir until the chocolate melts and mixture is smooth. Set aside for 5 minutes to cool slightly.
- ❖ Whisk the eggs and vanilla essence. Stir the egg mixture into the chocolate mixture until well combined.
- ❖ Combine flour, raw peanuts and sugar in a large bowl. Add the chocolate mixture and stir until just combined. Pour into prepared pan. Bake for 1 hour or until skewer inserted into the centre comes out clean. Set aside for a few hours to cool and firm up.
- ❖ Drizzle with melted white chocolate before cutting.

## Ingredients

- 380 g** cake flour
- 200 g** Pouyoukas raw peanuts, coarsely chopped
- 310 g** castor sugar
- 300 g** white chocolate, coarsely chopped
- 200 g** butter, chopped
- 4** eggs
- 2 teaspoons (10 mL)** vanilla essence
- melted butter, to grease
- Melted white chocolate, to garnish





# Choc, Banana and **Swiss Roll** with

Makes **1** medium swiss roll

## Ingredients

### Batter

- 6** eggs
- 150 g** castor sugar
- 130 g** self-raising flour
- 30 g** cocoa powder
- 150 g** Pouyoukas sesame seeds
- 100 mL** honey

### Filling

- 1 cup (250 mL)** fresh cream, lightly whipped
- 2** sponge toffee (honeycomb) chocolate, crushed
- 2** medium bananas, sliced

Cocoa powder, to dust





# Sponge Toffee Honeyed **Sesame** Brittle

## Method

- ❖ Preheat oven to 180°C. Grease and line a large baking tray with baking paper.
- ❖ Place the eggs and sugar in the bowl of an electric mixer and beat for 5 minutes until thick and pale.
- ❖ Sift the flour and cocoa powder into the egg mixture and stir to combine. Pour into the pan and bake for 10 minutes, or until the cake springs back lightly when pressed.
- ❖ Turn out onto a damp tea towel and roll up while still warm. Set aside to cool.
- ❖ Combine the honey and sesame seeds in a small saucepan. Heat slowly over a low heat and pour onto a lined and greased baking tray to cool. Crack shards of the honeyed sesame seeds once cool and set aside. Gently unroll the sponge cake. Spread one side of the cake with cream, add the chocolate sponge toffee, bananas and honeyed sesame seeds.
- ❖ Gently roll the cake, transfer to a serving plate and dust with cocoa powder before serving.









## Ingredients

- 450 g** chilled fresh ricotta cheese
- 2** large eggs, lightly beaten
- 50 g** Pouyoukas potato flour
- 50 g** Pouyoukas rice flour
- 4 tablespoons (60 mL)** castor sugar
- 1** lemon zest
- Squeeze** fresh lemon juice
- 2 tablespoons (30 mL)** honey

Fresh lemon slices, to serve  
Lemon rind, to serve  
Honey, to serve

Makes **4** small ramekins

# Baked Ricotta Cheesecake

## Method

- ❖ Place the ricotta cheese in a large bowl and break up with a fork.
- ❖ Add the eggs, potato flour, rice flour, castor sugar, lemon zest, lemon juice and honey. Mix well until all ingredients are incorporated.
- ❖ Grease four small ramekins and divide the mixture between all four, filling each almost to the top. Place on a baking tray in a preheated 180°C oven for 20 minutes or until the cheesecake is set.
- ❖ Remove from the oven and cool to room temperature. Run a knife around the edges of each cheesecake and carefully turn out.
- ❖ Serve with fresh lemon slices, lemon rind and honey.

# Whole Roasted Plums with Sweet Oat Biscuits

Serves 4



## Roasted Plums

### Ingredients

4 whole large plums  
3 tablespoons (45 mL) honey  
a sprinkling of cinnamon

### Method

- ❖ Slice the tops of the plums with a criss-cross pattern. Place the plums in a medium baking dish, drizzle with honey and sprinkle with cinnamon.
- ❖ Bake in a preheated 180°C oven for 15-20 minutes, or until soft.
- ❖ Serve with the sweet oat biscuits and yogurt.





## Biscuit

### Ingredients

- 150 g** plain flour, sifted
- 100 g** CLIC or Pouyoukas whole rolled oats
- 160 g** brown sugar
- 1 teaspoon (5 mL)** ground cinnamon
- 2 tablespoons (30 mL)** boiling water
- 1 teaspoon (5 mL)** bicarbonate of soda
- 100 g** butter, chopped
- 1 tablespoon (15 mL)** maple syrup

### Method

- ❖ Preheat the oven to 180°C and line two baking trays with baking paper.
- ❖ Place the flour, oats, sugar and cinnamon in a large bowl and stir until well combined.
- ❖ Combine the water and bicarbonate of soda in a small bowl. Place the butter and maple syrup in a small saucepan over medium-high heat. Stir until the butter melts and add the bicarbonate of soda mixture. Add the butter mixture to the flour mixture and stir until well combined.
- ❖ Roll heaped teaspoonfuls of the mixture into balls. Place about 5 cm apart on the lined trays. Bake for 12 minutes or until golden. Set aside on the trays for 5 minutes to cool slightly before transferring to wire racks to cool completely.

Serve the oat biscuits with whole baked plums.









# Mixed Seed Baklava

## Ingredients

- 250 g** Pouyoukas mixed seeds
- 50 g** Pouyoukas sunflower seeds
- 2 tablespoons (30 mL)** brown sugar
- ½ teaspoon (2.5 mL)** ground cinnamon
- ½ teaspoon (2.5 mL)** ground cloves
- 1** lemon zest
- 4 sheets** filo pastry
- 150 g** butter, melted
- 1 cup (250 mL)** honey
- 1** lemon peel
- 4** whole cloves
- 1** cinnamon stick

Serves **4**

## Method

- ❖ In a small bowl, combine the mixed seeds, sunflower seeds, brown sugar, ground cinnamon, ground cloves and lemon zest. Mix well and set aside.
- ❖ Lay one sheet of filo pastry on a clean work surface and cover the remaining with a clean, damp tea towel. Cut the filo pastry lengthways and in half again.
- ❖ Brush each square with some butter, add some of the filling into the centre of each square. Tuck the sides of the pastry over the filling and gently roll up, sealing the edge with butter. Place seamside down onto a lined baking tray. Continue with the remaining pastry and filling.
- ❖ Brush the baklava with melted butter and scatter with any remaining filling or extra seeds.
- ❖ Bake in a preheated 180°C oven for 10-12 minutes or until golden.
- ❖ Place the honey, lemon peel, cloves and cinnamon stick in a small saucepan and heat slowly over a low heat.
- ❖ Remove baklava from the oven, place in a large baking dish and cover with warm honey.

# Cranberry and Pumpkin Seed Muesli

Serves 6 - 8

## Ingredients

- 5 cups** CLIC or Pouyoukas whole rolled oats
- ½ cup** Pouyoukas mixed seeds
- 200 g** Pouyoukas pumpkin seeds
- 1 cup** dried cranberries
- ½ cup** Pouyoukas raw peanuts, roughly chopped
- ½ cup (125 mL)** honey
- ½ cup (125 mL)** apple juice
- 1 teaspoon (5 mL)** ground cinnamon

Sliced nectarines or plums, to serve  
Greek yogurt, to serve  
Honey, to serve

## Method

- ❖ Preheat the oven to 160°C and line 2 baking trays with baking paper.
- ❖ Combine the oats, mixed seeds, pumpkin seeds, dried cranberries and raw peanuts in a large bowl.
- ❖ Place the honey and apple juice in a saucepan over low heat. Cook, stirring, until the honey has melted and stir into the oat mixture, along with the ground cinnamon.
- ❖ Divide the mixture between the 2 prepared trays. Bake for 25-30 minutes, stirring every 10 minutes or until just golden.
- ❖ Remove from the oven and cool completely on the trays before transferring to a large, airtight container.
- ❖ Serve the muesli with thick Greek yogurt, sliced nectarines or plums and some runny honey.





# Baked Berry Crumble Pots



## Ingredients

- 300 g** fresh or frozen blueberries
- 300 g** fresh strawberries, hulled and sliced
- 4 tablespoons (60 mL)** honey
- ½ cup** CLIC or Pouyoukas whole rolled oats
- 4 tablespoons (60 mL)** Pouyoukas sunflower seeds
- 1 tablespoon (15 mL)** brown sugar
- ½ teaspoon (2.5 mL)** ground cinnamon
- Greek yogurt, to serve

## Method

- ❖ In a bowl, combine the blueberries, strawberries and honey. Mix well and divide between four small ramekins.
- ❖ Place the ramekins on a baking tray and bake in a preheated 180°C oven for 5 minutes. Remove from the oven.
- ❖ Combine the whole rolled oats, sunflower seeds, brown sugar and ground cinnamon. Mix well and divide the mixture between the ramekins.
- ❖ Return to the oven to bake for a further 10-12 minutes or until bubbling and golden.
- ❖ Serve with thick Greek yogurt.

Makes **4** small crumble pots



## Ingredients

- 160 g** Pouyoukas potato flour
- 70 g** castor sugar
- 1 teaspoon (5 mL)** baking powder
- 4 tablespoons (60 mL)** milk
- 50 g** butter, melted
- 1** large egg, lightly whisked
- Icing, to decorate
- Sprinkles, to decorate
- Melted chocolate, to decorate

# Fauxnuts

These tasty bites have a biscuit consistency and the look of a doughnut, minus all of the fried fat

## Method

- ❖ In a bowl, combine the flour, sugar and baking powder. Make a well in the centre and stir in the milk, melted butter and beaten egg until well combined. Spoon into a sealable plastic bag and cut one corner to make a hole. Pipe 12 rounds onto a lined baking tray, leaving a gap between each fauxnut.
- ❖ Bake in a preheated 180°C oven for 20-25 minutes, until cooked and slightly golden.
- ❖ Remove from the oven and cool completely before decorating with icing, melted chocolate and sprinkles.











**Sem**





# Italian Style Semolina Cake

## Ingredients

- 1 cup Arbella semolina
- 2 cups (200 g) ricotta cheese
- 6 eggs
- 1 cup sugar
- 2 cups (500 mL) milk
- 1 teaspoon (5 mL) vanilla
- Juice of 1 lemon
- 100 g seasonal fruit

## Method

- ❖ Preheat oven to 175°C. In a pot, warm 1 cup milk and add semolina when milk is about to boil. Cook until semolina absorbs milk. Remove from heat and set aside.
- ❖ In a separate bowl, whisk the rest of the milk, eggs, vanilla, sugar and lemon until smooth. Add cheese and continue to whisk until well-mixed. Mix in semolina and pour into an oiled 20 cm round cake tin.
- ❖ Place in oven and bake for 45 minutes to an hour (a knife inserted should come out clean). Remove from oven, cover with aluminium foil and place in refrigerator overnight.
- ❖ Garnish with seasonal fruit and serve cool.





# Conversion Table

Volume equivalents	
¼ teaspoon	1.25 mL
½ teaspoon	2.5 mL
1 teaspoon	5 mL
1 ½ teaspoons	7.5 mL
2 teaspoons	10 mL
3 teaspoons	15 mL
1 tablespoon	15 mL
2 tablespoons	30 mL
3 tablespoons	45 mL
4 tablespoons	60 mL
4 tablespoons	¼ cup

¼ cup	60 mL
1/3 cup	80 mL
½ cup	125 mL
2/3 cup	160 mL
¾ cup	175 mL
1 cup	250 mL
1 ½ cups	375 mL
2 cups	500 mL
3 cups	750 mL
4 cups	1 litre
6 cups	1.5 litres
8 cups	2 litres

Weights	
30 g	1 oz
60 g	2 oz
90 g	3 oz
125 g	4 oz
155 g	5 oz
180 g	6 oz
200 g	7 oz
250 g	9 oz
300 g	10 oz
310 g	11 oz
375 g	13 oz
450 g	16 oz (1 lb)
500 g	18 oz
750 g	1 ½ lbs
1 Kg	2.2 lbs

Oven Temperature Equivalents	
Degree Celcius	Degree Fahrenheit
100	200
120	250
140	275
160	320
180	350
200	400
220	425
240	450
260	500
280	550

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# Notes

[illegible]



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