

Borlotti Bean Soup

Serves: 4

Preparation time: 15 minutes

Cooking time: 75 minutes

Ingredients

- 500g borlotti beans
- 1 carrot, chopped
- 1 celery, chopped
- 1 onion, chopped
- 1 tsp olive oil
- ¼ cup tomato puree
- 1 sprig rosemary, finely chopped
- 3 cloves garlic, crushed
- 1 cup small pasta
- Parmesan cheese for serving

Equipment needed

- Large mixing bowl
- Peeler
- Measuring cups and spoons
- Mixing spoon
- Chopping boards
- Chopping knives
- Large saucepan
- Stove
- Oven
- Food processor or stick blender
- Jug

Handy tip

Borlotti beans are popular in Italian and Portuguese cuisines.

You know when Borlotti Beans are cooked when they lose some of their bright red markings and turn a light brown colour.

Method

1. Soak borlotti beans in water overnight.
2. Rinse beans under cold water.
3. Place beans in a saucepan and cover with cold water. Bring to the boil and let simmer for 45 minutes or until cooked.
4. Drain cooking liquid into a jug and transfer beans to a bowl.
5. In the saucepan, sauté carrots, celery and onion in oil until cooked.
6. Add tomato puree and cook for 2 minutes. Add rosemary and garlic.
7. Pour in the bean liquid and bring to the boil.
8. Add half of the beans.
9. Puree the soup until thick in food processor or stick blender.
10. Place pureed soup back into the saucepan and bring to the boil. Add the pasta and the other half of the beans.
11. Continue simmering for 15 minutes until pasta is cooked.
12. Serve with Parmesan cheese.

	Per serve	Per 100g
Energy	1607.0kJ	611.1kJ
Fat	6.7g	2.5g
- Saturated fat	2.3g	0.9g
Carbohydrate	61.6g	23.4g
- Sugars	5.5g	2.1g
Fibre	7.7g	2.9g
Sodium	188.9mg	71.8mg

Brown Lentil and Vegetable Soup

Serves: 8

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients

- 2 tbsp olive oil
- 4 carrots, peeled, diced
- 4 zucchini, diced
- 4 sticks celery, diced
- 2 brown onions, finely chopped
- 2 x 400g can diced tomatoes
- 4 cubes vegetable stock mixed with 4 cups water (1 cube per cup)
- 2 x 400g can brown lentils, rinsed, drained
- 1 cup flat-leaf parsley leaves, chopped
- 1 lemon, quartered
- 4 crusty wholegrain rolls to serve

Handy tip

Each serve of this soup provides two serves of vegetables – a great way to help reach your recommended five serves of vegetables a day.

Equipment needed

- Peeler
- Measuring cups and spoons
- Mixing spoons
- Chopping boards
- Chopping knives
- Large saucepan
- Ladle
- Stove

Method

1. Heat oil in a saucepan over a medium-high heat. Add carrots, zucchini, celery and onion. Cook, stirring occasionally, for 10 minutes or until vegetables begin to soften.
2. Add tomatoes and stock to saucepan. Cover and bring to boil. Reduce heat to medium-low. Simmer, partially covered, for 15 minutes or until vegetables are soft.
3. Add lentils to soup. Cook for 5 minutes or until heated through. Ladle soup into bowls. Sprinkle with parsley and a squeeze of lemon juice. Season with freshly-ground black pepper.
4. Serve with bread rolls and lemon quarters.

	Per serve	Per 100g
Energy	1000.9kJ	177.3kJ
Fat	6.5g	1.1g
- Saturated fat	0.8g	0.1g
Carbohydrate	29.0g	5.1g
- Sugars	10.0g	1.7g
Fibre	9.4g	1.6g
Sodium	913.7mg	161.9mg

Congee Chicken Balls

Serves: 6

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients

- 10 black peppercorns
- 4 garlic cloves
- 2 bunches of coriander including the roots
- ½ tsp white pepper
- 2-3 tbsp salt-reduced soy sauce
- 300g chicken mince
- 1L (4 cups) of water
- ½ tsp salt
- 1 tbsp chicken stock
- 3.5cm ginger (thinly sliced)
- 3 shallots (keep 1cm for garnish)
- 2 cups cooked rice (moist and watery) to serve



Equipment needed

- Chopping board
- Knife
- Measuring cups and spoons
- Mortar and pestle
- Large mixing bowl
- Large saucepan x 2

Interesting fact

Congee is a popular Asian breakfast or late supper dish.

Method

1. Using a mortar and pestle, crush the black peppercorns, 2 garlic cloves and coriander roots.
2. In a mixing bowl, add 2 cloves of chopped garlic, white pepper and 2 tablespoons soy sauce to the chicken mince and mix well. Using your hands, form rough balls with the mixture.
3. Place water into a saucepan and bring to the boil. Add salt and mixture from the mortar and pestle, wait until herbs become fragrant.
4. Add chicken mince balls. They are cooked when they float to the top.
5. Add chicken stock and soy sauce to taste.
6. Turn off stove. Add ginger and shallots.
7. Serve broth and chicken balls on top of cooked rice. Top with extra ginger, shallots, coriander leaves and dried garlic if desired.

	Per serve	Per 100g
Energy	1415.5kJ	453.1kJ
Fat	4.5g	1.5g
- Saturated fat	1.3g	0.4g
Carbohydrate	56.6g	18.1g
- Sugars	2.6g	0.7g
Fibre	2.0g	0.6g
Sodium	774.7mg	247.9mg

Lard Nar Noodle Soup

(Thai style noodle in gravy)

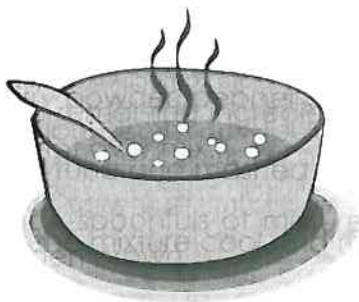
Serves: 4

Preparation time: 15-20 minutes

Cooking time: 15 minutes

Ingredients

- 1 packet dry egg noodles or thick rice noodles
- 300g chicken thigh or breast, cut across the grain into thin slices
- 1 egg
- 2 tbsp olive oil
- 3 cloves of garlic, finely chopped
- 2 tbsp salt-reduced soy sauce
- 1 cup carrot, chopped
- 1 pack of baby corn
- ½ cup cauliflower, chopped
- ½ cup broccoli, chopped
- 1 bunch Chinese broccoli, chopped
- 1 tbsp chicken stock
- 1 packet enoki mushrooms
- 2 tbsp corn flour
- 1 litre boiling water
- White pepper to taste



Equipment needed

- Medium mixing bowl
- Chopping board x 2
- Chopping knives
- Electric jug or saucepan
- Forks x 2
- Wok
- Measuring cups and spoons

Method

1. Prepare noodles by following packet instructions.
2. Mix egg with chicken in a mixing bowl.
3. Heat oil in a wok, add garlic and stir-fry until fragrant.
4. Add the chicken and once cooked, add 1 tablespoon soy sauce. Then add the carrot, baby corn, cauliflower and chopped broccoli and cook until soft.
5. Add Chinese broccoli (not leaves). Add boiling water so that all vegetables are covered. Keep stirring.
6. Once boiling, add chicken stock and soy sauce to taste. Add enoki mushrooms and Chinese broccoli leaves.
7. Dissolve cornflour in a small amount of water. Stir into wok and bring to the boil.
8. Serve soup on top of noodles and sprinkle with white pepper to taste, if desired.

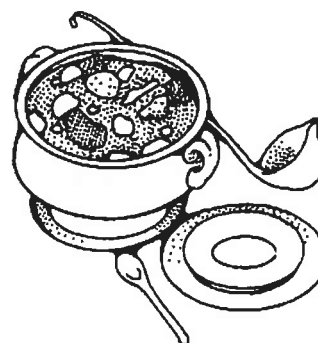
	Per serve	Per 100g
Energy	2100.8kJ	381.3kJ
Fat	17.4g	3.1g
- Saturated fat	3.6g	0.6g
Carbohydrate	54.9g	9.9g
- Sugars	2.9g	0.5g
Fibre	5.9g	1.0g
Sodium	720.5mg	130.7mg

Sweet Potato Soup

Serves: 4

Preparation time: 15 minutes

Cooking time: 30 minutes



Ingredients

- 1 tbsp olive oil
- 2 leeks, halved, sliced
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- 1 long red chilli, deseeded, chopped (optional)
- 800g orange sweet potato, peeled, cubed
- 600g carrots, chopped
- 5 vegetable stock cubes mixed with 5 cups of water (1 cube per cup)
- ⅓ cup coriander leaves, chopped
- ⅓ cup light thickened cream (optional)
- Sourdough bread, to serve

Handy tip

The sweet potato can be replaced with 800g butternut pumpkin.

Equipment needed

- Peeler
- Measuring cups and spoons
- Mixing spoon
- Chopping boards
- Chopping knives
- Large heavy-based saucepan
- Stove
- Food processor or stick blender

Method

1. Heat oil in a saucepan over a medium-high heat. Add leek and cook, stirring for 2-3 minutes or until soft.
2. Add cumin, cinnamon and chilli (if desired). Cook, stirring, for 30 seconds or until aromatic.
3. Add sweet potato and carrot. Stir to coat in leek mixture. Add stock, cover saucepan and bring to the boil. Reduce heat to medium-low and simmer for 20 minutes or until vegetables are tender. Remove pan from the heat.
4. Blend or process soup in batches until smooth. Return to pan and place over a low heat until warmed through. Season with salt and pepper. Stir in coriander. Spoon into bowls and drizzle with cream if desired. Serve with crusty sourdough bread.

	Per serve	Per 100g
Energy	1454.6kJ	195.1kJ
Fat	13.4g	1.8g
- Saturated fat	5.9g	0.8g
Carbohydrate	44.6g	5.9g
- Sugars	22.1g	2.9g
Fibre	9.7g	1.3g
Sodium	1133.3mg	152.0mg

Thai Sweet Potato and Pumpkin Soup

Serves: 4

Preparation time: 15 minutes

Cooking time: 30 minutes



Ingredients

- ½ pumpkin, diced
- 1 medium sweet potato, diced
- 1 carrot, diced
- 2 potatoes, diced
- 1 onion, finely diced
- 4 chicken stock cubes mixed with 4 cups water
- 270mL light coconut milk
- 1 tsp Thai red curry paste
- Parsley, finely chopped

Equipment needed

- Peeler
- Measuring cups and spoons
- Mixing spoons
- Chopping boards
- Chopping knives
- Large saucepan
- Stove
- Food processor or stick blender

Method

1. Place pumpkin, sweet potato, carrot, potatoes and onion in a saucepan with chicken stock.
2. Boil until vegetables are tender and simmer for 10 minutes.
3. Puree the soup using a food processor or stick blender.
4. Place pureed soup back into saucepan. Add light coconut milk and simmer for 5 minutes.
5. Add Thai red curry paste and simmer for another 10 minutes.
6. Sprinkle parsley on soup to garnish.

	Per serve	Per 100g
Energy	1024.9kJ	171.6kJ
Fat	10.4g	1.7g
- Saturated fat	8.6g	1.4g
Carbohydrate	28.3g	4.7g
- Sugars	11.5g	1.9g
Fibre	4.5g	0.8g
Sodium	851.8mg	142.7mg