

## Easy Garlic and Basil Spaghetti

Serves 4, Takes 10 minutes

### Ingredients

- Fresh Basil sprigs
- Jensens Organic Garlic and Basil Pasta Sauce
- Spaghetti

### Method

1. Heat Jensens Organic Garlic and Basil Sauce until boiling.
2. Cook Spaghetti according to packet directions then top with the hot pasta sauce and garnish with sprigs of basil.

Alternative options – add cooked mince, zucchini, mushrooms, spicy sausage pieces, cooked chicken or capsicums

E: [jcf@jensens.com.au](mailto:jcf@jensens.com.au); W: [www.jensens.com.au](http://www.jensens.com.au)



## Original Pancake Mix

Made from a blend of high quality organic cake flours, organic sugar and natural vanilla, this pancake mix provides a quick, mess free solution for a healthy snack. With no added preservatives or anti caking agents, plus the purity of organic ingredients, the Kialla Pancake will be a popular choice for both mothers and children.



Simply add organic milk, shake and pour on a hot griddle and a moist, soft textured fluffy pancake is created. Topped with your choice of organic maple syrup or jam and a delicious breakfast or snack is created. Add additional milk for an irresistible sweet crepe base for that perfect dessert.



Or try Buckwheat Pancake Mix – Experience the nutty taste of buckwheat with the addition of maize flour adding a softness to the texture of the pancakes. What's more, the absence of glutenous flours enables this product to be enjoyed by those who are gluten intolerant.

P: +61 7 4697 0300;  
E: [reception@kiallafoods.com.au](mailto:reception@kiallafoods.com.au);  
W: [www.kiallafoods.com.au](http://www.kiallafoods.com.au)



## Quick & Healthy Organic Banana Smoothie

### Ingredients

- 200ml Organic milk or milk substitute (Soy, Rice etc.)
- One extra ripe banana
- One tbsp Melrose Organic Golden Flaxmeal
- **Optional:** Sweeten with Organic Honey or Maple syrup to taste

### Method

In a blender or milkshake maker, combine all ingredients and mix on high speed until light and frothy.

For a refreshing variation, substitute half the banana with fresh strawberries or other seasonal fruit.

**Hint:** For an ice cool smoothie, peel the ripe bananas beforehand and place in an airtight container in the freezer.

W: [www.melrosehealth.com.au](http://www.melrosehealth.com.au)  
P: 1800 632 254



## Satay Tempeh

### Ingredients

- 300g tempeh, cut in cubes about 1 inch
- Four red chillies
- Two onions
- Two garlic cloves
- One tsp galangal powder or about 1cm fresh galangal
- One stalk of lemon grass
- Two kaffir lime leaves
- One tbsp sugar
- One tsp salt
- 200ml of coconut cream
- Skewers



### Method

Discard the seeds of the red chillies. Remove the outer skin of the lemon grass. Blend the onions, garlic, red chillies, lemongrass, galangal and kaffir leaves. Place the coconut milk in a saucepan and add the above blended spices. Bring to the boil and add the tempeh cubes, salt and sugar. Continue to boil at medium heat until nearly dry. Skewer the tempeh and BBQ.

W: [www.primasoy.com.au](http://www.primasoy.com.au); P: (03)9558 4288;  
E: [info@primasoy.com.au](mailto:info@primasoy.com.au)

## Marinated Pan Fried Tofu

### Ingredients

- 350g Nutrisoy Organic Tofu, sliced 1cm thick
- 1/2 cup Shoyu (Soy Sauce)
- 1/2 cup water
- A little spice (optional) e.g. ginger, garlic, cumin, coriander, basil or chilli.
- Safflower or sesame oil for frying



### Method

Place sliced tofu in flat dish. Mix soy sauce, water and spice. Pour over tofu. Turn occasionally. Marinate at least 30 minutes (up to 24 hours) in fridge. Heat oil in pan and fry tofu till browned on both sides. Serve with salad.

Try using pan fried tofu with pressed salad and mayonnaise for a delicious luncheon sandwich.



**P:** +61 2 9316 5171; **E:** [info@nutrisoy.com.au](mailto:info@nutrisoy.com.au);

**W:** [www.nutrisoy.com.au](http://www.nutrisoy.com.au)

## Power Super Foods

### Ingredients

- Hot Cocoa – Antioxidant with Low GI sweetener
- 1 heaped Tbsp Organic Raw Cacao Powder\* (sifted is best)
- 1 level Tbsp Organic Coconut Palm Sugar\*
- 1.5 cups milk (or milk substitute)



\* Power Super Foods ingredient

### Method

Combine all in small pot, stirring regularly on low heat until warmed. Top with whipped cream and sprinkles for true decadence - enjoy!

**W:** [www.powersuperfoods.com](http://www.powersuperfoods.com); **P:** (02) 6672 7799



## Chicken Rissoto

Serves 4 as main meal or 8 as entrée

### Ingredients

- 2 leeks
- 500ml white wine
- 1 shallot
- 500ml vegetable stock
- 2 garlic cloves
- 300g risotto rice
- 2 tblsp butter
- 150g Swiss Style Quark
- 500g of chicken fillets
- 100g grated parmesan
- salt



### Method

Cut the leek finely. Finely chop the shallot and the garlic cloves. Briefly sauté in some butter. Remove from pan. Fry the chicken in the remaining butter in the pan, add the wine, add vegetables again and bring to boil. Add the rice and let simmer for 20 minutes while continually adding stock and stirring. Remove the pan from the heat. Add the quark and the cheese and stir well. Taste. Serve immediately.



**W:** [www.bdfarmpariscreek.com.au](http://www.bdfarmpariscreek.com.au);

**P:** 08 8388 3339; **E:** [info@bdfarmpariscreek.com.au](mailto:info@bdfarmpariscreek.com.au)

## Quick & Easy Thai Green Chicken and Sweet Basil Curry

### Ingredients

- 1 Jar OZGANICS Green Curry Sauce
- 250gm diced organic chicken
- 1 cup of diced organic eggplant, yellow squash, zucchini
- 7 whole organic sugar snap peas
- Handful fresh torn organic Thai basil
- Sliced organic red chilli
- Cooked organic Jasmine rice for 2



### Method

Pour OZGANICS Green Thai Curry Sauce in to saucepan & bring to simmer. Add diced chicken, simmer for 5 minutes, add cup of diced vegetables. Simmer curry until chicken is cooked through and tender.

Add sugar snaps peas into curry mix, heat for a further few minutes. Add basil and mix through. Decorate with sliced chilli. Serve with freshly cooked Jasmine rice and garnish with fresh basil leaves.

Serves 2.

**W:** [www.ozganics.com.au](http://www.ozganics.com.au);  
**P** (02) 6672 5882

