



Bi-Lo Cool Winter Winning Recipes

Easiest Ever Minestrone

Serves: 4

Ingredients:

2 litres stock
1 litre water
1/3 cup tomato paste
1/2 packet of pasta noodles of choice
1 packet frozen mixed vegetables
1/2 cup frozen chopped onions
1 small can (220 g) red kidney beans
1 tbsp oil
1 clove garlic, crushed
1 tbsp Italian herbs
Seasonings to taste
4 tbsp Parmesan cheese

Method:

1. Heat oil in a large saucepan
2. Sauté onions and garlic until soft, add herb mixture
3. Add stock, water and tomato paste, bring to rapid boil
4. Add pasta and cook for 15 minutes
5. Add frozen vegetables and beans and cook for a further 15 minutes
6. Place in serving bowls and top with parmesan cheese
7. Serve with crusty bread

Cheesy Tuna Crumble

Serves: 3-4

Ingredients:

40 grams of butter
1 cup frozen chopped onion
2tbsp cornflour
450 ml milk
150g cheddar cheese, grated
1 tsp Traditional Dijon mustard
175grams frozen broccoli
100grams frozen mixed vegetables
200gram can Tuna Chunks, drained
Salt & freshly ground pepper
50 grams plain flour

Method:

1. Melt 15g butter in a saucepan and lightly fry the onion until softened.
2. Mix the cornflour with a little milk until it's a smooth paste then add remainder of the milk to onions.
3. Stir in just over half the cheese, and all the mustard, vegetables, tuna and seasoning. Divide mixture between two large and two small individual ovenproof dishes.
4. Put flour into a dish, cut remaining butter into pieces and, rub into flour until it

resembles fine breadcrumbs. Stir in remaining cheese and seasoning.

5. Sprinkle mixture over tuna. At this stage, the dish can be chilled until ready to cook. Bake at 200 degrees Celsius for 25-30 minutes until golden brown.

Chicken & Vegetable Curry

Serves: 4

Ingredients:

2 tablespoons oil
4 frozen chicken fillets
1 cup frozen chopped onion
500g pkt frozen carrots, cauliflower and broccoli
2-3 teaspoons curry powder
300g chick peas, drained
1 cup coconut milk
400g can tomato pieces
2 cups (100g) torn spinach
Salt & pepper to taste
Lime or lemon juice to taste

Method:

- 1.** Prepare the chicken according to the manufacturer's directions.
- 2.** Lightly sauté the onion and vegetables, cook for 4-5 minutes or until the onion has softened.
- 3.** Stir in the curry powder and cook for a further 1-2 minutes stirring continuously.
- 4.** Add chick peas, tomato pieces and coconut milk. Simmer for 15-20 minutes or until the vegetables are tender, stirring occasionally.

Return chicken to pan and stir in spinach leaves.

5. Season to taste with salt and pepper and juice as desired. Serve with cooked rice.

Blackberry & Apple Delight

Serves: 6-8

Ingredients:

4 sheets of frozen puff pastry, thawed
a little egg white, optional
3-4 Granny Smith apples, peeled and cored
1 x 300g pack frozen blackberries
2 tablespoons brown sugar or to taste
1 tsp ground mixed spice
1 cup finely chopped walnuts or pecans, optional
vanilla ice-cream

Method:

- 1.** Preheat oven at 200 degrees C for 10 minutes. Use 2 sheets pastry to line base and sides of a 20cm x 30cm lamington pan and brush with egg white.
- 2.** Thinly slice apples, combine with remaining ingredients and spoon into pan.
- 3.** Top with remaining pastry, sealing and decorating edges. Make 2-3 slits on top. Brush with egg white or milk. Sprinkle with caster sugar if desired.
- 4.** Bake for 40 minutes or until cooked.