# RECIPE INDEX

KEY: EASY · FREEZABLE · KID FRIENDLY · VEGETARIAN · LOW FAT · DIABETES FRIENDLY · GLUTEN FREE · SUPER HEALTHY


## Starters
Mushroom tortellini in broth 68

## Vegetarian
Asparagus, broccoli & cheese pasta 101
Chargrilled vegetable pizza with feta 36
Couscous salad with chickpeas & capsicum 40
Creamy gnocchi with blue cheese & spinach* 73
Fettuccine with mixed mushroom sauce 29
Gnocchi with tomato & vegetable sauce 39
Lentil & vegetable burger with mango chutney 36
Pasta with chickpea & vegetable sauce 39
Pumpkin, leek, spinach & basil quiche 48
Tofu & vegetable stir-fry with black bean sauce 35
Vegetable gnocchi bake with salad 39

## Seafood
Couscous salad with avocado & prawns 39
Crumbed fish with spicy tomato salsa* 11
Low-fat salmon laksa 18
Pasta salad with salmon & balsamic dressing 40
Prawn, zucchini, feta & hummus pizza 36
Salmon with Continental Sour Cream & Herb Mash* 41
Spaghettini with smoked salmon & rocket* 94
Tandoori fish with basmati rice & naan 36

## Meat
Bacon & mustard frittata with tomato 6
Beef & black bean noodle stir-fry 34
Beef wrapped in prosciutto with fig glaze 68
Bibimbap 104
Honey-glazed pork with caramelised apples* 114
Honey-soy beef with sweet potato & Asian greens 47
Lamb, coriander & sweet chilli pizza 36
Lamb, spinach & feta pide 44
Lamb, sweet potato & spinach salad* 94
Leek, mushroom & bacon risotto 99
Mandu with chojang 104
Pizza with bocconcini, prosciutto & rocket 28
Pork kebabs with apple salsa & pistachio couscous 8
Roast lamb with Continental Tomato & Basil Couscous* 41
Spaghetti bolognaise with pancetta 39
Sweet & sour pork noodle stir-fry 35
Tandoori lamb focaccia with minted yoghurt 36
Veal & zucchini involtini with polenta 20
Veal saltimbocca 30
Veal with tomato, caper & olive salad* 94

## Chicken & turkey
Chicken & vegetable noodle salad 40
Chicken, broccoli & roasted capsicum pizza 46
Chicken cacciatore 30
Chicken, pumpkin & pine nut pizza 36
Chicken with craisin & pistachio pilaf* 118
Honey & soy chicken noodle stir-fry 35
Roast chicken with garlic cloves 16
Satay chicken wraps with Asian salad* 117
Shredded chicken & noodle salad* 94
Tandoori chicken burger with mango chutney 35
Tikka chicken & bean curry with pappadums 100

## Light meals
Baked mini spring rolls 58
Chicken waldorf sandwich triangles 76
Cream cheese fondue* 116
Cucumber & cheese boats 56
Funny face pizzas 56
Salmon & watercress finger sandwiches 76
Spiced chicken with herb cream 64
Turkish lamb, feta & spinach melts 63

## Sides
Baked beetroot & red wine risotto 68
Brussels sprouts gratin 17
Maple syrup roasted pumpkin & apples 71
Oven-baked chips with chilli & thyme 64
Wilted garlic greens 69

## Sweet things
Carrot & almond muffins 19
Cheesecake parfaits 54
Chocolate figs & toffee figs 110
Chocolate meringue kisses* 115
Chocolate pear tarts with toffee nests 72
Coffee tiramisu cups 53
Creamy rice & nuts 56
Crème caramels 92
Goats cheese cheesecake with warm figs 21
Honeycomb ice-cream muffins 53
Honey-spiced oranges 54
Lemon meringue pie 90
Mini chocolate puddings 100
Mini ricotta & pine nut cheesecakes 65
Passionfruit & coconut cake 80
Pikelets with caramel bananas 54
Raspberry & white chocolate eclairs 78
Scones with blueberry compote 78
Sticky date pudding with caramel sauce 91

## Drinks
Black Russian 13
Harvey wallbanger 63
Rosemary & orange tisane 79


## What's super healthy

**To qualify for the super-healthy tag, a complete meal must be low in fat (less than 10g per serve); saturated fat (less than 4g per serve); sodium (less than 500mg per serve); and kilojoules (less than 1600kJ per serve).**

*** Promotional recipes written by *Good Taste* contributors.**

## NOTES

Here's where to make a note of recipes you'd like to try, or jot down ingredients for your Woolworths shopping list.

WOOLWORTHS AUSTRALIAN good taste