

NOTES

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

Blank lined area for notes, with a pencil illustration on the left side.



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).

RECIPE INDEX

KEY ● EASY ● FREEZABLE ● KID FRIENDLY ● VEGETARIAN ● LOW FAT ● DIABETES FRIENDLY ● LOW GI ● GLUTEN FREE ● SUPER HEALTHY

Starters

- Haloumi, zucchini & grape-tomato skewers with basil oil 76
- Oysters with champagne sauce 70
- Sweet chilli tuna skewers 63
- Thai lychee & crab salad 116

Vegetarian

- Fettuccine with roasted vegetables 40
- Golden potato salad with rocket, oregano & capers 41
- Honey & feta figs 20
- Pumpkin & spinach salad with pepitas 41
- Ricotta & spinach cannelloni 56
- Roasted pumpkin, baby spinach & ricotta pizza 45
- Roasted zucchini & tomato agnolotti 40
- Sweet potato stacks with rocket & cucumber salad 41
- Thyme & balsamic baked mushrooms 16
- Zucchini & corn pancakes with roasted tomatoes & dill cream 17

Seafood

- Barbecued fish with pineapple & mint salsa 31
- Caldeirada de peixe (Portuguese fish stew) 102
- Garlic spiced fish with rice 39
- Salmon & noodle salad 112
- Smoked tuna & golden potato salad 41
- Spiced calamari with minted couscous 39
- Spiced fish with couscous 39

Meat

- Balsamic beef with green beans & mash 32
- Beef tortellini with salami & roasted tomatoes 40
- Cajun chicken skewers with corn salsa 36
- Lamb & roasted capsicum burgers 29
- Lamb with lentil & raisin salad 39
- Lamb with salsa verde 77
- Lemon pepper beef with coriander salsa 36
- Pork with sweet potato mash & mango salsa 44
- Pork, red apple & radicchio salad 39
- Souvlaki beef skewers with capsicum salsa 36
- Spiced chickpeas with lemon & garlic marinated lamb 46
- Tamarind & ginger glazed pork 63
- Tomato, lime & beef salad with cellophane noodles 18
- Tortellini with bacon & roasted tomatoes 40
- Yoghurt souvlaki skewers with salsa 36

Chicken & duck

- Chargrilled chicken with risoni salad & avocado 19
- Chicken & mango salad with walnuts 29
- Chicken & pear salad with tarragon dressing 39
- Chicken, kaffir lime & lemon-grass salad 44
- Cumin chicken with peach chutney 78
- Orange-spiced chicken with couscous 39
- Piri-piri chicken 102
- Poached chicken & asparagus spaghetti 111
- Roast duck with red wine poached pears 71
- Smoked chicken & pear salad 39
- Spaghetti with chicken & semi-dried tomato pesto 8

Sides

- Cucumber salad with coconut-milk dressing 63
- Fresh coleslaw 79
- Individual creamy potato gratins 72
- Pasta primavera salad 79
- Potatoes with saffron aioli 76
- Radicchio & pecorino salad with hazelnuts 70
- Sweet potato & pineapple salad 61

Light meals

- Chicken, carrot & instant noodle salad 52
- Ham & cheese pasta salad 53
- Poached eggs with spinach & bacon 112
- Tuna & tabouli burrito wraps 52
- Veggie meatball sandwiches 53

Sweet things

- Baked caramel cheesecake 80
- Coffee meringue kisses 72
- Dark chocolate pots 47
- Grilled nectarines with raspberry sorbet 48
- Hokey-pokey ice-cream cones 47
- Lime & raspberry slice 90
- Ice-cream sandwich with strawberry daiquiri sauce 88
- Passionfruit & vanilla custard slice 89
- Frangipane fruit slice 88
- Lychees in vanilla bean & kaffir lime syrup 64
- Maple-syrup roast peaches with coconut crumble 21
- Muesli slice 10
- Passionfruit & white chocolate mousse with shortbread hearts 73
- Pear galettes 48
- Strawberry & vanilla custard slice 48
- Vanilla & cinnamon poached peaches 111

Drinks

- Guava & lime cocktail 64
- Mango, chilli & lime margarita 12
- Rose-petal champagne 70