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 good taste AUSTRALIAN

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

- Eggplant dip with za'atar flatbread 75
- Cucumber cups with salmon tartare 70

Vegetarian

- Lemon fettuccine with poached eggs & tomato 40
- Lemon spaghettini with poached eggs & rocket 40
- Spinach, basil & lemon pasta 40
- Sweet potato & chickpea patties with corn salsa 62
- Vegetable & tofu skewers 48

Seafood

- Char kway teow 103
- Honeydew & prawn salad with brown-sugar dressing 20
- Herb-crusted fish in lettuce cups with aïoli 12
- Japanese-style prawns in lettuce leaves 69
- Lemon & tuna pilaf 64
- Marinated Moroccan fish 40
- Moroccan fish cakes with sweet chilli sauce 40
- Moroccan fish rolls in tomato sauce 40
- Moroccan pan-fried fish 40
- Prawn caesar salad 98
- Seafood laksa 103
- Seared snapper with spinach, white bean & chilli salad 46

Meat

- Barbecued beef, capsicum & asparagus with hummus 42
- Barbecued steak with lime & garlic bean puree 42
- Creamy bacon & lemon spaghettini 40
- Green pea salsa with garlic lamb skewers 23
- Lamb & butterbean salad 62
- Lamb & green bean salad with pesto dressing 97
- Lemon & green bean lamb salad 38
- Pork & spinach salad with creamy dressing 38
- Pork primavera salad 38
- Pork ravioli with creamy tomato & lemon thyme 43
- Pork, pumpkin & asparagus stir-fry 47
- Prosciutto & mushroom spaghetti bolognaise 34
- Roast beef and rice noodle salad 71
- Spiced beef with asparagus & chutney 76
- Steak with sweet bean puree & mixed pea salad 42
- Thai-style beef noodle salad 33
- Tortellini salad with crispy prosciutto & spinach 99
- Veal parcels with tomato & rosemary 43
- Vegetable & ham slice 114
- Vegetable couscous with spiced lamb 34

Chicken

- Celery, apple & chicken salad 21
- Chargrilled chicken skewers with bean puree 42
- Chicken & corn crepes 33
- Chicken & rocket primavera salad 38
- Chicken ravioli with creamy tomato sauce 43
- Indian chicken with raita 47
- Pine nut & chicken ravioli with tomato sauce 43
- Red chicken & vegetable curry with noodles 63

Sides

- Almond & pistachio dukkah couscous 77
- Asian-style slaw with soy & chilli dressing 97
- Broad bean, pear & parmesan salad 85
- Nectarine, cucumber & almond salad 22
- Paprika tomato & onion salad 76

Light meals

- Garlic prawn baguettes 83
- Leek, goat's cheese & olive free-form tarts 84
- Pappadum stacks 49
- Pea, tomato & mint frittata 84
- Tuna with corn salsa 49
- Watercress, quke & smoked salmon salad 109

Sweet things

- Anzac tart with macadamia praline & cinnamon syrup 91
- Berry jellies 53
- Caramel & macadamia ice-cream sandwiches 10
- Cherry & ricotta strudel rolls 53
- Coffee lamington cake 92
- Fruity traffic lights 49
- Lemon & honey baked ricotta 86
- Lemon tarts 52
- Lychee, passionfruit & coconut ice-cream parfait 25
- Mango & lime sorbet 52
- Nectarine & almond layered pavlova 90
- Papaya & pineapple in tropical syrup 53
- Passionfruit curd sponge roll 90
- Peach & pistachio kulfi 78
- Raspberry & custard cream mille-feuille 24
- Tropical coconut tarts 72
- True-blue pavlovas 58

Drinks

- Baileys mocha frappe 16
- Orange rosé 75
- Passionfruit cordial 83
- Sparkling mango cocktails 70