RECIPE INDEX

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

Starters

- Apple & blue cheese stacks with walnuts 67
- Babaganoush & roast beef pita crisps 65
- Crab, chilli & mint witlof leaves 66
- Mango salsa canapé cups with prawns & coriander 64
- Miso soup with prawns, tofu & udon noodles 70
- Prosciutto, fig & bocconcini skewers 63
- Salmon & poached egg on zucchini rosti 78
- Tuna & vegetable nori rolls with salmon roe 70

Vegetarian

- Broccoli & lentil salad with chilli & pine nuts 44
- Crumbed mushroom burgers with tomato relish 37
- Tomato & mushroom frittata with relish 38

Seafood

- Chilli baby octopus stir-fry with broccolini 21
- Middle Eastern style baked fish with couscous 42
- Prawn & prosciutto pizza with rocket 38
- Salmon & soba noodle salad with wasabi dressing 46
- Salmon with asparagus & roasted potatoes* 54
- Salmon with braised lentils & horseradish cream 30
- Spice-crusted fish kebabs with couscous 42
- Spicy fish fajitas with avocado & lime 41
- Teriyaki salmon fillets 72

Meat

- Apple & cabbage slaw with pork cutlets 18
- Beef & plum stir-fry 105
- Beef tacos with salami & prosciutto 38
- Cajun-spiced steak with avocado salad 41
- Creamy bacon spaghetti with poached eggs 94
- Golabki (cabbage rolls) 98
- Lamb & almond rice pilaf 56
- Lamb & tomato curry with basmati rice 42
- Macaroni with creamy veal & mushrooms 38
- Masaman lamb curry 31
- Mini lamb roasts marinated in red wine 80
- Pan-fried steak with creamy sage sauce 36
- Pasta alla matriciana with peas 32
- Pita & cucumber salad with dukkah lamb cutlets 47
- Seared beef with beans, balsamic & treviso salad 45
- Spicy meat lovers pizza with salad 38
- Sumac lamb & ruby red grapefruit salad 20
- Veal & rosemary spaghetti bolognaise 36

Chicken & turkey

- Chicken & avocado tostada salad 41
- Chicken & corn quesadillas with avocado 19
- Chicken & vegetable yakitori 72
- Chicken melts with mash & tomato relish 38
- Chicken risoni with basil & parmesan 36
- Creamy Thai pesto chicken stir-fry 6
- Indian-spiced chicken & watercress salad 40
- Moroccan honey chicken with couscous 33
- Penne with turkey, sage & cream sauce 36
- Prosciutto-wrapped chicken with polenta 38
- Pumpkin & spinach tagine with couscous 42

Light meals

- Bean & cheese enchiladas* 16
- Dukkah & feta fried eggs 94
- Goats cheese & basil scrambled eggs 95
- Meat pies with creamy pea topping 52
- Moroccan-flavoured Scotch eggs 93
- Triple-decker sandwiches 52

Sides

- Bread sauce with mint 80
- Japanese rice 74
- Pan-roasted broccoli 80
- Rosemary & garlic potatoes with baby carrots 80
- Wombok salad with sesame dressing 74

Sweet things

- Banoffee cheesecake 85
- Berry cream parfaits 49
- Caramel banana tart 23
- Choc-orange slice 86
- Choc-swirl cheesecake tarts* 53
- Easter egg bikkies 58
- Fruity custard cups 52
- Green tea custards with fruit in lemon syrup 75
- Honey roll & white chocolate mousse cake 87
- Hot cross truffles 83
- Kiwifruit, pineapple & passionfruit parfait 22
- Makowiec (poppy seed swirl cake) 98
- Meringue bombe 86
- Mini chocolate cakes 9
- Persian crepes with cardamom cream 51
- Ricotta pie with saffron & orange syrup 82
- Sparkling wine fruit salad with passionfruit yoghurt 50
- Watermelon caprioska salad 50

Drinks

- Frangelico & berry sparkling wine 63
- Lychee & mint fizz 66
- Orange ouzo spider 64
- Peachy Pimm's & ginger beer punch 67
- Pine & coconut crush 64
- Tom Collins 14

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 good taste AUSTRALIAN