

NOTES

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

RECIPE INDEX

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

Starters

- Beans with sage, pancetta & vinegar 86
- Chicken, pear & blue cheese salad 22
- Chilli caramel cashews 80
- Crispy tortilla chips with hummus & chilli salsa 81
- Rice & broccolini torte 88
- Roasted pears with prosciutto 86
- Spiced Indian nibble mix 74
- Vegetable samosas with fresh coriander chutney 74

Vegetarian

- Capsicum salad with goats cheese 39
- Chargrilled vegetable & pita salad with feta & dukkah 39
- Indian dhal soup* 66
- Sweet potato & zucchini salad with ricotta 39
- Tomato & couscous soup 48
- Vegetable curry with chapattis 76

Seafood

- Cajun fish parcels with bean salad 44
- Northern-style sweet & sour fish 108
- Salmon with celery, orange & caper salsa verde 88
- Salmon with noodles & sugar snap peas 23
- Seafood stew with smoked chilli aioli 82
- Trout with orange & beetroot salsa verde 88

Meat

- Beef & bean stir-fry 40
- Beef with chilli bean paste, beans & coriander 40
- Beef with pumpkin pesto mash 38
- Creamy beef & vegetable stroganoff 10
- Hoisin lamb & broccolini stir-fry 40
- Lamb & chickpea hotpot 37
- Lamb shanks with apple & almond couscous 24
- Lamb with parsnip mash & Worcestershire sauce 38
- Lamb, spinach & feta spaghetti 36
- Marinated lamb burger with tzatziki 47
- Moroccan lamb shanks 100
- Moroccan lamb with chickpea & lemon couscous 45
- Mu shu pork with pancakes 108
- Pork & capsicum hotpot 104
- Pork with coconut cream spinach & chilli 25
- Pork with sweet potato mash 38
- Ratatouille with grilled veal cutlets 48
- Rigatoni with Italian sausage & broccoli 36
- Slow-cooked beef with red wine & peppercorn sauce 102

- Steak au poivre with crushed peas & potatoes 42
- Thai green pork curry 56

Chicken

- Chicken & baby corn stir-fry 40
- Chicken & chorizo hotpot 37
- Chicken & pea hotpot 37
- Chicken & tarragon penne 36
- Chicken tikka skewers with mint raita 75
- Malaysian chicken curry 43
- Mexican chicken & bean hotpot 37
- Stir-fried chicken with chilli, basil & bamboo shoots 47
- Thai red chicken curry 56
- Tomato & chicken korma curry 103

Light meals

- Red-back spider sandwiches 68
- Mini hot dogs 68

Sides

- Jalapeño cornbread 81
- Potatoes in red wine 90
- Tomato & onion salad with tamarind 76

Sweet things

- Apple strudels 52
- Apricot clafouti 51
- Baked rice custard with ginger 26
- Black forest cake 95
- Chocolate & hazelnut crepe rolls 68
- Churros with hot chilli chocolate 83
- Heart-shaped butter cake 67
- Honey, pine nut & rosemary tart 90
- Mini pavlovas 51
- New York cheesecake 93
- Papaya crumble with star anise custard 113
- Paris-brest 94
- Pistachio & cardamom barfi 77
- Rosewater meringues with pomegranate syrup 27
- Shrikhand 51
- Spicy pineapple muffins 12
- Vanilla & coffee bavarois with mocha sauce 94
- Waffles with pears & chocolate sauce 50

Drinks

- Blueberry ripple shake* 28
- Chilli mojito 80
- Lemon & ginger fizz 17
- Mango lassi 76
- Raspberry yoghurt smoothie* 28

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.