

# RECIPE BLOCKS

build healthy meals in minutes

# FRESH FOOD GRID

SAVOURY BEEF	Vegetables														Herbs					Dairy		
	Avocado	Cabbage	Celery	Eggplant	Lemon	Lettuce	Green/red Capsicum	Mushrooms	Spring Onions	Sweet Potatoes	Spinach	Tomatoes	Zucchini	Basil	Coriander	Mint	Oregano	Parsley	Red Chillies	Thyme	Sour Cream	
Bean & beef burrito's																						
Beef & olive pies																						
Beef Noodle Curry																						
Cajun Hamburgers																						
Chow Mien																						
Chilli Con Carne																						
Chilli Mushrooms with beans																						
Eggplant rolls																						
Meat Lovers Hot Potatoes																						
Mexican Tacos																						
Moussaka																						
Mushroom & bacon bolognaise																						
Nacho's																						
Porcupine balls																						
Quick Curry																						
San Choi Bao																						
Savoury mince with Polenta																						
Tomato & zucchini meatballs																						
Wedges with chilli beef																						

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POTATO MASH	Vegetables					Herbs					Dairy		
	Lemon / Zest	Mushrooms	Spring Onions	Red/green Capsicum	Tomatoes	Basil	Chives	Dill	Oregano	Parsley	Fetta Cheese	Ricotta Cheese	Sour Cream
Baked stuffed tomatoes													
Brunch Muffins													
Chicken Rissoles													
Creamy spinach & feta casserole													
Lasagne with vegetable sauce													
Popcorn Potatoes													
Potato hash with bacon													
Potato lentil patties													
Salmon rissoles													
Sausage & mashed potato bake													
Smoked salmon potato cakes													
Stuffed capsicums													
Tuna & white bean patties													
Tuna fish cakes													
Vegie omelette													

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TOMATO SAUCE	Vegetables								Herbs				Dairy					
	Avocado	Celery	Eggplant	Mushrooms	Pumpkin	Red Capsicum	Spinach	Spring Onions	Zucchini	Basil	Oregano	Parsley	Thyme	Red Chilli	Feta Cheese	Ricotta Cheese	Natural Yogurt	Sour Cream
Aussie pizza																		
Bacon & spinach bolognaise																		
Chicken Cacciatore																		
Chickpea & zucchini pasta																		
Creamy tuna penne																		
Easy Spinach Lasagne																		
Hearty Vegie Pies																		
Mediterranean Pasta																		
Mum's Cheesy chicken																		
Sausage Pasta Bake																		
Simple Beef Casserole																		
Spaghetti with Tuna Sauce																		
Spicy Chicken & Sauce Pasta																		
Spinach & ricotta cannelloni																		
Tomato & artichoke pasta																		
Tomato & basil spaghetti																		
Vegie Lovers Hot Potatoes																		
Vegetarian Lasagne																		

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## FRESH FOOD GRID

WHITE SAUCE	Vegetables										Herbs					Dairy		
	Asparagus	Broccoli	Cauliflower	Celery	Eggplant	Leeks	Lemon/zest	Mushrooms	Spring Onions	Sweet Potatoes	Zucchini	Basil	Chives	Dill	Parsley	Tarragon	Thyme	Blue Cheese
Bacon & asparagus pasta bake	■											■						
Blue Cheese, chicken & leek pie						■		■									■	■
Cauliflower & cheese Soufflé			■									■						
Cauliflower & broccoli au gratin	■	■																
Chicken & vegetable pie																■		
Chicken, leek & potato pie						■		■										
Creamy smoked salmon pasta							■	■					■					
Crispy Chicken Bake				■			■	■										
Chilli Prawns								■										
Eggplant Parmigiana					■													
Fish Pie				■		■	■						■					
Garlic Prawns								■										
Herb & vegetable bake						■				■	■	■		■				
Macaroni & zucchini pasta bake										■								
Macaroni Cheese															■			
Quick pasta bake w ham & cheese															■			
Seafood Mornay							■	■	■				■					
Seafood Pie						■	■						■					
Smoked Cod Pie															■			
Smoked salmon w parmesan soufflé													■					
Steak w broccoli & Cheese Sauce	■								■									
Tuna & Pineapple Casserole						■												

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# FRESH FOOD GRID

SAVOURY LAMB MINCE	Vegetables														Herbs			Dairy					
	Apple	Cabbage	Carrot	Eggplant	Capsicum	Lemon / Zest	Lettuce	Pumpkin	Silverbeet	Snow peas	Spring Onions	Spinach	Sweet Potatoes	Zucchini	Coriander	Mint	Oregano	Parsley	Feta	Natural Yoghurt	Ricotta	Tzatziki	
Baked capsicum with lamb																							
Chinese cabbage stir fry																							
Eggplant pasta bake																							
Feta & herb pasta																							
Feta & Lamb Rissoles																							
Filo Lamb Triangles																							
Lamb & Feta Parcels																							
Lamb & Vegie pot Pies																							
Lamb cottage pies																							
Lamb pasties																							
Middle eastern spiced lamb pizza																							
Mongolian Lamb																							
Moroccan Lamb Pide																							
Olive & haloumi pizza																							
Ricotta & Risoni bake																							
Samosa puffs																							
Spicy lamb in lettuce cups																							
Stuffed baked capsicums																							
Stuffed Eggplant																							
Stuffed Zucchini																							
Sweet Lamb Curry																							