

**Tick
Recipe
Guide**

Homemade Comforts

Tasty, nutritious and affordable recipes
approved by the Heart Foundation





Easy recipes to warm the heart

We all know that eating well during the colder months can be a challenge. That's why we've created **Homemade Comforts**, a collection of healthy, winter-warming recipes featuring Tick products. It includes soothing vegetable soups, hearty main meals and lip-smacking desserts – everything you need for a simple dinner, make-ahead meal or snack for the kids.

To help make your cooking go further, we've also included some handy tips to help with safely storing your leftovers.

Keep your leftovers safe

Here are some tips for cooling or reheating meals:

- Keep food very cold or very hot; bacteria thrive in warm conditions, leading to foodborne illnesses.
- Let food cool for 30 minutes (and no longer than 2 hours) before refrigerating or freezing. To speed up the cooling process, cool hot food in smaller portions.
- Always cover stored food in containers with tight-sealing lids, foil or plastic-wrap.
- Keep raw meat and chicken away from fresh foods like fruit and vegetables. Store meat at the bottom of the fridge to prevent any juices (which can contain harmful bacteria) from dripping onto other foods.
- Defrost frozen foods thoroughly or they won't cook properly in the middle. Defrost food in your fridge overnight, or use the defrost setting on your microwave.
- Reheat leftovers until steaming hot (over 75°C) and do not reheat more than once.

For more information regarding food safety, see:
[foodsmart.govt.nz](https://www.foodsmart.govt.nz)



Symbols in this Guide

COST PER SERVE

To help plan your food budget, we have included a '\$' symbol to indicate whether the cost per serve of a recipe is low, medium or high. These values are based on the results of the Food Cost Survey conducted by the University of Otago (2015).



Cost per serve is less than \$3.10



Cost per serve is between \$3.10 and \$4.80



Cost per serve is more than \$4.80

Cost per serve at time of publication

DIETARY REQUIREMENTS

We have now made it easier to identify recipes that are free of gluten and dairy, but always check the labels of the specific ingredients you're using. We have also included a range of meat-free recipes so keep an eye out for the vegetarian symbol throughout this guide.



Vegetarian



Gluten-free



Dairy-free

STANDARD METRIC CUP AND SPOON MEASURES

Basic cup set comprises:		Basic spoon set comprises:	
Cups	Millilitres (mL)	Spoons	Millilitres (mL)
¼ cup	60mL	½ teaspoon (tsp)	2.5mL
⅓ cup	80mL	1 teaspoon (tsp)	5mL
½ cup	125mL	½ tablespoon (Tbsp)	7.5mL
1 cup	250mL	1 tablespoon (Tbsp)	15mL

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All Tick and Two Ticks products in this guide are highlighted with an asterisk (*). Remember, all fresh fruit and vegetables automatically qualify for Two Ticks because they are core foods for a healthy diet.

Roasted Butternut Squash & Nashi Pear Soup

Prep time: 15 minutes
Cooking time: 70 minutes



Serves: 8



INGREDIENTS

- 2 butternut squash, deseeded and halved
- 2 large nashi pears, peeled, cored and halved
- 1 large onion, sliced
- 1 bulb of garlic
- Few sprigs of rosemary
- Fresh cracked pepper, to taste
- 2 Tbsp olive oil*
- ¾ cup apple cider vinegar
- 3 cups salt-reduced vegetable stock
- Pinch of cayenne pepper
- ½ cup reduced-fat plain yoghurt**
- 1 handful of pumpkin seeds**, toasted

* Tick Product

** Two Ticks Product

METHOD

1. Preheat oven to 180°C. In a roasting dish lined with baking paper, place butternut squash (cut-side up), pears, onion, garlic, and rosemary in a roasting pan, sprinkle with pepper and drizzle with olive oil.
2. Roast for 40 to 60 minutes or until tender (take the nashi and onion out at about 40 minutes as they will cook faster than the squash and garlic).
3. In a large pot scoop out butternut squash flesh and squeeze garlic from its skin (if you love garlic use the whole bulb, if not use a couple of cloves), add onion and nashi pear. Add vinegar and stock and bring to a boil, lower the heat to simmer and cook for about 10 minutes. Remove from heat and let it cool.
4. Add cayenne pepper and pour everything into a blender or food processor and blend until smooth.
5. Serve with a dollop of yoghurt and garnish with pumpkin seeds.

Recipe thanks to





Tip: For a healthy and easy make-ahead lunch, try freezing individual portions of this soup after step 4.

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
650kJ (155cal)	5.4g	1.4g	17.8g	10.8g	3.7g	394mg

Tip: Soak the red lentils in water for 10-15 minutes before cooking, as this will help to soften them.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
806kJ (192cal)	9.6g	1.2g	12.3g	6.3g	3.3g	340mg

Lentil & Tomato Soup with Spices

Prep time: 10 minutes
Cooking time: 40 minutes



Serves: 6



INGREDIENTS

40g (2 Tbsp) Flora pro-active*
 1 large onion,
 finely chopped
 2 cloves garlic, crushed
 ½ tsp turmeric
 1 tsp ground ginger
 1 cup red lentils*
 1 large green chilli,
 finely chopped
 1 bay leaf
 3 stalks celery, sliced
 3 cups (750ml) salt-
 reduced vegetable stock
 3 cups (750ml) water
 1 x 400g can
 chopped tomatoes*
 2 Tbsp salt-reduced
 tomato paste
 1 Tbsp coriander, chopped
 to garnish
 Freshly ground
 black pepper

* Tick Product

METHOD

1. Heat Flora pro-active in a large saucepan. Add onion and garlic and fry gently until softened. Add turmeric and ginger and cook, stirring, until fragrant.
2. Add lentils, chilli, bay leaf, celery, stock and water. Bring to the boil and simmer for 25 minutes, or until lentils are soft. Remove the bay leaf.
3. Stir in tomatoes, tomato paste and coriander and season with black pepper. Reheat and serve with crusty bread or rolls, sprinkled with extra coriander.

Recipe thanks to


pro-active



Tip: To make this dahl more like a soup, leave out the rice and add more water.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
1623kJ (388cal)	16.5g	1.1g	60.7g	4.9g	9.6g	155mg

Split Yellow Pea Dahl

Prep time: 10 minutes

Cooking time: 2 hours



Serves: 6



INGREDIENTS

1½ cups Pams Split Yellow Peas*, washed and drained

4 cups water

1 cup salt-reduced vegetable stock

½ tsp ground turmeric

2 slices fresh ginger, unpeeled

3 cups cauliflower, chopped into florets

2 tomatoes, chopped

¼ tsp garam masala

3 Tbsp Pams Canola Oil*

½ tsp cumin seeds

2 cloves garlic, peeled and chopped

¼ tsp chilli powder

100g baby spinach

2 Tbsp fresh coriander, chopped to garnish

3 cups brown rice, cooked

* Tick Product

METHOD

1. Combine the split peas in a heavy pot with the water and stock. Bring to the boil and remove any surface scum with a spoon.
2. Add the turmeric and ginger slices. Cover, leaving lid slightly open, and simmer on a low heat gently for 1½ hours. Add the cauliflower and tomatoes in the last half hour and stir to prevent sticking.
3. Remove the ginger slices and add the garam masala, stir to combine.
4. Heat the oil in a small frying pan until hot. Add the cumin seeds and garlic, stir fry until garlic is lightly browned. Stir in the chilli powder and add this mixture to the split peas along with the baby spinach. Stir to combine.
5. Serve with cooked rice and garnished with fresh coriander.

Recipe thanks to



Eggplant & Potato Curry

Prep time: 5 minutes
Cooking time: 15 minutes



Serves: 4



INGREDIENTS

Spice mixture

3 green chillies,
 deseeded and chopped
 2 Tbsp crushed ginger
 1 red chilli,
 deseeded and chopped
 ½ tsp turmeric
 ½ tsp ground coriander
 ½ tsp ground cumin

8 baby boiling potatoes, halved
 1 large eggplant, diced
 2 Tbsp canola oil*
 1 red chilli,
 deseeded and chopped
 1 tsp cumin seeds
 6 tomatoes, chopped
 2 cups water
 ¼ cup finely chopped spinach
 Fresh coriander,
 finely chopped for garnish

* Tick Product

METHOD

1. Mix all spice mixture ingredients together, then rub over potatoes and eggplant.
2. Heat canola oil in a saucepan, add chilli and cumin seeds and cook for 1-2 minutes.
3. Add eggplant and potato. Cook for another 8-10 minutes.
4. Add tomatoes and water and cook for a further 2 minutes.
5. Stir through the spinach and serve garnished with the coriander.

Tip: Like most curries, the flavour in this recipe will improve over time. Reheat the next day until piping hot and garnish with fresh coriander.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
966kJ (231cal)	6.6g	0.6g	32.4g	8.0g	7.8g	21mg

Tip: Ras el hanout, which is a North African blend of sweet and hot spices, can be found in the herb and spice aisle or speciality food aisle at most supermarkets.



NUTRIENTS PER SERVE

Energy

1413kJ (338cal)

Protein

16.4g

Saturated fat

1.7g

Carbs

44.1g

Sugar

20.1g

Fibre

16.5g

Sodium

111mg

Moroccan Chick Pea Salad

Prep time: 20 minutes
Cooking time: 60 minutes



Serves: 4



INGREDIENTS

200g McKenzie's Chick Peas*
 400g butternut pumpkin,
 cut into thick wedges
 1 large red onion,
 cut into thin wedges
 1 red capsicum,
 thickly sliced
 1 yellow capsicum,
 thickly sliced
 400g carrots, trimmed
 2 Tbsp olive oil*
 1 tsp ras el hanout spice mix
 1 tsp ground cumin
 ½ tsp ground coriander
 ½ tsp cinnamon
 1 lemon, juiced and
 rind finely chopped
 200g plain natural yoghurt**
 ⅓ cup fresh mint leaves
 ⅓ cup fresh coriander
 leaves, roughly chopped

* Tick Product

** Two Ticks Product

METHOD

1. Prepare the chick peas as per packet directions.
2. Meanwhile, place all vegetables on oven trays lined with baking paper. Drizzle with half the oil and season with ras el hanout, cumin, coriander, and cinnamon. Bake for 25 minutes or until tender.
3. In a small bowl combine lemon juice, lemon rind and yoghurt. Season to taste.
4. Arrange roasted vegetables in a serving platter, top with chickpeas and yoghurt dressing. Sprinkle with herbs.

Recipe thanks to



Steel Cut Oats & Mushroom Risotto

Prep time: 5 minutes
Cooking time: 45 minutes



Serves: 3



INGREDIENTS

1 cup salt-reduced chicken
or vegetable stock
 1 cup water
 1 cup steel cut oatmeal*
 2 Tbsp olive oil *
 ½ medium onion,
finely diced
 2 cloves garlic, minced
 2 Portobello mushrooms,
sliced
 3 to 5 sprigs fresh thyme
 ¼ cup parmesan cheese,
finely grated
 Cracked black pepper,
to taste
 Extra 2 to 3 sprigs fresh
thyme leaves, for garnish

* Tick Product

METHOD

1. Bring stock to a boil in a pot. Pour in oatmeal, reduce heat to a simmer, and cover. Cook for 10 minutes, until oats have reached desired tenderness, (add more water if needed).
2. Meanwhile add oil into a saucepan over medium heat. Add onion and garlic and sauté for 3 to 5 minutes. Add mushrooms and thyme sprigs and sauté until mushrooms turn golden brown, about 5 minutes. (Add a dash of water if the mushrooms catch to the bottom of the pan). Remove and discard thyme sprigs.
3. When the oatmeal has finished cooking, remove from heat and fold in the parmesan. Stir in mushroom mixture and mix thoroughly.
4. Transfer to serving bowls and season with pepper to taste. Garnish with extra thyme leaves.

NUTRIENTS PER SERVE

Energy

1462kJ (349cal)

Protein

17.6g

Saturated fat

3.6g

Carbs

36.3g

Sugar

5.6g

Fibre

12.3g

Sodium

281mg

Recipe thanks to



Tip: This recipe provides a cheap, delicious and hearty twist on the classic risotto. You could also add skinless chicken tenderloins or boneless fish in step 2.



Tip: Use a vegetable peeler to make carrot and cucumber ribbons.



Fish Fillet Burgers

Prep time: 5 minutes
Cooking time: 22 minutes



Serves: 4



INGREDIENTS

425g packet Birds Eye
Oven Bake Fish –
Lemon Crumb*

4 crusty bread rolls,
cut in half

Canola Oil spray*

¼ cup tartare sauce

4 slices
canned pineapple**

1 cup rocket

8 beetroot slices

8 cucumber ribbons
(see tip to the left)

½ carrot,
peeled into ribbons

* Tick Product

** Two Ticks Product

METHOD

1. Cook 4 frozen Birds Eye Oven Bake Fish following packet directions.
2. Meanwhile, spray cut side of bread roll halves with oil. Heat a grill plate over high heat and add bun halves and pineapple slices. Grill until bread is crisp and pineapple is lightly charred on both sides.
3. Spread tartare sauce on the bottom of each bun and top with rocket. Add cooked fish fillets, beetroot, pineapple, carrot and cucumber. Replace bun lids. Serve immediately.

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
2157kJ (516cal)	20.0g	2.9g	59.4g	14.8g	7.0g	716mg

Recipe thanks to



AN EYE FOR GOOD FOOD



Chicken Stir-Fried Rice

Prep time: 10 minutes
Cooking time: 40 minutes



Serves: 8



INGREDIENTS

500g rice*
 600mL water
 5 eggs
 50mL canola oil*
 750g mixed vegetables
 (e.g. chopped cabbage,
 frozen mixed vegetables**)
 200g skinless chicken
 breast*, diced
 3 Tbsp salt-reduced
 soy sauce
 2 Tbsp chives,
 chopped for garnish

* Tick Product

** Two Ticks Product

METHOD

1. Rinse the rice under running water. Combine the rice and water and cook in a rice cooker. Set aside to cool.
2. Lightly beat the eggs. Heat $\frac{1}{2}$ the oil in a wok or frying pan, then add the eggs. Cook until they are lightly scrambled then remove and roughly chop. Set-aside.
3. Heat the remaining oil and brown the chicken. Add the cooked rice and stir-fry for a few minutes. Stir through the soy sauce.
4. Add the scrambled egg and the vegetables and mix to heat through. Serve sprinkled with the chopped chives.

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
1652kJ (395cal)	16.9g	1.4g	60.7g	5.2g	5.4g	356mg

Recipe thanks to



Tip: To make this meal vegetarian, simply leave out the chicken.



Beef Prime-Cut Roast Coated with a Lemony Crust

Prep time: 10 minutes
Cooking time: 25 minutes



Serves: 4



INGREDIENTS

1 pack Silver Fern Farms Beef Prime-Cut Roast**
 1 lemon, zest only
 2 Tbsp parsley, chopped
 1 Tbsp rosemary, chopped
 4 cloves garlic, crushed
 4 Tbsp olive oil*
 2 Tbsp polenta

Warm Potato Salad

500g new potatoes
 2 small red onions, sliced thinly
 1 Tbsp sumac
 1 red capsicum, deseeded and thinly sliced
 2 Tbsp extra virgin olive oil*
 2 Tbsp mustard seeds
 4 Tbsp fresh mint, chopped
 120g baby spinach
 Freshly ground black pepper

* Tick Product

** Two Ticks Product

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
1916kJ (458cal)	26.2g	5.0g	30.2g	7.4g	5.4g	89mg

Recipe thanks to





Tip: When serving, always slice your roast across the grain to help maximise tenderness.

METHOD

1. Preheat the oven to 200°C. Combine the lemon, parsley, rosemary, garlic and 2 Tbsp of oil. Rub the mixture over the beef and season to taste. Dust a chopping board with the polenta and roll the beef in it, so it is fully coated.
2. In a frying pan, heat remaining 2 Tbsp of oil. Gently sear the roast, turning it to brown the crust. Transfer to a small baking dish and bake for 20-25 minutes. Remove from the oven, cover and rest for 10 minutes.
3. To make the salad, add the potatoes to a saucepan of cold water. Bring to the boil and simmer for 15- 20 minutes. Turn the heat off and leave to rest for a further 10 minutes before draining.
4. Rub the sumac through the red onion slices. Heat the remaining oil and sauté the onions and capsicum for approximately 5 minutes until soft. Remove from the pan. Add the mustard seeds to frying pan and heat until they begin to pop. Toss the onions, capsicums, mustard seeds and mint through the warm potatoes.
5. Grind over some black pepper and a little more chopped mint. Serve the beef roast sliced over the warm potato salad and accompanied with baby spinach.

Meatballs in a Spicy Black Bean Sauce

Prep time: 20 minutes
Cooking time: 30 minutes



Serves: 4



INGREDIENTS

400g Quality Mark lean beef mince**
 ½ small onion, very finely chopped
 ½ cup fresh breadcrumbs
 2 Tbsp coriander, chopped
 1 egg, beaten
 1 tsp olive oil*
 1 small red onion, finely chopped
 1 clove garlic, crushed
 2 medium red capsicum, deseeded and diced
 2 sticks celery, finely chopped
 1 Tbsp tomato paste
 ¼ - ½ tsp chilli flakes
 400g can Wattie's Black Beans in springwater*, drained
 400g can Wattie's Mexican Style Tomatoes
 2 cups brown rice, cooked
 300g green beans, sliced and steamed
 Fresh coriander, extra for garnish

METHOD

1. Put mince, onion, breadcrumbs and coriander into a mixing bowl and season with pepper. Mix in beaten egg to bind the mixture together.
2. Roll into 16 small balls (having wet hands is easier). Place meatballs on a tray and refrigerate for 10 minutes.
3. Heat oil in a lidded frying pan. Brown meatballs over a high heat. Remove from pan and set aside.
4. Reduce the pan heat. Add onion, garlic, red capsicum and celery. Cook over a low heat until vegetables soften. Add chilli flakes and stir in tomato paste.
5. Add Wattie's Black Beans. Pour over Wattie's Mexican Style Tomatoes. Bring sauce to the boil. Add browned meatballs. Reduce heat. Cover. Simmer for 30 minutes until meatballs are cooked.
6. Serve over cooked brown rice and garnish with fresh coriander leaves. Serve with steamed green beans.

* Tick Product

** Two Ticks Product

Tip: Adding black beans to this meatball dish, makes this Mexican inspired meal go further.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
1901kJ (454cal)	36.4g	2.6g	52.9g	12.6g	12.0g	336mg

Recipe thanks to



Sweet & Sour Pork

Prep time: 10 minutes

Cooking time: 30 minutes



Serves: 4



INGREDIENTS

425g canned pineapple pieces in juice**
 2 tsp soy sauce
 1½ Tbsp vinegar
 1½ Tbsp tomato sauce*
 2 tsp brown sugar
 1 tsp fresh ginger, grated
 1 Tbsp cornflour
 1 Tbsp vegetable oil*
 400g lean pork steak*, sliced thinly
 1 medium onion, sliced
 1 small capsicum, roughly chopped
 2 medium carrots, peeled and sliced
 ½ head broccoli, cut into florets
 2 cups cabbage, shredded
 2 cups brown rice, cooked

* Tick Product

** Two Ticks Product

METHOD

1. Place pineapple (with juice), soy sauce, vinegar, tomato sauce, brown sugar and ginger into a saucepan and heat until simmering.
2. Wet the cornflour with a little water. Slowly pour the cornflour mixture into the simmering sauce, stirring constantly until it reaches the desired thickness. Remove from the heat.
3. Heat oil in a large frying pan or wok. Add the pork and brown, then remove from the pan and set aside.
4. Add the vegetables to the pan and cook until tender. Add the pork back into the pan with the sweet and sour sauce and heat through. Serve with cooked rice.

Tip: You could make this meal vegetarian by omitting the pork in step 3 and cooking diced firm tofu instead.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
1606kJ (384cal)	26.4g	1.5g	53.1g	21.7g	7.3g	333mg

Lamb Rump Steaks with Red Lentil Salad

Prep time: 10 minutes
Cooking time: 20 minutes



Serves: 4



INGREDIENTS

400g Quality Mark lamb rump steaks** (approx. 4 steaks)

2 Tbsp olive oil*

¾ cup raw red lentils*

1 small red capsicum

1 small yellow capsicum

3 tomatoes

1 Lebanese cucumber

1 red onion

¼ bunch parsley, chopped

¼ bunch mint, chopped

½ tsp cumin

Zest and juice of 1 lemon

Freshly ground pepper

* Tick Product

** Two Ticks Product

METHOD

1. Pre-heat a frypan and brush the steaks with olive oil. Cook on one side until moisture appears, then turn and cook the other side. Test the 'degree of doneness' by touching the meat - it will feel springy for medium and very firm for well done. Remove from heat and allow to rest, loosely covered with aluminium foil.
2. For the salad, cook lentils in boiling water for 3-4 minutes to retain texture and colour. Drain and place in cold water.
3. Dice all vegetables and place in a bowl. Add lentils and chopped parsley and mint. Season with cumin, pepper, lemon zest and juice. Stir to combine.
4. Slice the lamb steaks across the grain, and serve on top of the red lentil salad and choice of mixed greens.

NUTRIENTS PER SERVE

Energy

1507kJ (360cal)

Protein

31.5g

Saturated fat

4.1g

Carbs

26.9g

Sugar

10.3g

Fibre

8.7g

Sodium

106mg

Recipe thanks to





Tip: Always rest meat after it comes off the heat. This allows the juices, which have been driven to the centre of the meat by the heat to return to the surface. If given the time to rest, the meat will be juicier and tastier when you eat it.

Pecan Bread

Prep time: 15 minutes

Cooking time: 40 minutes



Serves: 16 slices



INGREDIENTS

1 cup self-raising flour

1 cup wholemeal flour*

$\frac{3}{4}$ tsp baking powder

1 tsp cinnamon

Finely grated zest 1 orange

2 tsp sugar

40g (2 Tbsp) Flora
pro-active Buttery*

$\frac{1}{2}$ cup chopped pecans

1 egg, lightly beaten

$\frac{3}{4}$ cup buttermilk

40g (2 Tbsp)
Flora pro-active Buttery*,
extra for serving

* Tick Product

METHOD

1. Preheat oven to 220°C. Lightly grease a medium 21.5 x 11.5 x 5.5cm loaf pan with Flora pro-active.
2. Sift flours, baking powder and cinnamon into a mixing bowl and return the wholemeal husks to the mixture. Mix the orange zest and sugar together and add to the flour.
3. Mix in the Flora pro-active with a spatula and stir in the pecans. Make a well in the centre and add the egg and buttermilk and mix to form soft dough. Place mixture onto a lightly floured surface and knead until smooth. Shape to fit inside the tin and place into the prepared tin. Make a few slashes in the top of the loaf and brush with a little extra buttermilk.
4. Bake in the hot oven for 10 minutes, and then reduce the oven temperature to 190°C and cook for a further 25-30 minutes until the loaf sounds hollow when knocked on the top and is lightly browned.
5. Remove from the tin and cool on a wire cooling rack.
6. Serve bread sliced and spread with Flora pro-active as a side to soups, casseroles and salads.

Recipe thanks to





Tip: Lightly toast and spread with low fat cottage or ricotta cheese and jam for brunch.

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
452kJ (108cal)	2.7g	1.1g	11.5g	1.5g	1.4g	71mg

Tip: If you don't eat these all at once, you can store them in the fridge to use on top of your cereal or porridge in the morning.



NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
539kJ (129cal)	2.4g	0.1g	28.2g	28.1g	5.1g	28mg

Orange & Vanilla Poached Pears

Prep time: 5 minutes
Cooking time: 15 minutes



Serves: 4



INGREDIENTS

4 firm Bosc pears
 1 orange
 5 cups water
 ¼ cup brown sugar
 Vanilla bean,
 split and seeds scraped out
 or 1 Tbsp vanilla extract
 150g Slimmer's Choice
 plain yoghurt**

* Tick Product
 ** Two Ticks Product

METHOD

1. Peel the pears downward, leaving the stalk intact. Cut a thin slice from the bottom of each pear (this will help them stand). Peel the orange with a potato peeler to give thick strips of zest. Squeeze some of the orange juice over the pears to stop them going brown.
2. Bring the water, sugar, peeled orange zest, and any remaining orange juice to simmer in a large saucepan. Stir until the sugar has dissolved.
3. Add the pears, split vanilla pod and half of the scraped vanilla bean. Ensure the liquid covers the pears. Cover and simmer for about 15 minutes or until they are cooked. You can check the pears are ready by using a sharp knife. They should be soft enough for the knife to pierce them, but not mushy.
4. Remove from the poaching liquid once cooked and place on serving plate. You can continue to simmer the poaching liquid to reduce it further before serving.
5. Swirl the yoghurt with the remaining vanilla bean. Drizzle pears with a small amount of the poaching syrup and serve with dollops of the yoghurt.

Recipe thanks to Amy Judd



Peanut & Oat Snack Balls

Prep time: 20 minutes
Chilling time: 15 minutes



Serves: 15 balls



INGREDIENTS

¼ cup Mother Earth
Crunchy Peanut Butter*
 2 Tbsp water
 2 Tbsp maple syrup
 1 tsp vanilla
 1½ cups rolled oats*
 blended to a flour (see tip)
 1 Tbsp chia seeds or
 linseeds (optional)
 1 tsp cinnamon

* Tick Product

Tip: To make an oat flour, place rolled oats in a high-speed food processor and blend until the oats resemble a fine dust.



METHOD

1. Combine the peanut butter, water, maple syrup and vanilla in a bowl and beat with a wooden spoon.
2. Add the rolled oats, seeds, and cinnamon and mix well to incorporate everything together.
3. With clean, wet hands, roll heaped tablespoons of mixture into balls.
4. Place on a tray lined with baking paper. Cover and chill for at least 15 minutes. Store these in an airtight container in the fridge.

NUTRIENTS PER SERVE

Energy	Protein	Saturated fat	Carbs	Sugar	Fibre	Sodium
264kJ (63cal)	2.5g	0.3g	8.0g	1.6g	1.4g	2mg

Recipe thanks to Amy Judd



A special thank you...

To our Tick Partners for their recipes – the team at The 5 + A Day Charitable Trust, Louise from Unilever, Rebecca from Foodstuffs Own Brands, Pip from Vegetables.co.nz, Bianca from McKenzie's, Ros from Harraways, Angus from Simplot, Nikki from Silver Fern Farms, the Food in a Minute team at Wattie's, and Emily from Beef + Lamb New Zealand.

Also to the Heart Foundation Pacific Heartbeat team, Fuelled4life team and Amy Judd from the Tick team for their simple, tasty and easy to prepare recipes.



Want more fresh ideas?

For more fresh, tasty and affordable recipes that you and your whole family can enjoy, be sure to join our Tick Club
www.heartfoundation.org.nz/tickclub

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Hearts that keep on ticking

The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. We provide support, care and advice to help people and their families affected by heart disease.

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Phone 0800 830 100

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