



## **S1 RECIPES**

RECIPE	ATTRIBUTION
70's sprouts	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Amaretto almond cake	ABC Licensed
Anchovy and lemon butter	ABC Licensed
Apple and honey fritters	ABC Licensed
Apple hand pie	ABC Licensed
Aquafaba 'mini pavs' with raspberries, passionfruit coulis and cream	ABC Licensed
Avocado & broad bean bessara with poached egg & crispy pita	ABC Licensed
Baked octopus salad with potatoes and paprika	ABC Licensed
Baked spiced pumpkin pudding	ABC Licensed
Banana cupcakes with whipped miso butter	Recipe from Mary Ann's Gilligan's Island Cookbook by Dawn Wells, Ken Beck, Jim Clark, Bob Denver
Bazarek ice cream sandwiches	ABC Licensed
Beef and black bean stir fry	ABC Licensed
Bistro salad boquet with anchovy aioli	ABC Licensed
Blender beetroot brownie	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Box grater broccoli pasta	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Braised red cabbage with apple	ABC Licensed
Bubble and squeak potato fritters	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Bubbly baked camembert	ABC Licensed
Butter carrot curry	Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Butternut squash with bejewelled buckwheat stuffing	ABC Licensed
Cacio e pepe devilled eggs with crispy pancetta	ABC Licensed
Cauli chicken rissoles	ABC Licensed
Cayenne sweet potato chips	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Charred marinated artichokes with lemon	ABC Licensed

Cheats gartic rold ABC Licensed   Cheats gartic rold ABC Licensed   Cheats gartic rold ABC Licensed   Cheats on therity on Backers ABC Licensed   Cheats gartic rold ABC Licensed   Consult fish back warm olives and almonds ABC Licensed   Consult fish back warm olives and almonds jam ABC Licensed   Consult fish back warm olives and almonds jam ABC Licensed   Consult fish back fishes and success ABC Licensed   Consult fish back fishes and success ABC Licensed   Consult fish back fishes and success ABC Licensed   Cont uscida with fishes and success ABC Licensed	Cheat's chilli samball	ABC Licensed
Cheeki Ismony crab cakes     ABC Licensed       Cheeki Ismony crab cakes     ABC Licensed       Cheeki Cherny Iog     ABC Licensed       Consult Abio Winks and Jimonds     ABC Licensed       Coconut Chicken laksa with prawn dumplings     ABC Licensed       Coconut Abio Wink with satted kale     ABC Licensed       Corand arging with grawn dumplings     ABC Licensed       Corand arging with satted kale     ABC Licensed       Corand arging With satted kale     ABC Licensed       Corand arging With satted kale     ABC Licensed       Corand prawn filter silders     ABC Licensed       Corand prawn filter silders<		
Cheeric cherry log     Recipe from The Joy of Better Cooking (Murdoch Books) by Allec Zaslavsky       Cheese to basite     ABC Licensed       Cheese to basite     ABC Licensed       Cheese y parmesan mash     ABC Licensed       Chell back warm olives and almonds     ABC Licensed       Chill back warm olives and almonds     ABC Licensed       Concut chicken taks with prawn dumplings     ABC Licensed       Coconut chicken taks with prawn dumplings     ABC Licensed       Coconut schedic naks with prawn dumplings     ABC Licensed       Coconut schedic naks with prawn dumplings     ABC Licensed       Coconut schedic naks with prawn dumplings     ABC Licensed       Coronut schedic naks with prawn dumplings     ABC Licensed       Coronut schedic naks with prawn dumplings     ABC Licensed       Corinat schedia with chicken and vocado     ABC Licensed       Cornet back with chicken and vocado     ABC Licensed       Cornet back with chicken ramen     Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/       Chigs yprout/ leeky temitis     ABC Licensed       Chigs sprauple yeaky temits     ABC Licensed       Chigs sprauple yeaky tenserit herbs & spices     ABC Licensed <td></td> <td></td>		
Cheese toastie     ABC Licensed       Cheese parmesan mash     ABC Licensed       Chicken and pinasphe yaktion with chill sait     ABC Licensed       Chill baked warm olives and almonds     ABC Licensed       Cocont th chick lakes with prawn dumpings     ABC Licensed       Cocont th chicken takes with prawn dumpings     ABC Licensed       Cocont th chicken takes with prawn dumpings     ABC Licensed       Cocont th chicken takes with prawn dumpings     ABC Licensed       Cocont th chicken takes with prawn dumpings     ABC Licensed       Corination chicken satsiwi     ABC Licensed       Corination chicken satiwi     ABC Licensed       Corination chicken satiwin chicken satiwin chicken satiwin chicken satiwin chi		
Cheesy parmesan mash ABC Licensed   Chicken and pineapple yaktori with chill sait ABC Licensed   Chill baked warm olives and almonds ABC Licensed   Control thicken lakes with prawn dumpings ABC Licensed   Caconut fish betel leaves ABC Licensed   Coconut fish betel leaves ABC Licensed   Coconut fish betel leaves ABC Licensed   Coronut stag pudding with a quandong jam ABC Licensed   Coronut stag pudding with a stared tale ABC Licensed   Corinder tabouil with satted tale ABC Licensed   Corin stad with hicken and avocado ABC Licensed   Corn tastag with hicken and avocado ABC Licensed   Corn tastag with chicken aranen Recipersed   Corn tastag with chicken aranen Reciper from Marion's Kitchen website - <u>https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/</u> Chispy protry leedy tentis ABC Licensed   Chumbed asparagus with secret herbs & spices ABC Licensed   Curumber whack satad with citys shallors ABC Licensed   Curumber with secret herbs & spices ABC Licensed   Curumber with secret herbs & spices ABC Licensed   Curumber with secret herbs & spices ABC Licensed   Carent detar therba stuffing ABC Licensed   Easy seedy crackers Carensed   Easy		
Chilóback varm ölves and almonds ABC Licensed   Chilóback varm ölves and almonds ABC Licensed   Cocourt chicken kasa with prawn dumplings ABC Licensed   Cocourt sige pudding with a quandong jam ABC Licensed   Cocourt sige pudding with salted kale ABC Licensed   Corination chicken stativi ABC Licensed   Corination chicken stativiti ABC Licensed   Corination chicken stativiti <td></td> <td></td>		
Chilli baked warm olives and almonds ABC Licensed   Coconut thicken laksa with prawn dumplings ABC Licensed   Coconut tish betel laaves ABC Licensed   Coconut tish betel laaves ABC Licensed   Corination of public with a quandong jam ABC Licensed   Corination of public with a stated kale ABC Licensed   Corination chicken satsiw ABC Licensed   Corn and prawn fitter sillers ABC Licensed   Corn to stad with chicken and avocado ABC Licensed   Corn testada with chicken and avocado ABC Licensed   Corn der bonarra ABC Licensed   Cornad prawn fitter sillers ABC Licensed   Cornad chicken ramen ABC Licensed   Crampt korean chicken ramen Reclipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/   Crispy field snapper ABC Licensed   Courned wark salad with crispy shallets ABC Licensed   Cucumber whack salad with crispy shallets ABC Licensed   Cucumber whack salad with snoky spring onion dressing Reclipe from The loy of Better Cooking (Murdoch Books) by Alice Zaslavsky   Event and Litrus salad with snoky spring onion dressing Reclipe from Toe Iasy (Ath Estate Publishing) by Donna Hay   Five spice salt and pepper toru ABC Licensed   Five spice salt and pepper toru ABC Licensed <td></td> <td></td>		
Coconut chicken laksa with prawn dumplings     ABC Licensed       Coconut fish betel leaves     ABC Licensed       Coconut sago pudding with a quandong jam     ABC Licensed       Corinader tabolu with satted kale     ABC Licensed       Corination chicken satsivi     ABC Licensed       Corination chicken satsivi     ABC Licensed       Corn data with chicken and avocado     ABC Licensed       Corned bed bonanza     ABC Licensed       Corned tab forentine bark     ABC Licensed       Corned hed forentine bark     ABC Licensed       Creamy kirean chicken ramen     Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/       Chispy fried snapper     ABC Licensed       Chumbed saparagus with secret herbs & spices     ABC Licensed       Chumbed saparagus with secret herbs & spices     ABC Licensed       Chumbed saparagus with secret herbs & spices     ABC Licensed       Early bird bircher     ABC Licensed       Early bird bircher     ABC Licensed       Cornader saparagus with a walnut stuffing     ABC Licensed       Early bird bircher     ABC Licensed       Early bird bircher     ABC Licensed       E		
Coconut fish betel leaves     ABC Licensed       Coconut sago pudding with a quandong jam     ABC Licensed       Corinator chicken satsivi     ABC Licensed       Corination chicken satsivi     ABC Licensed       Corned berg how mitter sliders     ABC Licensed       Corned berg how mitter sliders     ABC Licensed       Corne doer how mitter sliders     ABC Licensed       Corned berg how mitter sliders     ABC Licensed       Corned berg how match     ABC Licensed       Creamy korean chicken ramen     Recipe from Marion's kitchen website - <u>https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/</u> Chipsy prototy level kentils     ABC Licensed       Crumbed asparagus with secret herbs & spices     ABC Licensed       Curumbed vaparagus with secret herbs & spices     ABC Licensed       Curumbed asparagus with secret herbs & spices     ABC Licensed       Easy berdy crackers     ABC Licensed       Easy seedy crack		
Coconut sago pudding with a quandong jam     ABC Licensed       Coriander tabouli with satied kale     ABC Licensed       Coriandi chicken satsivi     ABC Licensed       Corn and pravm fritter silders     ABC Licensed       Corn to stada with chicken and avocado     ABC Licensed       Corned beet bonanza     ABC Licensed       Creamy korean chicken ramen     Recipe from Marion's Kitchen website - <u>https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/</u> Chisty field saparger     ABC Licensed       Cucumber whack salad with crispy shallots     ABC Licensed       Curumber whack salad with crispy shallots     ABC Licensed       Eagy seedy crackers     ABC Licensed       Eagy seedy crackers     ABC Licensed       Eagle antrols with a waluut stuffing     ABC Licensed       Eagle antrols with a waluut stuffing     ABC Licensed       Enchilada     ABC Licensed       Enchilada     ABC Licensed		
Coriander tabouli with salted kale     ABC Licensed       Corination chicken satsivi     ABC Licensed       Corn dag prawn fritter silders     ABC Licensed       Corned beef bonanza     ABC Licensed       Chemy korean chicken ramen     Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/       Crisp sproutly leeky lentils     ABC Licensed       Curumber daparagius with secret herbs & spices     ABC Licensed       Curumber whack salad with crispy shallots     ABC Licensed       Curumber daparagius with avalut stuffing     ABC Licensed       Easy sedy crackers     ABC Licensed       Egglant rolls with a walnut stuffing     ABC Licensed       Fennel and citrus salad with nsoky spring onion dressing     Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky <td></td> <td></td>		
Corination chicken satsivi   ABC Licensed     Corn and prawn fritter sliders   ABC Licensed     Corn do trada with chicken and avocado   ABC Licensed     Corntads fibrentine bark   ABC Licensed     Creary korean chicken ramen   Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creary-korean-chicken-ramen/     Crispy fried snapper   ABC Licensed     Crumbda sparagus with secret herbs & spices   ABC Licensed     Curumber dasparagus with secret herbs & spices   ABC Licensed     Curumber dasparagus with secret herbs & spices   ABC Licensed     Curumber whack sald with crispy shallots   ABC Licensed     Easy seedy crackers   ABC Licensed     Egginant rolls with a walnut stuffing   ABC Licensed     Enchilada   ABC Licensed     Fennel and citrus salad with smoky spring onion dressing   Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky     Feitucine with lemon and basil pesto   Recipe adapted from Toe Easy (4th Estate Publishing) by Donna Hay     Five spice salt and peper tofu   ABC Licensed     Filat chat chicken thighs and sliverbeet   ABC Licensed     Four ginger parsnip sticky date   Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky		
Corn and prawn fritter slidersABC LicensedCorn tostada with chicken and avocadoABC LicensedCorn tostada with chicken and avocadoABC LicensedCorn tostada with chicken and avocadoABC LicensedCornflake florentine barkABC LicensedCreamy korean chicken ramenRecipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/Crispy fried snapperABC LicensedCrispy fried snapperABC LicensedCrumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedCucumber whack salad with crispy shallotsABC LicensedEasy seedy crackersABC LicensedEggplant colls with a walnut stuffingABC LicensedEnchladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucten with lemon and basil pestoRecipe adapted from Toe Gasy (4th Estate Publishing) by Donna HayFive spices aut and pepper tofuABC LicensedFour ginger parsnip sticky dateABC LicensedFour ginger parsnip sticky dateABC Licensed	Coriander tabouli with salted kale	
Corn tostada with chicken and avocado   ABC Licensed     Corned beef bonanza   ABC Licensed     Corned ke fiorentine bark   ABC Licensed     Creamy korean chicken ramen   Recipe from Marior's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/     Crispy sprouty leeky lentils   ABC Licensed     Crumbed asparagus with secret herbs & spices   ABC Licensed     Curumbed asparagus with secret herbs & spices   ABC Licensed     Curumbed vacade with crispy shallots   ABC Licensed     Early bir cher   ABC Licensed     Early bir cher   ABC Licensed     Easy seedy crackers   ABC Licensed     Easy seedy crackers   ABC Licensed     Enclosed   ABC Licensed     Fenter and citrus salad with smoky spring onion dressing   Recipe from Too Easy (4th Estate Publishing) by Donna	Corination chicken satsivi	
Corned beef bonanzaABC LicensedCorned beef bonanzaABC LicensedCreamy korean chicken ramenRecipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/Crispy sprouty leeky lentilsABC LicensedCrumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEarly bird bircherABC LicensedEarly bird bircherABC LicensedEagplant rolls with a walnut stuffingABC LicensedEnchladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe radapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetuccine with lemon and basil pestoABC LicensedFor Spice salt and pepper tofuABC LicensedFor Spice salt and pepper tofuABC LicensedFor Spice salt and pepper tofuABC LicensedFour ginger parsnip sticky dateABC LicensedFour ginger parsnip sticky dateRecipe from Too Easy (4th Estate Publishing) by Donna Hay	Corn and prawn fritter sliders	ABC Licensed
Comflake florentine barkABC LicensedCreamy korean chicken ramenRecipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/Crispy fried snapperABC LicensedCrispy sprouty leeky lentilsABC LicensedCrumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy seedy crackersABC LicensedEggpant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFenet and citrus salad with snoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetuccine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFor spice salt and pepper tofuABC LicensedFor spice salt and	Corn tostada with chicken and avocado	ABC Licensed
Creamy korean chicken ramenRecipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/Crispy sprouty leeky lentilsABC LicensedCrumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy sedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFetu chicken thighs and silverbeetABC LicensedKol LicensedABC LicensedForm Suff Ar Chicken thighs and silverbeetABC LicensedForm Suff Ar Chicken Chicken thighs and silverbeetABC LicensedForm Suff Ar Chicken Chicken thighs and silverbeetABC LicensedForm Suff Ar Chicken thigh Suff Ar Chicken thighs and silverbeetABC Licensed <td>Corned beef bonanza</td> <td>ABC Licensed</td>	Corned beef bonanza	ABC Licensed
Crispy fried snapperABC LicensedCrispy sprouty leeky lentilsABC LicensedCrumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Cornflake florentine bark	ABC Licensed
City Disp Sprout beek per totABC LicensedAutomed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Creamy korean chicken ramen	Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/
Crumbed asparagus with secret herbs & spicesABC LicensedCucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Crispy fried snapper	ABC Licensed
Cucumber whack salad with crispy shallotsABC LicensedEarly bird bircherABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFetucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Crispy sprouty leeky lentils	ABC Licensed
Early bird bircherABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Crumbed asparagus with secret herbs & spices	ABC Licensed
ABC LicensedEasy seedy crackersABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Cucumber whack salad with crispy shallots	ABC Licensed
Eggplant rolls with a walnut stuffingABC LicensedEggplant rolls with a walnut stuffingABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Early bird bircher	ABC Licensed
BothABC LicensedEnchiladaABC LicensedFennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Easy seedy crackers	ABC Licensed
Fennel and citrus salad with smoky spring onion dressingRecipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice ZaslavskyFettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Eggplant rolls with a walnut stuffing	ABC Licensed
Fettucine with lemon and basil pestoRecipe from Too Easy (4th Estate Publishing) by Donna HayFive spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Enchilada	ABC Licensed
Five spice salt and pepper tofuABC LicensedFlat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Fennel and citrus salad with smoky spring onion dressing	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Flat chat chicken thighs and silverbeetABC LicensedFODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Fettucine with lemon and basil pesto	Recipe from Too Easy (4th Estate Publishing) by Donna Hay
FODMAP friendly green borschtABC LicensedFour ginger parsnip sticky dateRecipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Five spice salt and pepper tofu	ABC Licensed
Four ginger parsnip sticky date Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky	Flat chat chicken thighs and silverbeet	ABC Licensed
	FODMAP friendly green borscht	ABC Licensed
	Four ginger parsnip sticky date	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
	French mustard buttered leeks	

Fuzzy basil cheesesticks	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Garlic pampushki	ABC Licensed
Georgian kharcho rice soup wih eggplant	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Glutinous rice balls in ginger syrup	ABC Licensed
Gnocchi a la romana with nine veg sugo	ABC Licensed
Green eggs and spam fried rice	ABC Licensed
Green mango and ruby grapefruit salad	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Hot chipatta	ABC Licensed
Hunters chicken	ABC Licensed
Jam and butter bread pudding	ABC Licensed
Kale chips	ABC Licensed
Kangaroo bolognaise	Recipe from Mark Olive's instagram
Keralan fried cauliflower	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Khachapuri - Georgian cheese boats	ABC Licensed
Lamb shank and tarragon stew	ABC Licensed
Lau's family veg	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Leafy salad with seeded mustard vinaigrette	ABC Licensed
Lemon and ricotta cake with lemon drizzle	ABC Licensed
Lemon chicken	ABC Licensed
Lemon delicious mug puddings	ABC Licensed
Lemon drop mocktail	ABC Licensed
Lemon myrtle scones with fingerlime glaze	ABC Licensed
Lemon verbena cordial	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Lemongrass and makrut lime coconut jelly	ABC Licensed
Lemongrass fish pops	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Mamma's Sicilian meatballs	Recipe from Santina Callea
Maple and ginger poached pears	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Matcha lamington cake	ABC Licensed
Matzah ball soup	ABC Licensed
Midweek bol with spaghetti and zucchini noodles	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Mini banoffee pies	ABC Licensed
Mushroom wet fry fettucini	ABC Licensed
Nachoes	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky

No sweat chicken pho	ABC Licensed
No tears onion soup	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
No wrap prawn and spinach dumplings	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Nutty road	ABC Licensed
Oladiki hotcakes with passionfruit curd	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
One pan cauli pilaf	ABC Licensed
Onion and pea bhaaji bites	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Onion tarte tartin	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Pan confit tomate	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Pea and bean tempeh stir fry	ABC Licensed
Peanut chilli oil	ABC Licensed
Porcupine sausage polpette with tomato soup	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Pork and cabbage dimmies	ABC Licensed
Pork and fennel sausage pasta	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Prawn & broccolini stir fry & prawn crackers	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Prawn head chilli oil	ABC Owned
Puffy plum muffins	Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Pumpkin gnocchi with sage, brown butter and hazelnuts	ABC Licensed
Pumpkin, sage and ricotta lasagne	ABC Licensed
Rabbit pie	Recipe from The Cook's Companion (Penguin) by Stephanie Alexander
Rainbow veg	ABC Licensed
Red curry brekky beans	ABC Licensed
Red vegetable romesco soup with garlicky toasts	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Rice paper crakers	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Roast potatoes with Jamaican jerk cheese topping	ABC Licensed
Roasted cauli harissa and yoghurty garlic sauce	ABC Licensed
Roasted fennel and spiced chickpea agrodolce salad	ABC Licensed
Roasted nuts and bolts	ABC Licensed
Roasted sweet potato with native pesto and karkalla salad	ABC Licensed
Salmon poke bowl	ABC Licensed
Scallops with saltbush and mountain pepper butter	ABC Licensed
Scallop-stuffed zucchini flowers	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Silken tofu chocolate cheesecake	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky

Silken tofu corn chowder dip	ABC Licensed
Sour cherry and cottage cheese vareniki	ABC Licensed
Soy infused mushroom noodles	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Spinach and cheese pan pies	Recipe adapted from The Guardian 'You've Got This' of
Standing rib roast with pan jus	ABC Licensed
Steamed artichoke with lemon emulsion	ABC Licensed
Steamed chicken drummies with sizzled spring onion oil	ABC Licensed
Stir fried mussels with black bean, chilli, native karkalla and samphire	ABC Licensed
Stockmans chuck steak pie	ABC Licensed
Stone cold noodles with avocado and miso pesto	ABC Licensed
Strawberry and lime cheesecake	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Sweet potato dahl	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Tempeh larb with chilli, toasted rice and herbs	ABC Licensed
Tempura flathead with sweet potato chips	ABC Licensed
Tempura mushroom tacos with purple slaw	ABC Licensed
Thai coleslaw herb and beef skirt salad	ABC Licensed
Tomato and eggplant kasundi	ABC Licensed
Tomato omurice	ABC Licensed
Tuna mornay	ABC Licensed
Tuna tapenade with croissant	ABC Licensed
Uncle Jimmy's stir fried hokkien noodles with chicken	ABC Licensed
Uni special crepes with ice cream and maple	Recipe from 'What I Cook When Nobody's Watching (Plum) by Poh Ling Yeow
Upside down roast chook with lemony gravy	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Vietnamese cold noodle salad with prawn and mango	ABC Licensed
Vietnamese egg-net vegetable omelette	ABC Licensed
Wattleseed tiramisu	ABC Licensed
Zucchini involtini	ABC Licensed