



SAMPLE

30 Vegie Smugglers'
converted for the
Thermomix



vegie
smugglers



Welcome

When my Thermomix first arrived, I struggled to bond with it. Compared to traditional cooking, it was so stark and precise.

Being more of a slap dash cook, I found the entire concept of "3 seconds/speed 5" overwhelming. With all of the settings and strict instructions, it was more suited to 'food production' rather than the cooking I love.

As the months have gone by, my initial thoughts haven't really changed, but my level of appreciation for my thermy has. After all, busy parents are in the business of 'food production', making so many dinners each week for a fussy audience. A Thermomix makes this task much easier.

Perhaps the quality I love most is that this machine can help unenthusiastic cooks to create meals with fresh produce, therefore avoiding the processed store-bought options.

With all that in mind, it was easy to translate a bunch of my most favourite mid-week meals over to Thermomix instructions. With the minimum of fuss, these recipes aim to feed you nutritious meals, week in, week out.

Happy cooking!

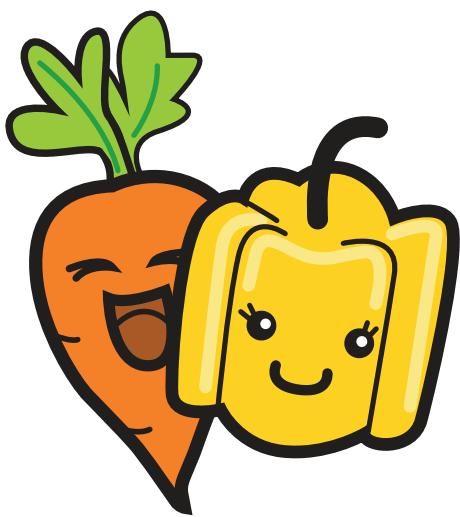
Wendy

Vegetarian	4
<i>Tomato & vegetable soup</i>	5
<i>Pumpkin, corn & lentil soup</i>	6
<i>Vegie & bean soup</i>	7
<i>Cheese puffs</i>	8
Mash	9
<i>Vegetarian bolognaise</i>	10
<i>Oven-baked risotto</i>	11
<i>Pizza dough</i>	12
<i>Six vegie pizza sauce</i>	13
Recipes with meat	14
<i>Salmon rice slice (is nice)</i>	15
<i>Sarah's sang choi bao</i>	16
<i>Pink meatloaf</i>	17
<i>Chicken, broccoli & zucchini pasta</i>	18
<i>Nachos</i>	19
<i>Spicy lamb & bean rissoles</i>	20
<i>Salmon pikelets</i>	21
<i>Pork & fennel sausage rolls</i>	22
<i>Mini meatloaves</i>	23
<i>Vegetable & bacon slice</i>	24
<i>Tuna, rice & zucchini puffs</i>	25
<i>Fish & corn congee</i>	26
<i>Asian chicken meatballs</i>	27
<i>Chicken & thyme one-pot</i>	28
Treats	29
<i>Hot happy buns</i>	30
<i>Jaffa cake</i>	31
<i>(The best) banana bread</i>	32
<i>Carrot & muesli muffins</i>	33
<i>Chocolate (not quite) cheesecake</i>	34
<i>Vegan cupcakes</i>	35
<i>Beetroot brownie</i>	36



Vegetarian

soups, sides & mains





Vegie & bean soup

2 cups (300g) sweet potato, peeled, cubed

1 cup (150g) cauliflower florets

1 zucchini, chopped

1/4 cup fresh herbs (any or all of – parsley, chives, basil, thyme)

1 onion, halved

1 carrot, peeled

2 celery stalks

2 garlic cloves

1 tbsp olive oil

400 g can diced tomatoes

400 g can four-bean mix, rinsed, drained

2 cups beef stock (or vegetable stock is ok, too)

1 cup frozen peas

Add the sweet potato to the Thermomix bowl. Chop for **8 seconds/speed 4**.

Also pop in the cauliflower, zucchini and herbs. Chop for **5 seconds/speed 4**. Remove all the vegies and set aside.

Add the onion, carrot, celery and garlic. Chop for **4 seconds/speed 4**. Scrape down the sides. Add the oil. Sauté for **5 minutes/100C/speed 1**.

Return the vegies and add in the tomatoes, beans and stock. Cook for **25 minutes/100C/reverse/speed 1**.

Season and mix through the peas.

Optional: Serve this with the cheese puffs from page 8.

SERVES 2 ADULTS & 4 KIDS

Enjoy leftovers
This thick soup
makes great
lunches for
mums & dads
at work the
next day!



Chicken & *thyme* one-pot

1 large carrot

1 large zucchini

1 red onion

2 garlic cloves

1 tbsp olive oil

500g chicken thigh fillets,
trimmed, cut into bite-
sized pieces

2 cups chicken stock

1 cup white wine

2 x 10cm peelings of
orange zest (use a
vegetable peeler to
do this)

1 tbsp chopped thyme (or
tarragon is also yummy!)

1 cup risoni

3/4 cup frozen peas

Pop the carrot and zucchini into the Thermomix bowl.

Chop for 8 seconds/speed 4. Remove and set aside.

Add the onion and garlic. Chop for **4 seconds/speed 5**.

Pour in the oil. Saute for **3 minutes/100C/speed 1**.

Return the carrot and zucchini to the bowl. Cook on
2 minutes/100C/reverse/speed soft.

Tip in the chopped chicken, stock/wine/zest/thyme and
pepper. Cook **10 minutes/100C/reverse/speed soft**.

Insert the TM butterfly, add the risoni and cook on
8 minutes/80C/reverse/speed soft.

Add in the peas. Cook **1 minute/80C/reverse/speed soft**.

Remove and discard the orange zest before serving.

SERVES 2 ADULTS & 2 KIDS.

**Best baby
food?**
Use extra stock
instead of wine
& blitz this up for
tasty baby food.



simpia

The best banana bread

Canola oil cooking spray

45g pitted dates, chopped

55g walnuts, plus extra, for sprinkling

100g butter, melted

4 overripe bananas, mashed

2 eggs, whisked

260g self-raising flour

120g firmly packed brown sugar

Butter, to serve

Preheat oven to 180°C. Grease a 14 x 20cm loaf tin with cooking spray and line the base with baking paper.

Add the walnuts & dates. Blitz for **6 seconds/speed 5**. Remove and set aside.

Pop the butter into the bowl. Melt for **1 minute/60C/speed 1**.

Add the bananas and eggs. Mix for **8 seconds/speed 3**.

Weigh in the flour and sugar. Return the walnuts and dates.

Mix on **8 seconds/reverse/speed 5**.

Spoon the mixture into the loaf tin. Sprinkle with extra walnuts. Bake for 50–55 minutes until a skewer comes out clean (cover the bread with foil if it starts to brown too much around the 40-minute mark).

Serve warm or at room temperature with butter.

SERVES 8

The more ripe the bananas, the better the cake will be. Awesome!

Published in 2014 by
Bright New Media
PO Box 144
Belrose NSW 2085
www.vegiesmugglers.com.au

Written, designed and photographed by
Wendy Blume

The stories, suggestions and opinions of the author are her personal views only. Due diligence and thorough research is always recommended. The publisher has taken care in researching and preparing this book, but accepts no responsibility for any claims arising from the material within this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

The moral right of the author has been asserted.

Text and food photography
© Wendy Blume

Boring, but important...

MEASURES & COOKING DETAILS

1 teaspoon = 5ml.

1 tablespoon = 15ml.

1 cup = 250ml.

All cup and spoon measurements are level.

Eggs have an average weight of 60g.

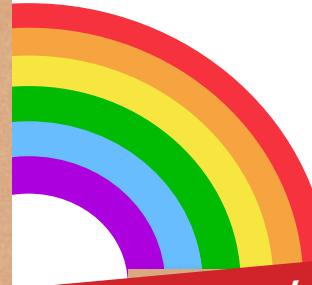
Vegetables are medium-sized unless stated. Vegetables and herbs are fresh, unless stated.

Dairy products are all full-fat, but can often be replaced with low-fat and soy products; however, we take no responsibility for variations in flavour as a result of these substitutions.

Oven temperatures are for fan-forced ovens. Increase temperatures by 10C for conventional ovens.

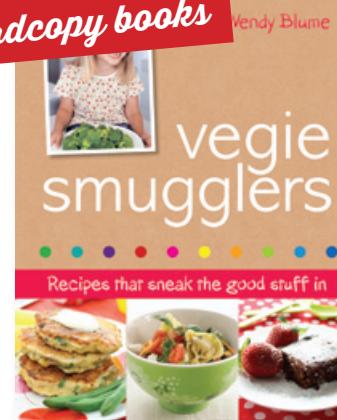
Microwave temperatures are based on 800 watts.

SERVING SIZES are a guide only. They are estimates for an average adult and five-year-old child with a moderate appetite. Please adjust to suit your family's needs.

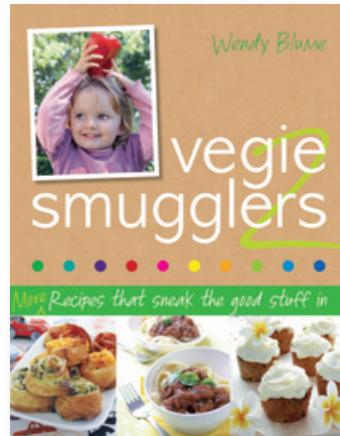


Don't miss our other products!

Hardcopy books



vegie smugglers
Recipes that sneak the good stuff in

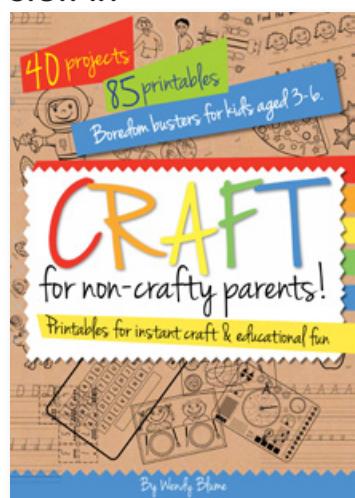


**vegie smugglers 2:
More Recipes that
sneak the good
stuff in**

E-books



**The Complete
Vegie Smugglers
lunchbox planner**



**CRAFT
for non-crafty parents!**



**10 quickbakes plus 10
sandwich spreads**



**vegie
smUGGLER's
MEAL
PLANS**

**WEEKLY
6 WEEKS, 38 RECIPES**

**Buy them at
www.vegiesmugglers.com.au**

Weekly Meal Plans