



30 Veggie Smugglers'

# Recipes

converted for the

# Thermomix





# 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!

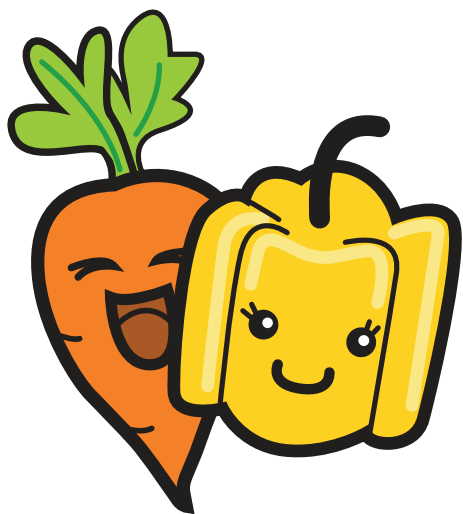
*Wendy*

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# *Vegetarian*

*soups, sides & mains*





# Vegie & bean soup

2 cups (300g) sweet potato, peeled, cubed  
1 cup (150g) cauliflower florets  
1 zucchini, chopped  
¼ 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. Saute 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 rissoni  
¾ 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 rissoni 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.*



# *(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!***

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Text and food photography  
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## *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.

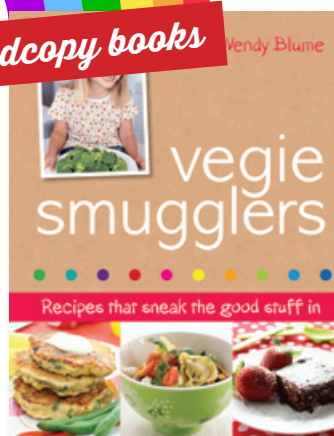
Microwave temperatures are based on 800 watts.

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.

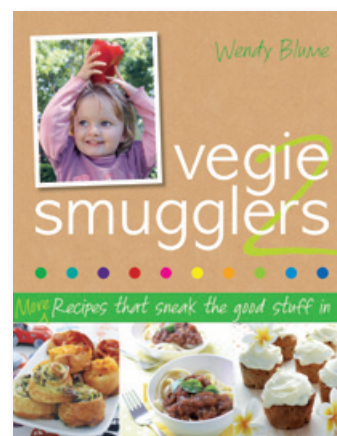


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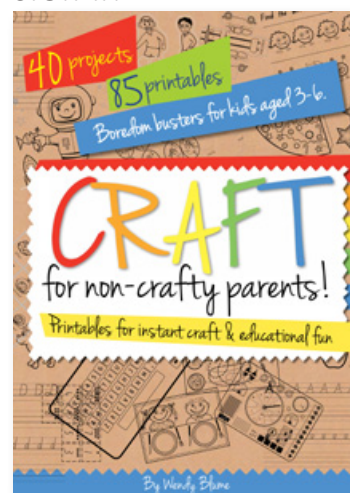


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