

MEALS THAT COOK THEMSELVES



The logo for 'Veggie Smugglers' is located on the left side of the page. It features a vibrant rainbow arching over the word 'Veggie' in a green, bubbly font, with 'smugglers' in a smaller, black, sans-serif font below it. The entire logo is set against a light brown background.

SAMPLE

Easy recipes for
SLOW COOKERS
& RICE COOKERS



WELCOME

And thanks for joining me on a new Veggie Smugglers adventure!

Five years into my blog, I find my emphasis has changed slightly. Earlier years had be scratching my head, searching for ways to sneak vegies into my kids. Now, as they hit 10 and 8, they're generally good eaters, so I find my interest shifting. Now, with four lives to coordinate, life is busier than ever and the new challenge is finding easy and healthy midweek meals that everyone will enjoy.

Finding balance in the modern world is tricky - my hope with this book is to supply accessible recipes that can keep us eating well, while still working perfectly within our busy schedules.

Hope you enjoy these recipes,

Wendy



SAMPLE RECIPES

COCONUT & CARROT SOUP	7
LENTIL SOUP	9
CLASSIC TOMATO SOUP (WITH PASTA)	11
TUSCAN MINISTRONE	13
LAMB & BARLEY SOUP	15
CHICKEN, CORN & PASTA SOUP	17
CHICKEN SATAY	19
MEATBALLS & SAUCE	21
LAMB & PASTA CASSEROLE	23
BEEF FAJITA MIX	25
CHINESE PULLED PORK SLIDERS	27
CHICKEN & CHORIZO	29
BASIC BEEF CURRY	31
SALMON BIBIMBAP	34
BARLEY PILAF	36
QUINOA SALAD	38
LENTILS & RICE	40
WILD RICE SALAD	42
CHEAT'S PAELLA	44
COCONUT RICE PUDDING	46



SLOW COOKER

Whether you call it a slow cooker or crockpot, this gadget is an essential device in a busy household. Maybe you're out with the kids all afternoon or dashing in late after work, this appliance (with a bit of forethought) can cook dinner for you.

While many slow cooker recipes call for browning meat & vegies, I find doing this at 7am a little nauseating, which is why all except one of these dinners is a 'chuck straight in' recipe. Let's keep things simple!

As with all Vegie Smugglers recipes, I've aimed to make the meals kid-friendly but also delicious enough for parents to enjoy. Many of these recipes can also be mushed up into some very gourmet baby food!

TUSCAN MINESTRONE



COOKS IN: 8 HOURS SERVES: 2 ADULTS & 2 KIDS

[Return to contents](#)

8
hours

TUSCAN MINESTRONE

1 SMOKED HAM HOCK

(find these in the deli section)

1 ONION *finely diced*

2 CAROTS *cut into thick rounds*

1 SMALL FENNEL *finely diced*

400g CAN CANNELINI BEANS *rinsed, drained*

400g CAN DICED TOMATOES

2 BIG SPRIGS OF FRESH ROSEMARY

1 FRESH BAY LEAF

1½ LITRES OF WATER

HANDFUL OF ENGLISH SPINACH

roughly chopped

HANDFUL OF FRESH PARSLEY &

BASIL finely sliced

PEPPER

Put everything except the spinach and fresh herbs into the bowl of your slow cooker. Cover and set on low for 8 hours.

Remove the ham hock, shred off meat, discard the fat and bone. Return the meat to the soup, mix through the spinach and herbs. Season with pepper and serve.

YOU MIGHT WANT
TO SERVE THE KID'S
PORTIONS BEFORE
ADDING ALL THE
GREEN STUFF AT
THE END, BECAUSE,
AS YOU KNOW,
GREEN STUFF IS
POISON (SMILE).

MEATBALLS & SAUCE

SAMPLE

COOKS IN: 4 HOURS SERVES: 2 ADULTS & 2 KIDS

[Return to contents](#)

CHINESE PULLED PORK SLIDERS

SAMPLE

COOKS IN: 9 HOURS SERVES: 2 ADULTS & 4 KIDS

[Return to contents](#)

SALMON BIBIMBAP

SAMPLE

COOKS IN: 1 HOUR SERVES: 2 ADULTS & 2-3 KIDS



SALMON BIBIMBAP



2 CUPS JASMINE RICE *rinsed, drained*
2 CUPS WATER
1 LARGE CARROT *julienned*
6 BUTTON MUSHROOMS *sliced*
1 TBSP PEANUT OIL
½ BUNCH SILVERBEET *remove stalks, shred*
2 TBSP MIRIN
1 TBSP SOY SAUCE
½ TSP GARLIC POWDER
SESAME SEEDS
SPLASH SESAME OIL
100g SMOKED SALMON *cut into strips*
1 EGG PER PERSON

TO SERVE: *pickled ginger, kimchi or pickled vegies, chilli/sweet chilli sauce, spring onions*

Rinse the rice well, tip it into the rice cooker bowl along with the water. Set to cook. Once the water is mostly absorbed, pop the carrot and mushrooms on top they steam while the rice finishes cooking.

Heat a frying pan over high heat. Add some oil and toss in the silverbeet. Splash in the mirin, soy sauce, garlic, seeds and sesame oil. When wilted, remove, set aside.

Reheat the pan and fry the eggs sunny side up. Pop rice into each bowl with salmon, spinach & toppings. Top with egg and condiments of your choice.

CLASSIC BIBIMBAP IS COOKED IN A STONE DISH THAT ALLOWS A CRUST TO FORM ON THE BOTTOM, WHICH CAN BE ALSO BE ACHIEVED IN MANY RICE COOKERS.

SAMPLE

BARLEY PILAF



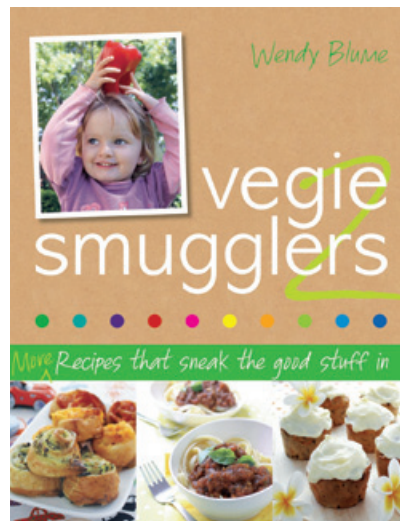
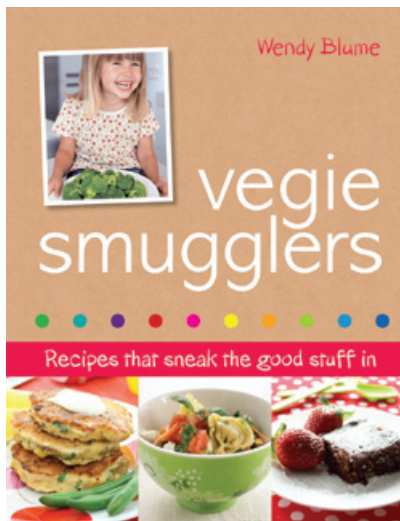
SERVES: 2 ADULTS & 2-3 KIDS AS A SIDE DISH

[Return to contents](#)

CHEAT'S PAELLA



SERVES: 2 ADULTS & 2 KIDS AS A SIDE DISH



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