



Wendy Blume

vegie smugglers Gluten-free

30 gluten-free recipes from Vegie Smugglers book 1 & 2





SAMPLE

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Feeding time at the zoo

In thousands of homes around Australia, dinnertime is a nightmare. Putting in effort to prepare nutritious meals for the little lovelies to reject is a miserable experience. Eventually parents give up, preferring to serve what they know will be eaten. Menus become limited and mealtimes a chore.

Feeding my kids had become a mission. Things eaten one day would not be eaten the next – my son was so fickle and my daughter only ate cheese and pasta. Both of them liked noodles but refused greens. Even yoghurt was a risky proposition.

I'm sure your house is just the same as mine. And I'm sure, like me, you're not a chef, but most days you're in the kitchen trying to put together nutritious and tasty meals for your children. Time-poor parents like us are happy to put in a bit of effort to keep the kids healthy and happy. But time-poor parents like us only want to spend our time cooking food that will be EATEN. There is nothing more frustrating than wasting time cooking meals that get thrown in the bin.

I was determined to get dinnertime back on track. After much struggle and many attempts, Vegie Smugglers is my collection of family meals for fussy eaters of all ages – tried-and-true recipes that aim to take the tension out of mealtimes.

May your meals be happy
and eaten,

Wendy





Is smuggling vegies the right strategy?

Kids do need to learn to eat a variety of flavours and healthy foods. They need to learn that vegetables and fruit are delicious and an essential part of every day.

I always serve my meals with a few pieces of identifiable bite-sized fresh produce on the side. Occasionally this gets eaten, but usually it is pushed aside.

So while my kids continue to learn to love healthy food, I'm happy to smuggle the good stuff in wherever I can.





Which vegetable? Why?

Cooking with a range of foods ensures that you get all the nutrients you need and keeps meals interesting. Use this guide to be inspired and to take a refresher about what our bodies need to be at their best.

Most supermarkets have all vegetables available year-round. However, buying in season ensures tastier, cheaper produce. These symbols are a guide for the best time.

Summer ☀️ Autumn 🍁 Winter ❄️ Spring 🌸



Beans ☀️ 🍁

Green beans are a perfect raw snack, crammed full of vitamins and fibre. Their vitamin K levels are huge and they are one of the few vegetables that contain omega-3 fatty acids. Cooking does diminish their benefits, so opt for quick cooking and add them to a dish at the last minute. Try oven-baked risotto, page 61.



Beetroot 🌸 ☀️ 🍁 ❄️

is known to have been eaten in the earliest Middle Eastern cultures. All of the plant can be eaten; the leaves are usually found in pre-mixed salad leaves. The bulb can be eaten raw, boiled or roasted. Nutritionally, it's a great source of fibre, potassium and folate. Try beetroot tzatziki, page 115.



Asparagus 🌸

Considered a delicacy by the Egyptians and Greeks, asparagus was used to treat urinary tract infections (some people still swear it affects their wee). It is high in folic acid and has good amounts of calcium, iron and fibre. Slice it finely for stir-fries, or microwave it whole and use as a posh dipper with hummus. Try asparagus rolls, page 110.

Avocado 🌸 ☀️ 🍁

The buttery texture of avocado is due to its high level of mono-unsaturated fats, which gives it mixed reviews among nutritionists. Some claim the fat level is higher than can be justified; other folk prefer to eat them infrequently to benefit from the high quantities of minerals and vitamins. Avocado is invaluable in healthy, kid-friendly dips and salads. Try beef & lentil fajitas, page 26.

Broccoli 🍁 ❄️

A nutritional superfood containing mountains of everything good, such as most vitamins including K, minerals and anti-cancer flavonoids. Smuggle in as much as possible. Try cheesy pots, page 64.



VITAMIN K is essential for assisting blood clotting and the absorption of calcium. Babies are injected with it at birth to boost newborn levels. **ALSO FOUND IN** avocado, beans, spinach, cabbage, cauliflower, broccoli and kiwifruit.

Ma po dofu

This Chinese classic translates as “pockmarked-face lady’s tofu”, an unlikely name for such a delicious and colourful dish. It’s so yum that the kids won’t even notice that it’s packed full of healthy stuff.

500g pork mince

1 tbsp dark soy sauce
(or regular soy sauce if
you prefer)

2 tbsp shaoxing wine
(Chinese rice wine) or
dry sherry or mirin

1 tbsp canola oil

1 large carrot, peeled,
grated

1 zucchini, grated

125g can corn kernels,
drained

1/3 red capsicum,
deseeded, finely diced

200g packet flavoured
tofu (honey/soy), diced
(or use plain tofu if you
prefer)

1 tsp crushed ginger

1 tsp crushed garlic

1 cup chicken stock

1 tbsp soy sauce

Steamed rice and
coriander leaves,
to serve

Marinate the mince in the dark soy and
1 tbsp rice wine for 1 hour (if you have time)
in the fridge in a ceramic dish.

Heat the canola oil in a wok or large non-stick
frying pan over high heat. Cook mince until
browned, breaking up lumps as you go. Remove
with a slotted spoon and set aside.

Reheat the pan on high heat, cook all the
vegies, tofu, ginger and garlic for 1-2 minutes.
Ensure heat stays high to avoid vegetables
going soggy.

Return the mince to the pan, along with
the stock, soy sauce and the rest of the
rice wine.

Simmer for 1-2 minutes. Serve with rice of your
choice and coriander.

SERVES 2 ADULTS & 4 KIDS

MORNING PREP PLAN

1. Marinate the pork mince in the fridge (all day is fine).
 2. Prepare all the vegies and the tofu, measure out the garlic and ginger and store mixed together in an airtight container in the fridge.
 3. Combine the chicken stock and soy sauce.
- That night you can follow the recipe as usual, with all your ingredients ready to go – dinner ready in 10 minutes.

Rate it



Comments



FOR THE ADULTS Serve topped with sweet chilli sauce and coriander leaves. If you love heat, add a drizzle of chilli oil.



SAMPLE

Rate it



Comments

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SUPERSTAR Keep star anise in your pantry to add an authentic Asian flavour to soups.

Beef pho

This quick dish is a Vietnamese staple and easily devoured by hungry kids who love to slurp a noodle and crunch a bean.

6 cups beef stock
2 tbsp fish sauce
4cm piece fresh ginger,
peeled, cut into slices
2 star anise
1 cinnamon stick
1 tsp sugar
1 carrot, peeled, sliced
into thin rounds
4 spring onions,
thinly sliced
400g lean beef (sirloin
or rump), very thinly
sliced – easily done with
meat from the freezer
16 sugar snap peas
200g rice noodles
Bean sprouts

To serve:

Lime wedges
Coriander
Sliced spring onion
Fresh or dried chilli
(optional)

In a large saucepan, combine the stock, fish sauce, ginger, star anise, cinnamon and sugar. Bring to the boil then simmer over low heat for 15 minutes (or up to an hour if you have time).

Add the carrot and cook for 2 minutes, then add the spring onion and beef for 2 minutes more. Finally, add the sugar snap peas and remove from the heat.

Prepare the noodles according to packet directions and divide between your bowls. Place the bean sprouts on top.

Ladle over the soup mixture. Top with lime, coriander, spring onion and chilli (if using).

SERVES 2 ADULTS & 2 KIDS

Morning prep plan

1. Make the soup (without vegies or meat). Pour into a bowl or container, cover and refrigerate.
2. Chop the beef and vegies. Store in containers in the fridge.
3. That night, bring the soup back to the boil and follow the recipe as directed.





Tuna, rice & zucchini puffs

These puffs use just enough egg to bind everything together without being too “eggy”. They’re also a nice gluten-free alternative to savoury muffins.

Canola oil cooking spray

**250g packet
microwaveable
brown or white rice**

4 eggs

1/3 cup milk

**1 tsp finely chopped
dill or basil**

1 cup grated cheese

**1 large (or 2 small)
zucchini, grated**

**2 spring onions,
finely sliced**

Black pepper

**185g can tuna in
olive oil (drained)**

Preheat oven to 180C. Spray a 12-hole muffin pan with cooking spray and line with paper cases.

Cook the rice according to packet directions, then set aside to cool slightly.

In a large bowl, lightly whisk the eggs. Add the remaining ingredients (including rice) and mix until combined. Divide evenly between the muffin cases and bake for 25 minutes until golden.

Serve immediately or reheat the next day, topped with chives.

MAKES 12

Rate it



Comments

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REHEAT these under a grill, or remove foil cases and microwave.

Oven-baked hash browns

The combination of onion and parsnip is absolutely delicious in this dish. Microwaving the whole vegies first speeds up the cooking time and gives a nice creamy texture.

1 potato
1 swede
1 sweet potato
1 parsnip
1 onion, peeled, grated
1 tsp parsley or chives, finely diced
Salt & black pepper
2 tbsp olive oil, plus extra for cooking

Preheat oven to 200C. Line a large oven tray with baking paper.

Soften the vegies individually by cooking them whole in the microwave. Try 3 minutes on high for the potato, 2 minutes for the swede, 2 minutes for the sweet potato and 1 minute for the parsnip. Allow to cool slightly. Peel off the skins and grate the soft insides. Transfer to a mixing bowl, mix through the onion, herbs, seasoning and olive oil. Use your hands to combine well.

Form thin patties. Place on the oven tray, drizzle with oil and cook for 25 minutes, turning once during cooking.

MAKES 8





SERVE THESE for breakfast with oven-baked vine tomatoes, boiled eggs, bacon and coffee (for the adults)!

Rate it



Comments

Rice pudding with stewed apples

Let's be honest, this might not be the best-looking dessert in the world, but it is surely one of the tastiest. And it practically cooks itself.

Butter, for greasing

Rice pudding

½ cup long grain rice

3 tbsp brown sugar

Zest of 1 small lemon

½ tsp vanilla extract

4 cups full-cream milk

Stewed apples

2 large or 3 small
apples, peeled, sliced

2 tbsp water

2 tsp lemon juice

1 tbsp sugar

¼ tsp ground cinnamon

¼ tsp ground ginger
(optional)

2 cloves (optional)

1 tbsp butter

Maple syrup and
raspberries, to serve

For the rice pudding, preheat oven to 160C. Grease a small ovenproof dish (a family-sized soufflé dish is good). Sprinkle the rice over the base of the dish. Mix together the sugar, lemon zest, vanilla and milk in a bowl. Pour over the rice, stir well and bake for 30 minutes. Stir the mixture gently then bake for another hour until the rice is cooked.

For the stewed apples, place all the ingredients in a small saucepan over medium heat. Mix well, cover and bring to a simmer. Cook until the fruit is soft (8-10 minutes), stirring occasionally. Remove from heat. Cool. Discard the cloves (if using).

Serve scoops of rice pudding with the apples. Top with a drizzle of maple syrup and raspberries.

SERVES 2 ADULTS & 4 KIDS

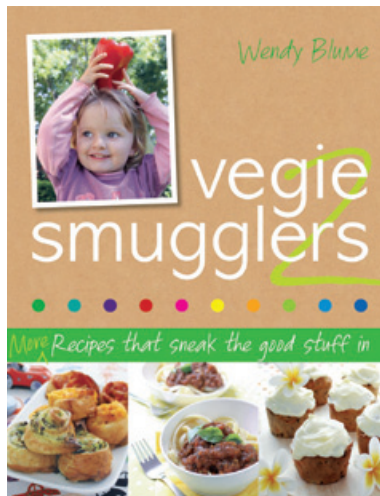
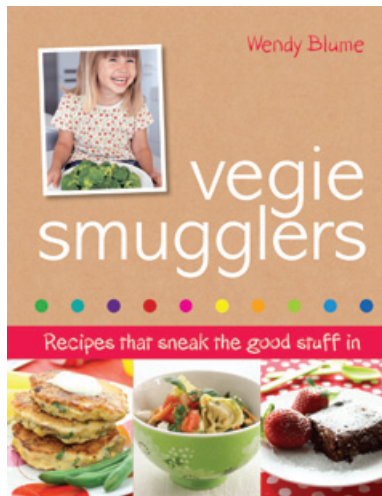


Rate it



Comments

MAKE AHEAD The stewed apples can be kept for several days in an airtight container in the fridge.



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