



# L'ore Legumes



R E C I P E   B O O K

# Legumes are a nutrition powerhouse!

Legumes are an incredibly nutritious and versatile whole plant food. Packed with plant-based protein plus fibre, legumes also contain B-vitamins and essential minerals.

Legumes can promote digestive health due to dietary fibre, are low GI foods to help stabilise blood glucose levels, and can assist weight maintenance and loss, as part of a healthy eating plan.

The Australian Dietary Guidelines includes legumes such as lentils, beans, and chick peas as both a protein food and a vegetable, in 2 of the 5 core food groups.

Aim for ½ cup of legumes at least 3 times a week for good health.

Health conscious? Look out for Edgell No Added Salt Red Kidney Beans and Four Bean Mix.

Legumes are nutritious meal ingredients.

Discover recipe inspiration ideas:

[www.edgell.com.au](http://www.edgell.com.au) or

[www.simplygreatmeals.com.au](http://www.simplygreatmeals.com.au)

Find your favourite Edgell legumes in the canned vegetables section of your local supermarket.



Love  
Legumes



## Good4U Edgell Legumes

- ✓ 4+ Health Star Rating
- ✓ Fibre for gut health
- ✓ Natural Vegetarian Plant protein
- ✓ Add to favourite recipes





# GRAZING BOARD

Include nutritious **Edgell Snack Time** legumes on a grazing board to add flavour, crunchy texture and appetite appeal.

# ENTERTAINING SNACKS

Serve **Edgell No Drain Pouches** when friends call in or for outdoor entertaining by simply adding sweet chilli sauce and finely grated lime zest to Edgell Black Beans. Also a perfect addition to Mexican meals.



# NIBBLES

For crunchy nibbles when entertaining or at work, simply toss a pouch of **Edgell No Drain Chick Peas** with 2 teaspoons each of oil and Moroccan seasoning. Oven bake at 160°C for 40 minutes or until dried and crispy. Cool and store in an airtight container.



# MOROCCAN BEETROOT DIP

## INGREDIENTS

3 teaspoons Ras el hanout

425g can **Edgell Sliced Beetroot**, drained

400g can **Edgell Butter Beans**, drained

100g dry roasted cashews

120g goat cheese

Wraps, **Edgell Snack Time Chick Peas**, avocado slices and rocket, to serve

## METHOD

- 1 Add Ras el hanout to a small frypan over medium heat. Stir for 1-2 minutes or until fragrant. Remove from pan and set aside.
- 2 Place **Edgell Sliced Beetroot**, **Edgell Butter Beans**, cashews and Ras el hanout in a food processor. Process until smooth. Add goat cheese and process again until smooth.
- 3 Spread on your favourite wrap and top with **Edgell Snack Time Chick Peas**, avocado and rocket. Alternatively, serve as a dip.

TIP: Ras el Hanout is a Moroccan spice blend available from gourmet grocers or delicatessens.



4 Health Star Rating



High in Fibre



Plant Protein





# CAJUN CHICKEN CORN AND ASPARAGUS

## INGREDIENTS

- 8 chicken tenderloins
- 2 tablespoons Cajun spice
- 1 tablespoon extra virgin olive oil
- 1 red capsicum, cut into strips
- 1 zucchini, sliced
- 420g can **Edgell Corn Kernels**, drained
- 100g pouch **Edgell Red Kidney Beans**
- 2 bunches asparagus, steamed
- Fresh coriander leaves and lime wedges, for garnish

## METHOD

- 1 Coat chicken in Cajun spice.
- 2 Heat oil in a non stick frypan over a medium heat. Cook chicken for 4-5 minutes on each side or until golden brown and cooked through. Remove and keep warm.
- 3 Add capsicum, zucchini, **Edgell Corn Kernels** and **Edgell Red Kidney Beans** to the same frypan and cook tossing for 4-5 minutes or until tender. Serve with cooked chicken and steamed asparagus, garnished with coriander and lime wedges.

TIP: Alternatively, tofu or fish fillets can be substituted for chicken tenderloins.



No Added Salt



Rich in Fibre



# CHICK PEA LOADED AVO

## INGREDIENTS

70g can **Edgell Snack Time Chick Peas with Zesty Vinaigrette**

1 avocado

Fetta, crumbled

Fresh mint leaves, for garnish

## METHOD

- 1 Remove seed from avocado and spoon **Edgell Chick Peas** onto avocado. Top with fetta and garnish with mint leaves.

TIP: Sunflower or pumpkin seeds can also be added for extra crunch.



Plant Protein



# CHICK PEA SALAD

## INGREDIENTS

70g can **Edgell Snack Time Chick Peas with Olive Oil, Garlic & Rosemary**

3-4 radicchio leaves, torn

2 baby cucumbers, sliced

1/2 orange, segmented

Fresh chives, chopped, for garnish

## METHOD

- 1 Arrange all ingredients on a serving plate. Drizzle with olive oil if desired.

TIP: A peeled mandarin can also be used instead of segmenting an orange.



4.5 Health Star Rating



# BLACK BEAN BROWNIES

## INGREDIENTS

- 200g butter, chopped
- 200g dark chocolate, chopped
- 1 cup brown sugar
- 3 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 400g can **Edgell Black Beans**, rinsed and drained well
- ¾ cup plain flour
- 2 tablespoons cocoa
- ½ cup pistachio nuts
- Icing sugar, for serving

## METHOD

- 1 Melt butter and chocolate in a large bowl in the microwave on Medium setting for 2 minutes. Add sugar and stir well to dissolve any lumps of sugar. Add eggs and vanilla.
- 2 Puree **Edgell Black Beans**. Add to chocolate mixture and beat well.
- 3 Sift flour and cocoa and stir into chocolate mixture with half the pistachio nuts. Pour mixture into a greased and lined 18cmx28cm slice pan. Sprinkle with remaining pistachio nuts.
- 4 Bake in a preheated oven at 190°C for 23-25 minutes. Remove from oven and allow to cool completely in pan. Dust with icing sugar for serving.

TIP: Serve warm as a dessert with your favourite yogurt and fresh raspberries.



Very High in Fibre





# OUR RANGE



**EDGELL LEGUMES.  
PLANT BASED GOODNESS.**

TO VIEW OUR TOTAL EDGELL RANGE GO TO:  
[edgell.com.au](http://edgell.com.au)