



12 SIMPLE & DELICIOUS RECIPES
FROM EDGELL SNACK TIME



During the busy week it can be hard to find snack and meal ideas that deliver on taste, are quick to make and are also good for you.

The following 12 recipes from Edgell Snack Time are just that. With so much flavour already in the can, it's as simple as *opening* and *adding* to create a delicious meal.

Each recipe also has a nutrition stamp so that you can see their nutritional benefits.

Eating well has never been so easy!

**PLANT
PROTEIN**

Recipe contains a **plant based source of protein** e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).

**PROTEIN
BOOST**

Recipe contains at least **1+ serves of protein** as per Australian Dietary Guidelines and contains at least 10g protein per serve.

**2+
SERVES VEG**

Recipe contains at least **2+ serves of cooked vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.

VEGETARIAN

Recipe is suitable for **lacto-ovo vegetarians**. Recipe contains **no animal based meat products (i.e. No meat, poultry, fish or seafood)** but may contain dairy (non-animal rennet), honey and egg ingredients.

VEGAN

Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).

OMEGA-3

Recipe contains any type of **seafood**, which is a source of healthy omega-3 fats

PUMPKIN, WALNUT & CHICK PEA SALAD

PREP 10 mins
COOK TIME 0 mins
SERVES 1



Ingredients

Tahini dressing:

3 tablespoons natural yoghurt

1½ tablespoons tahini

1½ tablespoons lemon juice

1 clove garlic, crushed

1 cup rocket

70g can **Edgell Snack Time Chick Peas with Lemon & Pepper**

½ cup diced and roasted pumpkin

2 tablespoons chopped walnuts

Preparation

1. Combine yoghurt, tahini, lemon juice and garlic in a medium bowl to make dressing. Whisk until well combined.
2. Place rocket in a serving bowl and top with remaining ingredients. Drizzle with dressing and serve immediately.

TIP: Store remaining dressing in the refrigerator and use within a few days. For easy lunch meal prep, roast vegetables in advance and store for the week ahead.



CHICK PEA, RADICCHIO & ORANGE SALAD

PREP 5 mins
COOK TIME 0 mins
SERVES 1



Ingredients

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

3-4 radicchio leaves torn

2 baby cucumbers, sliced

½ orange, segmented

Fresh chives, chopped, for garnish

Preparation

1. Gently toss together Edgell Chick Peas, radicchio, cucumber and orange segments. Serve garnished with chives.

TIP: Bitter lettuces like rocket, endive or watercress can replace radicchio. Add flaked hot smoked salmon for extra protein.



PLANT
PROTEIN

VEGAN

PASTA SALAD WITH TUNA AND CHICK PEAS

PREP 10 mins
COOK TIME 10 mins
SERVES 1



Ingredients

1 cup farfalle pasta
½ bunch asparagus, cut into 5cm lengths
70g can **Edgell Snack Time Chick Peas**
 with Zesty Vinaigrette
95g can John West Tuna Tempters –
 Lemon & Cracked Pepper
6-8 yellow and red cherry tomatoes, chopped
¼ small red onion, thinly sliced
⅓ cup fresh basil leaves

Preparation

1. Cook pasta following packet directions. In the last minutes of cooking time, add asparagus. Drain and run pasta and asparagus together under cold water until cooled.
2. Combine pasta and asparagus with remaining ingredients.

TIP: For easy lunch assembly, prepare pasta and asparagus the night before.



TUNA, CHARRED CORN & BLACK BEAN TACOS

PREP 5 mins
COOK TIME 2 mins
SERVES 1



Ingredients

3 small tortilla wraps
70g can **Edgell Snack Time Black Bean & Charred Corn with Lime & Herbs**
95g can John West Tuna Tempters - Chilli
½ avocado, sliced
1 small tomato, diced
1 tablespoon crumbled fetta
¼ cup fresh coriander leaves
Lime wedges, for serving

Preparation

1. Warm tortillas on hot grill plate, sandwich press or non stick frypan.
2. Top tortillas with remaining ingredients. Drizzle with extra lime juice if desired.

TIP: For quick and delicious charring, place tortillas straight over a cook top gas flame, carefully flipping over with tongs after 10 seconds or when charred to your liking.



SMOKED CHICKEN WITH SWEET CHILLI BLACK BEANS & PINEAPPLE SALSA

PREP 10 mins
COOK TIME 2 mins
SERVES 1



Ingredients

½ cup chopped pineapple
¼ red onion, finely diced
1 tablespoon lime juice
250g pouch microwave brown rice,
heated following packet directions
½ smoked chicken breast, sliced
70g can **Edgell Snack Time Black Beans with Sweet Chilli & Lime**
Lime wedges and fresh coriander, for serving

Preparation

1. In a small bowl combine pineapple, red onion and lime to make a salsa.
2. Place rice in the base of a serving bowl, top with salsa, chicken and Edgell Black Beans. Serve with lime and coriander.

TIP: Replace pineapple with mango when in season. Finely chopped red chilli can also be added to salsa for extra heat.



**PROTEIN
BOOST**

BLACK BEAN & CHARRED CORN SALSA BOWL

PREP 10 mins
COOK TIME 0 mins
SERVES 1



Ingredients

1 small tomato, seeds removed and diced
¼ red onion, finely diced
¼ green capsicum, diced
70g can **Edgell Snack Time Black Beans & Charred Corn with Lime & Herbs**
⅓ cup guacamole
Tortilla chips or corn chips, fresh coriander and lime wedges, for serving

Preparation

1. In a small bowl combine tomato, onion and capsicum to make salsa.
2. Arrange salsa, Edgell Black Beans & Charred Corn and guacamole in a serving bowl. Serve with tortilla chips, coriander and lime.

TIP: Make your own healthier tortilla chips by lightly brushing flour or corn tortillas with extra virgin olive oil and bake in a preheated oven until crisp and golden.



CHICK PEA LOADED AVOCADO

PREP 5 mins
COOK TIME 0 mins
SERVES 1



Ingredients

½ avocado, seed removed
70g can **Edgell Snack Time Chick Peas with Zesty Vinaigrette**
Fetta, crumbled
Fresh mint leaves, for garnish

Preparation

1. Spoon Edgell Chick Peas into hole from removed avocado seed. Top with fetta and garnish with mint leaves.

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



CHICK PEA & TUNA POKE BOWL

PREP 10 mins
COOK TIME 0 mins
SERVES 1



Ingredients

250g pouch microwave brown rice medley,
heated following packet directions
70g can **Edgell Snack Time Chick Peas**
with Olive Oil & Sea Salt
95g can John West Tuna Tempters – Chilli
½ cup finely shredded red cabbage
1 small carrot, julienned
6 snow peas, trimmed and blanched
1 baby cucumber, shaved into ribbons
1 teaspoon black sesame or toasted
sesame seeds (optional)

Preparation

1. Spoon desired amount of rice into serving bowl then carefully arrange all ingredients apart from sesame seeds in sections. Sprinkle with sesame seeds.

TIP: Drizzle the rice with any remaining oil and flavour from the John West Tuna and Edgell Chick Pea cans.



ZESTY CHICK PEA, TUNA & MINT SALAD

PREP 10 mins
COOK TIME 0 mins
SERVES 1



Ingredients

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

95g can John West Tuna – in Olive Oil

Blend, drained, oil reserved

1 cup mixed green salad leaves

6 cherry tomatoes, halved

¼ small red onion, thinly sliced

1 tablespoon slivered natural almonds

1-2 tablespoons crumbled fetta

¼ cup fresh mint leaves

Preparation

1. Combine all ingredients. Season to taste and drizzle with reserved oil from John West Tuna if desired.

TIP: For less pungent onion, soak sliced red onion in cold water for 10 minutes before adding to salad.



CHICK PEA TASTING BOARD

PREP 5 mins
COOK TIME 0 mins
SERVES 1



Ingredients

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

Cheese, salami, smoked almonds, sliced baby cucumbers, grapes and crackers, for serving

Preparation

1. Place Edgell Chick Peas in a small bowl. Serve on a board with remaining ingredients.

TIP: Serve a variety of Edgell Snack Time flavoured legumes with cured meats, cheeses, olives, nuts and vegetables at your next gathering.



PLANT
PROTEIN

BLACK BEAN & CHARRED CORN RAINBOW SLAW

PREP 10 mins
COOK TIME 0 mins
SERVES 1



Ingredients

70g can **Edgell Snack Time Black Beans & Corn with Lime & Herbs**

95g can John West Tuna Tempters - Chilli

¾ cup finely shredded red cabbage

¼ small red capsicum, diced

1 small stick celery, sliced

¼ cup pepitas, toasted

Fresh coriander leaves, for garnish

Toasted tortilla, for serving (optional)

Preparation

1. Combine all salad ingredients, serve with tortilla bread.

TIP: Prepare the raw salad ingredients the night before and store in a sealed container in the fridge. Add toasted pepitas, Edgell Beans and John West Tuna before serving.



READY TO EAT,
ANY TIME,
ANYWHERE

