



Healthy Meals with Organic Sauces





ORGANIC

Finally...a pasta sauce you can feel good about feeding your loved ones, by introducing the Leggo's ORGANIC Sauce range in your cooking repertoire.

Healthy cooking starts with our sauces. This recipe compilation will inspire you to create delicious and nutritious dishes.

Every delicious recipe has its nutritional benefits identified with its own tailored nutrition stamp, making healthier eating easier than ever before.



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**.



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



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.



Recipe contains ingredients that are **lower in carbohydrates** vs reference carbohydrate products.



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.).



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



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





SICILIAN STYLE CHICK PEAS

INGREDIENTS

2 tablespoons extra virgin olive oil
1 stick celery, thinly sliced
1 green capsicum, chopped
400g can chick peas, rinsed and drained
1 teaspoon smoked paprika
2 cloves garlic, crushed
500g jar Leggo's Organic Pasta Sauce - Tomato & Vegetable
½ cup reduced salt vegetable stock or water
2 tablespoons Sicilian olives, chopped
1 cup baby spinach leaves
2 tablespoons finely chopped celery leaves, plus extra for garnish
Wholemeal sourdough bread, for serving

PREPARATION

1. Heat oil in a saucepan over a medium heat. Add celery, capsicum, chick peas, smoked paprika and saute for 5 minutes or until vegetables are softened.
2. Add garlic and cook for a further minute.
3. Add Leggo's Pasta Sauce, stock and reduce heat to low, cook for 5 minutes, stirring occasionally, adjusting consistency, as desired.
4. Stir in olives, spinach and celery leaves. Serve garnished with celery leaves and serve with crusty bread on the side.



TIP: Use stock to rinse the Leggo's jar of all the sauce before adding to the chick pea mixture.



VEGETARIAN



BAKED SPINACH AND RICOTTA GNOCCHETTI

INGREDIENTS

400g fresh ricotta
125g frozen spinach, thawed, excess moisture squeezed out
½ cup finely grated parmesan cheese
½ cup fresh wholemeal breadcrumbs
1 egg, lightly beaten
2 tablespoons chopped toasted pine nuts
¼ teaspoon grated nutmeg
Finely grated zest of ½ lemon
500g jar **Leggo's Organic Pasta Sauce - Tomato & Basil**
⅓ cup grated mozzarella cheese
2 tablespoons finely grated parmesan cheese, extra
Crusty wholemeal sourdough bread and garden salad, for serving

PREPARATION

1. Combine ricotta, spinach, parmesan, breadcrumbs, egg, pine nuts, nutmeg and lemon rind in a large bowl and season to taste. Using 2 tablespoons, shape heaped tablespoons of mixture into quenelles.
2. Pour **Leggo's Pasta Sauce** over the base of a 1 litre capacity shallow baking dish and place gnocchetti on sauce. Sprinkle with mozzarella and parmesan cheese.
3. Bake in a preheated oven at 180°C for 25-30 minutes or until golden brown. Serve with crusty bread and salad.



TIP: Gnocchetti can be assembled a few hours ahead and refrigerated prior to baking



ITALIAN MEATBALLS WITH SPINACH AND BASIL

INGREDIENTS

2 red onions
500g lean beef mince
1 tablespoon chopped fresh basil
¼ cup finely shredded parmesan cheese,
plus extra, for garnish
2 tablespoons extra virgin olive oil
500g jar **Leggo's Organic Pasta Sauce -
Tomato & Garlic**
½ teaspoon dried chilli flakes, optional
2 cups baby spinach leaves
¼ cup chopped fresh basil, plus extra for
garnish
500g packet frozen Birds Eye Broccoli &
Cauliflower Rice, cooked

PREPARATION

1. Grate one of the onions and combine with beef mince, basil and parmesan in a large bowl and mix well. Roll tablespoonfuls of mixture into balls.
2. Heat ½ the oil in a large non stick frypan over high heat. Add meatballs and cook until browned. Remove and set aside.
3. Reduce heat to medium, thinly slice second onion and cook with remaining oil for 2-3 minutes or until translucent and fragrant. Add **Leggo's Pasta Sauce**, chilli flakes, meatballs and bring to the boil. Reduce heat to low, cover and cook for 10 minutes, stirring occasionally.
4. Remove from heat, stir in spinach and basil. Serve with cooked Birds Eye Broccoli and Cauliflower Rice. Garnish with extra shredded parmesan.



TIP: Meatballs can be assembled and refrigerated up to 4 hours prior to cooking. Remove from refrigerator 15 minutes before cooking.



ONE POT SWEET POTATO NOODLES IN ITALIAN SAUCE

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 red onions, cut into thin wedges
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 500g jar **Leggo's Organic Pasta Sauce – Tomato & Vegetable**
- 1 cup salt reduced vegetable stock
- 2 sweet potatoes (750g), julienned or spiralised
- Shredded parmesan cheese and fresh oregano leaves, optional, for garnish

PREPARATION

1. Heat oil in a non stick frypan over medium heat. Add onion and cook for 1-2 minutes or until translucent. Remove $\frac{1}{4}$ cup of onion and set aside for garnish. Add oregano and garlic to remaining onion and cook for a further minute.
2. Add **Leggo's Pasta Sauce**, stock and stir until combined. Add sweet potato 'noodles' reduce heat to medium-low, cover with a lid and cook for 4-5 minutes without stirring.
3. Gently stir sweet potato and cook for a further 9-10 minutes or until 'al dente'.
4. Serve garnished with parmesan cheese, fresh oregano and reserved red onion.



TIP: Use stock to rinse Leggo's jar of all the sauce.



TOMATO POACHED SALMON WITH BROCCOLINI

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 small bulb fennel, thinly sliced, reserving fennel fronds, for garnish
- 2 spring onions, chopped
- ½ teaspoon smoked paprika
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Garlic**
- 4 skinless salmon fillets
- 1 bunch broccolini, halved lengthways, cooked until tender

PREPARATION

1. Heat oil in a non stick frypan over a medium low heat. Add fennel, spring onion, paprika and cook for 5 minutes, until well softened.
2. Pour **Leggo's Pasta Sauce** into frypan and bring to the boil. Place salmon in sauce, spoon over sauce and cover with a lid. Cook over a medium low heat for 10-12 minutes or until salmon is cooked.
3. Meanwhile steam or char cook broccolini and set aside.
4. Serve salmon with reserved sauce and cooked broccolini, garnished with reserved fennel fronds.



TIP: If fennel is unavailable, use sliced leek as an alternative.



2+
SERVES VEG

SOURCE OF
PROTEIN



TUSCAN CHICKEN

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 500g skinless chicken thigh fillets, trimmed and quartered
- 1 large onion, roughly chopped
- 1 red capsicum, roughly chopped
- 3 cloves garlic, crushed
- ¼ cup red wine or reduced salt chicken stock
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Basil**
- 1 zucchini, sliced
- Wholemeal or pulse pasta of choice, for serving
- Fresh basil leaves, for garnish

PREPARATION

1. Heat oil in a large non stick frypan over a high heat. Add chicken and cook on both sides until golden. Remove and set aside.
2. Reduce heat to medium, add onion and capsicum to frypan and cook for 5 minutes or until softened, stirring occasionally. Add garlic and cook for a further minute. Add wine and cook until reduced to 1 tablespoon.
3. Add **Leggo's Pasta Sauce**, chicken and reserved meat juices (these add extra flavour) to frypan. Reduce heat to low and cook uncovered for 5 minutes. Add zucchini and cook for a further 5 minutes.
4. Serve with pasta of choice, garnished with fresh basil leaves.



TIP: Always add the reserved meat juices with the chicken to the sauce for added flavour.



ORGANIC

Packed **full** of organic vegetables, with **more** of the flavour you love and **less** of the sugar and salt you don't!



- ☒ All Natural Ingredients
- ☒ No Hidden Nasties
- ☒ Australian Certified Organic



6 Serves of vegetables*



No Added Sugar



Reduced Salt^



4.5 Health Star Rating

*In every 500g jar. One serve of vegetables = 75g. The Australian Dietary Guidelines.

^At least 25% less salt (and sodium) when compared to average Leggo's® Chunky Tomato Pasta Sauces