

# NATURAL LIVING



*with Tegan Martin*





PREP  
25 MINS



COOK  
30 MINS



SERVES  
4

## SWEET POTATO CHEESY BAKE\*

The best part of this recipe is no ingredients need pre cooking, just layer up the ingredients and bake! In this recipe we are replacing lasagne sheets with sweet potato which is a great healthy whole food alternative.

### INGREDIENTS

- ½ cup marinated goat cheese
- ½ bunch fresh organic basil
- ¼ cup of organic sage
- Fine sprinkle of chilli flakes
- Olive oil
- 500g jar of **Leggo's Organic Pasta Sauce -Tomato & Garlic**
- 1 large (or 2 medium) sweet potatoes – thinly sliced lengthways
- 1 cup of fresh organic baby spinach
- Cheese of choice to sprinkle on top



### PREPARATION

1. Preheat oven to 180°C.
2. In a bowl mix together the goat cheese, basil, sage and chilli flakes.
3. Spread ⅓ of Leggo's Organic sauce over the bottom of the dish.
4. Next add sweet potato slices, using the various sized shapes to piece together a layer, if pieces overlap this is fine!
5. Spread a layer of goat cheese mixture, then lay half the baby spinach.
6. Arrange another layer of sweet potato, then pour over remaining Organic sauce and cover with rest of the spinach.
7. Top with a final layer of sweet and sprinkle with a generous layer of your cheese and some sage leaves.
8. Pop in the oven for 30 mins until cheese is golden brown and potato tender.





PREP  
15 MINS



COOK  
20 MINS



SERVES  
2

# TOMATO SHAKSHUKA\*

Beautiful Sunday morning breakfast to impress your guests. Quick and easy and full of flavour! Using quality organic eggs will produce the best.

## INGREDIENTS

- 1 finely chopped chorizo
- 1 small bunch finely chopped organic kale
- zest of 1 lemon
- 500g jar **Leggo's Organic Pasta Sauce -Tomato & Veggies**
- 2-3 eggs
- Sourdough (or bread of your choice)

## PREPARATION

1. Preheat oven to 220°C.
  2. Heat a splash of olive oil in an ovenproof pan and cook chorizo for 1 minute or until browned.
  3. Add the kale, lemon zest and Leggo's Organic sauce then simmer for 5 minutes on low temperature.
  4. Use a wooden spoon to create a hole and crack in an egg into each one.
  5. Bake in the oven until the egg white is firm but yolk is still soft (or until the eggs are cooked to preferred consistency).
- Serve with chopped parsley and sourdough.





# CHICKEN BLACK BEAN ENCHILADA\*

Quick and easy recipe for the time poor! Fantastic for families and big hit with kids!  
Any Leftover mixture can be used in a salad for lunch!

## INGREDIENTS

- 1 small onion, chopped
- 2 cups shredded cooked chicken
- ¼ cup coriander
- ½ cup drained canned black beans
- 300g can of corn kernels, drained
- ½ teaspoon chilli powder
- ½ teaspoon ground cumin
- 500g jar **Leggo's Organic Pasta Sauce -Tomato & Garlic**
- 1 packet of tortillas
- 1 cup of hard cheese of your choice to sprinkle on top



## PREPARATION

1. Heat olive oil in a pan and sauté onions until soft (2-3 mins).
2. Add shredded chicken, coriander, black beans, corn, chilli powder, cumin and the ½ jar Leggo's Organic sauce. Stir to combine and cook for another 4-5 minutes. Remove from heat.
3. Fill each tortilla with chicken/bean mixture, and roll up placing seam side down in ovenproof dish. Pour over the other half a jar of sauce and sprinkle well with cheese.
4. Cover with foil and bake at 180°C for 25 mins or until cheese is golden and edges of tortillas are crispy.
5. Serve with side salad or topping of choice (guac, jalapeños or yogurt)





# TOMATO & VEGETABLE FETTUCCHINE\*

You can never have enough vegetables in a veggie pasta sauce and they can swapped in our out to suit what your family likes.

## INGREDIENTS

- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 tsp mixed dried Italian herbs
- 1 medium eggplant, diced
- 2 cups of sliced mushrooms
- 1 red capsicum, sliced
- 1 cup organic red wine (or stock instead)
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Veggies**
- 400g pasta of Fettuccine Pasta
- Medium handful of chopped organic parsley
- Medium handful chopped fresh organic basil
- 1 small bag pine nuts
- Olive Oil



## PREPARATION

1. In a large pan heat a drizzle of olive oil, add onion, garlic, Italian herbs. Cook for 2 minutes or until soft.
2. Add eggplant, cover and cook for 2-3 minutes. Add mushrooms and capsicum and cook for 2 minutes.
3. Pour in wine or stock then stir in Leggo's Organic sauce cover and bring to simmer for 10 minutes, stir until thick.
3. Meanwhile, cook pasta in pan of boiling water until tender.
4. Toast pine nuts in small pan with small amount of olive oil. Add to vegetable mixture together with parsley and basil. Serve over cooked pasta.



PREP  
15 mins



COOK  
20 mins



SERVES  
4

# SWEET POTATO NOODLES IN ITALIAN SAUCE

I love a dish that all cooks in one pan, no need to boil up traditional pasta as we have swapped the pasta for sweet potato noodles.

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 organic red onions, cut into thin wedges
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 500g jar **Leggo's Organic Pasta Sauce – Tomato & Veggies**
- 1 cup salt reduced vegetable stock
- 2 organic 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.







PREP  
10 mins



COOK  
15 mins



SERVES  
4

# SICILIAN STYLE CHICK PEAS

A classic Italian recipe packed full of vegetables, flavor and texture, any left overs can be eaten the next day and tastes even better!

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 stick celery, thinly sliced
- 1 green capsicum, chopped
- 400g can organic chick peas, rinsed
- 1 teaspoon smoked paprika
- 2 cloves garlic, crushed
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Veggies**
- 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



## PREPARATION

1. Heat oil in a saucepan over a medium heat. Add celery, capsicum, chick peas, smoked paprika and sauté for 5 minutes or until vegetables are softened.
2. Add garlic and cook for a further minute.
3. Add Leggo's Pasta Sauce and stock, 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.



# 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.







# MEATBALLS WITH SPINACH AND BASIL

What family doesn't love meatballs! In this recipe we are replacing pasta or rice with a veggie rice which is a great healthy whole food alternative.

## 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.





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\* Recipes and images supplied by Tegan Martin