

# Veggie-licious



**SIX DELICIOUS VEGETABLE &  
MUSHROOM BASED RECIPES**

# Bioactive benefits of eating more vegetables and mushrooms

## 1. A vitamin and mineral powerhouse.

Veggies provide you with many essential nutrients needed to keep our bodies in tip top health, like vitamin C, folate, potassium and magnesium. Mushrooms are unique as although they share many of the same nutrients and count towards your daily vegetable intake, they are classified as a fungi and not a plant.

## 2. A valuable source of phytochemicals.

Phytochemicals, like polyphenols and antioxidants, are special compounds produced by vegetables and fungi. Consuming plenty of vegetables and mushrooms helps to ensure that you get enough of these important substances.

## 3. A fibre favourite.

Fibre is a superstar nutrient that is naturally occurring in vegetables and fungi, and is needed for good digestion.

### GET TO KNOW YOUR VEGGIES

- ✓ Both frozen and canned veggies are highly nutritious and convenient options.
- ✓ Legumes or beans such as baked beans, lentils and chickpeas, count as veggies too!



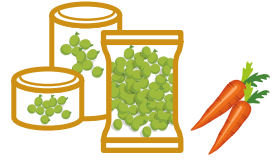
## WHAT'S A SERVE?



1 portobello mushroom or 3 cup mushrooms



1 cup of green leafy or raw salad vegetables



½ cup or 75g of cooked, frozen or canned vegetables (includes legumes)

## What's a serve of vegetables and mushrooms?

The Australian Dietary Guidelines recommends adults aim for at least 5 serves of veggies every day, including different colours and types.

1 serve is about 75 grams, or:

- ½ cup cooked vegetables (such as broccoli, carrot or pumpkin)
- 1 cup salad vegetables
- 1 cup uncooked mushrooms
- ½ cup cooked beans/legumes
- ½ medium potato or other starchy vegetable

5 ways to achieve 5 serves:

1. **Focus on frequency:** Enjoy vegetables or mushrooms at least 2-3 times a day.
2. **Fill half the plate:** Aim for your veggies or mushrooms to make up half your plate.
3. **Snack attack:** From capsicum or carrot sticks, to cherry tomatoes or celery with peanut butter, make veggies your next snack option.
4. **Up your legumes:** Include legumes 2-3 times a week.
5. **Spice up your life:** Embrace a variety of different coloured vegetables, every day.



## Savoury Cauliflower Pancakes with Mushrooms

PREPARATION 20 min • COOKING 20 min • SERVES 4

500g packet frozen Birds Eye  
Cauliflower Veggie Rice

3 eggs, lightly beaten

1 cup grated tasty cheese

2 tablespoons self raising flour

½ teaspoon paprika

½ teaspoon dried oregano

3 tablespoons extra virgin olive oil

200g swiss brown mushrooms,  
sliced

Breakfast sides, of choice e.g.  
tomatoes or wilted spinach.

1. Defrost frozen Birds Eye Cauliflower Veggie Rice in the refrigerator. Once defrosted, squeeze excess moisture from cauliflower rice using a muslin cloth, clean chux or through a fine sieve.

2. In a medium bowl, combine cauliflower rice, eggs, cheese, flour, paprika and oregano. Season to taste. Form mixture into 4 x 10cm patties.

3. Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Cook pancakes one at a time. Spoon a quarter of the mixture into the pan pressing down with a spatula to flatten to 10cm and 1cm thick. Cook for 2-3 minutes on both sides until golden brown. Add more oil to frypan between cooking pancakes, if required. Remove pancakes from pan, place onto absorbent paper and keep warm.

4. Wipe frypan clean, heat remaining oil and add mushrooms. Cook for 4-5 minutes stirring regularly until golden. Serve mushrooms with cauliflower pancakes and breakfast sides of choice.

### VEGETABLE SERVES





## *Better-for-you brekkie!*

We all know how important breakfast is to get our day started off on the right foot. Adding veggies or mushrooms at breakfast helps you to reach your 5 serves a day and starts your day off packing a nutritious punch!

### **7 delicious ways to enjoy veggies or mushrooms at breakfast:**

1. **Veggie breakfast tacos** - tortillas or wraps stuffed with mushrooms, capsicum, black beans & corn with scrambled eggs.
2. **Savoury sweet potato veggie waffles** topped with smashed avocado.
3. **Green smoothie** with spinach, carrot & kale.
4. **Veggie quiche** with grilled eggplant, zucchini, green capsicum & onion.
5. **Spinach, mushroom & potato omelette** served with grilled tomato.
6. **Steamed carrot or zucchini "zoodles"** topped with edamame beans and ricotta cheese.
7. **Pea pesto** – just substitute cooked frozen peas or edamame beans for basil in pesto recipes (kids love this!).



## Mushroom 'Steak' Sandwich with Pea Pesto

PREPARATION 15 min • COOKING 10 min • SERVES 4

2 cups frozen Birds Eye Garden Peas  
1 cup baby rocket leaves  
1 small clove garlic, peeled  
¼ cup finely grated parmesan cheese  
¼ cup pine nuts, toasted  
3 tablespoons extra virgin olive oil  
4 portobello mushrooms  
4 slices sourdough bread, toasted  
Watercress and shaved radish, for serving

1. Drain cooked Birds Eye Peas and set ½ cup peas aside. Place remaining peas, rocket, garlic, parmesan, pine nuts and 2 tablespoons of oil in a food processor and process until pureed. Season to taste. Stir reserved peas through pea pesto.
2. Place mushrooms on a baking paper lined tray and drizzle with remaining oil. Place under a preheated grill on high and cook for 2 minutes on either side until lightly browned.
3. Spread pea pesto on bread, top with mushrooms, watercress and radish. Serve immediately.

### VEGETABLE SERVES



**Tip:** Use leftover pea pesto on toast with eggs as an alternative to smashed avocado.





## *Mushrooms: The nutritional all rounder*

Being classified as a fungi and not a plant, mushrooms contain nutritional properties that other vegetables don't:

1. **Nutritionally unique:** Mushrooms provide nutrients commonly found in vegetables, like fibre and potassium, but also some typically found in other food too, like vitamin B12 and selenium.
2. **The special sterol:** Mushrooms contain a unique sterol called ergosterol, that converts to vitamin D when exposed to sunlight.
3. **Beta-ful on the inside:** The cell wall of mushrooms contains a special soluble fibre called beta-glucan, that is also found in oats.

### **Looking to eat less meat?**

- ✓ Adding mushrooms to your meals can help provide a unique umami (savory) flavour and maintain a meaty texture.



## Broccoli & Cauliflower Tabbouleh

PREPARATION 15 min • COOKING 4 min • SERVES 4

500g packet frozen Birds Eye Broccoli and Cauliflower Veggie Rice

2 tomatoes, seeded and diced

½ cup finely chopped fresh mint

½ cup finely chopped fresh parsley

1 small red onion, finely chopped

Lemon infused oil, for serving.

1. Place frozen Birds Eye Broccoli and Cauliflower Veggie Rice in a microwave safe dish and cook uncovered on HIGH for 4 minutes. Drain any excess moisture from rice and spread on a tray to cool.
2. Combine all ingredients in a large bowl, season to taste and served dressed with Lemon Oil.

### VEGETABLE SERVES



**Tip:** Add Edgell Snack Time chick peas with zesty vinaigrette for added flavour and texture.







## Show a lot of legume love

### Legumes - the hidden vegetable

Did you know that legumes, such as lentils, beans, and chickpeas, are included as a vegetable in the Australian Dietary Guidelines? That makes them an incredibly versatile option to help increase your veggie intake.

### What makes legumes so special?

Legumes are unique as they are both a whole plant food and a protein source. Packed with fibre, B-vitamins and essential minerals, enjoying ½ cup of legumes at least 3 times a week is recommended to realise their unique health benefits.

#### Watching your salt intake?

- ✓ When having canned legumes, rinse in fresh water after draining to wash the brine off and reduce the salt content.
- ✓ Look out for the 'No Added Salt' canned varieties too, particularly if you've been advised to lower your salt intake.



## Veggie Rice & Mushroom Nourish Bowl

PREPARATION 10 min • COOKING 15 min • SERVES 4

2 tablespoons extra virgin olive oil  
200g swiss brown mushrooms,  
halved  
1 tablespoon salt reduced soy sauce  
500g packet frozen Birds Eye Carrot  
Cauliflower Broccoli Veggie Rice  
1 cup baby spinach leaves  
1 avocado, sliced  
2 cups, finely shredded red cabbage  
Roasted sesame dressing, for serving

1. Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Add mushrooms and cook, stirring regularly for 4-5 minutes or until golden. Add soy sauce and stir to coat. Remove from pan, set aside and keep warm.
2. Add remaining oil to same frypan. Add frozen Birds Eye Veggie Rice and cook for 6 minutes, stirring regularly.
3. Stir through spinach and continue to cook for a further 2 minutes.
4. Divide cooked veggie rice, mushrooms, avocado and cabbage in serving bowls. Drizzle over dressing and serve immediately.

### VEGETABLE SERVES



**Tip:** Roasted sesame dressing can be found in the Asian aisle of most major supermarkets.





## Creamy Pumpkin & Cauliflower Baked Gnocchi

PREPARATION 10 min • COOKING 25 min • SERVES 4

1 tablespoon extra virgin olive oil  
1 onion, chopped  
3 sprigs fresh thyme, leaves only  
500g packet frozen Birds Eye Pumpkin  
& Cauli Veggie Mash  
½ cup light cream  
½ cup water  
500g packet gnocchi  
¼ cup grated parmesan

1. Heat oil in a large non stick frypan over medium heat. Add onion and cook for 5-6 minutes or until soft but not coloured. Add thyme leaves.
2. Add frozen Birds Eye Veggie Mash and cook for 5 minutes, stirring continuously. Add cream and water and stir to combine. Add spinach and cook a further 2 minutes until sauce is smooth, steaming hot and spinach is wilted.
3. Meanwhile, cook gnocchi following packet directions. Drain and add gnocchi to frypan with sauce. Stir to coat well.
4. Transfer gnocchi to a baking dish, top with parmesan and bake in a preheated oven at 200°C for 10 minutes or until cheese is melted and golden.

### VEGETABLE SERVES



**Tip:** Want even more veg? Try adding ½ cup frozen Birds Eye Garden Peas with the spinach in step 2.





## Chick Pea, Mushroom & Sweet Potato Curry

PREPARATION 20 min • COOKING 40 min • SERVES 4

1 tablespoon oil  
1 onion, diced  
1 small bunch fresh coriander  
¼ cup korma paste  
1kg sweet potato, peeled and cut into chunks  
400ml coconut milk  
½ cup water  
400g can Edgell Chick Peas, drained  
200g white button mushrooms, halved  
Steamed brown rice, for serving  
Chopped peanuts, for garnish

1. Heat oil in a large non stick frypan over medium heat. Add onion and cook for 3 minutes or until soft. Finely chop coriander roots and add to onion. Cook for 1 minute. Stir in curry paste and cook for 1 minute or until aromatic.
2. Stir in sweet potato, coconut milk and water. Bring to the boil. Reduce heat and simmer covered for 20 minutes. Add Edgell Chick Peas and mushrooms and cook uncovered for a further 10 minutes or until potato is tender.
3. Chop half the remaining coriander, reserving some sprigs for garnish, and stir through curry. Serve with steamed brown rice and garnish with remaining coriander sprigs and peanuts.

### VEGETABLE SERVES



**TIP:** Serve curry with cooked Birds Eye Cauliflower and Broccoli Rice as an alternative to brown rice.





## *Tan your mushrooms, not your skin!*

### **Mushrooms and the "sunshine" vitamin:**

Vitamin D is essential for good health, yet 1 in 4 Aussies are deficient. What's more, we have one of the highest rates of skin cancer in the world.

This is where mushrooms come in. Due to their unique ergosterol content, mushrooms can be turned into a vitamin D powerhouse. All you need to do is place 1 cup of uncooked mushrooms in the sun for 15 minutes - this can provide you with 100% of your daily vitamin D needs.

### **Getting the most vitamin D from your mushrooms:**

1. Slice your mushrooms to put them in the sun with the underside of the mushroom cap facing up. This maximises the surface area for vitamin D production.
2. You can store your mushrooms in the fridge after they have been outside- the vitamin D can last for up to 8 days!
3. Squeeze lemon juice over your mushrooms during cooking. This helps preserve their vitamin D content.



## *Raising happy little veggie-mites*

Early exposure to veggies is important for creating lifelong healthy eating habits among babies and toddlers. Young children learn through imitating and have more interest in eating & learning about foods that they have helped to prepare.

The Australian Dietary Guidelines recommend Aussie kids aim for:

- 2-3 serves of veggies a day for children aged under 5 years.
- 4-5 serves of veggies a day for primary school children.

Fresh salads and self-select share platters are kid-friendly ways to add an extra serve of veggies.



## Top tips to help your child enjoy veggies

**Get them involved:** Make vegetables fun by having them help you to grow a veggie garden, choosing the veggies when grocery shopping, helping to mix a salad, or making veggie kebabs together.

**Rethink the school lunchbox:** Try making savoury veggie muffins, falafel & sliced mushroom wraps, or add a few pieces of raw veggies like cherry tomatoes or mini cucumbers.

**Offer them variety:** Plating up a variety of healthy foods including veggies of different colours can help to make mealtimes fun.

**Make them a new snack:** Offer veggies with other healthy snack options when kids are hungry after school, such as corn & pea fritters or veggie sticks served with hummus dip.



## Acknowledgements

Australian  
**MUSHROOMS**

MUCH HEALTHIER. MUCH TASTIER.



[birdeye.com.au](http://birdeye.com.au)



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

**Hort  
Innovation**  
Strategic Levy Investment

**MUSHROOM  
FUND**

This project has been funded by Hort Innovation using the mushroom research and development levy and funds from the Australian Government. For more information on the fund and strategic levy investments visit [horticulture.com.au](http://horticulture.com.au)