

EAT MORE VEGE

— for a healthier —

BREAKFAST & BRUNCH



FRESH from the FREEZER



Breakfast Bowl

PREP TIME: 20 mins
COOK TIME: 15 mins
SERVES 4



Ingredients

12 trussed cherry tomatoes
Oil spray
2 teaspoons olive oil
½ x 500g packet frozen **Birds Eye Field Fresh Corn Kernels**
500g packet frozen **Birds Eye Field Fresh Garden Peas**
75g butter, chopped
Finely grated zest of 1 lemon
8 crisp cooked shortcut rashers bacon
8 slices lightly toasted sourdough baguette
4 soft boiled eggs
Pea tendrils and micro herbs, for garnish

Method

1. Place tomatoes on a baking paper lined tray and spray with oil. Cook in a preheated oven at 200°C for 4-5 minutes or until blistered. Remove and keep warm.
2. Meanwhile, heat oil in a large non stick frypan, add frozen **Birds Eye Corn Kernels** and cook for 5 minutes or until lightly charred, stirring occasionally. Remove and keep warm.
3. Cook frozen **Birds Eye Peas** following packet directions, drain and lightly smash. Stir in butter and lemon zest.
4. Assemble tomatoes, charred corn, smashed peas, bacon and bread in serving bowls. Top with soft boiled egg. Garnish with pea tendrils, herbs and a sprinkling of pepper. Serve immediately.



Have corn pre charred. Heat in microwave oven before assembling bowls.



Polenta Soldiers, Boiled Egg & Smashed Peas

PREP TIME: 60 mins
COOK TIME: 15 mins
SERVES 4



Ingredients

- 2½ cups full cream milk
- 2 sprigs rosemary
- 1 cup instant polenta
- 50g butter
- ½ cup freshly grated parmesan
- 25g butter, extra
- 1 tablespoon oil
- 8 large field mushrooms
- Oil spray
- 4 slices pancetta
- 2 cups frozen **Birds Eye Field Fresh Garden Peas**
- ½ x 250g packet **Birds Eye Chopped Spinach**
- 25g marinated fetta, crumbled, for serving
- 4 soft boiled eggs



Method

1. In a medium saucepan simmer milk and rosemary for 3-4 minutes. Remove rosemary and discard. Whisk in polenta, cook over a medium heat for 3 minutes or until thickened, whisking continuously. Stir in butter and parmesan cheese.
2. Spread polenta evenly into a baking paper lined shallow 18cm x 28cm baking tray. Refrigerate for 30 minutes. Cut polenta into 'chips'. Heat extra butter & oil in a large non stick frypan over medium-high heat. Cook polenta chips for approximately 1-2 minutes on each side or until browned. Drain and keep warm.
3. Spray mushrooms with oil and place on a baking paper lined tray. Add pancetta, cook in a preheated oven at 200°C for 5 minutes or until mushrooms are softened and pancetta is crisp. Set aside and keep warm.
4. Cook frozen **Birds Eye Peas & Chopped Spinach** in boiling water for 2 minutes. Drain and mash/puree with some of the fetta oil, season well. Gently fold through half the crumbled fetta.
5. Arrange mushrooms on serving plates, spill with pea mixture. Add polenta chips and serve with soft boiled egg, extra crumbled fetta and pancetta shards. Garnish with rosemary.



Savoury Cauliflower Pancakes

PREP TIME: 20 mins
COOK TIME: 20 mins
SERVES 4



Ingredients

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 olive oil

200g Swiss brown mushrooms, sliced

Breakfast sides, of choice

Method

1. Defrost frozen **Birds Eye Cauliflower Veggie Rice** in the refrigerator. Once defrosted, drain well (see tip).
2. In a medium bowl, combine Veggie Rice, eggs, cheese, flour, paprika and oregano. Season to taste.
3. Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Cook pancakes one at a time. Spoon ¼ of the mixture into the pan pressing down to form a 10cm by 1cm thick pancake. Cook for 2-3 minutes on both sides until golden brown. Drain on 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.



Squeeze excess moisture from cauliflower rice using a muslin cloth, clean chux or through a fine sieve.



Pan Fried Haloumi & Spilt Pea Pesto

PREP TIME: 30 mins
COOK TIME: 15 mins
SERVES 4



Ingredients

- 2 cups frozen **Birds Eye Field Fresh Garden Peas**, boiled
- 1 teaspoon frozen **Birds Eye Chopped Garlic**
- 1 cup baby rocket leaves
- ¼ cup finely grated parmesan cheese
- ¼ cup pine nuts, toasted
- 2 tablespoons olive oil
- 12 trussed tomatoes
- 350g haloumi cheese
- 4 slices toasted sourdough bread
- 4 lemon cheeks
- Pea tendrils, for serving

Method

1. Drain **Birds Eye Peas** and set ½ cup peas aside. Place remaining cooked peas, **Birds Eye Garlic**, rocket, parmesan, pine nuts and oil, in a food processor and process until pureed. Season to taste. Stir reserved peas through pesto.
2. Place tomatoes on a baking paper lined tray and cook in a preheated oven at 200°C for 4-5 minutes or until skins begin to burst. Keep warm.
3. Cut haloumi into 8 large triangles. Panfry on both sides until golden. Cook lemon cheeks to caramelize.
4. To serve, place haloumi on toast on serving plates. Spoon some pesto into small jars while on their side. Place jars on plates and allow extra pesto to spill out. Serve with roasted tomatoes and lemon. Garnish with pea tendrils.



Extra pesto can be stored in small sealed jar and refrigerated. Cover surface of the pesto with a little oil.



The Big Brekkie

PREP TIME: 5 mins
COOK TIME: 18 mins
SERVES 2



Ingredients

500g packet **frozen Birds Eye Corn Fritters**
2 roma tomatoes, halved
Oil spray
½ teaspoon fennel seeds
4 rashers streaky bacon, cooked until crispy
4 thick slices sourdough bread, toasted until golden
4 poached eggs
Fresh parsley leaves, for garnish

Method

1. Remove 4 frozen **Birds Eye Corn Fritters** and place on a baking paper lined tray with the tomatoes. Spray tomatoes with oil and sprinkle with fennel seeds. Cook in a preheated oven following fritters packet directions.
2. Place fritters, roasted tomatoes, crispy bacon, toasted sourdough and poached eggs on serving plates. Sprinkle with parsley and serve.



Roasted trussed cherry tomatoes make a delicious alternative to roma tomatoes, if desired.



Grilled Pumpkin, Chorizo & Zesty Pea Smash

PREP TIME: 30 mins
COOK TIME: 20 mins
SERVES 4



Ingredients

- 500g tub natural yoghurt
- 4 small wedges pumpkin, skin left on
- 3 chorizo sausages, cut into thick slices on the angle
- 2 cups frozen **Birds Eye Field Fresh Garden Peas**
- 40g butter
- Finely grated zest and juice of ½ lemon
- Pistachio dukkah, for sprinkling
- Lemon oil, for drizzling
- Toasted sourdough bread, for serving

Method

1. Place yoghurt in a lined sieve (see tip) over a bowl. Cover and refrigerate overnight to allow excess moisture to drain away.
2. Cook pumpkin on a hot chargrill for a few minutes to brown. Transfer to a baking paper lined tray and add chorizo slices. Cook in a preheated oven at 200°C for 10 minutes or until pumpkin is tender but not too soft and chorizo is golden.
3. Meanwhile, while pumpkin is cooking, cook frozen **Birds Eye Peas** following packet directions, lightly mash with butter, lemon zest and juice.
4. To serve, arrange pumpkin on serving plates. Serve with smashed peas, chorizo, a large spoonful of labneh drizzled with lemon oil and sprinkled liberally with dukkah. Serve with toasted sourdough.



Line a sieve with coffee filter, unused chux or muslin cloth. The drained yoghurt is called labneh. Labneh can also be purchased from supermarkets.



Golden Corn Fritters

PREP TIME: 10 mins
COOK TIME: 15 mins
SERVES 4



Ingredients

- 2 cups frozen **Birds Eye Corn Kernels**
- 1 cup self raising flour
- 2 spring onions, finely chopped
- ½ teaspoon smoked paprika
- 1 egg
- ½ cup milk
- 1-2 tablespoons oil, for cooking
- Fresh tomato and avocado salsa and watercress, for serving

Method

1. Cook **Birds Eye Corn Kernels** and allow to cool.
2. Place flour, spring onions and smoked paprika in a large bowl. Combine eggs, milk and Corn Kernels, stir into dry ingredients.
3. Heat oil in a frypan over medium heat. Drop heaped tablespoons of mixture into frypan, spread to approximately 6cm in diameter. Cook until golden, turn and cook other side. Repeat with remaining mixture.
4. Serve with fresh tomato and avocado salsa. Garnish with watercress.



Cooking corn fritters in ghee gives a lovely buttery flavour while not burning or colouring the fritters too much.



Smashed Pea, Poachie & Bacon Crumb

PREP TIME: 20 mins
COOK TIME: 20 mins
SERVES 2



Ingredients

- 4 frozen **Birds Eye Golden Crunch Hash Browns**
- 1 cup frozen **Birds Eye Field Fresh Garden Peas**, cooked
- 20g butter
- Finely grated zest and juice of $\frac{1}{4}$ lemon
- 20g goat cheese
- 2 poached eggs
- 1 middle rasher bacon, cooked and crumbled (see tip)

Method

1. Cook frozen **Birds Eye Hash Browns** following packet directions.
2. Cook frozen **Birds Eye Peas** following packet directions, drain and lightly smash. Stir in butter, lemon zest and juice.
3. Serve cooked **Birds Eye Hash Browns** topped with smashed peas, sprinkle with crumbled goat cheese, top with a poached egg and sprinkle with bacon crumbs.



To make bacon crumb, panfry or grill bacon until crisp. Allow to cool, place in a food processor and chop until resembling breadcrumbs.



Cauliflower Breakfast Waffles

PREP TIME: 20 mins
COOK TIME: 15 mins
SERVES 2



Ingredients

- 500g frozen **Birds Eye Cauliflower Veggie Rice**
- 250g grated mozzarella
- 3 eggs, lightly beaten
- 1 tablespoon plain flour
- ½ teaspoon paprika
- ½ teaspoon dried oregano

Method

1. Cook frozen **Birds Eye Cauliflower Veggie Rice** following packet directions. Set aside to cool slightly. Squeeze excess moisture from Veggie Rice using a muslin cloth or clean tea towel.
2. In a large bowl combine Veggie Rice with remaining ingredients. Stir to mix well.
3. Spoon mixture into a pre heated waffle iron and cook until golden.
4. Top with your favourite breakfast ingredients such as smoked salmon and cream cheese, bacon, eggs or mushrooms.



For extra flavor, try adding grated parmesan cheese to the mixture or use a cheese blend.



Spinach, Cheese & Basil Omelette

PREP TIME: 5 mins
COOK TIME: 15 mins
SERVES 2



Ingredients

- ½ x 250g packet frozen **Birds Eye Chopped Spinach**
- 4 eggs
- 2 tablespoons milk
- 1 tablespoon frozen **Birds Eye Chopped Basil**
- 1 tablespoon butter
- ½ cup grated tasty cheese

Method

1. Heat a small non stick frypan over low heat. Cook frozen **Birds Eye Spinach** for 2-3 minutes, stirring occasionally, or until warmed and moisture evaporated. Remove from pan and set aside.
2. In a medium bowl or jug lightly whisk eggs, milk and frozen **Birds Eye Basil** with a fork. Season to taste.
3. Heat the same frypan over medium heat. Melt ½ the butter until bubbling but not browned. Pour in half the egg mixture, tilt pan to cover entire surface. Cook for 2 minutes or until base has just set but top is still a little runny.
4. Top the omelette with ½ the spinach and ½ the cheese. Using a spatula, ease edges of omelette from pan and fold it over in half. Cook for a further 1-2 minutes or until base of omelette is golden and is set inside.
5. Remove and keep warm. Repeat to make second omelette.



Adding water or milk to your omelette mixture gives a lighter fluffier texture.



Rustic Cauliflower Fritters

PREP TIME: 20 mins
COOK TIME: 20 mins
SERVES 4



Ingredients

- ¾ cup tri-colour quinoa
- ½ x 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- 100g Greek fetta, crumbled
- 2 eggs, lightly beaten
- ⅓ cup plain flour
- ¼ cup chopped fresh mint
- Finely grated zest of 1 lemon
- 1 tablespoon lemon juice
- 1-2 tablespoons oil
- Poached eggs, blistered cherry tomatoes and baby spinach leaves, for serving

Method

1. Place quinoa and 1 cup water in a small saucepan and bring to the boil over high heat. Cover, reduce heat and simmer for 10-12 minutes or until water has been absorbed. Remove and allow to cool.
2. Meanwhile, place frozen **Birds Eye Veggie Rice** in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway. Remove excess moisture from Veggie Rice (see TIP on p4) and allow to cool.
3. Combine Veggie Rice, cooled quinoa, fetta, eggs, flour, mint, lemon zest and juice. Season to taste. Using ¼ cup measure, shape into patties. Cover and refrigerate for 30 minutes.
4. Heat oil in a large frypan over medium high heat. Cook fritters in batches for 4-5 minutes on each side or until golden brown, adding more oil if required. Drain on absorbent paper. Serve with poached eggs, blistered tomatoes and spinach.



Try fritters served with warm tomato and herb sauce and a Greek style salad for dinner.



Carrot Bread

PREP TIME: 20 mins
COOK TIME: 50 mins
MAKES 1 loaf



Ingredients

½ x 500g packet frozen **Birds Eye Julienne Carrots**,

1½ cups dark brown sugar

½ cup vegetable oil

3 eggs, lightly beaten

1 teaspoon bicarbonate of soda

1 cup plain flour

½ cup self raising flour

1 teaspoon cinnamon

Honey Mascarpone

250g mascarpone cheese

1 tablespoon honey

½ teaspoon ground cinnamon

Method

1. Place frozen **Birds Eye Carrots** in a food processor and finely chop.
2. Mix brown sugar and oil in a bowl stirring well to dissolve sugar. Add eggs and stir well. Stir in sifted dry ingredients and chopped carrot.
3. Pour mixture into a greased and baking paper lined 26cm loaf pan. Bake at 180°C for 50 minutes. Leave in pan for 5 minutes before turning out to cool completely.
4. Combine mascarpone, honey and cinnamon. Serve sliced cake cold or toasted with honey mascarpone.



For easier chopping, allow Birds Eye Frozen Carrots to come to room temperature for 15 minutes.

Try adding walnuts, pecans or sultanas in step 2



Savoury Muffins

PREP TIME: 10 mins
COOK TIME: 15 mins
MAKES 15



Ingredients

- 2 cups self raising flour
- 2 cups frozen **Birds Eye Country Harvest Peas, Corn & Capsicum**
- 2 spring onions, finely chopped
- 1 cup buttermilk
- 2 tablespoons oil
- 2 eggs, lightly beaten
- 1 tablespoon seeded mustard
- ½ cup grated tasty cheese

Method

1. Combine self raising flour, **frozen Birds Eye Peas, Corn & Capsicum**, and spring onions in a large bowl.
2. Combine buttermilk, oil, eggs and seeded mustard in a small bowl then stir into the dry ingredients until just combined. Spoon the mixture into 12 greased ⅓ cup capacity muffin pans and sprinkle with grated cheese.
3. Bake in a preheated oven at 200°C for approximately 15-20 minutes or until cooked. Serve warm or cold.



Allow frozen vegetables to thaw or cook for 1 minute before adding to flour, it can speed up cooking time in the oven.

The mustard can be omitted or reduced if making the muffins for children.

Start the day right



FRESH *from the* **FREEZER**

