

VEGGIE GOOD

-with-

BIRDS EYE



FRESH from the FREEZER

At Birds Eye, we have over 60 years of experience growing, snap freezing and creating delicious recipes for Australians.

Our dedicated Culinary Team have created this delicious VEGGIE GOOD recipe compilation, to excite and inspire you to create and replicate a selection of delicious veggie tastes in your own homes too. We hope that you enjoy these recipes just as much as we have creating them.



FRESH *from the* FREEZER



PAN FRIED HALOUMI and SPILT PEA PESTO



Birds Eye Field Fresh Garden Peas

PREP 30 minutes
COOK 15 minutes
SERVES 4



INGREDIENTS

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

PREPARATION

1. Drain **Birds Eye Peas** and set ½ cup peas aside. Place remaining cooked peas, rocket, **Birds Eye Garlic**, 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.



OPEN MUSHROOM STEAK SANDWICH WITH PEA PESTO



Birds Eye Garden Peas

PREP 15 minutes
COOK 10 minutes
SERVES 4



INGREDIENTS

- 2 cups frozen **Birds Eye Garden Peas**, cooked
- 1 cup baby rocket leaves
- 1 teaspoon frozen **Birds Eye Chopped Garlic**
- ¼ cup finely grated parmesan cheese
- ¼ cup pine nuts, toasted
- 3 tablespoons olive oil
- 4 portabella mushrooms
- 4 sourdough rolls, toasted or chargrilled
- Burger fillings, of choice

PREPARATION

1. Drain cooked **Birds Eye Peas** and set ½ cup peas aside. Place remaining peas, rocket, **Birds Eye 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 both sides until lightly browned.
3. Spread pea pesto on base of rolls, top with mushrooms and burger fillings of choice. Serve immediately.



TIP: Try any leftover pea pesto on toast with eggs as an alternative to smashed avocado, or toss it through hot pasta with a little cream.

CREAMY PEA DIP



Birds Eye Garden Peas

PREP 15 minutes
COOK 3 minutes
MAKES 2 cups



INGREDIENTS

500g packet frozen **Birds Eye Garden Peas**
3 cloves garlic, quartered
¼ cup loosely packed mint leaves
½ teaspoon ground cumin
¼ cup extra virgin olive oil, plus extra, for drizzling
Sourdough bread, crudites or lavosh, for serving

PREPARATION

1. Bring a saucepan of water to the boil. Add frozen **Birds Eye Peas**, garlic and cook following packet directions. Drain well.
2. Transfer hot peas, garlic, cumin and mint to a food processor and process until smooth. Season to taste. With the motor running, add oil in a thin stream until mixture is thick and smooth.
3. Transfer to a bowl and cover the surface of the dip with cling wrap to prevent any discolouration as the pea dip cools down.
4. Drizzle pea dip with a little extra oil and serve with sourdough, crudites or lavosh.



TIP: If needed, adjust consistency by adding a little water to the processor during processing. This dip is delicious spread on toasted sourdough bread as a brunch offering.

QUICK FRIED RICE



Birds Eye SteamFresh Peas, Beans, Corn and Broccoli

PREP 5 minutes
COOK 10 minutes
SERVES 2



INGREDIENTS

- 2 teaspoons oil
- 1 egg, lightly beaten
- 450g packet frozen **Birds Eye SteamFresh Peas, Beans, Corn and Broccoli**
- 2 rashers short bacon, chopped
- 2 spring onions, sliced, plus 1 extra for garnish
- 250g packet microwaveable long grain rice
- 1 tablespoon soy sauce

PREPARATION

1. Heat 1 teaspoon oil in a wok, add egg, swirl over the base and cook for 1-2 minutes or until golden. Flip omelette over and cook or until set. Remove and set aside.
2. Remove 1 x 150g packet **Birds Eye Vegetables** and heat following packet directions.
3. Meanwhile, heat remaining oil in the same wok, add bacon and spring onions and stir fry for 1-2 minutes. Separate rice by squeezing pouch. Add rice and soy sauce to wok and toss until soy sauce is infused.
4. Slice omelette into strips and toss through rice with **Birds Eye Vegetables**. Serve garnished with extra spring onion.



TIP: For a chilli flavour hit, add ¼ teaspoon chilli powder in STEP 3.

CAULIFLOWER COUSCOUS SALAD



Birds Eye Cauliflower Rice, Birds Eye Corn Kernels

PREP 10 minutes
COOK 12 minutes
SERVES 4



INGREDIENTS

- 500g packet frozen **Birds Eye Cauliflower Rice**
- 1 carrot, finely diced
- $\frac{3}{4}$ cup frozen **Birds Eye Corn Kernels**, cooked following packet directions
- $\frac{1}{4}$ cup currants
- 1 cup baby rocket or kale leaves
- $\frac{1}{3}$ cup flaked almonds, toasted

DRESSING:

- $\frac{1}{4}$ cup orange juice
- 1 teaspoon honey
- 1 teaspoon ground cumin

PREPARATION

1. Cook all the contents of frozen **Birds Eye Cauliflower Rice** in 2 batches in a non stick frypan following panfry packet directions. Remove from pan and allow to cool slightly.
2. Gently toss together cooled cauliflower, carrot, cooked **Birds Eye Corn Kernels**, currants, rocket leaves and almonds.
3. Combine dressing ingredients and pour over salad when ready to serve.



TIP: To moisten currants, cover with boiling water, stand for 1 minute and then drain. Heat honey a little to easily combine with remaining dressing ingredients.

TOMATO & PEA RISOTTO



Birds Eye Baby Peas

PREP 10 minutes
COOK 30 minutes
SERVES 4



INGREDIENTS

- 2 tablespoons olive oil
- 1 red onion, peeled and chopped
- 2 teaspoons frozen **Birds Eye Chopped Garlic**
- 1½ cups arborio rice
- ⅓ cup Leggo's Tomato Paste
- ½ cup dry white wine
- 3½ cups boiling chicken stock
- ½ cup frozen **Birds Eye Baby Peas**
- ¼ cup freshly grated parmesan cheese
- 2 teaspoons butter

PREPARATION

1. Heat oil in a large saucepan, add onion, **Birds Eye Garlic** and arborio rice and cook on a medium heat for 3-4 minutes until the onion is softened and the rice has turned opaque. Add Leggo's Tomato Paste and cook a further 2 minutes stirring continually.
2. Stir in white wine and gradually add boiling chicken stock ½ cup at a time making sure the stock is absorbed by the rice before adding the next one. Reserve ½ cup stock for adding in STEP 3.
3. Allow to simmer for 10 minutes stirring occasionally. Add **Birds Eye Peas** with the last ½ cup of chicken stock and continue to cook for a further 5 minutes. Just before serving stir in the parmesan cheese and butter.



TIP: Add 150g sautéed sliced button mushrooms in STEP 2 for an added veggie boost.

MUSHROOM & GARDEN PEA RISOTTO FOR ONE



Birds Eye Chopped Onions, Birds Eye Garden Peas

PREP 10 minutes
COOK 15 minutes
SERVES 1



INGREDIENTS

- 1 teaspoon olive oil
- 1/3 cup arborio rice
- 1 1/4 cups boiling chicken stock
- 1/4 cup frozen **Birds Eye Chopped Onions**
- 1/4 cup frozen **Birds Eye Garden Peas**
- 220g can Edgell Mushrooms in Butter Sauce
- Basil leaves and grated parmesan cheese, for garnish

PREPARATION

1. Heat oil in a medium saucepan. Add rice and cook, stirring continuously until rice becomes slightly translucent.
2. Gradually stir in boiling stock and cook for 10 minutes, stirring regularly.
3. Stir in frozen **Birds Eye Chopped Onions** and **Birds Eye Garden Peas** and cook for a further 4 minutes. Add mushrooms and heat for 1 minute. Serve risotto topped with basil leaves and parmesan cheese.



TIP: For extra flavour try adding frozen Birds Eye Chopped Garlic or Basil with the peas.

MINTED PEA PESTO



Birds Eye Mint Peas

PREP 10 minutes
COOK 5 minutes
MAKES 2 cups



INGREDIENTS

- 2 cups frozen **Birds Eye Mint Peas**, cooked
- 50g pinenuts, toasted
- 1 teaspoon frozen **Birds Eye Chopped Garlic**
- ¼ cup grated parmesan cheese
- ⅓ cup olive oil

PREPARATION

1. Place cooked **Birds Eye Mint Peas**, pinenuts, **Birds Eye Garlic** and cheese in a food processor. Puree ingredients.
2. While processor is running, gradually add oil until mixture is smooth. Serve with crusty bread or Grissini sticks.



TIP: As a meal alternative serve pesto on grilled lamb cutlets with potato mash.

BEAN, ROCKET & PARMESAN SALAD



Birds Eye Baby Beans

PREP 10 minutes
COOK 4 minutes
SERVES 4



INGREDIENTS

- 3 cups rocket leaves
- ½ x 500g packet frozen **Birds Eye Baby Beans**,
cooked and cooled
- ⅓ cup shaved parmesan cheese
- 6 cherry tomatoes, halved
- 1 small bread stick, thinly sliced

DRESSING:

- 1 tablespoon balsamic vinegar
- 1 tablespoon kecap manis

PREPARATION

1. Arrange rocket, cooked **Birds Eye Baby Beans**, cheese, cherry tomatoes on a platter.
2. Place dressing ingredients into a screw top jar and shake well to combine. Pour over salad and serve immediately with bread.



TIP: Parmesan cheese can be bought shaved or simply shave pieces off a block of parmesan with a vegetable peeler.

SPINACH AND RICOTTA TRIANGLES



Birds Eye Chopped Spinach

PREP 45 minutes
COOK 20 minutes
MAKES 18



INGREDIENTS

- 250g packet frozen **Birds Eye Chopped Spinach**, thawed
- 300g fresh ricotta cheese
- 1 egg, lightly beaten
- ¼ cup toasted slivered almonds
- 2 tablespoons chopped fresh mint
- Finely grated zest of 1 lemon
- 9 sheets filo pastry
- 75g butter, melted
- Tzatziki dip, for serving

PREPARATION

1. Squeeze excess moisture from **Birds Eye Chopped Spinach**. Combine spinach, ricotta cheese, egg, almonds, mint and lemon zest in a large bowl. Season to taste.
2. Brush 1 filo sheet with butter and place another sheet on top, brush with butter and place another sheet on top to create 3 layers. Brush final layer with butter. Cut filo lengthwise into 6 even strips. Place 1 heaped tablespoon of spinach mixture at the bottom corner and fold over to form a triangle shape. Keep folding onto itself to encase filling and form a triangle. Repeat with remaining sheets and mixture.
3. Place triangles on a baking paper lined tray and brush with butter. Cook in a preheated oven at 200°C for 15-20 minutes or until golden brown. Serve with tzatziki dip.

TIP: Ensure as much of the liquid has been squeezed from the spinach to prevent soggy pastry.



TOFU & MUSHROOMS WITH JAPANESE GRAINS & VEGETABLES



Birds Eye SteamFresh Plus Japanese Brown Rice

PREP 15 minutes
COOK 15 minutes
SERVES 2



INGREDIENTS

- 300g firm tofu, drained, pressed dry and cut into 3cm x 3cm squares
- 1 teaspoon cornflour
- ¼ teaspoon chilli flakes
- 2 tablespoons soy sauce
- 2 tablespoons oil
- 150g mixed mushrooms, sliced
- 2 teaspoons frozen **Birds Eye Chopped Ginger**
- 400g packet frozen **Birds Eye SteamFresh Plus Japanese Brown Rice**
- Sliced spring onion, for garnish

PREPARATION

1. Combine tofu, cornflour, chilli flakes and soy sauce in a medium bowl. Cover and refrigerate for 10 minutes.
2. Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Cook mushrooms and **Birds Eye Ginger** for 4-5 minutes or until mushrooms have browned. Remove from pan and set aside.
3. Heat remaining oil in frypan and cook tofu for 2-3 minutes on each side until golden. Return mushrooms to pan and toss to warm through.
4. Cook frozen **Birds Eye Japanese Rice** following packet directions. Serve in bowls topped with tofu mix and garnish with spring onion.



TIP: To remove excess water from tofu, place tofu on absorbent paper lined plate and press an extra absorbent paper over the top before cooking.

SUMMER SALAD



Birds Eye Baby Beans

PREP 10 minutes
COOK 1 minute
SERVES 8-10



INGREDIENTS

- 500g packet frozen **Birds Eye Baby Beans**
- 250g mixed lettuce leaves
- 1 punnet cherry tomatoes, halved
- 1 cup walnut halves, toasted
- 1 cup marinated artichokes

DRESSING:

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 tablespoon brown sugar

PREPARATION

1. Cook frozen **Birds Eye Baby Beans** following packet directions, set aside to cool.
2. In a large bowl gently combine lettuce leaves, tomatoes, walnuts, artichokes and cooled beans.
3. In a jar, combine olive oil, balsamic vinegar and brown sugar and shake to combine. Pour dressing over salad just before serving.



TIP: If artichoke pieces are large, slice into halves or quarters.

CAULIFLOWER TART



Birds Eye Cauliflower Cheese

PREP 10 minutes
COOK 45 minutes
SERVES 4



INGREDIENTS

- 1 sheet frozen short crust pastry, thawed
- 600g packet **Birds Eye Cauliflower Cheese**
- ¼ cup grated parmesan cheese
- 2 tablespoons breadcrumbs

PREPARATION

1. Line a lightly greased 18cm round tart pan with pastry sheet and trim the edges. Place frozen **Birds Eye Cauliflower Cheese** on top of pastry and sprinkle with cheese and breadcrumbs.
2. Place into a preheated oven at 200°C for 40-45 minutes or until golden brown. Allow to rest for 5 minutes before cutting and serving.



TIP: For a crisp pastry use the bottom element or the pastry baking setting on your oven.

MOROCCAN SPICED CAULIFLOWER WITH PEARL COUSCOUS AND CHICK PEAS



Birds Eye SteamFresh Plus Pearl Couscous with Chick Peas

PREP 15 minutes
COOK 25 minutes
SERVES 2



INGREDIENTS

- 1 whole cauliflower
- 3 teaspoons Moroccan seasoning
- 1 tablespoon olive oil
- ¼ cup natural yoghurt
- ¼ teaspoon ground cumin
- Finely grated zest and juice of ½ small lemon
- 400g packet frozen **Birds Eye SteamFresh Plus Pearl Couscous with Chick Peas**

PREPARATION

1. Cut two 2.5cm thick steaks from the middle of cauliflower head. Place onto a baking paper lined tray.
2. Combine Moroccan seasoning and oil and brush over both sides of cauliflower steaks.
3. Cook in a preheated oven at 200° C for 25-30 minutes or until golden and tender.
4. Meanwhile, combine yoghurt, cumin, lemon zest and juice in a small bowl. Season to taste.
5. Cook frozen **Birds Eye Pearl Couscous** following packet directions. Serve with cauliflower steaks drizzled with yoghurt sauce.



TIP: Use the rest of the cauliflower roasted in florets and tossed through Birds Eye Pearl Couscous or Birds Eye Quinoa with Brown Rice for a delicious side dish.

VEGETABLE SAVOURY MUFFINS



Birds Eye Country Harvest Peas, Corn & Capsicum

PREP 15 minutes
COOK 15 minutes
MAKES 12



INGREDIENTS

2 cups frozen **Birds Eye Country Harvest Peas, Corn & Capsicum**

1½ cups plain flour

1 cup reduced fat grated tasty cheese

¼ cup fresh parsley leaves, chopped

3 teaspoons baking powder

2 eggs, lightly beaten

½ cup reduced fat milk

½ cup olive oil

PREPARATION

1. Mix frozen **Birds Eye Vegetables**, flour, tasty cheese, parsley and baking powder in a bowl.
2. In a separate bowl, combine eggs, milk and oil. Add to the dry ingredients and mix until just combined.
3. Spoon into 12 lightly greased or lined ⅓ cup capacity muffin pans. Bake in a preheated oven at 180°C for 15-20 minutes or until cooked through.



TIP: Try flavouring mixture with ¼ teaspoon each of smoked paprika & cayenne pepper before baking, for an added spicy zing.

BEETROOT, PEA & GOAT CHEESE SALAD



Birds Eye Garden Peas

PREP 10 minutes
COOK 5 minutes
SERVES 4



INGREDIENTS

- 100g rocket leaves
- 425g can Edgell Baby Beets, drained and halved
- ½ cup frozen **Birds Eye Garden Peas**, cooked following packet directions
- 50g goat cheese, crumbled

DRESSING:

- 2 tablespoons fresh orange juice
- 1 tablespoon olive oil
- 2 teaspoons white wine vinegar
- Pinch sugar

PREPARATION

1. In a serving bowl, arrange rocket leaves, Edgell Baby Beets, **Birds Eye Peas** and goat cheese.
2. In a small bowl, combine orange juice, olive oil, vinegar and sugar. Season to taste.
3. Drizzle over salad and serve.



TIP: Add ¼ finely sliced red onion in STEP 1.

ITALIAN GREEN BEAN SALAD



Birds Eye Baby Beans

PREP 10 minutes
COOK 5 minutes
SERVES 6



INGREDIENTS

- 500g packet frozen **Birds Eye Baby Beans**
- 2 teaspoons oil
- 100g cup mushrooms, quartered
- ¼ cup pre prepared French dressing
- 2 tablespoons Leggo's Pesto – Sundried Tomato
- ½ cup flaked almonds, toasted

PREPARATION

1. Cook frozen **Birds Eye Baby Beans** following packet directions, rinse in cold water. Drain well.
2. Heat oil in a non stick frypan, add mushrooms and cook gently for 1-2 minutes or until tender. Gently toss together mushrooms and beans.
3. Combine dressing and Leggo's Pesto. Sprinkle salad with toasted almonds and serve the dressing on the side.



TIP: The salad can be served cold or warm.

CARROT CAKE



Birds Eye Julienne Carrots

PREP 10 minutes
COOK 50 minutes
SERVES 10



INGREDIENTS

- ½ x 500g packet frozen **Birds Eye Julienne Carrots**, semi thawed
- 1½ cups dark brown sugar
- ½ cup vegetable oil
- 3 eggs
- 1 teaspoon bicarbonate of soda
- 1 cup plain flour
- ½ cup self raising flour
- 1 teaspoon cinnamon
- ½ cup chopped walnuts

FROSTING:

- 125g cream cheese, softened
- 60g butter, softened
- 1½ cups icing sugar
- Grated zest of 1 lemon



PREPARATION

1. Place **Birds Eye Julienne 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 lightly beat with a fork. Stir in sifted dry ingredients, walnuts and chopped carrots.
3. Pour mixture into a greased and baking paper lined 20-23cm ring pan. Bake at 180°C for 50 minutes. Leave in pan for 5 minutes before turning out to cool completely.
4. To make frosting; beat all ingredients together

TIP: Add ½ cup sultanas or a 1 teaspoon Birds Eye Chopped Ginger with carrot in STEP 2.



FRESH *from the* **FREEZER**

