



AUSTRALIA'S FAVOURITE Meat-Free Meals





Meat free Monday, or any other day.

Edgell has been growing and canning quality vegetables for over 90 years. We source some of the world's best, and usually with these uncompromising standards we find them right here in Australia. Perhaps that's why Edgell is an iconic brand, one that has been synonymous with quality for generations of Australians.

This is a collection of recipes, brought to you by Edgell, for those people wanting to reduce their meat intake. Dairy and eggs may be swapped for plant-based alternatives to make recipes vegetarian or vegan suitable.

From summer salads to winter lasagne, it's easy to complete a meal with Edgell's range of ready-to-eat lentils, chick peas, beans or vegetables.

Lentil Koftas & Chargrilled Salad



PREP 30 mins
COOK TIME 15 mins
SERVES 4

INGREDIENTS

- 2 tablespoons oil
- 1 small brown onion, grated
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 400g can **Edgell Brown Lentils**, drained
- 1 egg, lightly beaten
- 1¼ cup fresh breadcrumbs
- 2 tablespoons chopped fresh coriander
- 1 red capsicum, thickly sliced
- 1 red onion, cut into 8 wedges
- 1 zucchini, sliced lengthways
- 300g butternut pumpkin, sliced
- Oil spray
- 420g can **Edgell Corn Kernels**, drained
- 1 cup rocket
- Balsamic dressing, for serving

PREPARATION

1. Heat 1 tablespoon oil in a frypan over medium heat. Add onion and cook for 3-4 minutes. Add tomato paste, cumin and cook for a further minute. Remove from heat and combine with Edgell Lentils, egg, breadcrumbs, and coriander.
2. Place half the mixture into a food processor and process until paste consistency. Remove and combine with remaining mixture. Using a heaped tablespoon of mixture for each kofta, shape on wooden skewers and refrigerate for 30 minutes.
3. Meanwhile, combine capsicum, onion, zucchini and pumpkin with remaining oil. Grill on both sides until tender. Remove and set aside.
4. Spray koftas with oil. Grill for 2-3 minutes, turning continuously. Toss grilled vegetables with Edgell Corn Kernels, rocket and balsamic dressing. Top with koftas and serve.



Alternatively mixture could be shaped into patties for a burger.

Roasted Chick Pea & Veggie Pita



PREP 10 mins
COOK TIME 40 mins
MAKES 8

INGREDIENTS

- 1 head cauliflower, cut into small florets
- 1 red capsicum, cut into strips
- 400g can **Edgell Chick Peas**, well drained
- 2 tablespoons olive oil
- 1 tablespoon Cajun seasoning
- 8 mini pita breads
- 250g guacamole or avocado dip
- Chopped fresh coriander, for serving
- Greek yoghurt, for serving

PREPARATION

1. Place vegetables and Edgell Chick Peas in a bowl add oil and Cajun seasoning, toss well to coat. Spread mixture in a single layer on a large baking paper lined baking tray. Roast in a preheated oven at 200°C for 35 minutes, turning half way. Remove and set aside.
2. Cook pita breads in oven for 5 minutes or until slightly crisp. Allow to cool slightly before using.
3. To assemble, top pita breads with guacamole, roasted vegetables and Edgell Chick Peas, coriander and dollop with Greek yoghurt.



Any seasoning mix would work nicely with this recipe, next time try Moroccan, Mexican or Greek!

Chick Pea & Sweet Potato Curry



PREP 20 mins
COOK TIME 40 mins
SERVES 4

INGREDIENTS

- 1 tablespoon oil
- 1 onion, diced
- 1 small bunch fresh coriander, washed
- 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
- Mint and chopped peanuts, for garnish

PREPARATION

1. Heat oil in a large non stick frypan over medium heat. Cook onion for 3 minutes or until softened. 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, reserving ¼ cup for garnish. Add mushrooms and cook uncovered for a further 10 minutes or until sweet potato is tender.
3. Chop the remaining coriander and stir half through curry. Serve with steamed brown rice and garnish with reserved chick peas remaining coriander, mint and peanuts.



Serve with a Veggie Rice or brown rice

Mexican Bean Burgers



PREP 20 mins
COOK TIME 16 mins
MAKES 8

INGREDIENTS

- 2 x 400g cans **Edgell Red Kidney Beans**, drained
- 2 spring onions, finely chopped
- 1 egg, lightly beaten
- 1 cup fresh wholemeal breadcrumbs
- 3 teaspoons reduced salt taco seasoning
- 1 tablespoon extra virgin olive oil
- 2 avocados
- 420g can **Edgell Corn Kernels**, drained
- 2 whole coriander roots, steam and leaves, roughly chopped
- Finely grated zest and juice of 1 large lime
- Multigrain bread rolls, rocket and tomato relish or salsa, for serving

PREPARATION

1. Place Edgell Red Kidney Beans in a food processor and process until finely chopped. Transfer to a large bowl and combine with spring onions, egg, breadcrumbs and taco seasoning.
2. Shape mixture into 8 patties. Heat oil in a large non stick frypan over medium heat. Cook patties in batches for 4 minutes on both sides or until golden. Set aside and keep warm.
3. Lightly crush avocados in a bowl. Add Edgell Corn Kernels, coriander, lime zest and juice, stir to combine.
4. To assemble burgers, spread relish on the base of each bread roll, top with rocket, bean patty and avocado mixture. Serve immediately.



To eliminate pan frying, burgers can be sprayed with oil and cooked in a preheated oven at 200°C for 20 minutes or air fryer.

Chick Pea & Eggplant Braise



PREP 15 mins
COOK TIME 20 mins
SERVES 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 large eggplant, cut into 1cm dice
- 1 onion, diced
- 1 clove garlic, crushed
- 1-2 teaspoons harissa powder
- 2 cups Leggo's passata
- 400g can **Edgell Chick Peas**, drained
- 500g packet frozen Birds Eye Broccoli and Cauliflower Rice
- ¼ cup flaked almonds, toasted
- Fresh coriander leaves, for garnish

PREPARATION

1. Heat 1 tablespoon oil in a frypan over high heat. Add eggplant and cook for 6 minutes or until browned on all sides, tossing regularly. Remove from frypan and set aside.
2. Heat remaining oil in the same frypan over medium heat. Add onion and garlic, sauté for 3 minutes or until softened. Stir through harissa and cook for 1 minute. Add passata and bring to the boil. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Return eggplant to frypan and stir in Edgell Chick Peas. Cook for 2-3 minutes or until warmed through. Season to taste.
4. Meanwhile, cook frozen Birds Eye Broccoli and Cauliflower Rice following microwave packet directions.
5. Serve chick pea and eggplant braise with cauliflower and broccoli rice. Serve garnished with almonds and coriander.



Alternatively, use 2 large chopped zucchinis instead of eggplant, or a combination of both.

Lentil Fritters



PREP 15 mins
COOK TIME 15 mins
MAKES 12

INGREDIENTS

- 1/3 cup self raising flour
- 1/3 cup cornflour
- 2 eggs, separated
- 1/4 cup milk
- 400g can **Edgell Brown Lentils**, well drained
- 1/2 cup each grated swede & sweet potato
- 2 spring onions, finely chopped
- Oil, for frying
- Fruit chutney, for serving

PREPARATION

1. Sift flours into a large bowl and season to taste. Add combined egg yolks and milk, mix well.
2. Stir in Edgell Brown Lentils and vegetables.
3. Whip egg whites until stiff, but not dry. Fold into flour mixture, half at a time.
4. Pour enough oil in a frypan to cover 1cm. Heat over medium heat. Gently place 1/4 cupful amounts of mixture into the frypan and flatten slightly. Cook for approximately 2 minutes on both sides or until golden brown and cooked through.
5. Drain on absorbent paper towel. Repeat to make 12 fritters. Serve with fruit chutney.



Swede is a secret ingredient in any vegetable dish to bring out flavour. Sweet potato may be substituted with pumpkin or carrot.

Beetroot, Zucchini & Goat Cheese Tart



PREP 20 mins
COOK TIME 60 mins
SERVES 6

INGREDIENTS

6 sheets filo pastry, thawed if frozen
Oil spray
1 tablespoon olive oil
1 medium onion, finely sliced
2 large zucchini, grated & squeezed
6 eggs, lightly beaten
1 cup grated tasty cheese
425g can **Edgell Baby Beets**, well drained
50g fresh goats cheese, broken into chunks
Salt & pepper, to taste

PREPARATION

1. Press a pastry sheet into a greased 22cm springform pan, lining base and sides. Spray with oil. Repeat 5 more times with remaining pastry.
2. Heat oil in a nonstick frypan over medium heat. Add onion and cook, for 5 minutes or until softened. Allow to cool.
3. Lightly whisk eggs, in a medium bowl. Season to taste. Stir in onion, zucchini and tasty cheese.
4. Pour mixture into pastry base. Stud with Edgell Baby Beets, pressing down gently. Sprinkle with goat cheese.
5. Bake in a preheated oven at 190°C for 50-60 minutes or until set. Cool slightly before serving.

If tart is browning excessively during cooking then loosely cover with foil.



Moroccan Roast Cauli Salad



PREP 15 mins
COOK TIME 15 mins
SERVES 4

INGREDIENTS

- ½ head cauliflower
- ½ teaspoon turmeric ground
- ½ teaspoon cumin ground
- ½ teaspoon coriander ground
- 1 tablespoon olive oil
- ½ cup cranberries
- 1 cup baby spinach
- ½ bunch coriander, roughly chopped
- ½ cup almonds toasted, roughly chopped
- 425g can **Edgell Baby Beets**, drained & halved
- 3 tablespoon yoghurt
- ½ teaspoon mixed spice
- 1 teaspoon honey
- ¼ cup pomegranate seeds



PREPARATION

1. Cut cauliflower into florets and toss with with turmeric, cumin, coriander and olive oil, mix well. Place on a baking paper lined oven tray.
2. Roast cauliflower in a preheated oven at 180°C for 15 minutes or until tender.
3. In a bowl mix together cranberries, spinach and coriander.
4. Add cooked cauliflower, almonds and Edgell Baby Beets.
5. In a small bowl mix together yoghurt, spices and honey.
6. Arrange salad in serving bowl or plate, top with spiced yoghurt and sprinkle with pomegranate seeds.

Drain Edgell Baby Beets well on absorbent paper to prevent colouring the salad.

Smoked almonds make a lovely addition to this salad.

Black Bean Burgers



PREP 15 mins
COOK TIME 10 mins
MAKES 4

INGREDIENTS

400g can **Edgell Black Beans**, drained & rinsed
1 whole coriander root, stem attached,
chopped
1 teaspoon cumin
4 spring onions, finely chopped
1 egg
50g feta cheese, crumbled
½ cup fresh breadcrumbs
1 tablespoon oil
4 burger buns
Juice of 1 lime
Mayonnaise, cos lettuce, beetroot, tomato
and avocado slices, for serving

PREPARATION

1. Place Edgell Black Beans, coriander and cumin in a food processor and pulse until roughly chopped. Transfer to a large mixing bowl.
2. Stir in onion, egg, breadcrumbs and feta. Form into 4 burgers. Wrap and place in the fridge for 30 minutes to set.
3. Heat oil in a large frypan over medium heat. Cook burgers for 5 minutes on either side or until nicely browned and warmed through. Place onto some absorbent paper towel and drizzle some lime juice over burgers.
4. Serve in burger buns with lettuce, beetroot, tomato and avocado.



For something different, shape into kofta's instead of burgers.

Easy Indian Dhal



PREP 5 mins
COOK TIME 15 mins
SERVES 4

INGREDIENTS

- 1 tablespoon oil
- 1 onion, chopped
- 2 teaspoons curry powder
- 400g can **Edgell Brown Lentils**, drained
- 400g can diced tomatoes
- ½ cup coconut milk
- Naan, for serving
- Natural yoghurt, for serving

PREPARATION

1. Heat oil in a saucepan and sauté onion for 1-2 minutes or until tender. Stir in curry powder and cook for a further minute.
2. Stir in Edgell Brown Lentils and diced tomatoes, simmer for 10 minutes.
3. Stir in coconut milk and serve with naan and natural yoghurt.



Edgell brown lentils are already cooked and ready to use. Only rinse if you want to reduce your sodium intake, otherwise they season your dish.

Noodle & Edamame Stir Fry



PREP 10 mins
COOK TIME 10 mins
MAKES 1

INGREDIENTS

- 90g soba noodles
- 1 teaspoon sesame oil
- 1 spring onion, chopped, plus extra for garnish
- ¼ small red capsicum, thinly sliced
- 125g can **Edgell Edamame Beans**, drained
- 2 tablespoons oyster sauce
- Toasted sesame seeds, for garnish

PREPARATION

1. Cook noodles following packet directions.
2. Heat oil in a wok over medium-high heat. Add spring onion and stir fry for 1 minute. Add capsicum and Edgell Edamame Beans, continue to stir fry for a further minute.
3. Add noodles and oyster sauce to wok and toss well to combine. Serve garnished with extra spring onion and sesame seeds.



Can be eaten hot or chilled for a work lunch.
Sliced tofu can be added in step 2.

Black Bean Bites



PREP 20 mins
COOK TIME 10 mins
MAKES 14

INGREDIENTS

- 400g can **Edgell Black Beans**, rinsed & drained
- Finely grated zest and juice of 1 lime
- 1 whole coriander root, steam and leaves, chopped
- 1 spring onion, finely chopped
- 1 egg, lightly beaten
- ½ cup fresh wholemeal breadcrumbs
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil

PREPARATION

1. Place ⅓ of the Edgell Black Beans into a large bowl. Place the remaining black beans in a food processor and process until smooth. Transfer to a mixing bowl and stir in reserved black beans.
2. Add lime zest, coriander, spring onion, egg, breadcrumbs, cumin and mix well. Using a tablespoon measure, form into small bite size balls, pressing down slightly to flatten. Refrigerate for 30 minutes.
3. Heat oil in a large non stick frypan over medium heat. Cook bites for 3-4 minutes on each side or until lightly browned and warmed through. Place onto a serving plate and drizzle with lime juice. Serve immediately.

Serve in pita wraps with Greek yoghurt, chopped tomatoes and coriander leaves.



Vegetarian Lasagne



PREP 30 mins
COOK TIME 60 mins
SERVES 6-8

INGREDIENTS

2 small eggplants
2 zucchini
2 red capsicum
1 small white onion, sliced
2 cloves garlic, crushed
2 large Portobello mushrooms, chopped
400g **Edgell Black Beans**, drained
800g can chopped tomatoes
2 tablespoons olive oil,
25g butter
1½ tablespoons plain flour
1 cup Milk
1-2 cups grated cheese blend
Fresh lasagne sheets – as many as desired

PREPARATION

1. Chop the eggplants capsicums and zucchini into 2cm cubes. Toss vegetables with 1tbsp olive oil, season and place on a baking paper lined tray. Cook in a preheated oven at 200°C for 20 minutes.
2. Meanwhile, heat remaining oil in a medium saucepan, sauté onion and garlic for a couple of minutes to soften. Stir in mushrooms and cook for about 2 minutes. Add tomatoes, stir thoroughly.
3. Once oven vegetables are cooked, toss them into onion mix, add Edgell Black Beans, season to taste.
4. To make the white sauce; In a separate small saucepan melt butter over a low heat. Add flour and stir to cook until bubbling but not coloured. Remove from heat and whisk in the milk. Return to heat, stir constantly bringing to the boil and sauce thickens. Add cheese, stir to melt and remove from heat..
5. Spoon some of the vegetable mix over the base of a lasagne dish. Cover with a layer of lasagne sheets, then a layer of vegetable mixture, repeat layers until all vegetable mixture is used finishing with a lasagne sheet. Pour over white sauce and sprinkle with cheese. Bake at 180°C for about 40 minutes or until golden.

Like all lasagnes, this is best made the day before, stored in the fridge and reheated the next day to develop flavour.



Lentil & Quinoa Salad



PREP 10 mins
COOK TIME 20 mins
SERVES 4

INGREDIENTS

- 1 cup white quinoa
- 2 cups salt reduced vegetable stock
- 1 tablespoon oil
- 1 bunch broccolini
- 1 bunch asparagus
- 400g can **Edgell Brown Lentils**, drained
- 225g can **Edgell Sliced Beetroot**, well drained
- 100g fetta, for crumbling
- Dressing of choice, for serving

PREPARATION

1. Cook quinoa in chicken stock following packet directions. Allow to cool.
2. Meanwhile, heat oil in a frypan over high heat. Stir fry broccolini and asparagus until slightly charred. Allow to cool slightly before slicing into thirds.
3. Combine quinoa, Edgell Brown Lentils and vegetables, place on a serving platter. Arrange Edgell Sliced Beetroot in salad and crumble over fetta. Serve with desired dressing.



Alternatively, torn baby bocconcini can be used instead of the fetta.

Pumpkin & Vegetable Slice



PREP 10 mins
COOK TIME 25 mins
SERVES 4-6

INGREDIENTS

- 2 teaspoons oil
- 2 cups grated pumpkin
- 1 small onion, peeled and grated
- 2 spring onions, finely chopped
- 1 cup grated tasty cheddar cheese
- $\frac{2}{3}$ cup self raising flour
- 2 eggs, lightly beaten
- 420g can **Edgell Mixed Vegetables**, drained
- 125g can **Edgell Capsicum**, drained

PREPARATION

1. Heat oil in a medium saucepan, add pumpkin, onion and spring onion. Cook for 3-5 minutes.
2. In a large bowl combine, cheese, flour and eggs. Add softened vegetable mix.
3. Add Edgell Mixed vegetables and Diced Capsicum and mix well.
4. Spread mixture evenly into a baking paper lined 28cm x 18cm slice pan. Cook in a preheated oven at 180°C for 25 minutes. Or until set and golden.
5. Remove from oven and allow to cool before cutting.



Vegetable Slices freezes well. For kids who love peas, try adding an extra half a cup of frozen peas with the capsicum

Sautéed Curry Paneer



PREP 20 mins
COOK TIME 20 mins
SERVES 4

INGREDIENTS

- 3 teaspoons oil
- 200g paneer cubed
- 1 small red onion, chopped
- 2 teaspoons grated garlic
- 1 teaspoon grated fresh ginger
- 2 teaspoons curry powder (adjust to taste)
- 75g sugar snaps, trimmed
- 400g of **Edgell Chick Peas**, drained
- 2 tablespoons water
- Chopped coriander for garnish

PREPARATION

1. Heat oil In a large fry pan, add paneer and cook until golden on all sides. Set aside.
2. In the same pan, add 2 teaspoons of oil. Sauté red onion until translucent and slightly charred.
3. Add garlic, ginger and curry powder. Add more oil if the mixture appears dry. Sauté the mixture over low heat until aromatic.
4. Add sugar snaps, Edgell Chick Peas and water. Cook until the water is reduced and the vegetables are cooked through.
5. Stir in paneer and season to taste.
6. Garnish with chopped coriander and serve with rice.



Paneer is available from Indian specialty stores, alternatively try using haloumi cheese.

Crunchy Brown Rice Salad



PREP 30 mins
COOK TIME 30 mins
SERVES 4-6

INGREDIENTS

350g brown Rice
1 yellow capsicum, diced
½ bunch spring onions, chopped
1 punnet grape tomatoes, halved
1 small red onion, thinly sliced
1 fennel bulb, shaved
1 bunch parsley, chopped
½ bunch dill, chopped
400g **Edgell Black Beans**, drained
1 cup slivered and roasted almonds
1 cup salad seeds (see tip)
Juice of 2 lemons
½ cup olive oil

PREPARATION

1. Cook rice following packet directions. Drain and spread out on a large plate to cool.
2. Combine all vegetables, herbs and Edgell Black Beans in a large bowl. Add half of the almonds and half the salad seeds, gently toss.
3. Combine lemon juice and half the olive oil for a dressing. Pour over the rice and mix well, season to taste.
4. Gently toss the rice through the vegetables.
5. Transfer to serving platter, drizzle over remaining olive oil and sprinkle generously with remaining nuts and seeds.



Most supermarkets and specialty store now sell salad seeds – a combination of pumpkin, sunflower and sesame seeds, pine nuts and maybe other nuts.

Edgell Gnocchi



PREP 30 mins
COOK TIME 5 mins
SERVES 4

INGREDIENTS

- 1 cup **Edgell Instant Mash**
- 1½ cups boiling water
- 1 egg yolk
- ¼ cup plain flour
- Leggo's Pasta Sauce of your choice, heated
- Parmesan cheese, for serving

PREPARATION

1. Place Edgell Instant Mash in a large bowl. Carefully add boiling water and mix with a fork until it resembles mashed potato. Add egg yolk and stir well.
2. Add plain flour, mix until all the flour is incorporated and the mixture is thick. Sprinkle a little extra plain flour on the bench. Take ½ cup of the potato mixture and roll into a long sausage shape approx. 3cm in diameter. Cut into 2cm pieces and place onto a floured tray. Continue with remaining mixture.
3. Bring a large saucepan of water to the boil. Carefully place the gnocchi pieces in the water and cook for 5 minutes or until they float to the surface.
4. Remove gnocchi with a slotted spoon. Serve with a hot pasta sauce of your choice and sprinkle with a little grated parmesan cheese.



Instant mash is a great shortcut to making homemade gnocchi and gives a lovely light texture. Dip knife in flour to prevent sticking when cutting gnocchi.

Indian Spiced Bean Patties



PREP 15 mins
COOK TIME 6 mins
MAKES 8

INGREDIENTS

822g can **Edgell Tiny Taters**, drained
2-3 teaspoons Korma or mild curry paste
400g can **Edgell Four Bean Mix**, drained
2 spring onions, chopped
1 tablespoon mango chutney
1 tablespoon plain flour
2 tablespoons desiccated coconut
Oil spray

PREPARATION

1. Place Edgell Tiny Taters and curry paste in food processor and pulse until finely chopped. Add Edgell Four Bean Mix, spring onions, chutney and pulse until just mixed.
2. Using a $\frac{1}{3}$ cup measure, form mixture into 8 patties and lightly coat in combined flour and coconut.
3. Lightly spray patties with oil and cook in a non stick frypan for 6 minutes, turning halfway through cooking.



Serve topped with extra chutney or minted low fat yoghurt.

Zucchini, Corn & Fetta Slice



PREP 15 mins
COOK TIME 20 mins
SERVES 6-8

INGREDIENTS

- 2 medium zucchini
- 420g can **Edgell Corn Kernels**, drained
- 1 spring onion, chopped
- 100g reduced fat fetta, diced
- 3 eggs, lightly beaten
- 1 cup self raising flour
- Pinch cracked black pepper
- 1 tablespoon grated parmesan cheese

PREPARATION

1. Grate zucchini and squeeze out excess liquid. Place in a bowl with Edgell Corn Kernels, spring onion, fetta, eggs, flour and black pepper. Stir to combine.
2. Spoon into a 18cm x 27cm baking paper lined slice pan, sprinkle with parmesan cheese and bake at 180°C for 20 minutes.
3. Cut into slices and serve warm or cold.



This slice is great for lunches and picnics



AUSTRALIA'S FAVOURITE
For Healthy Eats

All recipes tested use standard 250ml cup and 20ml tablespoon