

# MEAT-FREE MEALS



**Edgell**<sup>®</sup>

**VEG** WITH THE **EDGE**

# MEAT-FREE MEALS

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 soups, it's easy to complete a meal with Edgell's range of ready-to-eat lentils, chick peas, beans or vegetables.



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



**VEG** WITH THE **EDGE**

# LENTIL KOFTAS & CHARGRILLED SALAD

PREP 30 mins  
COOK TIME 15 mins  
SERVES 4



VEGETARIAN

2+  
SERVES VEG

SOURCE OF  
PROTEIN

## 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.*

# ROAST CHICK PEA VEGGIE PITTA

PREP 10 mins  
COOK TIME 40 mins  
MAKES 8



2+  
SERVES VEG

VEGETARIAN

## 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 SPINACH SPAGHETTINI

PREP 10 mins  
COOK TIME 15 mins  
SERVES 2



2+  
SERVES VEG

VEGETARIAN

## INGREDIENTS

- 200g spaghetti
- 400g can **Edgell Chick Peas**, drained
- 2 tablespoons extra virgin olive oil
- 2 clove garlic, crushed
- 2 cups baby spinach leaves
- Finely grated zest and juice of 1/2 lemon
- 1/3 - 1/2 cup finely grated parmesan cheese,  
plus extra for garnish
- 2 tablespoons chopped fresh parsley
- 1/2 teaspoon chilli flakes, optional

## PREPARATION

1. Cook pasta following packet directions. Drain, reserving 1 cup pasta cooking water.
2. Meanwhile, pat dry Edgell Chick Peas with absorbent paper to remove excess moisture. Heat oil in non stick frypan over medium-high heat. Add chick peas and cook until crispy and golden, approximately 5-6 minutes.
3. Add garlic, season to taste and cook for further minute, until fragrant.
4. Stir in hot pasta, spinach, lemon zest and juice, parmesan, parsley, chilli flakes and enough pasta cooking water until slightly saucy and spinach is wilted. Serve sprinkled with extra parmesan.



*Substitute rocket for spinach, if desired.*

# CHICK PEA & SWEET POTATO CURRY

PREP 20 mins  
COOK TIME 40 mins  
SERVES 4



2+  
SERVES VEG

VEGETARIAN

## 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

# FOUR BEAN BREAKFAST BURRITO

PREP 20 mins  
COOK TIME 15 mins  
SERVES 4



SOURCE OF  
PROTEIN

2+  
SERVES VEG

VEGETARIAN

## INGREDIENTS

- 4 eggs
- ¼ cup milk
- 20g butter
- 1 tablespoon olive oil
- 420g can **Edgell Corn Kernels**, drained
- 400g can **Edgell Four Bean Mix**, drained and rinsed
- 4 large tortillas
- 1 avocado, sliced
- 1 medium tomato, diced
- ¼ cup chopped fresh parsley or coriander

## PREPARATION

1. Lightly whisk eggs and milk together with a fork until well combined.
2. Melt butter in a large non stick frypan over medium heat. Add egg mixture and cook stirring until lightly scrambled. Season to taste and set aside.
3. Wipe frypan with absorbent paper and heat oil over medium-high heat. Add Edgell Corn Kernels and Edgell Four Bean Mix, cook until lightly charred. Set aside.
4. Spoon scrambled egg down the centre of each tortilla, top with avocado, tomato, corn, four bean mixture and parsley. Fold in sides and roll tightly to encase filling.



*These burritos don't just have to be eaten at breakfast! They are also excellent taken to work for lunch, simply refrigerate and re-heat in a sandwich press.*

# WARM BEAN SWEET POTATO SALAD

PREP 15 mins  
COOK TIME 25 mins  
SERVES 4



2+  
SERVES VEG

VEGETARIAN

## INGREDIENTS

- 1 tablespoon olive oil
- 500g sweet potato, peeled and cut into 1cm rounds
- 3 cups baby spinach leaves
- 400g can **Edgell Red Kidney Beans**, drained
- 1 small red onion, thinly sliced
- 2 tablespoons smoked almonds, roughly chopped
- Crumbled fetta, for sprinkling
- Pre prepared commercial salad dressing of choice, for drizzling

## PREPARATION

1. Drizzle oil on sweet potato and toss to coat. Spread in a single layer on a baking paper lined tray. Cook in a preheated oven at 200°C for 20 minutes or until golden and cooked through.
2. To assemble salad, spread spinach leaves on base of serving platter. Top with Edgell Red Kidney Beans, sweet potato, onion, almonds and fetta. Drizzle with dressing of choice and serve.



*Add Edgell Red Kidney beans to baking tray of sweet potato, 5 minutes before the end of cook time for an even 'warmer' salad.*



# CHICK PEA & EGGPLANT BRAISE

PREP 15 mins  
COOK TIME 20 mins  
SERVES 4



LIGHT IN  
CARBS

2+  
SERVES VEG

VEGETARIAN

## 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.*

# BLACK BEAN CHILLI COUSCOUS SOUP

PREP 15 mins  
COOK TIME 25 mins  
SERVES 4



2+  
SERVES VEG

VEGETARIAN

## INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 carrot, chopped
- 1 zucchini, chopped
- 1 stick celery, thinly sliced
- 2 clove garlic, crushed
- 400g can crushed tomatoes
- ½ teaspoon chilli flakes
- 1L chicken stock
- ⅓ cup couscous
- 400g can **Edgell Black Beans**, drained and rinsed

## PREPARATION

1. Heat oil in a saucepan over medium-high heat. Add onion, carrot, zucchini, celery and sauté for 4-5 minutes.
2. Add garlic and cook for a further minute.
3. Add crushed tomatoes, chilli flakes, stock and bring to the boil. Season to taste. Cover and simmer for 10 minutes, stirring occasionally.
4. Add couscous, Edgell Black Beans and simmer for 5 minutes or until couscous is softened. Serve garnished with parsley.



Substitute any of the 400g range of Edgell Beans, Brown Lentils or Chick Peas for the Black Beans, if desired.

# 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.*



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