

# MODERN CLASSICS



**Edgell**  
VEG WITH THE EDGE

# MODERN CLASSICS

The contemporary Australian kitchen is a reflection of our ever-evolving community. And while we are a diverse bunch, there are just some recipes that are universally loved and played on repeat. This book captures some of these favourites.

Modern Classics is a version of what classic means in the Australia we live in today. Our kitchens lovingly borrow and take influence from all over the world and are increasingly taking a lean to the veg-side of life, but not exclusively so. Edgell legumes and vegetables make Modern Classics as close and handy as your pantry. Our easy to follow stamp guide below provides nutritional information for each recipe.

## VEGETARIAN

Recipe is suitable for **lacto-ovo vegetarians**. Recipe contains **no animal based meat products (i.e. No meat, poultry, fish or seafood)** but may contain dairy (non-animal rennet), honey and egg ingredients.

## 2+ SERVES VEG

Recipe contains at least **2+ serves of vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.

## OMEGA-3

Recipe contains any type of **seafood**, which is a source of healthy omega-3 fats.

## PROTEIN BOOST

Recipe contains **two types** of protein, from plant or animal sources.

## PLANT PROTEIN

Recipe contains a **plant based source of protein** e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).

## VEGAN

Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).

## SOURCE OF PROTEIN

Recipe contains at least **1+ serves of protein** as per Australian Dietary Guidelines and contains at least **10g protein per serve**.



# BREAKFAST BURRITOS

Australia's love affair with Mexican flavours has migrated to breakfast in this easy burrito packed with beans and corn and silky scrambled eggs.

PREP 15mins  
COOK TIME 20mins  
SERVES 4



VEGETARIAN

PROTEIN BOOST

## INGREDIENTS

8 eggs  
½ cup milk  
30g butter  
1 tablespoon olive oil  
420g can **Edgell Corn Kernels**, drained  
400g can **Edgell Black Beans**, drained and rinsed  
4 large tortillas  
1 avocado, sliced  
½ cup roasted red capsicum, diced

## PREPARATION

1. Lightly whisk eggs and milk together with a fork until 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 heat. Add Edgell Corn Kernels and Edgell Black Beans, cook until lightly charred. Set aside.
4. Spoon scrambled egg down the centre of the tortilla, top with avocado, capsicum, corn and black bean mixture. Fold in sides and roll tightly to encase filling.



*TIP: Burritos can be toasted in a sandwich press, pan fried or chargrilled.  
Capsicum and avocado can be swapped with 1.5 cups of your favourite veggies – e.g., mushroom, sundried tomato, spinach.*



# GOLDEN CORN FRITTERS

A classic Aussie Sunday morning breakfast treat.

PREP 10mins  
COOK TIME 15mins  
SERVES 4



VEGETARIAN

## INGREDIENTS

½ cup self raising flour  
420g can **Edgell Corn Kernels**, drained  
2 spring onions, finely chopped  
½ teaspoon smoked paprika  
2 eggs  
¼ cup milk  
1-2 tablespoons oil, for cooking  
Roasted cherry tomatoes, for serving

## PREPARATION

1. Place flour, Edgell Corn Kernels, spring onions and smoked paprika in a large bowl. Combine eggs and milk and stir into dry ingredients.
2. 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.
3. Serve with roasted tomatoes.



*TIP: Fresh chives and/or finely chopped parsley can be used instead of spring onions.*



# HUMMUS

The most versatile dip! Serve as part of a mezze at a dinner party, in sandwiches and roll-ups with salads, at a BBQ alongside grilled meats and vegetables.

PREP 10mins  
COOK TIME 0mins  
MAKES 1½ cups



VEGAN

PLANT  
PROTEIN

## INGREDIENTS

400g can **Edgell Chick Peas**, drained, reserve 1  
tablespoon for garnish  
1 small clove garlic, crushed  
⅓ cup tahini paste  
¼ teaspoon ground cumin  
Juice of 1 large lemon  
2 tablespoons chilled water  
Toasted pita bread crisps or similar, for serving  
Olive oil, for garnish

## PREPARATION

1. Place Edgell Chick Peas, garlic, tahini, cumin in a food processor and process until smooth. Add lemon juice and iced water and continue to process until pale, thick and creamy
2. Serve with pita breads, drizzled with olive oil and topped with reserved chickpeas.



*TIP: For a silky smooth hummus, discard the outer skin from the chick peas by rubbing them between sheets of paper towel to loosen and remove.*



# FALAFELS

Crunchy on the outside, light and fluffy and mildly spiced inside. Falafels have long been culinary classics across the Middle East and now in Australia too.

PREP 20mins  
COOK TIME 10mins  
MAKES 16



VEGAN

PLANT  
PROTEIN

## INGREDIENTS

- 1 small onion, roughly chopped
- 2 cloves garlic, crushed
- 1 cup firmly packed parsley leaves
- 400g can **Edgell Chick Peas**, drained
- 1½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 2-3 tablespoons chick pea flour
- Zest of 1 large lemon
- Pita bread, tahini, cucumber olives, to serve



## PREPARATION

1. Place onion, garlic and parsley into a food processor and blend until mixture is very finely chopped.
2. Add Edgell Chick Peas, spices, flour and lemon zest to processor and blend until mixture resembles coarse breadcrumbs (take care not to puree).
3. Roll one tablespoon of mixture into a ball and flatten to a patty shape, approximately 5cm in diameter. Repeat with remaining mixture. Chill for 30 minutes.
4. Heat a little oil in a large non stick frypan over medium-high heat. Cook falafels for 3 minutes on both sides or until golden brown. Drain on absorbent paper.
5. Serve falafels with pita bread, tahini, cucumber and olives.

*TIP: Wet hands before rolling the falafels to prevent the mixture sticking.*



# CHICK PEA, ROAST PUMPKIN & WALNUT SALAD

PREP 15mins  
COOK TIME 0mins  
SERVES 1

This salad is a modern lunch hero.



2+  
SERVES VEG

VEGETARIAN

PLANT  
PROTEIN

## INGREDIENTS

Tahini dressing:

3 tablespoons natural yoghurt

1½ tablespoons tahini

1½ tablespoons lemon juice

1 clove garlic, crushed

1 cup rocket

70g can **Edgell Snack Time Chick Peas with Olive Oil & Sea Salt**

½ cup diced and roasted pumpkin

2 tablespoons walnuts, toasted and chopped

## PREPARATION

1. Combine yoghurt, tahini, lemon juice and garlic in a medium bowl to make dressing. Whisk until well combined.
2. Place rocket in a serving bowl and top with remaining ingredients. Drizzle with dressing and serve immediately.



*TIP: Store remaining dressing in the refrigerator for a couple of days. Use on falafels, grilled meats, as a dip and as a condiment in wraps. For easy lunch meal prep, roast vegetables in advance and store for the week ahead.*



# WARM CHICK PEA & BEETROOT SALAD

Canned sliced beetroot is an Aussie staple, elegantly reinvented here in a warm salad.

PREP 15mins  
COOK TIME 25mins  
SERVES 4



2+  
SERVES VEG

VEGAN

PLANT  
PROTEIN

## INGREDIENTS

½ cauliflower, cut into florets  
400g can **Edgell Chick Peas**, drained  
3 tablespoons olive oil  
2 cloves garlic, crushed  
1 teaspoon smoked paprika  
1-2 tablespoons pepitas  
425g can **Edgell Sliced Beetroot**, drained  
60g baby spinach leaves  
75g goat cheese, crumbled

## PREPARATION

1. In a large bowl, toss cauliflower and Edgell Chick Peas with 2 tablespoons olive oil, garlic and paprika. Place on a baking paper lined tray and cook in a preheated oven at 200°C for 25 minutes.
2. Spread pepitas on a separate tray and roast for 7-8 minutes or until golden.
3. Arrange Edgell Beetroot, roasted cauliflower and chick pea mixture and spinach on a serving plate, sprinkle with goat cheese and pepitas. Drizzle with remaining olive oil to serve.



*TIP: Pair this salad with Moroccan spiced lamb.*



# CHILLI BEAN BAKED POTATOES

An oldie, but a goodie, a loaded spud with flavorsome saucy beans, cheese and a side of sour cream.

PREP 15mins  
COOK TIME 60mins  
SERVES 4

VEGETARIAN

PLANT  
PROTEIN

## INGREDIENTS

4 large potatoes, washed  
1 tablespoon oil  
1 onion, finely diced  
2 cloves garlic, crushed  
¼ teaspoon crushed chilli  
½ teaspoon ground cumin  
½ teaspoon smoked paprika  
400g can diced tomatoes  
400g can **Edgell Red Kidney Beans**, drained  
Grated cheese, chopped chives and sour cream,  
for serving

## PREPARATION

1. Wrap each potato in foil and place on a baking tray. Cook in a preheated oven at 200°C for 1 hour or until cooked through.
2. Meanwhile, heat oil in a medium frypan over medium-low heat. Add onion and cook 3-4 minutes. Add garlic and spices, cook a further 1-2 minutes. Stir in tomatoes and Edgell Red Kidney Beans. Cover and simmer for 10 minutes, stirring occasionally.
3. Cut potatoes open, spoon in hot bean mixture and sprinkle with cheese and chives. Serve with sour cream.



*TIP: While waiting for oven to pre-heat, microwave pierced potatoes in batches of 2 on a microwave-safe plate for 5 minutes to reduce baking time.*



# BETROOT BURGERS

A modern twist on the classic Aussie burger. Adding beetroot to the meat patty mixture – rather than a slice on top – lends sweetness and tenderness. The texture of these burgers are best baked to hold their shape.

PREP 20mins  
COOK TIME 15mins  
MAKES 8 patties



SOURCE OF  
PROTEIN

## INGREDIENTS

425g can **Edgell Sliced Beetroot**, drained  
1 tablespoon olive oil  
1 red onion, finely diced  
500g beef mince  
1 tablespoon dried mixed herbs  
1 cup dry breadcrumbs  
½ teaspoon black pepper

## PREPARATION

1. Puree Edgell Beetroot in a food processor.
2. Heat oil in a small saucepan on medium heat, add onion and cook for 1 minute.
3. In a large bowl, combine Edgell Beetroot with cooked onion and remaining ingredients, mix well. Shape into 8 patties. Chill for 20 minutes.
4. Cook patties on a baking paper lined tray in a preheated oven at 200°C for 10 minutes.



*TIP: Serve in burger buns with your choice of fillings - e.g., avocado, cheese, lettuce, tomato, pumpkin, zucchini.*



# CLASSIC TUNA & CORN SANDWICH FILLING

Mixing tuna with sweetcorn kernels, mayonnaise and celery makes the perfect sanga filling. Retro maybe, classic for sure.

PREP 10mins  
COOK TIME 0mins  
SERVES 2



OMEGA-3

## INGREDIENTS

95g can John West Tuna - in Olive Oil Blend, well drained  
125g can **Edgell Corn Kernels**, drained  
1 stick celery, finely chopped  
1 small spring onion, chopped  
1-2 tablespoons mayonnaise  
Bread of choice – sandwich bread, mountain bread, bread rolls

## PREPARATION

1. Combine John West Tuna, Edgell Corn Kernels, celery, spring onion and mayonnaise.
2. Lightly spread bread with butter or extra mayonnaise, spoon in filling.



*TIP: Make ahead and store in the refrigerator for fast morning school lunch prep.*



# CHICKEN & CORN SOUP

PREP 10mins  
COOK TIME 10mins  
SERVES 4

A riff on the legendary Chinese recipe loved by generations of Aussies.



SOURCE OF  
PROTEIN

## INGREDIENTS

- 1L chicken stock
- 420g can **Edgell Creamed Corn**
- 420g can **Edgell Corn Kernels**, drained
- 6 spring onions, finely sliced
- 1 tablespoon finely shredded fresh ginger
- 1 teaspoon soy sauce
- 2 cups shredded cooked chicken, warm

## PREPARATION

1. Place chicken stock, Edgell Creamed Corn, Edgell Corn Kernels, the white of spring onions, ginger and soy sauce in a saucepan, bring to the boil. Simmer covered for 5 minutes. Season to taste.
2. Ladle soup into bowls, top with chicken and garnish with the green of spring onions.



*TIP: Char Edgell Corn Kernels before adding to soup for extra flavour.*



# MOROCCAN MEATBALLS

PREP 20mins  
COOK TIME 15mins  
SERVES 2-3

Plant based meatballs for the flexitarian kitchen, served with flavoured chick peas, couscous, herbs and fetta.



PLANT  
PROTEIN

## INGREDIENTS

- 1 tablespoon olive oil
- 300g packet frozen Birds Eye Plant Based Meatballs
- 1 small onion, diced
- 1 clove garlic, crushed
- ¼ teaspoon hot paprika
- ½ teaspoon ground cumin
- 400g can diced tomatoes
- 1 cup couscous
- 1-2 tablespoons currants
- 2 x 70g can **Edgell Snack Time Chick Peas with Olive Oil & Sea Salt**
- Crumbled fetta and fresh coriander leaves, for garnish

## PREPARATION

1. Heat oil in a non stick frypan over medium heat and cook frozen plant based meatballs until browned and cooked through. Remove from pan and set aside.
2. Add onion to pan and cook for 3-4 minutes or until softened. Add garlic and spices, cook a further 2 minutes. Pour in tomatoes, bring to boil, return meatballs to sauce. Reduce heat, cover and simmer for 8-10 minutes. Season to taste.
3. Meanwhile, prepare couscous following packet directions. Toss through currants and Edgell Chick Peas.
4. Serve couscous topped with plant based meatballs and sauce, garnished with crumbled fetta and coriander.



*TIP: The flavour from the Snack Time chick peas will naturally season the couscous. Try using other varieties!*



# BARRAMUNDI WITH LENTIL SALAD

PREP 20mins  
COOK TIME 15mins  
SERVES 2

Australian barramundi with a Mediterranean inspired lentil salad reflects how we love to entertain.



PROTEIN  
BOOST

OMEGA-3

## INGREDIENTS

- 500g packet frozen Birds Eye Ocean Selections Barramundi - Moroccan
- 2 small carrots, thinly sliced
- 400g can **Edgell Brown Lentils**, rinsed and drained
- 2 tablespoons currants
- 2 spring onions, thinly sliced
- 2 tablespoons each chopped fresh mint and coriander
- 2 tablespoons chopped roasted pistachios or almonds
- Store bought French or lemon vinaigrette dressing, for drizzling

## PREPARATION

1. Remove 2 frozen Birds Eye Barramundi portions from packet and place on a baking paper lined tray. Add carrots to the same tray and lightly spray with oil. Cook fish and carrots following oven bake packet directions.
2. Meanwhile, combine **Edgell Lentils**, currants, spring onions, herbs and pistachios to make a salad.
3. Toss cooked carrots through the lentil salad and drizzle with dressing. Serve topped with cooked fish fillets.



*TIP: If using barramundi from your fishmonger, simply season fillets with a Moroccan spice blend, before cooking.*





**VEG WITH THE EDGE**