



*Healthier living with Leggo's*







Finally...a pasta sauce range you can feel good about feeding your loved ones, by introducing the Leggo's Organic & EatWell ranges in your cooking repertoire.

Healthy cooking starts with our sauces. This recipe compilation will inspire you to create delicious and nutritious dishes.

Every delicious recipe has its nutritional benefits identified with its own tailored nutrition stamp, making healthier eating easier than ever before.



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



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



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.



Recipe contains ingredients that are **lower in carbohydrates** vs reference carbohydrate products.



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.).



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



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



Recipe contains ingredients that **add additional fibre** to a meal and therefore is a **good source of fibre** (contains at least 5g fibre per serve).







PLANT  
PROTEIN

2+  
SERVES VEG

VEGAN



# SICILIAN STYLE CHICK PEAS

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 stick celery, thinly sliced
- 1 green capsicum, chopped
- 400g can chick peas, rinsed and drained
- 1 teaspoon smoked paprika
- 2 cloves garlic, crushed
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Vegetable**
- ½ cup reduced salt vegetable stock or water
- 2 tablespoons Sicilian olives, chopped
- 1 cup baby spinach leaves
- 2 tablespoons finely chopped celery leaves, plus extra for garnish
- Wholemeal sourdough bread, for serving

## PREPARATION

1. Heat oil in a saucepan over a medium heat. Add celery, capsicum, chick peas, smoked paprika and saute for 5 minutes or until vegetables are softened.
2. Add garlic and cook for a further minute.
3. Add **Leggo's Organic Pasta Sauce**, stock and reduce heat to low, cook for 5 minutes, stirring occasionally, adjusting consistency, as desired.
4. Stir in olives, spinach and celery leaves. Serve garnished with celery leaves and serve with crusty bread on the side.



**TIP:** Use stock to rinse the Leggo's jar of all the sauce before adding to the chick pea mixture.





VEGETARIAN



# BAKED SPINACH AND RICOTTA GNOCCHETTI

## INGREDIENTS

400g fresh ricotta  
125g frozen spinach, thawed, excess moisture squeezed out  
½ cup finely grated parmesan cheese  
½ cup fresh wholemeal breadcrumbs  
1 egg, lightly beaten  
2 tablespoons chopped toasted pine nuts  
¼ teaspoon grated nutmeg  
Finely grated zest of ½ lemon  
500g jar **Leggo's Organic Pasta Sauce - Tomato & Basil**  
⅓ cup grated mozzarella cheese  
2 tablespoons finely grated parmesan cheese, extra  
Crusty wholemeal sourdough bread and garden salad, for serving

## PREPARATION

1. Combine ricotta, spinach, parmesan, breadcrumbs, egg, pine nuts, nutmeg and lemon rind in a large bowl and season to taste. Using 2 tablespoons, shape heaped tablespoons of mixture into quenelles.
2. Pour **Leggo's Organic Pasta Sauce** over the base of a 1 litre capacity shallow baking dish and place gnocchetti on sauce. Sprinkle with mozzarella and parmesan cheese.
3. Bake in a preheated oven at 180°C for 25-30 minutes or until golden brown. Serve with crusty bread and salad.



**TIP:** Gnocchetti can be assembled a few hours ahead and refrigerated prior to baking



# ITALIAN MEATBALLS WITH SPINACH AND BASIL

## INGREDIENTS

2 red onions  
 500g lean beef mince  
 1 tablespoon chopped fresh basil  
 ¼ cup finely shredded parmesan cheese,  
 plus extra, for garnish  
 2 tablespoons extra virgin olive oil  
 500g jar **Leggo's Organic Pasta Sauce -  
 Tomato & Garlic**  
 ½ teaspoon dried chilli flakes, optional  
 2 cups baby spinach leaves  
 ¼ cup chopped fresh basil, plus extra for  
 garnish  
 500g packet frozen Birds Eye Broccoli &  
 Cauliflower Rice, cooked

## PREPARATION

1. Grate one of the onions and combine with beef mince, basil and parmesan in a large bowl and mix well. Roll tablespoonfuls of mixture into balls.
2. Heat ½ the oil in a large non stick frypan over high heat. Add meatballs and cook until browned. Remove and set aside.
3. Reduce heat to medium, thinly slice second onion and cook with remaining oil for 2-3 minutes or until translucent and fragrant. Add **Leggo's Organic Pasta Sauce**, chilli flakes, meatballs and bring to the boil. Reduce heat to low, cover and cook for 10 minutes, stirring occasionally.
4. Remove from heat, stir in spinach and basil. Serve with cooked Birds Eye Broccoli and Cauliflower Rice. Garnish with extra shredded parmesan.



**TIP:** Meatballs can be assembled and refrigerated up to 4 hours prior to cooking. Remove from refrigerator 15 minutes before cooking.





# ONE POT SWEET POTATO NOODLES IN ITALIAN SAUCE

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 red onions, cut into thin wedges
- 1 teaspoon dried oregano
- 3 cloves garlic, crushed
- 500g jar **Leggo's Organic Pasta Sauce – Tomato & Vegetable**
- 1 cup salt reduced vegetable stock
- 2 sweet potatoes (750g), julienned or spiralised
- Shredded parmesan cheese and fresh oregano leaves, optional, for garnish

## PREPARATION

1. Heat oil in a non stick frypan over medium heat. Add onion and cook for 1-2 minutes or until translucent. Remove  $\frac{1}{4}$  cup of onion and set aside for garnish. Add oregano and garlic to remaining onion and cook for a further minute.
2. Add **Leggo's Organic Pasta Sauce**, stock and stir until combined. Add sweet potato 'noodles' reduce heat to medium-low, cover with a lid and cook for 4-5 minutes without stirring.
3. Gently stir sweet potato and cook for a further 9-10 minutes or until 'al dente'.
4. Serve garnished with parmesan cheese, fresh oregano and reserved red onion.



TIP: Use stock to rinse Leggo's jar of all the sauce.





# TOMATO POACHED SALMON WITH BROCCOLINI

## INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 small bulb fennel, thinly sliced, reserving fennel fronds, for garnish
- 2 spring onions, chopped
- ½ teaspoon smoked paprika
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Garlic**
- 4 skinless salmon fillets
- 1 bunch broccolini, halved lengthways, cooked until tender

## PREPARATION

1. Heat oil in a non stick frypan over a medium low heat. Add fennel, spring onion, paprika and cook for 5 minutes, until well softened.
2. Pour **Leggo's Organic Pasta Sauce** into frypan and bring to the boil. Place salmon in sauce, spoon over sauce and cover with a lid. Cook over a medium low heat for 10-12 minutes or until salmon is cooked.
3. Meanwhile steam or char cook broccolini and set aside.
4. Serve salmon with reserved sauce and cooked broccolini, garnished with reserved fennel fronds.



TIP: If fennel is unavailable, use sliced leek as an alternative.





2+  
SERVES VEG

SOURCE OF  
PROTEIN



# TUSCAN CHICKEN

## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 500g skinless chicken thigh fillets, trimmed and quartered
- 1 large onion, roughly chopped
- 1 red capsicum, roughly chopped
- 3 cloves garlic, crushed
- ¼ cup red wine or reduced salt chicken stock
- 500g jar **Leggo's Organic Pasta Sauce - Tomato & Basil**
- 1 zucchini, sliced
- Wholemeal or pulse pasta of choice, for serving
- Fresh basil leaves, for garnish

## PREPARATION

1. Heat oil in a large non stick frypan over a high heat. Add chicken and cook on both sides until golden. Remove and set aside.
2. Reduce heat to medium, add onion and capsicum to frypan and cook for 5 minutes or until softened, stirring occasionally. Add garlic and cook for a further minute. Add wine and cook until reduced to 1 tablespoon.
3. Add **Leggo's Organic Pasta Sauce**, chicken and reserved meat juices (these add extra flavour) to frypan. Reduce heat to low and cook uncovered for 5 minutes. Add zucchini and cook for a further 5 minutes.
4. Serve with pasta of choice, garnished with fresh basil leaves.



**TIP:** Always add the reserved meat juices with the chicken to the sauce for added flavour.





2+  
SERVES VEG

VEGAN



# SIMPLE RATATOUILLE

## INGREDIENTS

2 tablespoons extra virgin olive oil  
2 red onions, cut into wedges  
1 medium eggplant, cut into 2.5cm chunks  
2 small zucchini, cut into 2.5cm chunks  
1 each red and yellow capsicum, cut into 2.5cm chunks  
3 cloves garlic, thinly sliced  
700g jar **Leggo's Organic Passata – Tomato & Basil**  
Finely grated zest of 1 lemon  
Basil leaves, for garnish  
Crusty bread, for serving

## PREPARATION

1. Heat oil in a saucepan over medium heat. Add onion, eggplant, zucchini, and capsicum and cook for 5-6 minutes or until softened. Add garlic and cook for a further minute.
2. Add **Leggo's Organic Passata** and bring to the boil. Reduce heat, cover and simmer for 20 minutes. Remove lid and simmer for a further 10 minutes or until vegetables are cooked and sauce is slightly thickened. Season to taste.
3. Sprinkle with lemon zest and basil leaves. Serve with crusty bread.



**TIP:** Ratatouille makes a great accompaniment to grilled meats or plant based proteins. This recipe can be refrigerated for up to 4 days.





# SLOW COOKED PULLED PORK WITH FENNEL

## INGREDIENTS

1kg piece pork scotch fillet, trimmed  
700g jar **Leggo's Organic Passata – Tomato & Basil**  
400g can Edgell Organic Chick Peas  
1 large red onion, chopped  
2 cloves garlic, crushed  
½ teaspoon fennel seeds, lightly crushed  
½ cup white wine  
1 large head fennel, cut into 12 wedges, fronds reserved  
Steamed green beans, slaw, pasta and crusty bread, for serving

## PREPARATION

1. Place all ingredients except fennel into a slow cooker and stir to combine.
2. Cook on HIGH for 4½ hours. Add fennel and cook for a further hour or until softened. Serve with accompaniments and crusty bread to mop up juices.



**TIP:** Warm up leftovers and serve in ciabatta rolls with some bitter leaf salad for an Italian deli inspired lunch.





# ORGANIC

Packed **full** of organic vegetables, with **more** of the flavour you love and **less** of the sugar and salt you don't!

- ✓ All Natural Ingredients
- ✓ No Hidden Nasties
- ✓ Australian Certified Organic



REDUCED  
SALT^



NO ADDED  
SUGAR



NO ADDED  
SUGAR



\*6 serves of veg in every 500g jar. One serve of vegetables = 75g.  
The Australian Dietary Guidelines.

^At least 25% less salt (and sodium) when compared to average  
Leggo's® Chunky Tomato Pasta Sauces.

\*9 serves of veg in every 700g jar.  
One serve of vegetables = 75g.  
The Australian Dietary Guidelines.





SOURCE OF  
PROTEIN

FIBRE  
BOOST



PREP  
10 MINS



COOK  
20 MINS



SERVES  
4

# MEATBALL AND TOMATO SOUP

## INGREDIENTS

- 1 tablespoon oil
- 1 onion, finely chopped
- 1 large red capsicum, thinly sliced
- ¼ teaspoon chilli flakes
- 4 cups vegetable stock
- 500g jar **Leggo's EatWell Prebiotic Sauce - Bolognese**
- ½ cup pearl couscous
- 500g pre prepared pork and veal meatballs
- 100g baby spinach leaves, plus extra, for garnish
- Shaved parmesan cheese, for garnish

## PREPARATION

1. Heat oil in a large saucepan over medium heat. Add onion, capsicum and sauté for 5-7 minutes until softened.
2. Add chilli flakes, stock, **Leggo's EatWell Sauce**, couscous and bring to the boil. Reduce heat and simmer for 5 minutes.
3. Add meatballs and spinach, simmer for a further 5-7 minutes or until meatballs are cooked through. Serve garnished with extra spinach leaves and parmesan cheese.



**TIP:** If pre prepared meatballs are unavailable, combine 500g pork and veal mince with 1 teaspoon dried Italian herbs and form into 16 meatballs.





OMEGA-3

SOURCE OF  
PROTEIN

FIBRE  
BOOST



# SAUCY PRAWN BAKE

## INGREDIENTS

2 tablespoons olive oil  
1 large red onion, chopped  
500g jar **Leggo's EatWell Prebiotic Sauce – Tomato & Basil**  
250g trussed cherry tomatoes  
500g peeled raw prawns, tails on  
Finely grated zest of 1 large lemon  
Fresh basil leaves, for garnish  
Lemon cheeks and crusty sourdough bread,  
for serving

## PREPARATION

1. Heat 1 tablespoon of oil in a large frypan over medium heat. Add onion and cook, stirring occasionally for 4 minutes or until softened and translucent.
2. Stir in **Leggo's EatWell Sauce** and bring to the boil. Remove from heat and nestle trussed tomatoes and prawns in the sauce and drizzle with remaining oil.
3. Bake in a preheated oven at 200°C for 15 minutes or until prawns are fully cooked. Sprinkle with lemon zest and basil leaves. Serve with lemon cheeks and crusty bread.



TIP: This recipe also makes a delicious sauce served over pasta.





# ONE PAN CHICKEN RISONI

## INGREDIENTS

- 4 small chicken breast fillets
- 1 teaspoon smoked paprika
- 1 tablespoon extra virgin olive oil
- ½ cup risoni
- 1 large clove garlic, crushed
- 500g jar **Leggo's EatWell Prebiotic Sauce - Bolognese**
- 1¼ cups chicken stock
- Freshly grated parmesan and parsley, for garnish
- Steamed vegetables, for serving

## PREPARATION

1. Sprinkle chicken with paprika and season to taste on both sides. Heat oil in a large non stick frypan over medium heat. Add chicken and brown well on both sides. Remove and set aside.
2. Add risoni and stir for 2 minutes until lightly toasted. Add garlic, **Leggo's EatWell Sauce**, stock and stir to combine. Bring to the boil and reduce heat to low.
3. Return chicken to frypan, cover and cook, occasionally stirring risoni. Cook for 20 minutes or until chicken and pasta is cooked.
4. Slice chicken, serve with risoni, sprinkled with parmesan and herbs.



TIP: Chicken tenderloins or thigh fillets can be used instead of chicken breasts.





# CHARRED EGGPLANT PARMIGIANA

## INGREDIENTS

2 large eggplants (700g approx.), sliced into 5mm rounds  
Oil spray or extra virgin olive oil, for brushing  
1 large clove garlic, crushed  
500g jar **Leggo's EatWell Prebiotic Sauce – Tomato & Basil**, warmed  
 $\frac{3}{4}$  cup fresh basil leaves, plus extra for garnish  
200g grated mozzarella cheese  
Finely shredded parmesan cheese, for serving  
Green salad, for serving

## PREPARATION

1. Spray or lightly brush eggplant slices with oil. Cook on a chargrill plate or frypan until golden and well softened. Set aside.
2. Stir garlic into warm **Leggo's EatWell Sauce** and set aside.
3. Spoon  $\frac{1}{4}$  cup of sauce into the base of a 1 litre capacity baking dish. Place 6 eggplant slices in the base and top slices with  $\frac{1}{4}$  of the sauce, basil leaves and mozzarella cheese.
4. Repeat layers, 3 more times, finishing with mozzarella cheese.
5. Cook in a preheated oven at 200°C for 15-20 minutes or until cheese is melted and golden. Sprinkle with parmesan cheese and extra basil leaves. Serve with salad.



**TIP:** Try adding chilli flakes to the Leggo's sauce before assembling for a chilli hit.





# EAT WELL™

Introducing Leggo's EatWell, available in two delicious flavours with **added prebiotic fibre**, a type of fibre that can help feed the "friendly" bacteria in your gut. Our sauces not only taste great but are a **source of fibre** and can help you meet your daily fibre needs.



REDUCED  
SALT^

NO ARTIFICIAL  
FLAVOURS  
OR COLOURS



ADDED  
PREBIOTIC  
FIBRE



\*6 serves of veg in every 500g jar. One serve of vegetables = 75g. The Australian Dietary Guidelines.  
^At least 25% less salt (and sodium) when compared to average Leggo's® Chunky Tomato Pasta Sauces.