

MAKE THE

healthier

SWITCH



FRESH *from the* FREEZER

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healthier

SWITCH

Birds Eye Veggie Rice or Veggie Mash are an easy solution to reducing carbohydrates and increasing your veggie intake. We have done the hard work for you, simply grab from the freezer and its ready to incorporate or switch in your next meal.

To help make the healthier switch, each recipe has the nutritional benefits identified by simple nutrition stamps, eating well has never been so easy!

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**.

SOURCE OF
PROTEIN

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

LIGHT IN
CARBS

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

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.).

PLANT
PROTEIN

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

OMEGA-3

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

Spiced Cauliflower Rice Nourish Bowl



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP 20mins
COOK TIME 15mins
SERVES 2



VEGETARIAN

2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 2 tablespoons oil
- 150g firm tofu, cut into 5cm long strips
- 1 tablespoon soy sauce
- ½ x 500g packet frozen
Birds Eye Cauliflower Veggie Rice
- ½ teaspoon ground turmeric
- 1 cup frozen Birds Eye Broad Beans,
cooked
- 1 carrot, julienned
- ½ avocado, sliced
- 1 cup baby spinach leaves
- Roasted sesame dressing, for serving



PREPARATION

1. Heat 1 tablespoon oil in a non stick frypan over high heat. Add tofu and cook for 5 minutes, turning regularly or until golden. Add soy sauce and toss tofu to coat. Remove from pan and set aside.
2. Heat remaining oil in the same frypan over medium-high heat. Add frozen Birds Eye Cauliflower Rice and cook for 6 minutes, stirring regularly.
3. Stir through turmeric and continue to cook for a further minute.
4. Remove outer shell from cooked Birds Eye Broad Beans and discard. Evenly divide broad beans, cooked cauliflower rice, tofu, carrot, avocado and spinach in serving bowls. Drizzle over dressing and serve immediately.

TIP: Choose your favourite roasted sesame seed dressing from the salad dressing aisle of your supermarket.

Cauliflower Rice San Choy Bau



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 15mins
SERVES 4



SOURCE OF
PROTEIN

2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 1 tablespoon peanut oil
- 1 shallot, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon finely grated ginger
- 500g chicken mince
- 500g packet frozen
Birds Eye Cauliflower Veggie Rice
- 1/3 cup oyster sauce
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 6-8 lettuce cups
- 1 small carrot, julienned
- 1 spring onion, finely sliced



PREPARATION

1. Heat oil in a large non stick frypan over high heat. Add shallot, garlic, ginger and sauté for 2 minutes or until just softened. Add mince to frypan and break up using the back of a spoon. Cook for 5 minutes or until changed in colour.
2. Reduce heat and stir frozen Birds Eye Cauliflower Rice through mince. Cook for 6 minutes, stirring regularly. Stir in oyster sauce, soy sauce and sesame oil.
3. Spoon mixture into lettuce cups. Top with carrot, spring onion and garnish with chilli.

TIP: Switch chicken mince in step 1 for 300g chopped flat mushrooms.

Cauliflower Crust Pizzas with Ricotta, Basil & Prosciutto



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 25mins
COOK TIME 30mins
SERVES 2



2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 500g packet frozen
Birds Eye Cauliflower Veggie Rice
- $\frac{2}{3}$ cup almond meal
- $\frac{1}{2}$ cup grated parmesan cheese
- 1 egg, lightly beaten
- $\frac{1}{2}$ cup fresh ricotta
- 1 teaspoon chopped fresh basil, plus extra leaves,
for garnish
- $\frac{1}{4}$ cup Leggo's Pizza Sauce
- 8 cherry tomatoes, sliced
- 1 small zucchini, peeled into ribbons
- 4 slices prosciutto, torn into strips

PREPARATION

1. Place frozen Birds Eye Cauliflower Rice in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway. Remove excess moisture from Cauliflower Rice (see TIP).
2. Combine drained cauliflower rice, almond meal, parmesan and egg in a large bowl. Divide mixture in half and shape each into a rough ball. Place on a baking paper lined tray and press down to form 2 x 15cm, 5mm thick rounds.
3. Cook in a preheated oven at 200°C for 20 minutes or until golden and firm.
4. Combine ricotta and basil. Spread Leggo's Pizza Sauce over each cauliflower base and spread with ricotta mixture. Arrange cherry tomatoes, zucchini and prosciutto on bases.
5. Return to the oven for a further 5 minutes or until warmed through. Garnish with extra basil leaves and serve immediately.



TIP: Ensure as much of the moisture is removed from the Cauliflower Rice by firmly pressing in a sieve. Alternatively, place in a clean chux or tea towel, twist and squeeze.

Cauliflower Fried Rice



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 10mins
SERVES 4



2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 2 tablespoons oil
- 2 eggs, lightly beaten
- 4 rashers bacon, chopped
- 1 onion, diced
- 1 clove garlic, crushed
- 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- 1 cup frozen Birds Eye Country Harvest Carrot, Peas & Corn
- 2 tablespoons soy sauce
- Spring onion curls, for garnish

PREPARATION

1. Heat half the oil in a non stick wok over medium heat. Pour in eggs, swirl over the base to form a thin omelette and cook until just set. Remove from wok and set aside.
2. Increase heat to medium-high add remaining oil, sauté bacon and onion for 4-5 minutes or until lightly browned. Add garlic and continue to cook for a further minute. Add frozen Birds Eye Cauliflower Rice and frozen Birds Eye Vegetables, stir fry for 6 minutes until softened. Remove from heat and stir through soy sauce.
3. Roll up omelette and thinly slice. Serve cauliflower fried rice topped with egg. Garnish with spring onion and serve.



TIP: To make spring onion curls, cut spring onions into 4-5 cm lengths, then slice lengthwise very thinly. Place in a bowl of iced water for 5 minutes or until they have curled.

Cauliflower Rice Paella



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 20mins
SERVES 4



INGREDIENTS

- 2 tablespoons olive oil
- 1 red onion, diced
- 2 cloves garlic, crushed
- 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- 1 large firm tomato, grated
- 1 cup fish stock
- ½ teaspoon smoked paprika
- ½ teaspoon chilli flakes
- Pinch of saffron threads
- 4 x 100g firm white fish fillets (hake, whiting, ling)
- ½ cup roasted red capsicum strips
- Fresh parsley leaves, lemon wedges and aioli, for serving

PREPARATION

1. Heat half the oil in a non stick frypan over medium-high heat. Add onion and cook for 3 minutes or until softened. Add garlic and cook for a further minute.
2. Add frozen Birds Eye Cauliflower Rice, tomato, stock, paprika, chilli flakes and saffron. Bring to the boil. Reduce heat and simmer uncovered for 6 minutes, stirring occasionally.
3. Meanwhile heat remaining oil in a separate frypan. Cook fish fillets for approximately 3-4 minutes on each side or until cooked through.
4. Stir capsicum strips through cauliflower rice. Top with fish fillets and sprinkle with parsley. Serve with lemon wedges and aioli.



TIP: Add green olives and slices of pan-fried zucchini.

Cauliflower Crust Corn & Bacon Tart



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 25mins
SERVES 4



2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- ½ cup shredded parmesan cheese
- 1 egg, lightly beaten
- 2 middle rashers bacon, chopped
- 1 small onion, finely diced
- 1 bunch thin asparagus, trimmed
- 4 eggs, extra, lightly beaten
- 125g can Edgell Creamed Corn
- ½ cup milk

PREPARATION

1. Place frozen Birds Eye Cauliflower Rice in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway. Remove excess moisture from Cauliflower Rice (see TIP).
2. Combine Cauliflower Rice, parmesan and 1 lightly beaten egg in a bowl. Press firmly into the base and sides of a baking paper lined (base and sides) 23cm springform pan. Bake in a preheated oven at 180°C for 15-20 minutes or until golden and set.
3. Meanwhile, combine bacon and onion in a non stick frypan and cook over medium heat for 3 minutes, stirring occasionally. Spread evenly over the base of the cauliflower crust. Arrange asparagus on top.
4. Combine remaining eggs, Edgell Creamed Corn and milk together. Season to taste. Pour over asparagus. Change oven setting to 'classic bake' and cook tart for 25-30 minutes or until set and golden.
5. Rest for 5 minutes before removing from springform pan and serve.



TIP: Ensure as much of the moisture is removed from the Cauliflower Rice by firmly pressing in a sieve. Alternatively, place in a clean chux or tea towel, twist and squeeze. The classic bake setting cooks from the bottom element only and aides in a crispy golden crust.

Cauliflower Rice Risotto



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 20mins
COOK TIME 25mins
SERVES 4



2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 1 tablespoon olive oil
- 200g button mushrooms, sliced
- 200g chorizo, sliced
- 1 onion, diced
- 1 clove garlic, crushed
- 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- 2 cups vegetable stock
- 2 tablespoons cream
- 2 cups baby spinach leaves, plus extra, for serving
- ½ cup grated parmesan cheese, plus extra, for serving
- Freshly ground black pepper, for serving



PREPARATION

1. Heat oil in a large non stick frypan over high heat. Add mushrooms and cook for 3-4 minutes or until golden. Season to taste. Remove from frypan and set aside.
2. Cook chorizo in the same pan for 5 minutes or until crispy. Remove and set aside, leaving any residual oil in the frypan.
3. Reduce heat to medium. Add onion to frypan and sauté for 2-3 minutes or until softened. Add garlic and cook for a further minute. Stir in frozen Birds Eye Cauliflower Rice and cook for 1-2 minutes.
4. Pour in stock and bring to the boil. Reduce heat and simmer uncovered for 10 minutes or until stock has reduced by half, stirring occasionally.
5. Gently stir in mushrooms and cream, continue to cook for a further 3 minutes. Remove from heat and stir in spinach, parmesan and season to taste.
6. Spoon into serving bowls and top with chorizo and extra spinach leaves. Serve with extra parmesan and black pepper.

TIP: Omit chorizo and add frozen Birds Eye Garden Peas in step 5 for a veggie-packed meat-free option.

Chick Pea & Eggplant Braise With Broccoli & Cauliflower Rice



Make the healthier switch with
Birds Eye Broccoli & Cauli Veggie Rice

PREP TIME 15mins
COOK TIME 20mins
SERVES 4



PLANT
PROTEIN

2+
SERVES VEG

VEGETARIAN

LIGHT IN
CARBS

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 - Rustic
- 400g can Edgell Chick Peas, drained
- 500g packet frozen **Birds Eye Broccoli & Cauli Veggie 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 Leggo's 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.



TIP: Although chick peas are a source of protein and carbohydrates, this recipe is light in carbs as the veggie rice has been switched for traditional rice.

Veggie Rice & Prawn Pilaff



Make the healthier switch with
Birds Eye flavoured Broccoli & Cauli Veggie Rice

PREP TIME 5mins
COOK TIME 10mins
SERVES 2



INGREDIENTS

- 1 teaspoon olive oil
- ½ cup frozen Birds Eye Chopped Onions
- 500g packet frozen **Birds Eye Cauli Broccoli Garlic & Parsley Flavoured Veggie Rice**
- 12 cooked and shelled prawns
- 8 cherry tomatoes, halved
- Zest of 1 lemon

PREPARATION

1. Heat oil in a large non stick frypan over medium-high heat. Cook frozen Birds Eye Onions for 2-3 minutes to soften.
2. Add frozen Birds Eye Veggie Rice, cook for 6 minutes, stirring regularly.
3. Add prawns and cherry tomatoes, continue cooking for a further 2 minutes.
4. Remove from heat, stir in lemon zest. Season to taste and serve.



TIP: Can be eaten chilled as well as a summer style salad.

Rustic Cauliflower Fritters



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 20mins
SERVES 4



LIGHT IN
CARBS

INGREDIENTS

- ¾ cup tri-colour quinoa
- ½ x 500g packet frozen **Birds Eye Cauliflower Veggie Rice**
- 100g Greek fetta, crumbled
- 2 eggs, lightly beaten
- ⅓ cup plain flour
- ¼ cup chopped fresh mint
- Finely grated zest of 1 lemon
- 1 tablespoon lemon juice
- 1-2 tablespoons oil
- Poached eggs, blistered cherry tomatoes and baby spinach leaves, for serving

PREPARATION

1. Place quinoa and 1 cup water in a small saucepan and bring to the boil over high heat. Cover, reduce heat and simmer for 10-12 minutes or until water has been absorbed. Remove and allow to cool.
2. Meanwhile, place frozen Birds Eye Cauliflower Rice in a microwave safe dish. Cook uncovered on HIGH for 5 minutes, stirring halfway. Remove excess moisture from Cauliflower Rice (see TIP) and allow to cool.
3. Combine Birds Eye Cauliflower Rice, cooled quinoa, fetta, eggs, flour, mint, lemon zest and juice in a large bowl. Season to taste. Using ¼ cup measure, shape into patties. Cover and refrigerate for 30 minutes.
4. Heat oil in a large frypan over medium high heat. Cook fritters in batches for 4-5 minutes on each side or until golden brown, adding more oil if required. Drain on absorbent paper. Serve with poached eggs, blistered tomatoes and spinach.



TIP: Try fritters served with warm tomato and herb sauce and a Greek style salad for dinner.

Coconut Cauliflower Rice



Make the healthier switch with
Birds Eye coconut flavoured Cauliflower Veggie Rice

PREP TIME 5mins
COOK TIME 8mins
SERVES 4



INGREDIENTS

- 500g packet frozen **Birds Eye Cauliflower and Coconut flavoured Veggie Rice**
- 2 tablespoons roughly chopped fresh coriander
- 2 tablespoons fried shallot
- Curry of choice

PREPARATION

1. Cook frozen Birds Eye Veggie Rice following packet directions.
2. Stir through coriander and spoon into a serving bowl. Sprinkle with fried shallots.
3. Serve with your favourite curry.



TIP: Try serving with a Thai Green Curry or Rendang

Warm Chicken Salad



Make the healthier switch with
Birds Eye Carrot, Cauliflower Broccoli Veggie Rice

PREP TIME 15mins
COOK TIME 15mins
SERVES 4



INGREDIENTS

- 2 tablespoons olive oil, plus extra for drizzling
- 1 lemon
- 1 clove garlic, crushed
- 2 teaspoons dried oregano
- 400g chicken breast fillet, sliced into 2cm strips
- 500g packet frozen **Birds Eye Carrot Cauliflower Broccoli Veggie Rice**
- 2 cups chopped kale
- 2 tablespoons flaked almonds, toasted
- 2 tablespoons crumbled fetta

PREPARATION

1. In a medium bowl combine oil, zest and juice from half the lemon, garlic and oregano. Add chicken and toss to coat. Season to taste.
2. Cook chicken on a pre heated chargrill or non stick frypan over medium-high heat, for 5-7 minutes, turning half way.
3. Meanwhile, cook frozen Birds Eye Veggie Rice following packet directions for cook top. After 4 minutes add kale and stir, remove from heat when kale has wilted.
4. Serve warm Veggie Rice topped with chicken, almonds, crumbled fetta and drizzled with extra oil and the juice from remaining half of lemon.



Birds Eye Carrot Spirals work well in this recipe as a substitute for the Veggie Rice.

Broccoli Cauliflower Tabbouleh



Make the healthier switch with
Birds Eye Broccoli & Cauli Veggie Rice

PREP TIME 15mins
COOK TIME 10mins
SERVES 4-6



VEGAN

LIGHT IN
CARBS

INGREDIENTS

500g packet frozen **Birds Eye Broccoli and Cauliflower Veggie Rice**
2 tomatoes, seeded and diced
½ cup finely chopped mint
½ cup finely chopped parsley
1 small red onion, finely chopped
Lemon oil, to serve

PREPARATION

1. Place frozen Birds Eye Broccoli and Cauliflower Veggie Rice in a microwave safe dish and cook on HIGH for 8 minutes. Drain any excess moisture from rice and spread on a tray to cool.
2. Combine all ingredients in a large serving bowl, season to taste and serve dressed with lemon oil.



Try serving in warmed pita bread with falafels and tzatziki.

Beef Bulgogi & Veggie Rice Bowls



Make the healthier switch with
Birds Eye Broccoli & Cauli Veggie Rice

PREP TIME 25mins
COOK TIME 10mins
SERVES 4



SOURCE OF
PROTEIN

2+
SERVES VEG

LIGHT IN
CARBS

INGREDIENTS

- 3 tablespoons soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon rice wine vinegar
- 2 teaspoons sesame oil
- 2 cloves garlic, crushed
- 2 teaspoons finely grated ginger
- 400g beef stir fry strips
- 500g packet frozen **Birds Eye Broccoli and Cauliflower Veggie Rice**
- 1 tablespoons oil
- 1 onion, thinly sliced
- 1 large carrot, thinly sliced
- 100g frozen Birds Eye Baby Beans, cut in half
- Sliced spring onions & toasted sesame seeds, to serve



PREPARATION

1. In a large bowl, combine soy sauce, brown sugar, rice vinegar, sesame oil, garlic and ginger. Add beef, toss to coat, cover and set aside for 10-20 minutes to marinate.
2. Meanwhile, cook frozen Birds Eye Broccoli and Cauliflower Veggie Rice following packet directions for microwave. Set aside and keep warm.
3. Heat oil in a wok or large non stick frypan over high heat. Add onion, carrots and Birds Eye Beans, cook for 2 minutes or until softened. Add beef with marinade and stirfry for 4-5 minutes or until beef is just cooked.
4. Serve Veggie Rice topped with beef mixture and sprinkled with spring onions and sesame seeds.

Half a cup of a commercial Bulgogi sauce may be used in this recipe to replace the first 6 ingredients.

Veggie Rice Nourish Bowl



Make the healthier switch
Birds Eye Carrot, Cauli & Broccoli Veggie Rice

PREP TIME 10mins
COOK TIME 15mins
SERVES 4



2+
SERVES VEG

VEGAN

LIGHT IN
CARBS

INGREDIENTS

- 2 tablespoons oil
- 200g Swiss brown mushrooms, halved
- 1 tablespoon salt reduced soy sauce
- 500g packet frozen **Birds Eye Carrot Cauliflower Broccoli Veggie Rice**
- 1 cup baby spinach leaves
- 1 avocado, sliced
- 2 cups finely shredded red cabbage
- Roasted sesame dressing, for serving

PREPARATION

1. Heat 1 tablespoon oil in a non stick frypan over medium-high heat. Cook mushrooms for 4-5 minutes, stirring regularly until golden. Stir in soy sauce to coat evenly. Remove from pan, set aside and keep warm.
2. Heat remaining oil to same frypan and cook frozen Birds Eye Veggie Rice for 6 minutes, stirring regularly. Stir through spinach and continue to cook for a further 2 minutes.
3. Divide cooked veggie rice, mushrooms, avocado and cabbage in serving bowls. Drizzle over dressing and serve immediately.



TIP: Roasted sesame dressing can be found in the Asian aisle of most major supermarkets.

Cauliflower Breakfast Waffles



Make the healthier switch with
Birds Eye Cauliflower Veggie Rice

PREP TIME 15mins
COOK TIME 10mins
SERVES 4



VEGETARIAN

LIGHT IN
CARBS

INGREDIENTS

- 500g packet frozen Birds Eye Cauliflower Veggie Rice
- 250g grated mozzarella
- 3 eggs, lightly beaten
- 1 tablespoon plain flour
- ½ teaspoon paprika
- ½ teaspoon dried oregano

PREPARATION

1. Cook frozen Birds Eye Cauliflower Rice following packet directions. Set aside to cool slightly. Squeeze excess moisture from cauliflower rice using a muslin cloth or clean tea towel.
2. In a large bowl combine rice with all other ingredients. Stir to mix well.
3. Spoon mixture into a pre heated waffle iron and cook until golden.
4. Top with your favourite breakfast ingredients such as smoked salmon and cream cheese, bacon, eggs or mushrooms.



TIP: Don't have a waffle iron? Simply shape the mixture into 5cm patties and cook in a pre-heated non stick frypan with a little oil or butter, flattening with a spatula to spread into 1cm thick x 10cm round pancakes. Flip after 2-3 minutes or until golden and crispy on both sides.



FRESH from the FREEZER

