

SUPER EASY VEGETABLE & RED LENTIL SOUP

This hearty soup is
really easy to make
and tasty too.



FIGHTING HUNGER
IN AUSTRALIA



SUPER EASY VEGETABLE AND RED LENTIL SOUP

Serves: 4-6 people • Cooking time: 45 minutes



INGREDIENTS

1 large	Onion
2 large	Celery stalks
2	Carrots
1	Zucchini
1 tbsp	Olive oil or vegetable oil
1 tbsp	Tomato paste
1 can	Diced tinned tomatoes
1 cube	Vegetable stock
3 cups	Water
1	Bay leaf
½ cup	Dried red lentils

METHOD

1. Chop the onion, celery, carrots and zucchini into small pieces.
2. Heat oil in a large pot and fry the onion until soft.
3. Add the celery, zucchini and carrot to the pot.
4. Lower the heat and cook vegetables for another 5 minutes, stirring occasionally.
5. Add a tablespoon of tomato paste and the diced tinned tomatoes and stir.
6. Add the vegetable stock cube, water, bay leaf and the dry red lentils.
7. Bring to a boil then reduce heat and cook on low for 35-40 minutes.

Handy tips

- Remove the bay leaf and pour into bowls
- Season to taste with salt & pepper
- Serve with bread

ZUCCHINI SLICE

A simple and
delicious meal for
the whole family.



FIGHTING HUNGER
IN AUSTRALIA



ZUCCHINI SLICE

Serves 6 people • Cooking time: 45 minutes



INGREDIENTS

- ¼ cup Olive oil
(less can be used)
- 1 large Onion
- 150g (approx. 4 rashers)
Bacon (optional)
- 4 medium Zucchini
- 170g (approx. 1 cup)
Cheese, grated
- 1 cup Self-raising flour
- 3 large Eggs, lightly beaten
- 3 large Tomatoes, thickly
sliced
- Salt & pepper to
season

METHOD

1. Pre-heat oven to 180°C.
2. Brush a 25cm square tin with a little of the oil and line base with baking paper.
3. Finely chop onion & bacon (Bacon is optional) and place in a large mixing bowl.
4. Grate zucchini, cheese and add to bowl.
5. Add flour, eggs and mix.
6. Pour into prepared tin and smooth top with the back of a spoon.
7. Slice tomato & place on top with remaining olive oil.
8. Bake in oven for 30 mins.

Handy tips

- Cut into 6 – 12 pieces and serve warm or cold.
- This dish can be frozen. Individual pieces can be reheated for a few minutes in a hot oven or microwave.

STIR-FRY VEGETABLES

A tasty meal to
accompany any meat
dish and increase your
daily vegetable intake.



FIGHTING HUNGER
IN AUSTRALIA



STIR-FRY VEGETABLES

Serves: 4 people • Cooking time: 20 minutes

INGREDIENTS

- 1 Onion (optional)
- 2 cloves Garlic (optional)
(or 2 tsp crushed garlic)
- 1 Red chilli (optional)
- 2 Carrots
- 1 Capsicum
- 1 Zucchini
- ½ bunch Broccoli
- 2 Tbsp Oil
- ¼ cup Water

Sauce

- ½ cup Soy sauce
- 2 tsp Sugar (can substitute sugar with honey)

METHOD

1. Slice onion into thin slices and place in a small bowl.
2. Cut all other vegetables into small pieces and leave aside for cooking.
3. Mix together soy sauce and sugar (or honey) to create sauce.
4. Heat a large fry pan on high and add oil.
5. Add onion and fry until soft (if using).
6. Add all vegetables to fry pan and stir.
7. Add sauce and stir for 5 minutes.

Handy tips

- Add garlic and chilli for extra flavour
 - Add to fry pan with onion
- A great side dish for any meat or fish dish
- Can be served with rice or noodles.

ROAST VEGETABLES

Crispy, no-fuss, roast
vegetables to enjoy at
any time of the year.



FIGHTING HUNGER
IN AUSTRALIA



ROAST VEGETABLES

Serves: 4 people • Cooking time: 1 hour 20 minutes



INGREDIENTS

- 4 Potatoes (medium)
- 2-4 cups Pumpkin
- 2 Onions
- 2-4 cups Sweet potato
- 2-4 cups Carrots and/or parsnips
- ½ cup Oil
- Salt & pepper to season (optional)
- Rosemary (optional)

METHOD

1. Pre-heat oven on 200°C for 20 minutes.
2. Cut vegetables into same size pieces and add to a large baking dish.
3. Pour oil onto vegetables and toss.
4. Roast in the oven at 180°C for 1 hour, or until crispy.

Handy tips

- Substitute vegetables with your favourite root vegetables.
- For extra crispy vegetables
 - Boil vegetables until soft then roast for 1 hour
- Add garlic cloves for extra flavour
- Great as an accompaniment for any meat or fish dish.