

# Delicious ways to increase your Vegetable intake

## Vietnamese Chicken Mint Salad

### Ingredients

#### Salad

2 large carrots, grated  
equal amount of grated green papaya (original recipe uses  
bean sprouts)  
1 cup of mint leaves  
½ cup roasted peanuts  
sprig fresh coriander (this is my addition- can be omitted)  
2 poached chicken breasts, shredded (or: baked/pan fried  
fish, flaked; tofu chunks)

#### Dressing

3 tbsps fresh lime juice ( bottled also works if fresh not  
available)  
1 tbsp rice wine vinegar  
3 tbsp fish sauce (soy sauce as a substitute for vegetarians)  
1 tbsp palm or brown sugar  
2 cloves garlic, minced (can be omitted)  
3 tbsps oil ( peanut, light olive, safflower OK)  
1-2 teasps sesame oil  
3 shallots sliced thinly  
finely chopped chili to taste.

#### Method

- Combine dressing ingredients and let sit for an hour for the flavours to develop
- Toss salad ingredients together
- Pour dressing over just prior to serving

#### Alternative serving suggestions

Lay all salad ingredients out on a plate in the middle of the table. Each person can choose what they wish to include (some people have peanut allergy, some hate coriander, some are vegetarian), in either

- rice paper wraps ( place bowls of hot water on the table for softening)
- lettuce leaves as a wrap



## Fassolada (Greek White Bean Soup)

### Ingredients

2 tbsps olive oil  
6 tomatoes ( or a bottle of passata if not available)  
2 tbsps tomato paste  
1 large onion, chopped  
2 large carrots, chopped  
2 sticks celery, chopped  
1 green capsicum, chopped  
4-5 cups water or vege stock  
2 cans cannellini beans, drained and rinsed  
1 tin sweet corn, drained  
salt and pepper to taste  
basil pesto and grated parmesan to serve



### **Method**

- Place the tomatoes and the tomato paste in a food processor and whizz until smooth
- In a large saucepan, heat the oil and fry the onion until softened
- add the tomato mixture and fry for a further few minutes
- add water or stock
- add the carrot celery and capsicum, salt and pepper ( easy on the salt if you have used stock)
- bring to the boil then simmer till veggies are soft
- add the corn and beans and keep simmering until just heated through( the beans tend to fall apart if simmered for too long)

### **Serve**

Place a tablespoon of basil pesto in each bowl on top of the soup.  
Sprinkle with parmesan to taste.

### **Alternative serving suggestion**

Use Moroccan spices (fry them with the onion) and substitute chickpeas for the cannellini beans to make a middle eastern version.

## Dairy Free Banana “Ice Cream”

### Ingredients

3 frozen overripe bananas, chopped  
2 tablespoons peanut butter  
1 tablespoon maple syrup



Blend til smooth then freeze.  
Too easy, and really yummy.