

MAGGIE BEER'S OVERNIGHT OATS

PREPARATION	COOKING	MAKES	SEASON	COST	ABILITY	STORE	EQUIPMENT
10 minutes	8-10 minutes	Approx. 550g (2 serves)	Any	Medium	Easy	Can be made up to 4 days ahead	Oven



NUTRITION INFORMATION

	Per serve
Energy	2568 kJ
Protein	23 g
Fat total (g)	29 g
Saturated fat (g)	8 g
Carbohydrates	62 g
Sugars	48 g
Dietary fibre	7.6 g
Sodium	243 mg
Calcium	482 mg
Iron	2.6 mg

INGREDIENTS

- 60g flaked/slivered almonds
- ¾ teaspoon ground cinnamon
- 1/2 cup (45g) oats
- Pinch salt (preferably sea salt with iodine added)
- 1 tablespoons psyllium
- 250g full cream milk, fortified with ¼ cup skim milk powder

Add:

- 200g Greek yoghurt
- 1 tablespoon (15g) honey
- 1 small apple (50g), grated
- 1 teaspoon lemon zest

Top with fruit of your choice, some ideas as follows:

- Roasted rhubarb and orange
- Prunes and orange slices
- Roasted stone fruit and raspberries

METHOD

- 1 Preheat an oven to 175c, place almonds on a tray and bake for 8-10minutes or until golden, set aside to cool. Once cool store in an airtight container ready to top your finished oats.
- 2 Place the cinnamon, oats, salt, psyllium and fortified milk in a bowl, stir to combine. Cover and refrigerate overnight.
- 3 The next day stir in the yoghurt, honey, apple and lemon, mix well. Store in an airtight container in the fridge, this mix will keep for up to 4 days.
- 4 When ready, place half the mix into a bowl and top with fruit and toasted almonds.

MAGGIE BEER'S SUPER CHEESY MASH WITH ROASTED TOMATOES

PREPARATION	COOKING	MAKES	SEASON	COST	ABILITY	STORE	EQUIPMENT
15 minutes	30 minutes	2 serves	Summer	Medium	Easy	Best cooked fresh	Stove



INGREDIENTS

CHEESY MASH

225g Nicola potatoes (Skin on or off)

15g Greek yoghurt

15g unsalted butter

50g smoked cheese, grated

50g parmesan, grated

50g sharp cheddar, grated

Salt and ground black pepper

Grate of nutmeg

TOMATOES

2 tablespoons extra virgin olive oil

1 small brown onion, sliced

Sea salt flakes

1 teaspoon lemon thyme leaves

1 clove garlic, crushed and finely chopped

10g butter

300g ripe tomatoes, chopped roughly into 1cm pieces

1 tablespoon Vinocotto/good quality balsamic

Fresh basil leaves, torn

¼ cup flat leaf parsley leaves, finely chopped

Freshly ground black pepper

Shaved parmesan to garnish

METHOD

- 1 Peel/wash and cut the potatoes into inch chunks, place in a pot of cold salted water and bring to the boil, reduce to a simmer and cook for 15-25 minutes or until tender, drain well.
- 2 Place the drained potatoes back into a pot over low heat with the yoghurt and butter, mash well until smooth and combined. Add the cheese, a handful at a time, incorporating well before the next addition, check seasoning, add nutmeg, then cover the surface with parchment paper and set aside.
- 3 Meanwhile heat a large frypan on the stove, add the oil, sliced onion and thyme, cook over medium heat for about 8 minutes or until the onion has collapsed. Add the garlic and butter, then deglaze with Vinocotto/balsamic. Add chopped tomatoes and cook for 8-10 minutes or until the liquid has evaporated and the tomatoes softened.
- 4 Remove from the stove, check seasoning and fold in the chopped parsley, serve warm alongside the cheesy mash.

NUTRITION INFORMATION

	Per serve
Energy	2901 kJ
Protein	29 g
Fat total (g)	53 g
Saturated fat (g)	26 g
Carbohydrates	21 g
Sugars	8 g
Dietary fibre	5.5 g
Sodium	971 mg
Calcium	762 mg
Iron	2.7 mg