

*Get Lucky*

Recipe e-Book



# *Welcome to the Lucky Recipe e-Book*



We are proudly Australian and every Lucky pack is filled with only the tastiest, freshest and highest quality nuts and dried fruit, and that's why contributing author Jade from Panaceas Pantry, chooses to create these recipes with Lucky.

**So if you're ready to bake, make it the best it can be and Get Lucky!**



## *Meet contributing author, Jade!*

Jade is a passionate naturopath, nutritionist, recipe developer and food photographer from Melbourne, Victoria. When not being a full-time mumma to her 3 daughters she is busy developing wholesome, allergen-friendly recipes on her blog, Panaceas Pantry, or working in her veggie garden.

[www.panaceaspantryblog.com](http://www.panaceaspantryblog.com)





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# *Lime Avocado Tart*

with Natural Almonds & Cashews





# Lime Avocado Tart

## with Natural Almonds & Cashews

**SERVES:** 8-12 **PREP:** 20 mins **SETTING:** 4 hours

### INGREDIENTS:

#### BASE

1 cup shredded coconut  
1 cup **Lucky Natural Almonds**  
2/3 cup **Lucky Natural Cashews**  
6 large, juicy dates, pitted  
2 Tbsp coconut oil, melted

#### FILLING

Flesh from 2 avocados  
1 Tbsp lime zest  
½ cup fresh lime juice  
1/3 cup pure maple syrup  
½ cup coconut cream (thick part only)  
Pinch salt  
2 Tbsp coconut oil, melted and cooled

### METHOD:

1. Lightly grease a medium to large tart tin (about 25cm) with a removable base. Set aside.
2. To make the base add the nuts, salt, and coconut to a food processor and blend for roughly 1 minute or until the crumbs are around the size of couscous. Whilst the processor is running add dates and stream in oil. Process well. Test the mix- it should easily hold together (add more dates if it doesn't) but not be too sticky (add 1 Tbsp coconut flour if it is).
3. Press the base into your tart tin. To create an even layer use a glass or similar object to help smooth and press down the base. You can fill the base now however it is best set in the fridge for 2+ hours before filling.
4. To make the filling, add all the ingredients to a blender and blend on high for 2 minutes or until very smooth. Taste and add more lime zest or maple syrup if desired. Pour into the base, smooth and set in the fridge for 4+ hours.
5. To serve, top with whipped cream and lime slices.





# *Gluten Free Jam Drops*

with Almond Meal





# Gluten Free Jam Drops with Almond Meal



**SERVES:** 18    **PREP:** 20 mins    **BAKING:** 15 mins

## INGREDIENTS:

### JAM DROPS

1 cup **Lucky Almond Meal**  
1 cup buckwheat flour  
¼ cup tapioca flour  
½ tsp salt  
2 tsp vanilla paste  
½ cup maple syrup  
½ cup almond butter  
2 Tbsp milk

### CHIA JAM

¾ cup raspberries or blackberries  
2 tsp chia seeds  
1 Tbsp lemon juice  
Splash water

## METHOD:

1. Preheat oven to 180°C and line a biscuit sheet with paper.
2. To make the chia jam, add berries, lemon juice and water to a saucepan. Heat over medium for 2 minutes, then add chia seeds. Cook for 5 more minutes, stirring frequently. Turn off heat and set aside to thicken.
3. To make the biscuits, add almond meal, buckwheat, tapioca and salt to a mixing bowl. Combine well, then add in remaining ingredients. At first the mix will be dry, keep mixing as it will come together.
4. Using damp hands, roll mixture into balls - approximately 18 balls, 35g each. Place balls on prepared tray, and flatten down a little with your palm. Create an indent with your thumb, then fill with chia jam. Bake biscuits for 12-15 minutes. When ready you should see the surface of the biscuit has a few cracks in it.





# *Peach & Thyme Galette*

with Almond Meal





# Peach & Thyme Galette

## with Almond Meal

**SERVES:** 6-8   **PREP:** 30 mins (plus setting time)   **COOKING:** 50 mins

### INGREDIENTS:

#### CRUST

2 ½ cups plain flour  
2 Tbsp granulated sugar  
½ tsp salt  
2/3 cup + 2 Tbsp butter  
½ cup ice cold water

#### FILLING

½ cup **Lucky Almond Meal**  
4-6 ripe peaches, cut in half and de-stoned  
2 Tbsp arrowroot starch  
½ tsp fine salt  
2 Tbsp pure maple syrup  
2 tsp lemon juice  
A small handful of thyme sprigs

### METHOD:

1. To make the galette dough, add flour, sugar and salt to a food processor and pulse to combine. Add butter, pulse until small crumbs form, then with the food processor running, stream in the water and process only until a large ball forms.
2. Scrape out dough with a rubber spatula and quickly form into a small disc. Wrap tightly in plastic wrap and set in the fridge for 1+ hours.
3. Whilst the dough is setting, make the filling. Slice peaches into thin wedges then place into a bowl with remaining ingredients, except almond meal. Gently combine and set aside.
4. After 1 hour, remove dough from the fridge. Place dough between 2 sheets of baking paper and roll out to large circle. Remove the top sheet of baking paper, and place the dough with the bottom piece of baking paper onto a baking tray.
5. Spread almond meal over the dough, leaving a 5cm border, then layer the peach mixture on top.
6. Fold up the sides of the galette, overlapping each fold. Finally, brush with melted butter and sprinkle with raw sugar. Set aside in the fridge for 30+ minutes.
7. Preheat oven to 220°C. Bake galette for 10 minutes then reduce to 175°C and bake for a further 40 minutes or until pastry is golden brown.
8. Serve while hot topped with extra thyme and ice cream, yoghurt or honey - or just as is.





# *Macadamia Cookies*

with Roasted Macadamia Pieces



# Macadamia Cookies

## with Roasted Macadamia Pieces

MAKES: 12    PREP: 5 mins    BAKING: 20 mins

### INGREDIENTS:

185g butter

2 ½ cups **Lucky Almond Meal**

¾ cup coconut flour

½ tsp salt

2/3 cup maple syrup

1 Tbsp vanilla extract

1 cup **Lucky Roasted Macadamia Pieces**

1 cup white chocolate chips

### METHOD:

1. Preheat oven to 180°C and line 2 baking sheets with baking paper. Set aside.
2. Gently melt butter on the stove top or in a microwave. Once melted, set aside to cool for a few minutes.
3. Sift almond meal, coconut flour and salt into a mixing bowl. Combine until uniform.
4. Pour melted butter, maple syrup and vanilla into the bowl. Combine well. At first the mix may seem too wet - the coconut flour will take a few minutes to absorb the liquid and create a stiff dough. At this point, fold through the macadamia nuts and white chocolate chips.
5. Roll dough into a ball around 2 heaped tablespoons (65g) in size. Place onto a cookie sheet and use hand to flatten into a cookie shape (they will not spread, so flatten to desired size). Repeat, placing 6 cookies per baking sheet, spread out.
6. Bake for 15-17 minutes, swapping the trays halfway or until light golden brown on top. Allow the cookies to completely cool on the cookie sheet, then transfer to a plate and store in the pantry.





*Beetroot &  
Walnut Burgers*  
with Golden Walnuts





# Beetroot & Walnut Burgers

## with Golden Walnuts

**SERVES:** 6   **PREP:** 15 mins   **COOKING:** 10 mins

### INGREDIENTS:

#### PATTIES

2 medium beetroot, washed, trimmed and grated  
1 cup **Lucky Golden Walnuts**  
1 cup rolled oats  
2 tsp ground cumin  
1 tsp smoked paprika  
2 Tbsp dijon mustard  
2 Tbsp olive oil  
180g block feta cheese  
½ tsp cracked pepper  
1 tsp salt

#### EXTRAS

6 burger buns  
Lettuce  
Cheese  
Pickled onion  
Cucumber, shaved or thinly sliced  
Avocado  
Condiments of your choice



### METHOD:

1. Add all of the patty ingredients to a food processor and process for 30 seconds, scraping the sides as needed. You want a uniform mixture, but we are not aiming for a smooth batter.
2. Form into 6 even sized balls. Heat a fry pan and add oil to cover, then add 3 patties. Flatten to form a patty shape, then fry for 5 minutes. Flip, and fry for 5 more minutes. Repeat for the next round of patties.
3. While the patties are frying cut burger buns in half and toast each side. Once this has been done add condiments of choice. Set aside.
4. Once patties have cooked, add one to each bottom on the bun. Top with the remaining ingredients and enjoy immediately.





# *Macadamia Lime Crusted Salmon*

with Natural Macadamias



# Macadamia Lime Crusted Salmon

## with Natural Macadamias

**SERVES:** 6-8   **PREP:** 20 mins   **COOKING:** 20 mins

### INGREDIENTS:

#### SALMON

1 whole salmon fillet, approx 1.2kg

#### CRUST

1 cup flaked coconut

1 cup **Lucky Natural Macadamias**

$\frac{3}{4}$  cup breadcrumbs

$\frac{1}{4}$  cup melted coconut oil

Zest of 2 limes

1 tsp salt flakes

#### LIME & DILL YOGHURT SAUCE

1 clove garlic, crushed

$\frac{1}{2}$  cup lime juice

1 cup unsweetened Greek yoghurt

1 Tbsp honey

Pinch salt

2 Tbsp finely chopped dill



### METHOD:

1. Make the macadamia crust. Add the coconut, macadamias and bread crumbs to a food processor and blitz until chopped into very small chunks. Add the remaining ingredients and pulse to combine. Set aside.
2. Preheat oven to 180°C. Line a large baking tray with aluminum foil, ensuring you leave enough excess foil to double over and completely wrap your piece of salmon. Remove salmon from the fridge, placing onto the lined tray. Using clean hands, add the macadamia crust crumbs to cover the top of the salmon, using your fingers to press the crumbs into the salmon a little.
3. While the oven preheats make the lime and dill yoghurt sauce. Add crushed garlic and lime juice to a large bowl. Stand for 5 minutes, then add yoghurt, honey and salt. Use a blender to combine, then stir through dill. Transfer to a serving bowl and set aside.
4. Take the excess foil and wrap over the salmon, to cover entirely, tucking in the edges of the foil to not leave any gaps.
5. Bake on one of the lower racks in your oven for approximately 20 minutes. If your salmon fillet is thinner, check after 15 minutes. If the salmon is quite thick, you may need up to 25 minutes. Cook salmon until it is just cooked through and no more. The salmon should remain very pink, but flake when tested with a fork.
6. Turn on your grill setting. Open the foil entirely, and place the salmon under the hot grill for 1-2 minutes, to crisp up the macadamia crust.
7. Serve immediately alongside the yoghurt sauce and extra lime wedges.





# Green Soba Noodle Salad

## with Oven Roasted Almonds



**SERVES:** 4-6 **PREP:** 20 mins **COOKING:** 5 mins

### INGREDIENTS:

#### SALAD

- 1 x 270g pack of soba noodles
- 2 Lebanese cucumbers, diced
- 2 small carrots, peeled and sliced into ribbons
- 1 large handful snow peas, thinly sliced
- 1 cup **Lucky Oven Roasted Almonds**, chopped
- ½ cup purple cabbage, finely sliced

#### DRESSING

- 2 handfuls of flat leaf parsley (leaves only)
- 1 handful mint leaves
- ¼ cup hulled tahini
- 2 Tbsp fresh lemon juice
- 1 tsp honey
- 1/3 cup water
- 1/3 tsp salt

### METHOD:

1. Cook soba noodles as per packet instructions.
2. Wash and prep any veggies as per the ingredient list. Set aside.
3. Add all of the dressing ingredients to a blender or food processor and blitz until smooth. Set aside.
4. When you are ready to serve transfer noodles and cucumber, carrots, snow peas, cabbage and almonds into a serving bowl and toss well. Pour over dressing and gently mix through. Serve and enjoy!







# *New Potatoes & Punchy Dressing*

with Currants & Golden Walnuts



# New Potatoes & Punchy Dressing with Currants & Golden Walnuts

**SERVES:** 6-8 (as a side)    **PREP:** 10 mins    **COOKING:** 20 mins

## INGREDIENTS:

### FOR THE SALAD

1 kg baby/new potatoes, washed and cut in half  
1 bunch dill, stems removed and chopped  
1 cup **Lucky Golden Walnuts**  
1 cup **Lucky Currants**  
Pickled red onions (recipe below)

### PICKLED RED ONIONS

2 red onions, peeled and sliced thin  
½ cup water  
½ cup vinegar (white or apple cider)  
1 ½ tsp salt  
1 tsp honey  
1 tsp pepper corns  
½ tsp chilli flakes

### DRESSING

2 Tbsp water  
½ cup olive oil  
½ tsp garlic powder  
1 Tbsp dijon mustard  
1/3 cup lemon juice (reserve zest)  
¾ tsp salt  
1 tsp freshly cracked black pepper



## METHOD:

1. Bring a 5 litre pot of water to the boil. Salt with 1 Tbsp salt, then add potatoes. Boil for around 20 minutes or until tender. Once cooked, pour into a large colander to cool.
2. While the potatoes boil, make the quick pickled red onions. Pack sliced onions into a clean, heat proof glass jar with a fitting lid. Add remaining ingredients to a saucepan and bring to a gentle simmer. Turn off heat and pour hot liquid over the onions, filling the jar. Sit the lid on top of the jar and set aside for 20 minutes.
3. To make the dressing, add water, oil, garlic, mustard and lemon juice to a blender (or use a stick blender) and blitz until thick and creamy. Add salt and pepper and stir through.
4. Once potatoes have cooled transfer to a serving bowl. Add dill, walnuts, currants and half of the pickled onions (ensuring you don't add the peppercorns). Gently fold through. Add ¾ of the dressing and fold through until well coated. Finally, top with a sprinkle of salt flakes and 1 Tbsp of the lemon zest. Serve with an extra drizzle of dressing.





# *Cookie Dough Slice*

with Natural Cashews



# Cookie Dough Slice

## with Almond Meal

**SERVES:** 4 **PREP:** 40 mins

### INGREDIENTS:

125g salted butter, room temperature  
½ cup roast cashew butter  
1 Tbsp vanilla extract  
¼ cup pure maple syrup  
¼ tsp fine salt

2 cups **Lucky Almond Meal**  
2 Tbsp coconut flour  
Optional: ½ tsp bicarb powder  
Optional: ½ tsp blackstrap molasses  
½ cup dark chocolate chips



### METHOD:

1. Grease and line a 10x 20 rectangle tin (or a 15cm square tin) and set aside. You can use a smaller or larger sized tin, you will just have a thinner/thicker slice in the end.
2. Into a large mixing bowl add cubed, room temperature butter, cashew butter, vanilla maple syrup and molasses. Beat for around 4-5 minutes until the mixture has become pale and creamy and looks light and airy.
3. Add salt, almond meal, sifted coconut flour and the optional bicarb. Use a wooden spoon to mix well - you don't want to under mix the batter as it will be too light and airy and won't hold its shape as well.
4. Finally, add in chocolate chips or any extras you like. Fold through then transfer the cookie dough into your prepared pan. Use a wet dessert spoon to flatten the dough into an even layer - if the spoon starts to stick and drag give it a clean, wet it, and continue. Alternatively just use damp fingers to do the same job. If adding the chocolate topping set aside.
5. To make the chocolate topping place the chocolate and cashew butter into a heat proof bowl. Add 2 cm water to a small saucepan and bring to the boil, then reduce to a simmer. Place the bowl of chocolate on top of the saucepan so that it sits on the rim (the bowl should not touch the water). Melt, stirring regularly, until completely liquid and smooth. Pour melted chocolate over the cookie dough base and use a clean spoon to spread evenly. Note: You can also use a microwave for this step. Add ingredients to a microwave-safe bowl and heat in 15 second increments, mixing in-between, until smooth and liquid.
6. Transfer your slice into the freezer for 4+ hours to set.
7. Remove slice from the freezer and allow to defrost slightly on the bench for 20 minutes. Use a hot, sharp knife to cut into desired serving sizes, then place into an airtight container for storage. This slice is not shelf stable in warm temperatures and must be stored in the fridge or freezer.





# Homemade Hummus

with Natural Pine Nuts





# Homemade Hummus

## with Natural Pine Nuts



**SERVES:** 8   **PREP:** 20 mins   **COOKING:** 20 mins

### INGREDIENTS:

1 can chickpeas, rinsed and drained  
½ tsp baking soda  
¼ cup lemon juice  
1 garlic clove, crushed  
½ salt  
½ cup tahini

2-4 Tbsp ice cold water  
½ tsp ground cumin  
1 Tbsp olive oil  
**Lucky Natural Pine Nuts**  
Paprika

### METHOD:

1. Place chickpeas in a saucepan and add the baking soda. Cover chickpeas with several inches of water and bring to the boil over high heat.
2. Boil for 20 minutes or until chickpeas look bloated, their skins are falling off, and they're quite soft. Drain and rinse with cold water.
3. In a food processor, combine lemon juice, garlic and salt. Add tahini and blend until thick and creamy. Whilst running, stream in 2 Tbsp of ice water and blend until ultra smooth and creamy. (If your tahini was extra thick to begin with, you might need to add 1-2 tablespoons more ice water.)
4. Add cumin and chickpeas and blitz. Whilst blending, stream in the olive oil. Blend again until smooth and add more ice water if necessary to achieve a super creamy texture.
5. Scrape hummus into a serving bowl and sprinkle with paprika, pine nuts and extra salt and pepper.

**Note:** Leftover hummus keeps well in the refrigerator, covered, for up to 1 week.





# Sultana Choc Chip Biscuits with Sultanas

**MAKES:** 12   **PREP:** 5 mins   **BAKING:** 20 mins

## INGREDIENTS:

1 egg	$\frac{3}{4}$ cup tahini or cashew butter
2 cups rolled oats	$\frac{1}{2}$ brown sugar
1 tsp baking powder	$\frac{1}{4}$ cup butter, melted
1 tsp cinnamon	$\frac{3}{4}$ cup <b>Lucky Sultanas</b>
$\frac{1}{2}$ tsp salt	$\frac{1}{2}$ cup mini chocolate chips

## METHOD:

1. Preheat oven to 180°C. Line a large baking tray with baking paper. Set aside.
2. In a large mixing bowl add all ingredients. Using a wooden spoon, mix ingredients to combine well. The mixture will be quite stiff, so it will take a fewq minutes to mix together.
3. Scoop 2 tablespoons of dough into a round ball and place on baking tray. Flatten slightly and repeat with the remaining dough.
4. Bake for 18 minutes, or until lightly golden brown.
5. Allow to cool for 5 minutes, before transferring to a wire rack to cool completely.





# *Chunky Roast Capsicum Dip*

with Natural Cashews







# Chunky Roast Capsicum Dip

## with Natural Cashews

**SERVES:** 4 **PREP:** 40 mins

### INGREDIENTS:

1 large red capsicum  
2 Tbsp olive oil  
½ tsp salt  
150g **Lucky Natural Cashews**

2 cloves garlic, crushed  
50g parmesan, finely grated  
2 Tbsp chopped parsley  
1 Tbsp lemon juice



### METHOD:

1. Preheat oven to 180°C. Halve and then quarter the capsicum, removing the core and seeds. Place onto a small tray and drizzle with 1 Tbsp olive oil and ¼ tsp salt.
2. Roast capsicum for 20 minutes, then remove from the oven. Add cashews and garlic on top, then place back in the oven to roast a further 10 minutes. Remove from oven and allow to cool for 5 minutes before proceeding.
3. Add the cooled capsicum, cashews and garlic to a food processor or blender, and blend until finely chopped.
4. Add remaining olive oil, parmesan, parsley and lemon juice and pulse to combine well.
5. Transfer to a serving bowl. Top with a drizzle of olive oil and some salt flakes. Enjoy as a dip or use as a dressing for cold pasta salad.





# Almond Butter

## with Natural Almonds



**MAKES:** 1 Jar    **PREP:** 5 mins    **COOKING:** 20 mins

### INGREDIENTS:

3 cups **Lucky Natural Almonds**

tsp fine salt

### METHOD:

1. Preheat oven to 180°C and set aside a large baking tray.
2. Roast almonds for 10 minutes, tossing at the halfway mark (after 5 minutes). Be careful to keep an eye on the nuts - you do not want to burn them.
3. Allow nuts to cool for 5-10 minutes before moving onto the next step.
4. Add nuts and salt to a high-speed food processor and blend for 10 minutes. You will need to stop the food processor many times and, using a spatula or butter knife, scrape down the sides.
5. Once you have a creamy, runny nut butter you are done! Transfer to clean glass jars and store in the pantry for up to 6 months.



# *Get Lucky*

to bring your  
cooking and  
baking creations  
to life!

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