

Get Lucky

WINTER

RECIPE E-BOOK
FOR WHOLESOME
BAKERS & COOKS



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 YOUR AUTHOR, JADE

Contributing author 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





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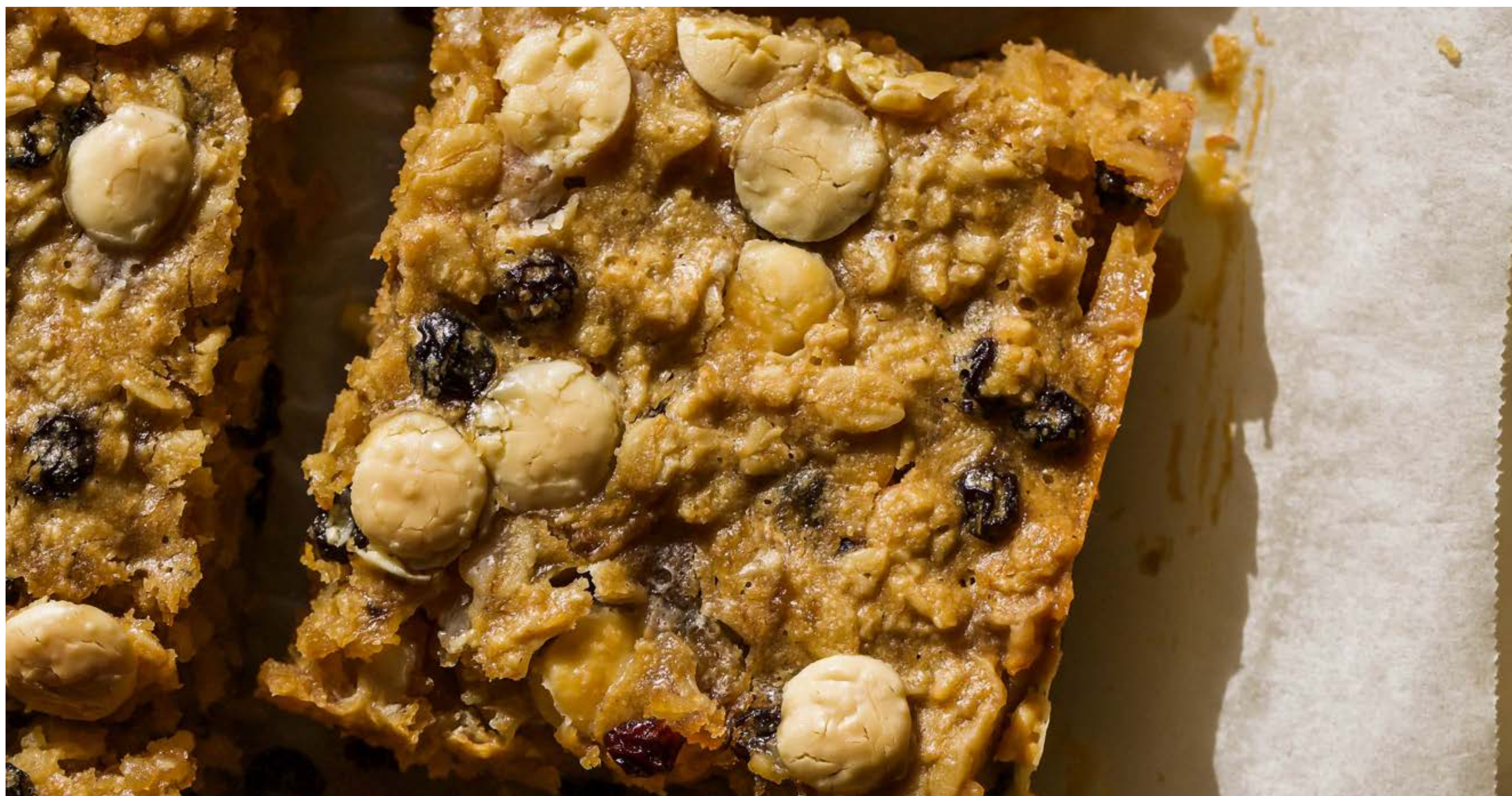
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BREAKFAST OAT BARS

WITH ALMOND MEAL



BREAKFAST OAT BARS WITH ALMOND MEAL

MAKES: 9 **PREP:** 10 mins **BAKING:** 30 mins



INGREDIENTS:

2 medium ripe bananas
1/3 cup butter (melted) or extra virgin olive oil
2 medium eggs
1 tsp vanilla extract
2 Tbsp maple syrup, optional
1/3 cup peanut butter or hulled tahini

1 + ½ cups rolled oats
½ cup **Lucky Almond Meal**
½ tsp salt
½ cup **Lucky Golden Walnuts**, chopped
½ cup **Lucky Currants**
½ cup dark or white chocolate chips

METHOD:

1. Preheat the oven to 180°C. Grease and line a 20x20cm square baking tin. Set aside.
2. In a large mixing bowl add all the wet ingredients - banana, butter/oil, eggs, vanilla, maple syrup and peanut butter. Use a stick blender to combine well or use a potato masher to mash banana and then combine with a spoon or whisk.
3. Add the remaining ingredients, then fold together until well combined and even.
4. Transfer batter to the lined tin, then bake for 30 minutes, or until cooked through.
5. Enjoy! They can be served warm or cold.





SNICKERS OVERNIGHT OATS WITH ROASTED ALMONDS

SNICKERS OVERNIGHT OATS WITH ROASTED ALMONDS

MAKES: 2 **PREP:** 10 mins

SETTING: Overnight



INGREDIENTS:

1 cup rolled oats
¼ cup **Lucky Currants**
¼ cup Greek yoghurt
1 tsp vanilla extract (optional)
1 Tbsp maple syrup
1 cup milk of your choice
½ cup **Lucky Oven Roasted Almonds**, chopped

ALMOND CARAMEL

2 Tbsp almond butter
2 Tbsp maple syrup

CHOCOLATE GANACHE

30g dark or milk chocolate
40g cream or yoghurt, room temperature

METHOD:

1. Begin this recipe the night before serving. Add all of the overnight oat ingredients into a small bowl and mix well. Divide into two servings, leaving room at the top for the toppings. Use a spoon to smooth the top. Set aside.
2. To make the almond caramel, mix together the almond butter and maple syrup in a bowl until uniform. Dollop this mixture evenly between the two serves, sprinkle with chopped almonds. Note: If you want a runnier caramel, microwave for 15 seconds and mix again before topping.
3. To make the chocolate ganache, add the room temperature cream to a heat proof bowl with the chocolate and melt double boiler style over the stove. Alternatively, melt together in the microwave in 15 second increments, stirring in between. Once ganache looks glossy, whisk together. Pour the ganache over the top of the two serves. Top with more chopped almonds if desired.
4. Set in fridge overnight. Best enjoyed 30 minutes after being removed from the fridge. completely.





HAZELNUT APPLE PORRIDGE WITH TOASTED HAZELNUTS



HAZELNUT APPLE PORRIDGE WITH TOASTED HAZELNUTS

MAKES: 1 **PREP:** 1 hour **COOKING:** 15 mins

INGREDIENTS:

70g rolled oats, soaked overnight
1 cup milk
Pinch salt
1 Tbsp butter

1 Tbsp cream
½ apple, chopped into match sticks
2 Tbsp **Lucky Toasted Hazelnuts**
Honey, to taste



METHOD:

1. Add oats, milk and salt to a saucepan and soak for 1-2 hour/s, or overnight in the fridge.
2. Once soaked, place saucepan on medium heat, bringing to a gentle simmer, then reduce heat to low and cook for 10-15 minutes, stirring throughout. If needed add extra milk if the porridge is becoming too thick. The porridge is ready once the oats have become very soft and are beginning to fall apart.
3. Remove from heat and transfer to a bowl. Add butter and cream and stir through a little, topping with apple, hazelnuts and a drizzle of honey Enjoy immediately!





PESTO EGGS WITH GOLDEN WALNUTS

PESTO EGGS WITH GOLDEN WALNUTS

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

INGREDIENTS:

1 Tbsp pesto (home made or store bought)
small piece of goats cheese
1 egg
1 piece sour dough toast

Butter or olive oil
4 asparagus spears
Green olives
Lucky Golden Walnuts



METHOD:

1. Heat a fry pan over medium heat then add the 1 Tbsp pesto and sprinkle with goats cheese, then fry for 30 seconds. Crack your egg on top of the pesto, then season lightly with salt and pepper. Reduce heat to low.
2. While the eggs cook, add a little butter or oil to the side of the fry pan and add snapped asparagus spears. This will take 3-4 minutes to cook, making sure you turn the asparagus every minute.
3. Sift almond meal, coconut flour and salt into a mixing bowl. Combine until uniform.
4. Meanwhile, put bread on top toast. Once popped spread with butter or olive oil
5. To assemble, add toast to a plate. Use a spatula to scrap your pesto egg from the fry pan, then place onto toast. Top with olives, asparagus and chopped walnuts. Enjoy!

HOMEMADE KALE PESTO

INGREDIENTS:

2 cups firmly packed kale
½ cup **Lucky Golden Walnuts**
Zest and juice of 1 lemon
1 clove garlic

100g parmesan, finely grated
½ cup olive oil
½ tsp salt
¼ freshly cracked black pepper

1. Heat a pot of water to boiling, add kale and blanch for 1 minute. Immediately drain into a sieve and run kale under cold water until cool. Squeeze out all excess water from the kale.
2. Add kale, walnuts and lemon zest to food processor. Pulse until the herbs are well chopped. Add garlic and parmesan and pulse about 8 times until well incorporated.
3. With the food processor running stream in lemon juice and olive oil.
4. Remove the lid and blade from the food processor. Add salt and pepper to taste. Transfer to a container and set aside.





CASHEW CHICKEN CURRY WITH NATURAL CASHEWS

CASHEW CHICKEN CURRY WITH NATURAL CASHEWS

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

INGREDIENTS:

FOR THE CURRY

500g chicken breast, trimmed and diced into 2cm cubes
4 garlic cloves, minced
1 Tbsp finely grated ginger
1 tsp salt
¼ tsp freshly ground black pepper
1 tsp arrowroot flour
1 Tbsp coconut oil
1 cup **Lucky Natural Cashews**
1 tbsp rice vinegar
1 red capsicum, cored and thinly sliced
1 green capsicum, cored and thinly sliced
1 carrot, thinly sliced
1 brown onion, thinly wedged

FOR THE SAUCE

2 Tbsp tamari
2 Tbsp oyster sauce
1 Tbsp white vinegar
1 tbsp maple syrup
2 tbsp arrowroot flour
1 cup water

TO SERVE

Cooked rice



METHOD:

1. Add diced chicken to a large bowl, then add in the garlic, ginger, arrowroot flour salt and pepper. Toss to coat, then cover and set aside.
2. In a small bowl add the sauce ingredients of tamari, oyster sauce, vinegar and maple syrup. Mix to combine and set aside. Add water and arrowroot flour to a separate bowl and mix into a slurry until no lumps are left. Set aside.
3. Heat a large, deep fry pan over medium heat. Add oil, then heat for 30 seconds. Pour in the chicken, then cook for 3-5 minutes, or until chicken is almost cooked through.
4. Add cashews, cooking for 30 seconds, then add rice vinegar and vegetables. Fry for 1minute or until vegetables are glazed.
5. Next add the sauce mixture, stirring through well, followed by the water and arrowroot slurry. Cook for a few minutes (stirring occasionally) or until sauce has thickened.
6. Serve immediately atop freshly cooked rice.





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.





TOFU BUTTER CHICKEN WITH NATURAL CASHEWS

TOFU BUTTER CHICKEN WITH NATURAL CASHEWS

SERVES: 4 **PREP:** 30 mins **COOKING:** 15 mins



INGREDIENTS:

200g **Lucky Natural Cashews**

2 cups water
3 Tbsp olive oil
3 Tsp lemon juice
½ tsp salt

FOR THE TOFU

1 kg firm tofu, pressed
3 Tbsp arrowroot starch
1 tsp garam masala
1 tsp ground ginger
1 tsp curry powder
1 tsp turmeric powder
Olive oil

FOR THE CURRY

2 Tbsp butter or olive oil
1 brown onion, finely diced
4 cloves garlic, peeled and crushed
1 Tbsp garam masala
2 tsp ground ginger
1 tsp curry powder
1 tsp ground coriander
½ tsp salt
1/3 cup tomato paste

TO SERVE

2 cups basmati rice, washed and cooked
Naan
Coriander leaves and fresh lime

METHOD:

1. Preheat the oven to 200°C. Add cashews to a small saucepan and cover with water. Bring to the boil and simmer for 5 minutes then set aside.
2. Prepare the tofu. Press tofu if you've not done so already, then tear into bite sized chunks and place in a large bowl. Add the arrowroot and spices, then use your hands to toss and massage into the tofu. Drizzle a large baking tray with olive oil and top with the tofu. Drizzle with olive oil again, then place into the preheated oven. Bake for 25 minutes, or until tofu has started to crisp.
3. Meanwhile, drain the cashews and place in a blender with the water, oil, lemon juice and salt. Blend until smooth.
4. Heat a deep skillet then add butter or oil. Heat for 30 seconds then add onion and reduce heat to low. Sauté for 5 minutes, or until translucent. Add garlic and sauté a further 30 seconds, followed by the spices and tomato paste. While stirring, brown off for 2-3 minutes.
5. Add cashew sauce. Over low heat and stirring the whole time, combine and bring to a simmer. If the sauce begins to thicken too much add water as needed. Simmer for 3-4 minutes, stirring. Once the sauce tofu is ready add to the tofu and stir through.
6. Serve immediately, topped with coriander and a squeeze of lime juice.





BAHN MI TACOS

WITH NATURAL CASHEWS

BAHN MI TACOS

WITH NATURAL CASHEWS

MAKES: 8 **PREP:** 30 mins **COOKING:** 10 mins

INGREDIENTS:

FOR THE CHICKEN

2 Tbsp brown sugar
2 Tbsp oyster sauce
Juice and zest of 1 lime
2 tsp sriracha
3 cloves garlic, minced
½ inch ginger, finely grated
8 stems coriander, finely chopped
1 kg chicken thigh, trimmed and diced into 1cm cubes
1 tbsp sesame oil (for cooking)

CASHEW MAYO

1 cup **Lucky Natural Cashews**
1 clove garlic
2 Tbsp lemon juice
1 Tbsp sriracha
1/3 cup water
1/3 tsp salt
2 tsp Dijon mustard



FOR THE TACOS

8 tortillas of choice, lightly toasted
2 Lebanese cucumbers, finely sliced
Pickled radishes
Picked carrots, or fresh carrots julienned
Fresh coriander
Lime
Lucky Natural Cashews, diced

METHOD:

1. Begin by making the chicken marinade. Mix everything together in a bowl, then add chicken. Coat well. Cover and place in the fridge to marinate for at least 1 hour.
2. To make the cashew mayo, add cashews to a small saucepan and cover with water. Bring to the boil, then simmer for 5 minutes. Drain and add to a blender with remaining ingredients. Blend until smooth. Set aside.
3. After the chicken has marinated heat a large fry pan over medium heat. Add sesame oil then use a slotted spoon to remove chicken pieces from the marinade and place into the fry pan. Fry, tossing occasionally, until completely cooked through.
4. Assemble the tacos. Take a tortilla, then generously spread with cashew mayo. Top with freshly cooked chicken as well as all the other toppings. Finish with a squeeze of lime, diced cashews and season. Enjoy!





TAMARI ALMOND BIBIMBAP WITH NATURAL ALMONDS

TAMARI ALMOND BIBIMBAP WITH NATURAL ALMONDS

SERVES: 2 **PREP:** 30 mins **COOKING:** 20 mins

INGREDIENTS:

2 cups short grain rice
100g **Lucky Natural Almonds**
1 Tbsp tamari
1 tsp maple syrup
4 large mushrooms, peeled and sliced
1 medium carrot, cut into matchsticks
Sesame oil
Salt
1 medium cucumber, trimmed and cut into matchsticks

Salt
1 tsp lemon juice
1 tsp sesame seeds
Large handful green beans, trimmed and cut in half
2 cloves garlic, minced
Sesame oil
Sal
2 eggs
Kimchi



METHOD:

1. Cook rice your preferred way or as per packet instructions. Allow to cool for 20-30 minutes. While you wait for rice to cool, prepare all other ingredients below.
2. To make the tamari almonds, preheat oven to 180°C. Mix almonds, tamari and maple syrup in a bowl, then transfer to a small baking tray. Bake for approximately 10 minutes, tossing halfway. Almonds will crisp up when they cool.
3. For the mushrooms and carrots, heat a fry pan and add 1 tsp sesame oil. Add mushrooms and saute until soft. Transfer to a bowl and season with salt. Repeat for the carrots.
4. For the cucumber, lightly salt and set aside for 5 minutes. Squeeze excess liquid out of the cucumber and place into a bowl. Add lemon juice and sesame seeds. Mix and set aside.
5. For the green beans, add oil and beans to a hot fry pan and saute for 2-3 minutes. Transfer to a bowl and season with salt.
6. Lastly assemble the bowls. Start with rice, then add remaining prepared vegetables, nuts kimchi and top with a freshly fried egg. Season with salt, pepper and extra sesame seeds to enjoy.





SELF SAUCING CHOC PUDDING WITH GOLDEN WALNUTS

SELF SAUCING CHOC PUDDING WITH GOLDEN WALNUTS

SERVES: 6-8 **PREP:** 10 mins **BAKING:** 45 mins



INGREDIENTS:

½ cup **Lucky Almond Meal**
½ cup gluten free plain flour (or plain flour)
1 tsp baking powder
¼ cup Dutch processed cocoa
½ cup packed brown sugar
½ cup milk
1 egg
¼ cup extra virgin olive oil
1 tsp vanilla extract
¾ cup **Lucky Golden Walnuts**, chopped

FOR THE SAUCE

1 ½ cups boiling water
1/3 cup Dutch processed cocoa
½ cup packed brown sugar
1/8 tsp salt

FOR THE CANDIED WALNUTS

1 cup **Lucky Golden Walnuts**
1 Tbsp butter
2 Tbsp brown sugar

METHOD:

1. Preheat oven to 180°C and grease a 6-8 cup dish. Set aside.
2. In a large mixing bowl sift in the dry ingredients; almond meal, flour, baking powder, cocoa and sugar. Combine well, then add the remaining ingredients and mix until you have an even batter. Pour batter into the prepared dish and use a spoon to level out.
3. In a pouring jug whisk together the sauce ingredients until uniform. Take a dessert spoon and flip so the rounded surface is facing upwards. Pour the sauce over the spoon into the pudding dish. Bake for 45 minutes, or just until the top of the pudding is firm.
4. Whilst the pudding is cooking, heat a fry pan over medium heat. Add the candied walnut ingredients and turn the heat to low. Fry for 5 minutes, stirring regularly to prevent burning. Once cooked, transfer to a tray lined with baking paper or a silicone mat to cool and harden.
5. Once the pudding has cooked remove from oven. Serve immediately with ice cream or cream, and top with candied walnuts.





PEACH GALLETTE WITH ALMOND MEAL

PEACH GALLETTE WITH ALMOND MEAL

SERVES: 8 **PREP:** 1 hour **BAKING:** 30 mins



INGREDIENTS:

FOR THE CRUST

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

FOR THE FILLING

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

METHOD:

1. Begin by making the gallette dough. Add flour, sugar and salt to a food processor and pulse to combine. Add butter, then 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 and quickly form into a small disc. Wrap tightly in plastic wrap and set in the fridge for 1+ hours.
3. Meanwhile, make filling. Slice peaches into thin wedges then place into a bowl with remaining ingredients, except almond meal. Gently combine well. Set aside.
4. After 1 hour, remove dough from the fridge. Place dough between 2 sheets of baking paper, and carefully roll out to a large circle. Remove the top sheet of baking paper and place the dough on a lined baking tray.
5. Sprinkle almond meal over the dough, leaving a 5 cm border, then layer the peach mixture on top.
6. Fold up the sides of the gallette, overlapping each fold. Finally, brush with some melted butter and sprinkle with raw sugar. Set aside in the fridge for 30 minutes.
7. Preheat oven to 220°C. Bake gallette for 10 minutes, then reduce heat to 175°C and bake an extra 40 minutes or until pastry is golden brown.
8. Serve while hot topped with extra lemon thyme and ice cream, yoghurt or honey - or just as is.





PLUM CRUMBLE BARS WITH FLAKED ALMONDS

PLUM CRUMBLE BARS WITH FLAKED ALMONDS

MAKES: 9 **PREP:** 20 mins **COOKING:** 30 mins



INGREDIENTS:

PLUM TOPPING

450g plums, destoned and quartered
1/3 cup fresh orange juice
2 Tbsp arrowroot flour
2 Tbsp maple syrup
Splash water

CRUMBLE BASE

2 cups rolled oats
1 ½ cups **Lucky Almond Meal**
1 tsp baking powder
Pinch salt
½ tsp ground cinnamon, optional
1/3 cup maple syrup
85g cup butter
¼ cup **Lucky Flaked Almonds**

METHOD:

1. Add a splash of water to a saucepan followed by the remaining plum topping ingredients. Bring to a simmer, then cook on low heat for around 7-10 minutes, regularly mixing and mashing with a fork to help break up the plums. At the end you should have a thick jammy consistency, but with lots of fruit lumps. Turn off heat and cool.
2. Preheat oven to 180°C. Grease and line a small square or rectangle tin, approximately 20cm in size. Set aside.
3. Gently melt butter or oil in a saucepan over a low flame. Turn off the heat and pour into a large mixing bowl with remaining base ingredients. Mix well. Add this to the lined tray. Use a spoon to create the base. Top with cool plum mixture, then sprinkle with flaked almonds. Bake for 30 minutes.
4. Allow to cool in the tin for 10 minutes before removing if serving warm. Otherwise cool completely in tin.





ALMOND BUTTER

WITH NATURAL ALMONDS

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

INGREDIENTS:

3 cups **Lucky Natural Almonds**

½ 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.





WALNUT PARSLEY PESTO WITH GOLDEN WALNUTS

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

INGREDIENTS:

2 cups firmly packed parsley leaves
½ cup hemp hearts
½ cup **Lucky Golden Walnuts**
Zest and juice of 1 lemon

1 clove garlic
100g parmesan, finely grated
½ cup extra virgin olive oil
Salt and pepper to taste

METHOD:

1. Wash your parsley and remove the leaves from the stem.
2. Add parsley, hemp, walnuts and lemon zest to food processor. Pulse until the herbs are well chopped
3. Add garlic and parmesan and pulse about 8 times until well incorporated.
4. With the food processor running stream in lemon juice and olive oil. As soon as the liquid has been added turn off the food processor.
5. Remove the lid and blade from the food processor. Add salt and pepper to taste. Transfer to an air tight container.





PICKLED ONIONS

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

INGREDIENTS:

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

METHOD:

1. Pack sliced onions into a very clean, heat proof glass jar with a fitting lid.
2. Add remaining ingredients to a saucepan and bring to a gentle simmer.
3. Turn off heat and immediately pour hot liquid over the onions, filling the jar. Sit the lid on top of the jar and set aside for 20 minutes.



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