

*Get Lucky*

SPRING

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





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**AVOCADO  
LIME TART  
WITH NATURAL CASHEWS**



# AVOCADO LIME TART WITH NATURAL CASHEWS

**SERVES:** 8-12 **PREP:** 30 mins plus setting time



## INGREDIENTS:

### ALMOND COCONUT 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

### AVOCADO LIME FILLING

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 or large tart tin, about 25cm, with a removable base. Set aside.
2. To make the base, add nuts, salt, and coconut to a high speed food processor and blend for approximately 1 minute or until the crumbs are around the size of couscous.
3. With the food processor running, add dates and stream in coconut oil. 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).
4. Press the base into your tin, ensuring to create a small crust around the edge. Once an even layer, set base in the fridge for 2 or more hours. **Tip:** to create an even layer, use a glass or similar to smooth and press down the base.
5. To make the filling, add all 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.
6. Remove base from tin, then pour in the filling. Smooth over and set in the fridge for 4 or more hours.
7. To serve, top with whipped cream and lime slices.





**LEMON  
PISTACHIO CAKE  
WITH NATURAL PISTACHIOS**

# LEMON PISTACHIO CAKE WITH NATURAL PISTACHIOS

**SERVES:** 10-12    **PREP:** 5 mins    **BAKING:** 45 mins

## INGREDIENTS:

### CAKE

1 cup olive oil  
1 ¼ cup caster sugar  
1 Tbsp vanilla extract  
Zest of 2 lemons  
3 eggs  
2 cups plain flour  
½ cup **Lucky Almond Meal**  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
1 cup natural Greek yoghurt  
Juice of 2 lemons  
1/3 cup **Lucky Natural Pistachios**, chopped

### CREAM CHEESE ICING

500g cream cheese  
½ cup icing sugar  
1 Tbsp vanilla extract  
1 Tbsp lemon juice  
2-3 Tbsp **Lucky Natural Pistachios**, chopped



## METHOD:

1. Preheat oven to 180°C and grease and line a 23cm round cake tin.
2. In a large mixing bowl, combine olive oil, sugar, lemon zest, and vanilla, and whisk well until combined. Add eggs one at a time and whisk until smooth.
3. Fold through flour, almond meal, pistachios, baking powder, baking soda and salt.
4. Lastly add yoghurt and lemon juice and gently stir until smooth.
5. Pour mixture into the lined cake tin and bake for 45 minutes or until cooked through.
6. Remove from the oven and set aside to cool.
7. To make the icing, beat cream cheese and vanilla extract until smooth.
8. Add icing sugar and lemon juice and beat until smooth and silky.
9. Place cooled cake onto a serving plate. Top with frosting and smooth put to the edges of the cake. Top cake with chopped pistachios and enjoy!





**RASPBERRY  
HAZELNUT TART  
WITH TOASTED HAZELNUTS**



# RASPBERRY HAZELNUT TART WITH TOASTED HAZELNUTS

**SERVES:** 10-12    **PREP:** 45 mins (plus setting time)

## INGREDIENTS:

### HAZELNUT CACAO CRUST

2 cups **Lucky Toasted Hazelnuts**  
Pinch salt  
¼ cup cacao powder  
1/3 cup loco love dark chocolate baking drops  
10 large soft dates, pitted  
1 tsp pure vanilla extract

### RASPBERRY CHIA JAM

1 cup raspberries  
2 Tbsp water  
2 Tbsp chia seeds

### RASPBERRY ROSE FILLING

2 cups **Lucky Natural Cashews**, chopped and soaked 4 hours in water  
¼ cup pure maple syrup  
1 ½ cups raspberries  
1-2 tsp rose water  
1 Tbsp lemon juice  
2 Tbsp coconut or almond milk  
40g cacao butter, melted



## METHOD:

1. Grease a large tart tin with a removable base and set aside.
2. Add hazelnuts, salt, cacao and baking drops to a food processor and process until small crumbs have formed. With the food processor still running add dates in one at a time and vanilla. Test the mix. It should easily hold together but not be so sticky that it sticks all over your hands. Pour the mix into your prepared tin and use hands to spread around and form a tart crust. Set in the freezer for 30 minutes.
3. After 30 minutes remove base from the freezer and remove crust from the tin. Place on a serving plate in the fridge while you make filling.
4. Make the chia jam. Add berries and water to a small saucepan and place over medium heat for 2-3 minutes, or until berries have softened and begun to release their juices. Add in chia seeds and cook a further 5 minutes, regularly stirring to prevent sticking. Turn off heat and mash any lumps with a fork. Transfer to a bowl and into the fridge to cool for 10 minutes while you make the cream filling.
5. To make the filling, drain cashews and add to a blender with all the remaining ingredients, ensuring they're all at room temperature. Blend until smooth and creamy.
6. Remove base from the fridge along with the cooled chia jam. Pour jam over base and use a spoon to spread evenly. Top with cream filling and use the spoon to spread around evenly. Set in the freezer for 2+ hours. Decorate and enjoy!





**CHOCOLATE  
FUDGE CAKE  
WITH HAZELNUT MEAL**

# CHOCOLATE FUDGE CAKE WITH HAZELNUT MEAL



**SERVES:** 8-12    **PREP:** 30 mins    **BAKING:** 35 mins

## INGREDIENTS:

### CAKE

1 cup **Lucky Hazelnut Meal**  
2 cups + 4 Tbsp plain flour  
1 ½ cups Dutch cocoa powder  
3 tsp baking soda  
1 tsp salt  
2 ½ cups brown sugar  
1 cup olive oil  
450ml hot brewed coffee  
2 Tbsp apple cider vinegar  
2 Tbsp vanilla extract

### RASPBERRY SYRUP

250g frozen raspberries  
1 Tbsp maple syrup  
1 Tbsp water

### CHOCOLATE GANACHE

380g dark chocolate chips  
500ml thickened cream  
Hazelnut butter (from recipe)

### HAZELNUT BUTTER

2 packets **Lucky Toasted Hazelnuts**

## METHOD:

1. Preheat the oven to 180°C and grease and line 2 x 9 inch spring form cake tins. Set aside.
2. To make the cake, in a large mixing bowl sift in the dry ingredients then whisk to combine. Add olive oil, coffee, vinegar and vanilla then whisk until the batter is smooth and glossy.
3. Divide batter evenly between the two prepared tins and place in oven. Bake for 35 minutes or until cooked through. Remove from the oven and sit on a wire rack to cool completely.
4. To make homemade hazelnut butter, add the toasted hazelnuts to a tray and bake at 160°C for 8-10 minutes until fragrant. Allow nuts to cool for 5 minutes then transfer to a food processor and blend until a smooth creamy butter. Set aside.
5. To make the raspberry syrup add all ingredients to a fry pan and heat over medium heat until raspberries can be mashed. Reduce to a simmer and mash the berries, continuing to simmer for a few minutes or until slightly thickened. Sit a metal sieve over a bowl then pour the berry mixture into the sieve. Use a spoon to press the raspberries, squeezing the syrup into the bowl and then discarding the remaining pulp and seeds. Set aside.
6. To make the ganache, add chocolate chips to a large heatproof bowl. Heat the cream separately in a pot until simmering, then pour immediately over chocolate chips. Stand for 2 minutes then add all the homemade hazelnut butter. Use a whisk to combine until smooth and glossy.
7. To assemble the cake, add one layer of cake to a serving plate and soak with the syrup. Add 1/3 of the ganache and spread over. Add the second layer of the cake and repeat with remaining syrup. Using the remaining ganache, ice cake all over and decorate with fresh raspberries and extra toasted hazelnuts.





**ASPARAGUS &  
APPLE SALAD  
WITH TOASTED HAZELNUTS**



# ASPARAGUS & APPLE SALAD WITH TOASTED HAZELNUTS

**SERVES:** 2 (as a main) **PREP:** 15 mins **COOKING:** 5 mins

## INGREDIENTS:

1 head baby cos, washed, trimmed and sliced  
1 Tbsp olive oil  
2 cloves garlic, crushed and chopped  
Zest from 1 lemon  
2 bunches asparagus, trimmed and sliced diagonally  
1 green apple, cored and julienned  
180g hard feta, crumbled  
½ cup Lucky Toasted Hazelnuts

## DRESSING

Juice from 1 lemon  
2 Tbsp extra virgin olive oil  
1/8 tsp salt  
¼ tsp freshly cracked black pepper  
2 tsp dijon mustard

## METHOD:

1. Prepare the fruit and vegetables as per the ingredient list.
2. Heat a frypan over medium heat then add olive oil and asparagus. Reduce heat to low, then pan fry for 2-3 minutes or until lightly browned and bright green. Add garlic and lemon zest and fry a further 30 seconds, stirring throughout. Transfer to a plate to while you prepare the rest of the salad.
3. Add all dressing ingredients to a small bowl and use a stick blender to combine. Alternatively, place everything in a jar, pop the lid on and shake very well.
4. Arrange lettuce onto a serving plate. Next, scatter on asparagus, apple and feta.
5. Using a flat side of large knife, roughly crush the hazelnuts then scatter onto the salad.
6. Finally add dressing and toss just before serving.





**PUNCHY  
NEW POTATOES  
WITH CURRANTS**

# PUNCHY NEW POTATOES WITH CURRANTS

**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.





# JEN A INSPIRED SALAD WITH NATURAL PISTACHIOS





# JEN A INSPIRED SALAD WITH NATURAL PISTACHIOS

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

## INGREDIENTS:

### FOR THE SALAD

- 1 cup cooked barley
- 1 x 425g tin chickpeas, drained and rinsed
- ½ red onion, finely diced
- 2 small Lebanese cucumbers, diced
- ½ cup **Lucky Natural Pistachios**, roughly chopped
- 1 small block (roughly 100g) feta, crumbled
- 1 cup loosely packed, chopped herbs
- ½ cup **Lucky Currants**

### DRESSING

- 3 Tbsp extra virgin olive oil
- 3 Tbsp lemon juice
- ½ tsp fine salt
- ½ tsp cracked black pepper
- 1 tsp mustard



## METHOD:

1. Cook barley as per packet instructions.
2. Meanwhile, prepare the rest of the ingredients; chop all of the salad ingredients, and drain and rinse chickpeas. Set aside.
3. Make the dressing by blending all ingredients together with a blending stick or whisk. Set aside.
4. Drain cooked barley, rinse and set aside to cool for 5-10 minutes. Add cooled barley to a large salad bowl with all the remaining salad ingredients and toss to combine. When you're ready to serve, and the dressing and toss to coat.





**ROAST  
VEGETABLE SALAD  
WITH ROASTED ALMONDS**



# ROAST VEGETABLE SALAD WITH ROASTED ALMONDS

**SERVES:** 6-8 (as a side)    **PREP:** 10 mins    **COOKING:** 30 mins

## INGREDIENTS:

2 cups brown rice, soaked overnight  
12 baby carrots, whole  
6 small baby beets, trimmed and quartered  
6 small parsnips, quartered  
¼ cup extra virgin olive oil  
1 ½ tsp salt  
1 bunch parsley, leaves only and finely chopped

1 medium bunch dill, fronds only and finely chopped  
1 Tbsp lemon juice  
½ cup **Lucky Oven Roasted Almonds**  
½ cup pumpkin seeds  
100g feta, cut into cubes



## METHOD:

1. Preheat oven to 200°C, fan forced. Drain and rinse rice, then add to a saucepan with 3 cups water. Add 4 cups if you didn't soak it. Bring to the boil, reduce to a simmer and cook until water has evaporated. Once all the water has evaporated turn off heat, fluff with a fork then add a lid to the saucepan and set aside for 10 minutes to steam.
2. Meanwhile, toss the veggies with half the amount of olive oil and the salt. Spread out on a tray, taking time to ensure the veggies are not touching. Bake in the preheated oven for 25-30 minutes or until tender.
3. Assemble the salad. Transfer rice to a serving tray and toss with remaining olive oil, lemon juice, almonds, pumpkin seeds, feta and herbs. Top with freshly baked vegetables.





**GLUTEN FREE  
JAM DROPS  
WITH ALMOND MEAL**



# GLUTEN FREE JAM DROPS WITH ALMOND MEAL

**MAKES:** 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.





# ALMOND CROISSANT COOKIE WITH FLAKED ALMONDS

# ALMOND CROISSANT COOKIE WITH FLAKED ALMONDS

**MAKES:** 12    **PREP:** 10 mins    **BAKING:** 25 mins

## INGREDIENTS:

### FOR THE ALMOND FILLING

1 egg  
¼ cup sugar  
30g butter, melted  
1 tsp vanilla extract  
¼ tsp almond extract  
1 ¼ cup **Lucky Almond Meal**

### FOR THE VANILLA COOKIE

250g butter, room temperature  
2/3 cup sugar  
2 tsp vanilla extract  
½ tsp almond extract  
2 cups plain flour  
1 ¼ cup **Lucky Almond Meal**  
¼ tsp salt  
**Lucky Flaked Almonds**  
Icing sugar, to dust



## METHOD:

1. Make the almond filling. Add egg to a large bowl and whisk until uniform. Add sugar and whisk for 30 seconds, then add butter, vanilla and almond extract. Whisk to combine.
2. Add almond meal and fold to combine well. Transfer to the fridge for 30 minutes to firm up. Meanwhile prepare the cookie base.
3. Place butter and sugar in a mixing bowl and beat until light and fluffy. Add extracts, and beat to combine, then add remaining ingredients and beat for 30 seconds to combine. Turn dough onto the bench and knead until smooth - this will take about 1 minute.
4. Preheat oven to 180°C and line a baking sheet. Remove almond filling from the fridge.
5. Roll cookie dough into a log, and cut into 6 even slices. Take the first slice and roll into a ball. Use your hand to flatten into a pancake slightly smaller than the size of your hand.
6. Scoop a heaped dessert spoon of the almond filling and roll into a ball. Then place filling in the centre of the flattened cookie dough and carefully fold up the sides around the almond filling. The almond filling should be fully enclosed in the cookie dough.
7. Flip the cookie over and place on the lined baking tray and smooth to a dome shape. Lastly, press flaked almonds onto the top of the cookie. Repeat with the remaining dough.
8. Bake for 20-25 minutes or until just slightly golden on top.
9. Cool for 10 minutes on the tray before transferring to a wire rack. When cool, dust with icing sugar and enjoy!





# 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 few 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.







**MACADAMIA  
CHOC COOKIES  
WITH ROASTED MACADAMIAS**



# MACADAMIA CHOC COOKIES WITH ROASTED MACADAMIAS

**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.





**PISTACHIO  
ANZACS  
WITH NATURAL PISTACHIOS**



# PISTACHIO ANZACS WITH NATURAL PISTACHIOS

**MAKES:** 12    **PREP:** 5 mins    **BAKING:** 15 mins

## INGREDIENTS:

1 cup plain flour	½-1 tsp ground cardamom
1 cup rolled oats	125g butter
1 ½ cups shredded coconut	¼ cup honey
2/3 cup coconut sugar	2 Tbsp boiling water
Pinch salt	½ tsp baking soda
1 cup <b>Lucky Natural Pistachios</b> , chopped	

## METHOD:

1. Preheat oven to 180°C and line a large baking sheet with baking paper. Set aside.
2. In a large mixing bowl add flour, oats, coconut, sugar, salt, pistachio and cardamom. Mix well and set aside
3. Add butter and honey to a small saucepan over medium heat and gently melt.
4. Meanwhile, add baking soda and boiling water into a small bowl and mix. Once butter mixture has melted reduce heat to low then add the baking soda mixture. The mixture will start to foam and rise, at this stage take it off the heat and immediately pour into the mixing bowl, combining well with a wooden spoon.
5. Measure out slightly heaped dessert spoons of mixture. Roll into a ball then flatten with the palm of your hand to form a small disc. Place on tray and repeat.
6. Once you have 12 biscuits made, bake for 12-15 minutes or slightly longer for extra crunch.





**PINE NUT &  
ZUCCHINI MUFFINS  
WITH NATURAL PINE NUTS**



# PINE NUT & ZUCCHINI MUFFINS WITH NATURAL PINE NUTS

**MAKES:** 6   **PREP:** 5 mins   **BAKING:** 35 mins

## INGREDIENTS:

50g **Lucky Natural Pine Nuts**

1 zucchini, grated

Handful green olives, pips removed and sliced

½ cup corn kernels

3 eggs

¼ cup finely chopped coriander

¼ cup coconut flour

½ cup **Lucky Almond Meal**

3 tbsp butter, melted

¼ tsp baking soda

2-3 Tbsp goats cheese, crumbled



## METHOD:

1. Preheat oven to 180°C. Line a large 6 hole muffin tin with muffin cases.
2. Toast pine nuts in a dry fry-pan over medium heat until golden. Remove from pan and allow to cool.
3. Add all ingredients to a bowl and combine well. Spoon the batter evenly between the 6 muffin cases and bake for 25-30 minutes, or until cooked through.
4. Serve warm with butter, or enjoy as a snack throughout the week.





# ITALIAN PISTACHIO SANDWICH WITH NATURAL PISTACHIOS

MAKES: 2    PREP: 15 mins

## INGREDIENTS:

### PISTACHIO CRUMB

1 bunch basil, leaves only  
½ cup **Lucky Natural Pistachios**  
1 Tbsp olive oil  
Salt and pepper

### FOR THE SANDWICH

2 ciabatta rolls  
Butter  
Dijon mustard  
Roasted red pepper  
200g mortadella  
100g mozzarella



## METHOD:

1. To make the pistachio crumb, add basil and pistachios to a chopping board, and use a large, sharp knife to finely chop. Once the nuts resemble a chunky crumb, transfer to a bowl. Add the olive oil and season, mix well and set aside.
2. Cut rolls in half and place under the grill to lightly toast.
3. Top with pistachio crumb and enjoy!





**SPINACH  
WALNUT PINWHEEL  
WITH CRUMBED WALNUTS**



# SPINACH WALNUT PINWHEEL WITH CRUMBED WALNUTS

**MAKES:** 24   **PREP:** 10 mins   **BAKING:** 20 mins

## INGREDIENTS:

1 Tbsp olive oil  
1 brown onion, finely diced  
2 cloves garlic, crushed  
200g frozen spinach, thawed  
100g goats cheese or feta  
¼ cup parsley, finely chopped

½ tsp salt  
¼ tsp black pepper  
1 egg  
1/3 cup **Lucky Crumbed Walnuts**  
2 sheets puff pastry  
Parmesan cheese



## METHOD:

1. Heat a fry pan over medium heat. Heat oil, then reduce to low heat. Add onion and fry for 5 minutes or until softened. Add garlic and fry until fragrant. Turn off heat and set aside to cool.
2. Strain thawed spinach and squeeze out all the excess water. Chop spinach into small pieces and transfer to a mixing bowl. Add goats cheese, parsley, salt, pepper, egg, walnuts and cooled onion. Mix well.
3. Remove pastry from the freezer. Spread half the mixture on top of one sheet, leaving a 2 cm boarder. Finely grate a thin layer of parmesan over the surface.
4. Starting on the edge of the pastry, roll into a log. Use a sharp knife to cut into slices about 2cm thick. Repeat for the next sheet of pastry.  
**Tip:** If you are having trouble slicing, place into the freezer for 10 minutes to firm up.
5. Preheat oven to 180°C fan forced. Place one sheets worth of slices onto a baking tray with cut side facing down, then transfer to the freezer whilst the oven preheats. Repeat for the other sheet.
6. Once oven is at temperature, remove pinwheels from the freezer and bake for 20 minutes, swapping trays half way, or until lightly golden brown.
7. Best served whilst still warm with tomato chutney, relish or your preferred dipping sauce.





**LENTIL WALNUT  
SAUSAGE ROLLS  
WITH CRUMBED WALNUTS**



# LENTIL WALNUT SAUSAGE ROLLS WITH CRUMBED WALNUTS

**MAKES:** 24    **PREP:** 30 mins    **BAKING:** 25 mins

## INGREDIENTS:

1 Tbsp olive oil	1 carrot, grated
1 brown onion, finely diced	2 Tbsp tomato paste
2 cloves garlic, minced	½ tsp salt
2 tsp tamari or soy sauce	1 tsp freshly chopped herbs
2 x 400g can brown lentils, drained and rinsed	3 sheets puff pastry
1 cup <b>Lucky Crumbed Walnuts</b>	Milk, for brushing
1 zucchini, grated	



## METHOD:

1. Heat a large frypan over medium heat, then add the olive oil and onion. Fry for 3-5 minutes, or until onion is translucent.
2. Add garlic, tamari, lentils and walnuts. Fry for 5 minutes, stirring regularly, then add zucchini, carrot, tomato paste, salt and herbs. Continue to fry for 5 minutes, or until veggies have softened. Set aside to cool for 5 minutes.
3. Transfer slightly cooled mixture to a food processor and pulse 15-20 times or until walnuts are very well chopped and the mixture comes together. Transfer to the fridge for 1 hour or until cooled to room temperature. **Note:** You don't want a paste, lots of small chunks are great.
4. Preheat oven to 180°C fan forced, with two large baking trays lined and set aside.
5. Cut each sheet of pastry in half, so you have 2 equal rectangles. Make a long sausage of mixture down one side of the pastry, then roll into a tight log. Cut each log into 4 pieces, then place on the baking tray. Repeat with remaining pastry and filling. Once you've used up all the mixture, brush the tops of each roll with milk.
6. Bake for 25 minutes, swapping the trays half way, or until golden brown on top.
7. Enjoy served with tomato sauce, hot sauce or relish.





# ROAST CAPSICUM DIP & PLATTER WITH NATURAL CASHEWS



# ROAST CAPSICUM DIP & PLATTER WITH NATURAL CASHEWS

**SERVES:** 8-12 **PREP:** 30 mins plus setting time

## INGREDIENTS:

### FOR THE ROAST CAPSICUM DIP

1 large red capsicum  
2 Tbsp olive oil  
½ tsp salt  
150g **Lucky Natural Cashews**  
2 cloves garlic, peeled and crushed  
50g parmesan, finely grated  
2 Tbsp chopped parsley  
1 Tbsp lemon juice

### FOR THE PLATTER

1 box of crackers  
1 cup **Lucky Natural Cashews**  
1 cup **Lucky Natural Pistachios**  
1 cup **Lucky Natural Macadamias**  
1 punnet of strawberries  
1 punnet of cherry tomatoes  
Dried fruit, cheese and cake as desired



## 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 olive oil and salt.
2. Roast capsicum for 20 minutes, then remove from 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 to step 3.
3. Add the cooled capsicum, cashews and garlic to a food processor and blend for 5 seconds or until quite finely chopped.
4. Add remaining olive oil, parmesan, parsley and lemon juice and pulse to combine well, around 10 x 1 second pulses. You can blend more for a creamier dip if you like.
5. Transfer to a serving bowl. Top with a drizzle of olive oil and some salt flakes.
6. Place bowls of capsicum dip onto a serving platter. Arrange remaining ingredients around the capsicum dip and serve immediately.



# Get Lucky



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