

*Get Lucky*

SUMMER

**RECIPE E-BOOK**

FOR WHOLESOME  
BAKERS & COOKS



**25**  
RECIPES



# 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!**

ENJOYED BY AUSSIES SINCE 1957  
**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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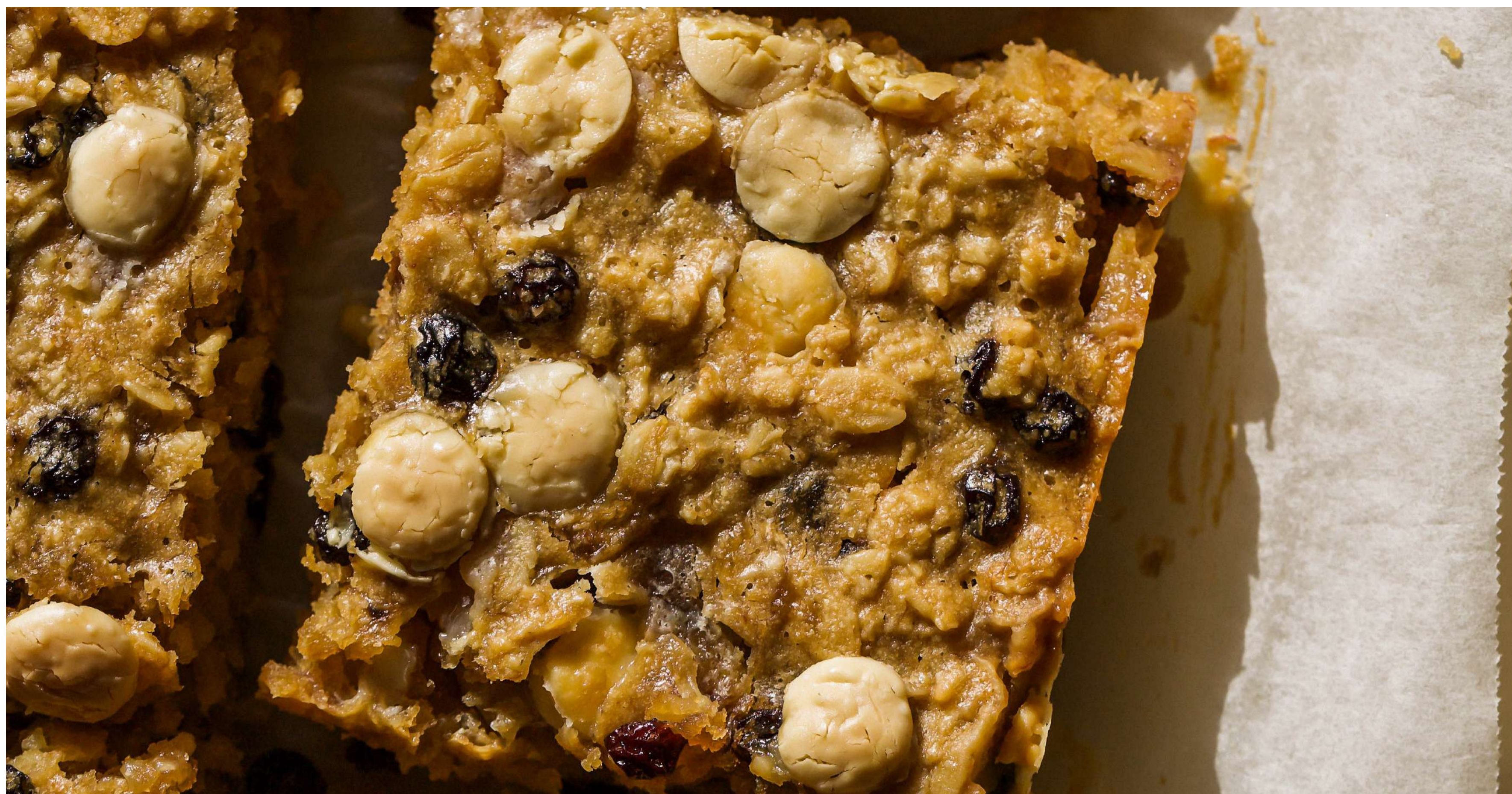
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**BREAKFAST  
OAT BARS  
WITH ALMOND MEAL**



# BREAKFAST OAT BARS WITH ALMOND MEAL

MAKES: 9    PREP: 10 mins    BAKING: 30 mins



## INGREDIENTS:

2 medium ripe bananas	1 + ½ cups rolled oats
1/3 cup butter (melted) or extra virgin olive oil	½ cup <b>Lucky Almond Meal</b>
2 medium eggs	½ tsp salt
1 tsp vanilla extract	½ cup <b>Lucky Golden Walnuts</b> , chopped
2 Tbsp maple syrup, optional	½ cup <b>Lucky Currants</b>
1/3 cup peanut butter or hulled tahini	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.





# CHERRY RIPE SMOOTHIE BOWL WITH TOASTED HAZELNUTS

**MAKES:** 1   **PREP:** 5 mins

## INGREDIENTS:

1 cup cherries, fresh or frozen  
¼ cup milk of your choice  
¼ cup natural yoghurt  
1 Tbsp cacao powder

2 Tbsp shredded coconut  
40g dark chocolate, melted  
2 Tbsp **Lucky Toasted Hazelnuts**



## METHOD:

1. Add all ingredients except the chocolate and hazelnuts to a blender and blitz until smooth. Transfer to a bowl.
2. Drizzle over melted chocolate and toasted hazelnuts and any of your favourite toppings and enjoy!







**LOW CARB  
RICOTTA PANCAKES  
WITH ALMOND MEAL**



# LOW CARB RICOTTA PANCAKES WITH ALMOND MEAL

MAKES: 8 PREP: 10 mins COOKING: 10 mins

## INGREDIENTS:

4 eggs  
200g ricotta  
65ml coconut milk  
1 tsp vanilla extract  
100g **Lucky Almond Meal**  
20g coconut flour  
1 tsp baking powder  
Pinch salt  
1 tsp cinnamon  
Optional- 2 Tbsp honey

TO SERVE

**Lucky Natural Pistachios**  
Yoghurt  
Fruit  
Honey



## METHOD:

1. Add eggs, ricotta, milk and vanilla into a bowl and whisk well. Sift in almond meal, flour, baking powder, salt and cinnamon and fold together. Add in optional honey if you like, mixing through.
2. Heat a medium skillet over medium flame. Once hot add butter, ghee or coconut oil. Add  $\frac{1}{4}$  cup batter into the pan to make the first pancake, then as many more as you can. Cook 3 minutes, flip and cook a further 3 minutes. Cook until all batter is finished up.
3. Serve immediately with yoghurt, pistachios, fruit and a drizzle of honey.





**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.





# 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.





**CARAMEL  
BISCUIT SLICE  
WITH ROASTED ALMONDS**

# CARAMEL BISCUIT SLICE WITH ROASTED ALMONDS

**MAKES:** 16   **PREP:** 30 mins   **SETTING:** 30 mins

## INGREDIENTS:

250g plain biscuits (we used ANZAC)  
100g butter, melted  
2 cups **Lucky Natural Cashews**  
2 tsp vanilla extract  
Pinch salt  
1/3 cup coconut oil, melted

1/3 cup maple syrup  
1 cup **Lucky Oven Roasted Almonds**  
200g milk chocolate  
1 Tbsp oil  
Sea salt flakes



## METHOD:

1. Make a cashew butter, by preheating oven to 180°C. Roast cashews for 8-10 minutes or until lightly golden brown. Cool for 5 minutes, then transfer to a blender or food processor and blend until smooth. Set aside.
2. Grease and line a 20cm square tin. Set aside.
3. Add ANZAC biscuits to a food processor and blend until fine crumbs have formed. Add melted butter and blend for 30 seconds or until even and crumbs are moist. Transfer the crumb to the lined tray, spreading evenly. Press crumbs into the base of the tin until you achieve a condensed and even base layer. Place in the freezer while you make caramel.
4. In a mixing bowl add the melted coconut oil, cashew butter, vanilla, maple syrup and salt. Whisk until smooth then pour over the ANZAC base. Spread the chopped almonds on top, then transfer to the freezer for 30 minutes.
5. Melt chocolate double boiler style. Add the oil and whisk through then pour the chocolate layer on top of the caramel. Sprinkle with sea salt flakes for additional flavour. Place in the freezer for 2 hours or until set.
6. To serve, allow slice to sit at room temperature for 20 minutes. Use a hot, sharp knife to cut into desired serves. Store in an airtight container in the fridge (up to 1 week) or the freezer (up to 3 months).





# OAT RAISIN & APPLE MUFFINS WITH RAISINS



# OAT RAISIN & APPLE MUFFINS WITH RAISINS

**MAKES:** 12   **PREP:** 5 mins   **BAKING:** 25 mins

## INGREDIENTS:

1 medium apple, grated  
½ cup milk  
½ cup melted butter  
2/3 cup brown sugar  
2 eggs  
1 tsp vanilla extract  
½ cup rolled oats  
1 ½ cups all purpose flour  
3 tsp baking powder  
1 ½ tsp cinnamon  
¼ tsp salt  
1 cup **Lucky Raisins**

## CRUMBLE TOPPING

¼ cup flour  
2 Tbsp rolled oats  
2 Tbsp brown sugar  
2 Tbsp butter  
½ tsp cinnamon



## METHOD:

1. Preheat oven to 180°C and line a 12 hole muffin tray with patty cases. Set aside.
2. To make the crumble topping, add all ingredients to a bowl and use fingers to combine until the butter has crumbled into small pieces. Set aside.
3. In a large mixing bowl, add the grated apple, milk, melted butter, sugar, eggs and vanilla. Mix to combine until just uniform.
4. Sift in rolled oats, flour, baking powder, cinnamon and salt. Fold together until just combined, then add raisins.
5. Using an ice cream scoop (or regular spoon if you don't have one), scoop and measure between the 12 patty cases. Top with the crumble and bake for 25 minutes or until cooked through.
6. Allow to cool for 5 minutes before transferring to a wire rack to cool. 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	½ tsp salt
1 brown onion, finely diced	¼ tsp black pepper
2 cloves garlic, crushed	1 egg
200g frozen spinach, thawed	1/3 cup <b>Lucky Crumbed Walnuts</b>
100g goats cheese or feta	2 sheets puff pastry
¼ cup parsley, finely chopped	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.





**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.





# PEACH & PROSCIUTTO SALAD WITH TOASTED HAZELNUTS



# PEACH & PROSCIUTTO SALAD WITH TOASTED HAZELNUTS

SERVES: 4 PREP: 30 mins

## INGREDIENTS:

### ROSEMARY HAZELNUTS

- 1 Tbsp finely chopped, fresh rosemary
- 1 cup **Lucky Toasted Hazelnuts**
- ¼ tsp salt
- 2 ½ Tbsp pure maple syrup
- 1 Tbsp extra virgin olive oil
- ½ cup mini chocolate chips

### DRESSING

- 2 tsp pure maple syrup
- 3 Tbsp lemon juice
- 2 tsp Dijon mustard
- ¼ cup extra virgin olive oil
- ¼ tsp salt
- 1/8 tsp freshly ground black pepper

### FOR THE SALAD

- 4 ripe peaches, de-stoned and cut into wedges
- 100g bag rocket, washed
- 100g prosciutto
- 300g bocconcini, drained and torn apart



## METHOD:

1. Preheat oven to 160°C. Line a large baking tray and set aside. Add all the rosemary hazelnut ingredients into a bowl and combine well.
2. Transfer to the baking tray, spreading the nuts into an even layer. Bake for 20 minutes or until fragrant and lightly golden brown. Set aside to cool.
3. Make the dressing by adding all ingredients to a jar and shake vigorously until well combined.
4. To make the salad, add peaches, rocket, bocconcini and hazelnuts to a bowl. Toss together, then transfer to a serving platter. Take a piece of prosciutto and ruffle it before placing it on top of the salad. Dress immediately just before serving.





**APPLE ASPARAGUS  
HAZELNUT SALAD  
WITH TOASTED HAZELNUTS**





# APPLE ASPARAGUS HAZELNUT SALAD WITH TOASTED HAZELNUTS

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

## INGREDIENTS:

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

## DRESSING

Juice from 1 lemon  
2 Tbsp olive oil  
¼ tsp salt  
¼ black pepper, freshly cracked  
2 tsp Dijon mustard



## METHOD:

1. Prepare fruit and vegetables as per the ingredient list if you've not done so already.
2. Heat a fry pan 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 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. Scatter on asparagus and apple. Crumble feta on top.
5. Finally, add the dressing and toss just before serving.





**SUMMER FRUIT  
& FETA SALAD  
WITH NATURAL CASHEWS**

# SUMMER FRUIT & FETA SALAD WITH NATURAL CASHEWS

**SERVES:** 8-12 (as a side)    **PREP:** 30 mins    **BAKING:** 30 mins

## INGREDIENTS:

### FOR THE CANDIED NUTS

3 Tbsp maple syrup  
1 Tbsp extra virgin olive oil  
½ tsp salt  
½ tsp ground cinnamon  
¼ tsp ground ginger  
¼ tsp ground nutmeg  
1 cup **Lucky Natural Cashews**  
1 cup **Lucky Toasted Hazelnuts**

### FOR THE WHIPPED FETA

300g feta  
¾ cup Greek yoghurt  
1 tsp lime zest  
¼ cup lime juice  
2 Tbsp maple syrup  
Large bunch of basil leaves  
1/3 cup extra virgin olive oil  
2 tsp apple cider vinegar, or extra lime juice

### FOR THE SALAD

120g baby rocket, washed  
2 punnet blackberries  
1/8 watermelon, trimmed and chopped into small chunks or wedges  
2 handfuls (1 small tray) cherries, halved, de-stemmed and pitted  
¼ cup **Lucky Flaked Almonds**  
Large bunch of basil leaves small basil leaves  
Lime zest and juice, to serve



## METHOD:

1. Preheat oven to fan-forced 160°C and line a large baking tray. Mix together all the candied nut ingredients, excluding the nuts, until uniform. Add nuts and stir until well coated.
2. Transfer nuts to the baking tray and bake for 30 minutes or until lightly golden brown and fragrant. Set aside to cool.
3. To make the whipped feta, add all whipped feta ingredients to a food processor and blend until smooth. Transfer to a bowl and set aside in the fridge.
4. Prepare the salad ingredients by following the wash and cutting instructions in the ingredients list. Wash and chop the cherries, discard the rind of the watermelon and chop. Rinse the remaining fresh ingredients.
5. This portion will make two salad wreaths, so prepare two salad dishes or one extra large dish. To serve, add half the whipped feta to each plate, placing in the centre.
6. In a large bowl, mix together the rocket, three quarters of the fresh fruit, almonds and candied nuts. Then place in a wreath shape around the whipped feta.
7. With the remaining berries and nuts, decorate the top of each wreath, then finish with basil leaves, lime zest and a squeeze of lime juice.





# 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 Crumbed 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 peppercorns  
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.





# CHICKPEA & PISTACHIO SALAD WITH NATURAL PISTACHIOS



# CHICKPEA & PISTACHIO 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.





# NUTTY FALAFEL NOURISH BOWLS WITH NATURAL PISTACHIOS





# NUTTY FALAFEL NOURISH BOWLS WITH NATURAL PISTACHIOS

**MAKES:** 2   **PREP:** 5 mins   **COOKING:** 20 mins

## INGREDIENTS:

### FOR THE FALAFEL

- ½ cup **Lucky Natural Cashews**
- ½ cup **Lucky Natural Pistachios**
- ½ cup chickpeas
- 1 Tbsp tahini
- ½ cup finely chopped herbs
- 1 tsp ground cumin
- 1 Tbsp lemon juice
- 1 clove garlic, minced
- 1/3 tsp salt
- ½ tsp ground pepper
- 1 date

### FOR THE BOWL (PER SERVE)

- 2 Tbsp pomegranate arils
- ½ cup roast pumpkin
- ½ cup cubed feta
- Handful of rocket
- ½ cucumber, diced

### FOR THE DRESSING

- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- Pinch salt



## METHOD:

1. Preheat oven to 180°C, and drizzle olive oil over a small baking tray.
2. Add all of the falafel ingredients to a food processor and pulse until well chopped - around 30 seconds. Using damp hands roll a heaped dessert spoon into a ball, then slightly squash into a patty shape. Repeat with remaining mixture, then bake for 20-25 minutes, flipping halfway, until lightly browned.
3. While the fritters bake make the dressing. Add everything to a jar, secure the lid and shake well. Set aside.
4. To serve, add all the salad ingredients to a bowl. Top with the nutty fritters and drizzle with salad.





# 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.





**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  
Pickled 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.





**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 fry pan 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.





# APRICOT & ALMOND BITES WITH SLIVERED ALMONDS



**MAKES:** 12   **PREP:** 5 mins   **BAKING:** 10 mins (plus setting time)

## INGREDIENTS:

1½ cups dried apricot egg  
110g **Lucky Slivered Almonds**  
1 cup shredded coconut

2 Tbsp honey  
200g 85% dark chocolate, chopped

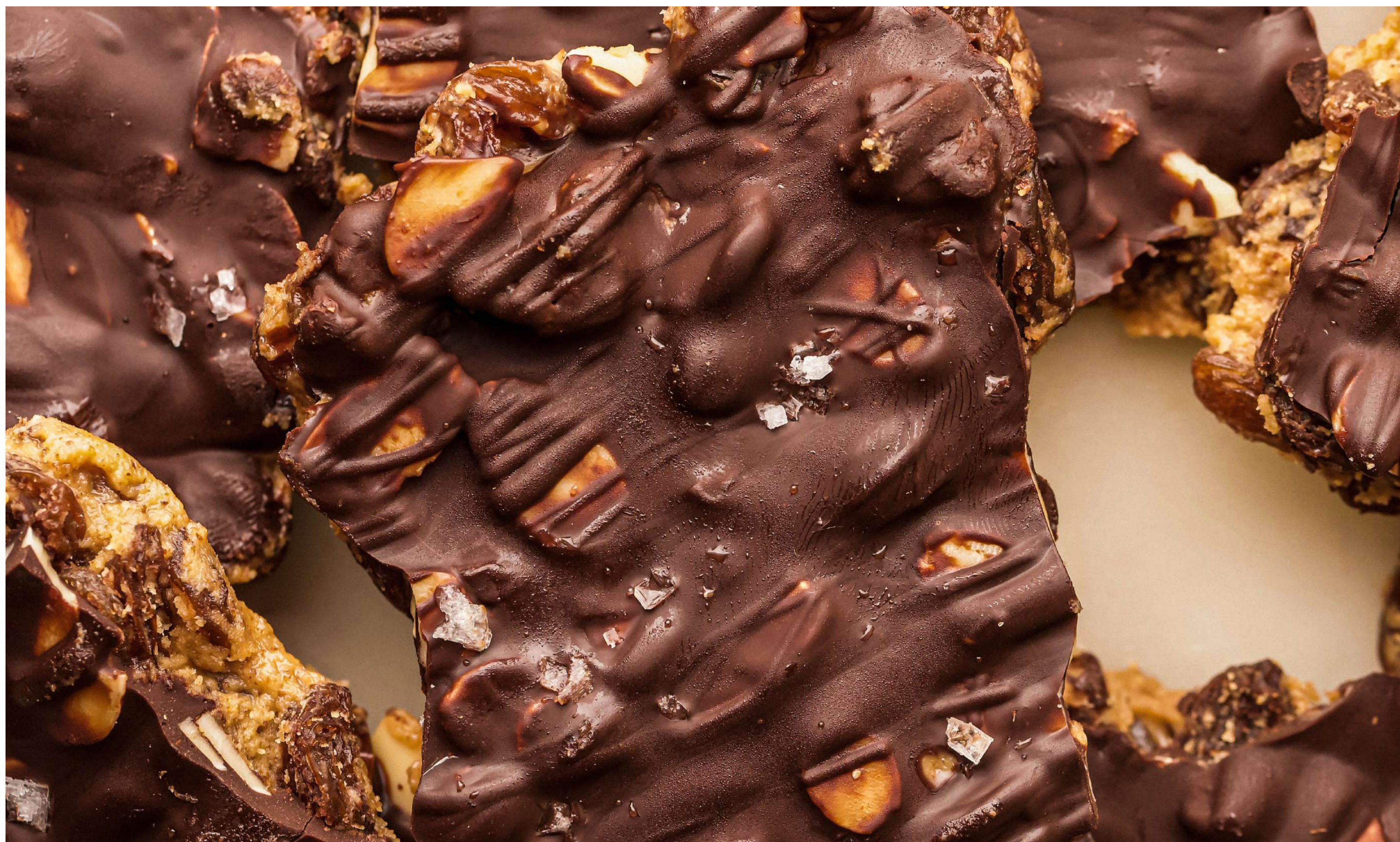
## METHOD:

1. Place apricots into a food processor and blitz for 30 seconds. Add almonds, coconut and honey and blend for another 30 seconds.
2. Scoop mixture into balls, around a heaped dessert spoon in size, and place onto a lined tray. Add into the freezer for 1 or more hours.
3. Once balls have been in the freezer long enough, melt the chocolate - either in a microwave or double boiler style.
4. Take balls from freezer and immediately dip into melted chocolate. Place on a lined tray. Once balls have been dipped, drizzle with extra chocolate over top and place into fridge.
5. Store in an airtight container for up to 5 days, or up to 3 months in the freezer.





**SULTANA  
ALMOND BARK  
WITH TOASTED ALMONDS**



# SULTANA ALMOND BARK WITH TOASTED ALMONDS

**MAKES:** 8-12 **PREP:** 10 mins

## INGREDIENTS:

1½ cups **Lucky Sultanas**  
½ cup almond butter  
2 Tbsp butter or coconut oil

1/3 cup **Lucky Toasted Sliced Almonds**  
150g dark or milk chocolate



## METHOD:

1. Grease and line a 20cm square cake tin.
2. Add almond butter and butter to a small saucepan. Melt over low heat until combined. Turn off heat and set aside to cool to room temperature.
3. Add sultanas to the lined tin. Use a heavy based glass to press and squash down sultanas a little.
4. Pour over the cooled almond butter mix, and spread over the sultana layer. Sprinkle over the toasted sliced almonds.
5. Melt chocolate using a double boiler method on the stove top, or in the microwave. Pour chocolate over the nuts and spread. Sprinkle on some flaky sea salt for extra flavour.
6. Transfer to the freezer to set for 2+ hours.
7. Break into bite sized pieces. Store in an airtight container in the fridge for up to 1 week, or in the freezer for up to 3 months.





**AVOCADO  
LIME TART  
WITH NATURAL ALMONDS**



# AVOCADO LIME TART WITH NATURAL ALMONDS

**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.





# HOMEMADE ICE CREAM POPS WITH NATURAL CASHEWS

# HOMEMADE ICE CREAM POPS WITH NATURAL CASHEWS

**MAKES:** 4    **PREP:** 15 mins    **BAKING:** 10 mins (plus setting time)

## INGREDIENTS:

### FOR THE ICE CREAM

½ cup **Lucky Natural Cashews**  
200g coconut cream  
2 tsp vanilla extract  
1/3 cup cocoa or cacao powder  
3 Tbsp maple syrup  
1/8 tsp salt  
Popsicle sticks

### FOR THE CHOCOLATE COATING

50g dark chocolate  
1 Tbsp coconut cream  
1 Tbsp buckwheat groats (optional)



## METHOD:

1. Soak cashews ahead of time for at least 4 hours in water, then drain and rinse.  
Note: If you're in a rush, add the cashews to a saucepan with 2 cups of water. Bring to the boil and simmer for 5 minutes - this will soften the cashews and are ready to be used.
2. Set aside your preferred ice cream mold alongside popsicle sticks.
3. Once balls have been in the freezer long enough, melt the chocolate - either in a microwave or double boiler style.
4. Add cashews and remaining ice cream ingredients to a blender and blend on high for 1 minute or until completely smooth. Divide mixture between molds and insert a popsicle stick. Freezer for 4 or more hours.
5. To make the chocolate coating, finely chop the chocolate and add to a heat proof bowl. Add an inch or two to a small saucepan and bring to the boil. Place the bowl of chocolate on top and melt double boiler style. Reduce heat to low and gently melt until completely liquid. Stir through buckwheat.
6. Remove ice creams from the freezer. Line a small tray with baking paper. Remove first ice cream from its mold and coat with chocolate using a spoon to pour it all over. Place on lined tray and repeat with remaining ice creams.
7. Once all ice creams are covered, transfer to the fridge for 10 minutes to set. Serve and eat straight away, or put away in the freezer for later.







**CHOC ORANGE  
CHEESECAKE  
WITH NATURAL CASHEWS**

# CHOC ORANGE CHEESECAKE WITH NATURAL CASHEWS



**SERVES:** 8-12 **PREP:** 20 mins **SETTING:** 6 hours - overnight

## INGREDIENTS:

### FOR THE BASE

250g plain chocolate biscuits  
100g butter, melted

### FOR THE CHEESECAKE

1 cup **Lucky Natural Cashews**  
250g cream cheese  
1 cup fresh orange juice, room temperature  
2 Tbsp orange zest  
1/3 cup raw cacao or cocoa powder  
1/4 cup brown sugar  
180g 70% dark chocolate, chopped

## METHOD:

1. Add cashews to a small saucepan and cover with water. Bring to the boil and reduce to a simmer for 5 minutes. Turn off the heat, then drain and rinse the cashews. Set aside while you make the base.
2. Grease and line a 8 or 9 inch spring form pan. Set aside.
3. Add chocolate biscuits to a food processor and blitz until fine crumbs have formed, around 1 minute. Add melted butter and blend for 30 seconds.
4. Pour the base into the prepared cake tin. Use your hands or a metal spoon to even out the crumbs and press down. Make sure the entire base is firmly packed.
5. Add the cashews, cream cheese, orange juice, zest, cacao powder and sugar to a blender or food processor. Blend on high for 1 minute, or until smooth.
6. Melt the chocolate in a heat proof bowl, using a bain marie method. Alternatively, melt in a microwave safe bowl in the microwave (zap for 15 seconds, mix and repeat until melted).
7. Pour the melted chocolate into the blender, then blend for 30 seconds and pour the mixture over your prepared base. Use a metal spoon to smooth the top.
8. Transfer to the fridge for 6+ hours or overnight.
9. To serve, remove from fridge and cake tin then decorate with mini chocolates, dehydrated orange rounds or whatever you desire. Delicious as is, or served with a dollop of double cream.



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