



Zesty Green Smoothie



the Fresh & Furious™

9 task controls including green
smoothie and ice crush

Breville®

Zesty Green Smoothie



Prep 10 minutes



Makes 800ml / Serves 4

the Fresh & Furious™



1 small lime, peeled, seeds removed

1 green kiwi fruit, peeled

1 Lebanese cucumber, roughly chopped

6 ice cubes

375ml (1½ cups) chilled coconut water

100g kale leaves, stems removed, roughly chopped

1 pear, quartered, cored

Method

Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE until program finishes.



Pomegranate Berry Green Smoothie



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Pomegranate Berry Green Smoothie



Prep 5 minutes



Makes 750ml



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125g (1 cup) frozen mixed berries

50g (2 cups) baby spinach leaves

1 banana, peeled and roughly chopped

130g (½ cup) natural yogurt or coconut milk yogurt alternative

250ml (1 cup) chilled pomegranate juice

Method

Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE until program finishes.



Mango, Vanilla & Chia Smoothie



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Mango, Vanilla & Chia Smoothie



Prep 10 minutes



Makes 1L / Serves 4

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350g frozen chopped mango

190g ($\frac{2}{3}$ cup) reduced fat vanilla yogurt

or coconut milk yoghurt alternative

2 tablespoons white chia seeds

500ml (2 cups) chilled milk, almond, rice or soy milk

Method

Place ingredients into blender jug and secure lid.



***SMOOTHIE** until program finishes.*



Breakfast Smoothie



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Breakfast Smoothie



Prep 10 minutes



Makes 900ml / Serves 4

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6 Medjool dates, pitted, halved

2 tablespoons white chia seeds

3 tablespoons oat bran

20 ml (1 tablespoon) maple syrup or honey

125g (½ cup) reduced fat Greek yoghurt or coconut milk yoghurt alternative

500ml (2 cups) chilled milk, almond milk or soy milk

2 ripe bananas, peeled, roughly chopped

Method

Place ingredients into blender jug and secure lid.



SMOOTHIE until program finishes.



Peach, Passionfruit & Raspberry Yogurt Pops



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Peach, Passionfruit & Raspberry Yogurt Pops



Prep 5 minutes plus 6 hours to freeze





Makes 10

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700g (2½ cups) creamy vanilla yogurt
410g can peach slices in natural juice, drained
2 tablespoons passionfruit pulp (about 1 passionfruit)
150g (1½ cups) fresh or thawed frozen raspberries
1 tablespoon caster sugar

Method

1. Place 1 cup yogurt, peaches and passionfruit into blender jug and secure lid.
 **PUREE** 8 seconds or until smooth and transfer to a jug.
2. Place remaining yogurt, raspberries and sugar into blender jug and secure lid.
 **PUREE** 8 seconds or until smooth and transfer to a jug.
3. Divide peach mixture among 10 x 4oz (125ml) capacity ice-pop moulds then top with raspberry mixture.
4. Place wooden stick into centre of each mould. Place into freezer for 6 hours or until firm.

Tip

To remove ice-pops from moulds, dip moulds quickly into hot water and gently pull the ice-pops.



Homemade Spicy Barbecue Sauce



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Homemade Spicy Barbecue Sauces



Prep 10 minutes / Cook 1 hour 10 Minutes



Makes 1.25L






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Sauce

- 1 onion, quartered**
- 3 cloves garlic**
- 1 long red chilli or habanero chilli, seeded**
- 1L tomato passata**
- ½ cup spiced BBQ rub - see recipe**
- 75g (⅓ cup) brown sugar**
- 60ml (¼ cup) apple cider vinegar**
- 80ml (⅓ cup) molasses or treacle**
- 60ml (¼ cup) honey**
- 2 tablespoons Dijon or wholegrain mustard**
- 1 tablespoon olive oil**
- Sea salt and pepper, to taste**

Sauce Method

1. Place onion, garlic and chilli into blender jug and secure lid.
 **PULSE** 5 – 10 times or until finely chopped, scraping when required and transfer to a bowl.
2. Place passata, spiced BBQ rub, sugar, vinegar, molasses, honey and mustard into blender jug and secure lid.
 **PUREE** 40 – 50 seconds or until combined.
3. Heat oil in a large saucepan over medium heat. Add onion mixture. Cook, stirring occasionally, for 5 minutes or until softened. Add tomato passata mixture. Bring to the boil: reduce heat and simmer, stirring occasionally, for 50 – 60 minutes or until thickened. Season with salt and pepper. Set aside to cool.
4. Transfer to blender jug and secure lid.
 **BLEND** 10 seconds or until smooth.

Storage

Transfer to an airtight container and store in the fridge for up to 2 months.



Spiced BBQ Rub



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Spiced BBQ Rub



Prep 10 minutes



Makes 1 cup

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4 tablespoons sweet paprika
2 tablespoons dried onion flakes
2 tablespoons dried minced garlic
1 teaspoon whole black peppercorns
½ teaspoon yellow mustard seeds
½ teaspoon brown mustard seeds
2 tablespoons salt
½ teaspoon cayenne pepper
55g brown sugar

Method

1. Place paprika, dried onion, garlic, peppercorns, mustard seeds, salt and cayenne into blender jug and secure lid.



PUREE 45 seconds.

2. Add brown sugar and secure lid.



BLEND 15 seconds.

3. Remove ½ cup of spice mixture and set aside. Transfer remaining spice mixture to a clean, dry, airtight container. Store in a cool, dark place for up to 3 months.

Storage

Transfer to an airtight container and store in the fridge for up to 2 months.



Buttermilk & Feta Dressing



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Buttermilk & Feta Dressing



Prep 5 minutes



Makes 1 cup

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125ml (½ cup) buttermilk

100g feta, coarsely chopped

2 tablespoons olive oil

2 tablespoons fresh lemon juice

1 small clove garlic

½ teaspoon finely grated lemon rind

Salt and freshly ground black pepper, to taste

Method

1. Place buttermilk, feta, olive oil, lemon juice and garlic into blender jug and secure lid.



Puree 15 seconds or until smooth.

2. Add lemon rind, season with salt and pepper.



Mix 5 seconds or until combined.

Serve

Drizzle over your favourite salad or use as a dressing for potato.

Storage

Transfer to a clean airtight container and store in the fridge for up to 2 days.



Barbecued Piri Piri Chicken



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Barbecued Piri Piri Chicken



Prep 10 minutes plus 4 hours to marinate / Cook 25 minutes



Makes 1 cup sauce / Serves 4



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Chicken

1 whole chicken (1.5kg), cut into eight pieces

Oil spray, to grease

Barbecued corn cobs, to serve

Lemon wedges, to serve

Piri Piri Sauce

4 long red chillies, roughly chopped

4 birds eye chillies, roughly chopped

3 cloves garlic

2 teaspoons sweet paprika

2 teaspoons smoked paprika

1 teaspoon dried oregano

1 teaspoon salt

60ml (¼ cup) fresh lemon juice


60ml (¼ cup) whiskey

180ml (¾ cup) olive oil

Method

1. **To make piri piri sauce:** place chillies, garlic, sweet paprika, smoked paprika, oregano, salt, lemon juice into blender jug and secure lid.

 **PUREE** 1 minute scraping sides half way through mixing until almost smooth.

 **MIX** 30 seconds. While blender is running, remove inner cap and gradually add all the oil until sauce has thickened.

2. Pour half the piri piri sauce into a large resealable plastic bag. Pour half the piri piri sauce in an airtight container and store in the fridge. Add whisky to remaining sauce and stir to combine. Add the whiskey. Stir to combine. Place remaining piri piri sauce in an airtight container and store in the fridge.
3. Make deep diagonal cuts in chicken pieces and place in a large resealable plastic bag. Add piri piri sauce to the bag. Toss to coat. Seal bag. Place in the fridge for 4 hours, or overnight, to marinate.

4. Heat a barbecue or chargrill plate to medium-high heat. Spray chicken with oil. Cook for 20 - 25 minutes, turning occasionally or until charred and cooked through.

Serve

With remaining piri piri sauce, corn cobs and lemon wedges.



Rocket & Almond Pesto Dip



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Rocket & Almond Pesto Dips



Prep 10 minutes



Makes 1 cup



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45g (¼ cup) blanched almonds

2 cloves garlic

35g (¼ cup) finely grated parmesan cheese

75g (2 cups) baby rocket leaves

100ml olive oil, plus extra to cover

2 teaspoons fresh lemon juice

Salt and freshly ground black pepper, to taste

Lavosh, vegetable crudites or chopped Turkish bread, to serve

Method

1. Place all the ingredients into the blender jug and secure lid.



BLEND 30-40 seconds or until finely chopped and almost smooth, scraping down ingredients if necessary. Season to taste with salt and pepper.

Serve

Transfer to a serving bowl and serve with lavosh, vegetable crudites or chopped Turkish bread.

Storage

Store in an airtight container. Pour a little extra olive oil to cover the top of the pesto (this helps prevent any oxidation or browning). Seal with plastic food wrap and store in the fridge for up to 3 days.

Tip

This pesto is also perfect stirred through hot pasta. To make basil pesto swap rocket for fresh basil leaves and swap almonds for toasted pine nuts.



Chargrilled Capsicum Hummus



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Chargrilled Capsicum Hummus



Prep 15 minutes / Cook 20 minutes




Makes 2 cups



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1 large red capsicum
2 tablespoons olive oil
2 x 425g cans chickpeas, rinsed, drained
3 cloves garlic
1 lemon, juiced
60ml (¼ cup) water
2 tablespoons tahini
1 teaspoon ground cumin
Salt and freshly ground black pepper, to taste
Cumin seeds, to garnish
Pita bread, to serve

Method

1. Rub capsicum with ½ tablespoon of the oil. Cook on a pre-heated chargrill plate or barbecue on high, turning regularly, for 20 minutes or until charred all over.
 2. Transfer to a resealable plastic bag and set aside for 10 minutes or until softened and cooled slightly. Remove and discard skin and seeds.
 3. Place capsicum flesh into blender jug with chickpeas, garlic, lemon juice, water, tahini, cumin and remaining oil. Secure lid.
-  **PUREE** 35 – 40 seconds or until smooth, season to taste with salt and pepper.

Serve:

Transfer to a serving bowl, sprinkle with cumin seeds with a side of pita bread.