

# MAKING A DIFFERENCE



  
**Simplot**  
AUSTRALIA

RAISING THE BAR FOR EATING  
WELL AND GOOD HEALTH

# INTRODUCTION TO STEVE HOOKER



Steve Hooker is our new sports and brands ambassador, and like many of us at Simplot, he is a lover of great food. An owner of two restaurants and father of two, his philosophy is to enjoy food and keep it fun.

When it comes to food, Steve isn't a follower of 'one size fits all' or 'fad' diets and understands you can eat whatever you want in moderation – including a treat or two. He's a believer in eating wholesome foods: nourishing foods which make up the backbone of a balanced lifestyle and help individuals achieve variety. That's why you'll always find Simplot products in his repertoire and therefore this recipe book.

Steve's practical approach to health and passion for great food perfectly aligns with Simplot Australia's commitment to promoting the health and wellbeing of its employees. Simplot strives to provide an environment that allows our people to perform at their best every day. Steve will help us promote the benefits that a balanced lifestyle, healthy living and positive thinking can have on our lives.

Steve has partnered with Simplot Culinary and Nutrition teams to bring you these recipes. Try them at home, share them with your family and friends, and discover new ways to use our wholesome, high quality and great tasting products. Enjoy!

*Steve Hooker and Simplot Culinary & Nutrition teams*



# PUMPKIN AND HALOUMI FRITTERS WITH POACHED EGGS AND SARDINES

## INGREDIENTS

- 500g butternut pumpkin, chopped
- Oil spray
- 1 leek, finely sliced
- 1 zucchini, grated and patted dry
- 400g can **Edgell Chick Peas**, drained, rinsed and mashed
- 1 cup ground almonds (almond meal)
- 125g haloumi cheese, grated
- ¼ cup dried breadcrumbs
- 1 egg, lightly beaten
- 110g can **John West Sardines in Oil**, drained
- 5 eggs, poached
- Chopped fresh parsley and olive oil, for serving

## METHOD

- 1 Place pumpkin in a microwave safe dish, cover and cook on High for 5 minutes or until tender. Place in a bowl, mash and allow to cool.
- 2 Spray a non stick frypan with oil and heat over medium heat. Cook leek and zucchini until softened but not coloured for approximately 5 minutes. Remove from heat and cool. Wipe frypan with paper towel.
- 3 Combine cooked leek mixture, pumpkin, **Edgell Chick Peas**, ground almonds, haloumi and breadcrumbs in a large bowl. Using a ¼ cupful of mixture at a time, shape into patties approximately 8cm. Place on a tray, cover and refrigerate for 30 minutes (or overnight).
- 4 Heat the non stick frypan over a medium heat. Lightly spray fritters with oil, cook a few at a time for 3-4 minutes on both sides or until golden. Keep warm while cooking remaining fritters.
- 5 Serve 3 fritters on each serving plate topped with a poached egg and **John West Sardines**. Garnish with fresh parsley, a drizzle of oil and black pepper. Serve immediately.



5 Health Star Rating  
High in fibre



High in omega-3  
High in calcium



# MEXICAN STYLE RICE SALAD WITH CHIPOTLE TUNA

## INGREDIENTS

- 250g pack pre cooked microwaveable brown rice
- 1 punnet cherry tomatoes
- 125g can **Edgell Corn Kernels**, drained and rinsed
- 125g can **Edgell Four Bean Mix**, drained and rinsed
- ½ small red capsicum, cut into thin strips
- 1 small avocado, diced
- ½ cup coarsely chopped fresh coriander
- Juice of 1 lime
- 1 tablespoon olive oil
- 1 - 2 x 95g cans **John West Fiery Tuna & Chipotle**
- ½ small red onion, finely chopped
- ¼ cup chopped fresh coriander, extra
- 2 teaspoons olive oil, extra

## METHOD

- 1 Heat rice for 30 seconds only in the microwave. Pour into a large bowl and loosen grains with a fork.
- 2 Divide the cherry tomatoes in half. Cut one lot into halves and finely dice the others and set aside.
- 3 Add **Edgell Corn Kernels**, **Edgell Four Bean Mix**, tomato halves, capsicum, avocado and coriander to the rice, gently mix.
- 4 Combine lime juice and oil in a screw top jar to make a dressing and drizzle over salad. Toss gently. Spoon onto a serving platter. Top with desired amount of **John West Tuna**.
- 5 Combine diced tomatoes, onion, extra coriander and extra oil to make a salsa and spoon over salad. Serve immediately.



4½ Health Star Rating  
Source of dietary fibre



5 Health Star Rating  
High in fibre



High in omega-3  
High in protein



# SALMON, ROASTED PUMPKIN AND CHICK PEA SALAD WITH CRUNCHY PEPITAS

## INGREDIENTS

- 500g peeled butternut pumpkin, cut into 2cm chunks
- Oil spray
- 1/3 cup pepitas (dried pumpkin seeds)
- 1 teaspoon olive oil
- 1/4 teaspoon smoked paprika
- 280g packet chilled **John West Tasmanian Atlantic Skin On Salmon**
- 1 Lebanese cucumber, thinly sliced into ribbons
- 400g can **Edgell Chick Peas**, drained and rinsed
- 1/4 cup chopped semi dried tomatoes
- 2 cups baby spinach leaves
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil, extra
- 1 teaspoon honey
- 1 teaspoon Dijon mustard

## METHOD

- 1 Place pumpkin on a baking paper lined tray and spray with oil. Cook in a preheated oven at 200°C for 30 minutes until cooked and golden.
- 2 Combine pepitas, oil and smoked paprika, stir well. Spread on a baking paper lined tray. Place in oven with the pumpkin during the last 8 minutes of cooking time.
- 3 Remove skin from **John West Salmon** (if desired) and cook salmon following packet directions. Cover and rest for 15 minutes. Break into large chunks.
- 4 Make a dressing by placing vinegar, extra oil, honey and mustard in a screw top jar and shake well.
- 5 Place pumpkin, cucumber, **Edgell Chick Peas**, semi dried tomatoes and spinach leaves in a large bowl. Drizzle half the dressing over the salad and combine gently to coat well. Transfer to a serving platter and top with cooked **John West Salmon**, pepitas and drizzle with remaining dressing. Serve immediately.



High in omega-3  
Naturally low in sodium



5 Health Star Rating  
High in fibre



# ROASTED CAULIFLOWER WITH KALE, QUINOA AND TUNA SALAD

## INGREDIENTS

3 cups small cauliflower florets (approximately ½ cauliflower)

Oil spray

3 cups broccoli florets (1 small head)

Finely grated zest & juice of 1 lemon

1 tablespoon olive oil

2 teaspoons wholegrain mustard

3-4 kale leaves

2 teaspoons olive oil, extra

½ cup quinoa, cooked following packet directions

1 carrot, cut into julienne strips

425g can **John West Tuna in Springwater**, drained and flaked

## METHOD

- 1 Place cauliflower on a baking paper lined tray, spray with oil and cook in a preheated oven at 200°C for 20 minutes or until golden and just cooked.
- 2 Meanwhile, blanch or steam broccoli for 1 minute or until bright green in colour. Refresh in iced water.
- 3 Make a dressing by combining lemon zest, juice, oil and mustard in a screwtop jar. Shake well.
- 4 Remove spine from kale leaves, roughly chop or tear leaves into small bite sized pieces. Place in a large bowl, add extra oil and 'massage' until kale is lightly coated in oil. Add cooled cauliflower, broccoli, quinoa, carrot, half the **John West Tuna** and dressing, toss gently to combine.
- 5 Spoon salad into a serving bowl and top with remaining **John West Tuna**. Serve.



High in omega-3  
High in protein



# ROASTED VEGETABLE AND TUNA SALAD WITH LENTILS AND ROCKET

## INGREDIENTS

- 2 carrots, cut into 2cm pieces
- 350g peeled pumpkin, cut into 2cm cubes
- Oil spray
- 425g can **Edgell Baby Beets**, well drained and cut in half
- 400g can **Edgell Brown Lentils**, drained and rinsed
- 2 cups rocket leaves
- 100g frozen **Birds Eye Green Beans**, cooked
- 2 teaspoons olive oil
- 2 x 130g cans **John West No Drain Tuna in Olive Oil**, flaked
- 50g feta cheese, crumbled

## METHOD

- 1 Place carrots and pumpkin on a baking paper lined tray, lightly spray with oil and cook in a preheated oven at 200°C for 30 minutes or until just tender. Allow to cool.
- 2 Place roasted vegetables, **Edgell Baby Beets**, **Edgell Brown Lentils**, rocket leaves, **Birds Eye Green Beans** and olive oil in a large bowl and toss together gently.
- 3 Arrange salad on a serving platter and top with **John West Tuna** and feta before serving.



4 Health Star Rating  
Moderate sodium



5 Health Star Rating  
Source of protein



Source of dietary fibre  
Naturally low in sodium



High in omega-3  
High in protein

MESSAGE FROM  
**TERRY O'BRIEN**



Simplot is committed to raising the bar when it comes to health and nutrition. As a leading Australian food manufacturer, we take the nutrition profile of our food products seriously.

With a Simplot food product in every pantry in Australia, we hope to influence healthy lifestyle choices. We have commenced the journey and are excited about the nutrition potential of our portfolio of wholesome core foods, such as vegetables, legumes, fish and seafood.

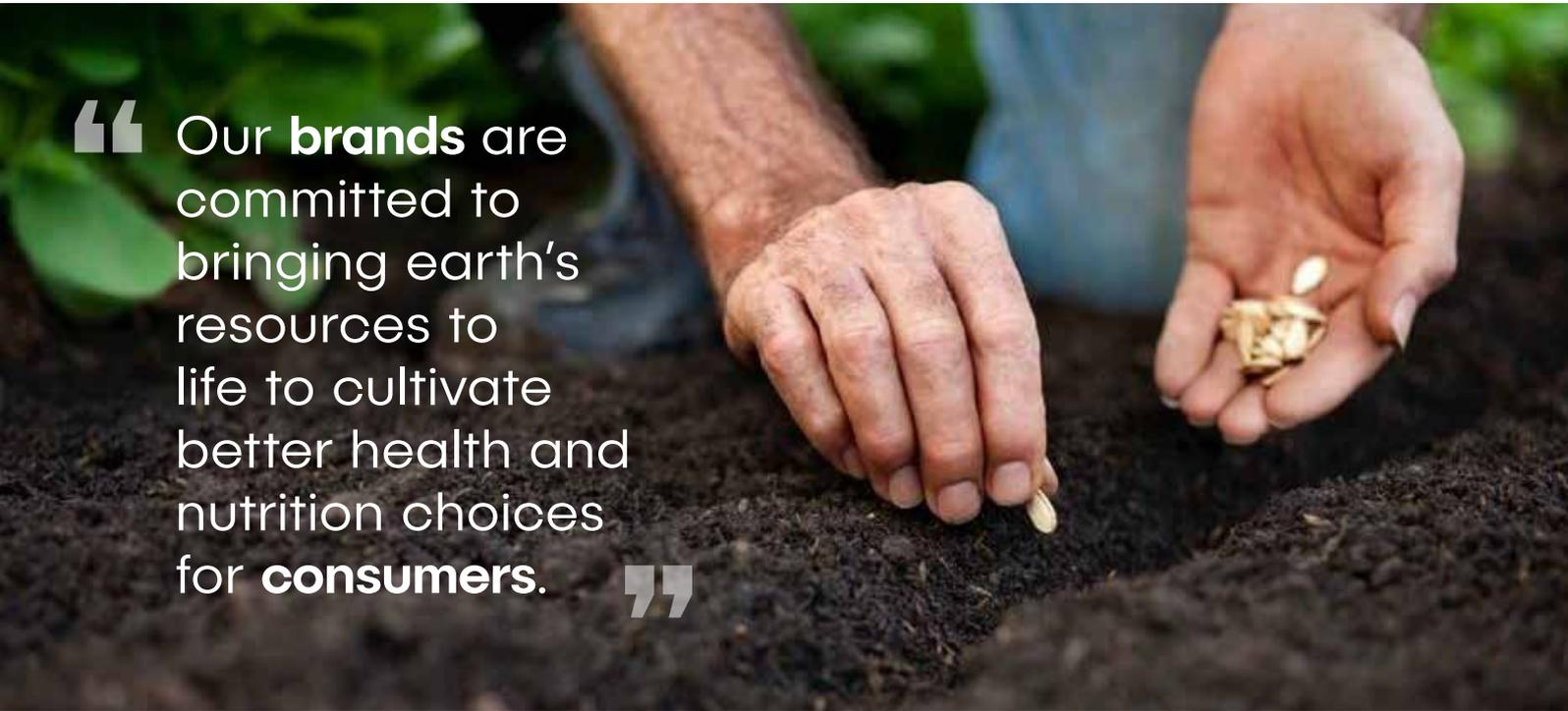
Leading this will be our exceptional Nutrition team, who in collaboration with key stakeholders across the business, have developed a new and invigorated corporate Health and Nutrition Strategy.

This is indeed a key milestone for the business. The Board of Management and I believe that this strategy will help us enhance Simplot Australia's reputation and brand value, strengthen customer relationships, cultivate collaborative partnerships, empower our people, and enhance employee health and wellness.

Steve Hooker's way of living embodies the commitments and values that underpin our Health and Nutrition Strategy. I believe our partnership is a genuine endorsement of the actions we undertake in pursuit of healthy living for our employees and the wider community. This is the first step in making a difference and raising the bar for eating well and good health.

*Terry O'Brien*  
Managing Director, Simplot Australia

# OUR HEALTH & NUTRITION STRATEGY VISION



“ Our **brands** are committed to bringing earth’s resources to life to cultivate better health and nutrition choices for **consumers**. ”

## OUR NUTRITION GUIDING VALUES

### PRODUCT

Offer a wide variety of wholesome foods to meet consumer needs and aspirations.

Provide serving sizes, serving suggestions and recipes consistent with a balanced diet and lifestyle.

### SCIENCE

Support nutrition research and education by collaborating with reputable health and nutrition partners.

Use nutrition science to guide product innovation which enhances the nutritional value of our portfolio.

### COMMUNICATION

Help our consumers make informed food and lifestyle choices by providing accurate, easy to understand health and nutrition messages.

Promote and advertise in a responsible manner.

### EDUCATION

Encourage and offer activities to our employees and local communities which foster healthy and active lifestyles.

# CORE FOODS

When it comes to health and wellbeing, Simplot Australia believes in taking a holistic approach. This means we consider all aspects of health, including physical, mental, emotional and social wellbeing.

What we eat makes a huge difference to our total wellbeing. The key to eating well is to enjoy a variety of nutritious foods every day from the five food groups – more simply known as core foods.

## CORE FOODS

- Grain (cereal) foods, mostly wholegrain
- Vegetables
- Fruit
- Lean meats and poultry, fish, eggs, nuts and seeds, legumes
- Dairy foods

As one of Australia's largest food manufacturers, we play a vital role in providing a variety of core foods to help Australians achieve a healthy lifestyle. We supply vegetables, legumes, fish and seafood through the following brands:



In all five delicious and nourishing recipes, you'll find a variety of Simplot core food products.

The more core foods we eat, the better our health and wellbeing.



*Brought to you by Steve Hooker and Simplot Culinary & Nutrition teams*

*All recipes created by Steve Hooker and tested by the Simplot Culinary team.*