

# Honey and Avocado Dessert Smoothie

A rich and refreshing blend of fresh avocado and coconut milk makes this a great finish to a meal or as a yummy snack by itself.



Makes 2 large or 4 small servings.

## Ingredients

6 tbsp Manawa Honey, you can adjust depending on your desired sweetness

1 large, just ripened avocado

Juice of 1 lime

1 cup whole Greek vanilla yogurt

1½ cups unsweetened coconut milk

1 cup baby spinach leaves

½ – ¾ cup crushed ice, optional

## Method

Combine all ingredients except ice in blender and then blend until its nice and smooth.

If desired, add crushed ice and blend until desired smoothness is achieved. Serve immediately or chill to serve later.

If serving later, place cling wrap directly over surface of

smoothie to prevent any possible colour change from the avocado being exposed to air.

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## Courgette and Tomato Cheese Bake

3 medium courgettes  
sea salt to taste  
freshly ground black pepper, to taste  
4–5 cloves garlic, minced or finely chopped  
extra virgin olive oil  
200 g mozzarella, sliced  
3 medium vine-ripened or truss tomatoes  
freshly chopped basil, to taste  
1 cup mixed herb Coating, tossed in 1–2 tbsp olive oil



Preheat oven to 175 °C.

Trim both ends of each courgette. Cut them in half; then shave lengthwise into thin flat strips using a potato peeler.

Place in a colander and sprinkle with sea salt. Set aside for 10–15 minutes. Press with dry towels to extract some of the moisture.

In a 25-cm pie pan (or gratin pan or baking dish), layer the courgette strips in an overlapping pattern. Season with pepper and garlic. Drizzle with olive oil and layer with mozzarella. Slice the tomatoes and place on top of the mozzarella. Season the tomatoes with sea salt, pepper and fresh basil.

Top with the mixed herb coating. Bake for 35–40 minutes until the courgette is fork-tender and the topping is golden brown. Set aside for 5 minutes before cutting and serving.

Herb crumb: 1 cup gluten-free breadcrumbs and 2 tsp of my italian herb mix

(add 1 tbsp each of dried marjoram, thyme, basil, oregano and rosemary to a jar, then seal and shake well to blend the herbs together).

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## Meatball Bacon Bombs

Serves 6



### Ingredients

#### Meatball Mix

300g lamb, beef or pork mince, or a mix of your choice

1 egg, lightly beaten

1/2 cup bread crumbs, use gluten free as required

1 tsp Mrs Rogers dried parsley

1 tsp Mrs Rogers dried thyme

1 tsp Mrs Rogers dried rosemary

3 tbsp Mrs Rogers grated carrot  
1 tsp Mrs Rogers dried basil  
Sea salt and freshly ground black pepper to taste  
100g (4oz) taste cheese, grated finely (optional, leave out for DF)  
2 -3 tbsp olive oil

Onion cups  
12 slices streaky bacon  
3 medium to large brown onions sliced in  $\frac{1}{2}$  and ends topped so they sit flat

Bbq sauce of choice (sweet and sour is also good)

#### Method

Preheat oven to 180C.

Hollow out each of the onion halves so there is about 10mm all around making it into a cup.

In a large bowl, combine all ingredients except the bacon and the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all distributed evenly.

Lightly oil the palms of your hands, and shape the mixture into one large ball. Turn out onto a chopping board and cut the ball into 6 even sized balls and place in each of the onion cups..

Wrap 1-2 slices of the bacon around each cup and pin with a tooth pick is required.

Baste with bbq sauce and bake for 30-40 minutes or cook until done basting again after 15-20 minutes.

Serve with choice of seasonal fresh vegetables.

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# Smoked Fish Pakoras

Made earlier in the week these are smoked Fish Pakoras. While the name comes from India chickpea flour has been used for centuries in Italy so this is a blend.



## Batter

2/3 cup (100g) chickpea flour (besan)

1/4 cup (35g) cornflour

2 level tsp ground Mrs R's ground turmeric

200ml sparkling water, chilled

Combine the chickpea flour, cornflour and turmeric in a bowl. Season with salt and pepper (I also add some lemon pepper seasoning sometimes and leave out the straight S & P) then whisk in sparkling water until smooth. The batter needs to look like thin cream. You can add some chilli powder if you like.

The mix for the filling was 250g smoked fish (shredded) in a bowl with 1/2 cup of thin sliced red onion and 1/2 cup of grated carrot that had been patted dry.

I pour the batter into the bowl, 1/2 cup at a time and mix through. I repeat this until I get an even coating over the fish mix and then deep fry tablespoon lots.

You can also replace the fish with grated vegetables of choice

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# Dutch Oven Pulled Pork with BBQ Sauce

Coming into winter there is quite often pork roasts on special somewhere. In this recipe I combine the flavour of Mrs Rogers Smokey BBQ Seasoning in a sauce and season the pork with Southern Mediterranean flavours.



Sumac is used in the rub and adds a lovely sharp lemon citrus hit to the roast. It also helps balance the sweet flavour of the pork fat as it renders with the slow cooking.

The rub and sauce can be made ahead of time.

For the pork



- 1.5 to 2kg pork shoulder roast

- 1/2 cup chicken stock
- 1 apple cider vinegar

For the rub

- 2 teaspoons paprika
  - 1 teaspoon ground sage
  - 1 teaspoon ground sumac
  - 1 teaspoon dried thyme
  - 1 teaspoon each salt and freshly ground black pepper
- Place all the ingredients in a jar and shake to combine. Store sealed in your pantry and use as required.

For the sauce

- 1 1/2 cups of tomato purée
  - 1/3 cup fine chopped red onion,
  - 2 tablespoons cider vinegar
  - 2 teaspoons sugar or honey
  - 1 teaspoon Worcestershire sauce
  - 2 teaspoon Mrs Rogers Smokey BBQ Seasoning
  - 1/4 teaspoon salt
- Put the tomato purée, onion, cider vinegar, sugar, Worcestershire sauce, crushed red pepper, garlic powder and salt in a heavy, medium saucepan and bring to a simmer over medium heat. Reduce the heat to very low and simmer, uncovered, stirring frequently, for 10 minutes to blend the flavors. Remove from the heat.

Bottle in a warm jar with lid and store in the fridge. Use within two weeks.

Method

Preheat the oven to 160 degrees C.

Coat the pork all over with the rub and place in the Dutch

oven. Pour the stock and cider vinegar around the pork. Cover and cook in the oven for 4 hours to 4 hours and 20 minutes, until the pork is cooked through and easily breaks apart with a fork but still looks moist.

Remove the pork from the oven and place in a shallow baking dish, reserving the pan juices.

Set aside to cool for approximately 15 minutes, then shred into bite-sized pieces using two forks.

Mix the pan juices and some of the sauce and warm to on the stove.

Serve the pulled pork in buns with caramelised sauce or with your choice of sides.

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## Tomato Kidney Bean Sauce

I love my kidney beans and in this recipe I have combined my kidney bean sauce with some yummy herb cheese meatballs



Tomato Kidney Bean Sauce with Meatballs

Ingredients

## Sauce

1 400g (12oz) can diced Italian tomatoes  
3 tbsp tomato paste  
1 cup stock (broth)  
1 tsp dried rosemary  
1 tsp dried oregano  
1 tsp dried thyme  
1 tsp dried basil  
1 400g tin well drained kidney beans  
 $\frac{1}{2}$  cup tomato paste  
Salt and pepper to season  
 $\frac{1}{2}$  cup chopped Italian parsley

## Meatballs

400g beef or lamb mince  
 $\frac{1}{2}$  onion chopped finely, red onion is great  
1 egg, lightly beaten  
 $\frac{1}{2}$  cup bread crumbs, gluten free if required  
1 tsp dried parsley  
1 tsp dried rosemary  
2 tbsp grated carrot  
Sea salt and freshly ground black pepper to taste  
2 -3 tbsp olive or coconut oil  
200g mozzarella cheese, the dryer the better, diced into small chunks (Optional)

## Method

In a large bowl, combine all ingredients for the meatballs except the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all mixed evenly.

Lightly oil the palms of the hands, and shape into medium sized, 3-4 cm meatballs. Push back any mozzarella pieces that

poke through the meat – they can melt and burn.

Heat a medium sized frying pan large enough to hold the meatballs. If this is not available, work in batches. Sauté meatballs over medium-high heat, turning as you cook, to brown all sides. When browned, lower heat and cook, covered, for ten minutes turning frequently. Remove from the heat, leave the meatballs in the pan and set aside.

#### Sauce

In a pot over a medium-high heat combine all the ingredients and season with salt and pepper. Bring to a simmer and reduce be half. Once reduced pour over the meat balls and combine to coat the meat all over. Place over heat and simmer for ten minutes, turning often.

Serve the meatballs over rice or pasta and top with the remaining sauce, sour cream and garnished with parsley or chives.

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## North African Beef Cheeks With Orange

Serves 4



4 250g beef cheeks  
4 tbsp flour of choice, seasoned with salt and pepper  
1 400g (16 oz) can crushed Italian tomatoes  
4 tbsp olive or vegetable oil  
2 onions, peeled and diced rough and chunky  
3 cloves of garlic, diced  
 $\frac{1}{2}$  tsp Mrs Rogers chilli flakes  
1 tsp Mrs Rogers ground cumin  
1 tsp Mrs Rogers ground cardoman  
1 tsp Mrs Rogers smoked paprika  
2 cups beef or vegetable stock (broth)  
1 cup orange juice  
Grated zest of one orange  
1 cup diced prunes  
1 cup diced dates

1 400g tin kidney beans, well rinsed

#### Method

Pre-heat oven to 150C

Mix the beef cheeks in a bag with the seasoned flour. Remove and shake off any excess flour.

In an oven and stove top safe casarol dish heat 2 tablespoons of oil over a medion hot heat. Once hot add 2 beef cheeb and brown on all sides. Remove to a dish and finish the other two

and set aside.

Add the other two tablespoons of oil and onion, cook for 5 minutes, stirring. Once they have started to sweet down add the paprika, cumin, cardoman and chilli. Reduce heat to medium and stir to combine. Cook stirring for 1 minute and add the tomatoes, garlic, orange zest, prunes and dates.

Cook for 2 more minutes and add 1 cup of stock and the orange juice. Once it is simmering add the browned beef cheeks. Top with stock, cover and bring to a simmer.

Once simmering place in the oven and cook for 2.5 hours.

After 2.5 hours remove and stir in the kidney beans. Taste sauce and adjust seasoning to taste and return to oven for 2 hours.

Remove and stir.

Serve on a bed of rice or over a sweet potato mash.

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## [Honey Cheese Balls](#)

3 teaspoons Manawa Honey  
1/2 cup finely chopped nuts of your choice.  
Pecans, walnuts or cashews are my choice  
1/2 cup finely chopped dried cranberries  
125g crumbled feta cheese  
125g cream cheese, softened  
1 cup Gruyere or strong tasty cheese,  
grated  
lollipop sticks



### Directions

Mix the nuts and cranberries on a shallow dish and set aside.

In a food processor, add the feta, cream cheese, Gruyere, and honey. Pulse until well combined.

Use your hands to form tablespoon size balls and roll in the cranberry/pecan mixture.

Place on baking paper and repeat with the rest of the cheese mixture. Top each ball with a lollipop stick and place in the fridge for an hour or so to firm up.

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## [Easy Honey Mixed Nuts](#)

Having some honey roasted nuts in my pantry is a staple as they can be used for so many things. Mixed with some dried fruits you have a great afternoon snack for the kids or yourself.



A quick blitz and you have a wonderful nut crumb to top a dessert or some ice cream or seasonal baked fruits.

They are also great served with your favourite cheeses with extra Manawa honey on the side.

#### Ingredients

1 cup raw unsalted almonds

1 cup raw pumpkin seeds

1 cup raw unsalted walnuts

1 cup raw unsalted peanuts

2 tablespoons Manawa Honey

1 tablespoon vegetable oil or melted butter

1 teaspoons ground cardamon

1/2 teaspoon ground cinnamon

1/4 teaspoon kosher salt

#### Method

Preheat the oven to 160°C and line a rimmed baking sheet with

baking paper.

In a medium bowl, combine nuts with honey, oil and spices, tossing to coat.

Spread nuts out in an even layer on the prepared baking sheet and roast for 20 minutes, stirring halfway through cooking time.

Remove and let cool 10 minutes prior to eating.

Store in an airtight container for up to 2 weeks in the pantry.

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## [Honey Vegetable Stir Fry](#)

While the ingredients list looks large this recipe is in fact very easy and quick to bring together. It's great to get the kids helping and cooking. You can incorporate shredded chicken easily should you have some in the fridge.



This is also great as a side when served with some fried fish with lemon juice.

Ingredients

## Sauce

2 tablespoons Manawa honey  
1/2 cup vegetable or chicken stock (or water)  
1/2 cup pineapple juice  
1/4 cup soy sauce  
1 tablespoon fresh grated ginger or 1 level teaspoon of powdered  
2 cloves garlic, minced  
3 teaspoons cornflour  
2 teaspoons sesame oil

## Stir Fry

1 tablespoon sesame oil  
2/3 cup roasted, salted cashews  
2 cups broccoli florets, chopped  
3 medium carrots, peeled, then use the peeler and continue peeling the carrot into long strips  
2 red peppers, sliced  
1½ teaspoons cornflour  
2 zucchini, thinly sliced  
4 baby bok choy, chopped (if available)  
1 cup fresh pineapple, diced

## Method

Cook rice for serving, if desired.

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the stock, pineapple juice, soy sauce, honey, ginger, garlic, cornsflour, and sesame oil.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Add the broccoli, carrots, peppers, and cornflour to skillet.

Stir fry the veggies for 5 minutes. Add the zucchini, bok choy, and pineapple and stir fry for 5-10 more minutes. Add the sauce and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place rice in a bowl and top with veggies. Sprinkle caramelized cashews, green onions, and toasted sesame seeds over top.

Serve immediately.