

the Kitchen Wizz® Range

Recipe Book



Breville®

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


Sweet Potato & Fruit Loaf



Shaved Cucumber, Dill & Goats Cheese Salad

Attachments Used In Recipes

	the Kitchen Wizz® Peel & Dice BFP820	the Kitchen Wizz® 15 Pro BFP800	the Kitchen Wizz® 11 Plus BFP880	the Kitchen Wizz® 11 BFP660	the Kitchen Wizz® 8 Plus BFP580	the Kitchen Wizz® 8 BFP560
 Quad® Blade	●	●	●	●	●	●
 Adjustable Slicer	●	●	●	●	●	●
 Dough Blade	●	●	●	●	●	●
 Reversible Shredder	●	●	●	●	●	●
 Emulsifying Whisk	●	●				
 Mini Blade & Bowl	●	●				
 12 mm Dicing Kit	●					
 8 mm & 16 mm Precision Dicing Discs the Dicing Kit (BFP005)						

Sold separately for the BFP820 and the BFP800 together with the BFP006

● = Supplied with food processor



Spanish Salmorejo Soup

Spanish Salmorejo Soup

(Chilled tomato soup with ham and grated egg)

 Prep time 30 minutes + 2 hours soaking

 Serves 8



Breville's
Kitchen Wizz Food
Processor Range
Reversible Shredder
Quad® Blade

1/2 baguette (one to two days old)

10 ripe tomatoes

Splash sherry vinegar, to taste

1 clove garlic

Salt to taste

100ml olive oil to bind (low to medium strength)

To garnish

3 slices Jamon

1 boiled egg

Method

1. Remove crust from baguette and discard.
Tear bread into small chunks.
2. Place the Disc Spindle and Reversible Shredder into your Kitchen Wizz Food Processor bowl. Place tomatoes into the feed chute and shred. Remove the Disc Spindle and Reversible Shredder.
3. Add bread chunks and toss until well coated. Cover and set aside to soak for two hours.
4. Insert the Quad® Blade into your Kitchen Wizz Food Processor bowl and process bread and tomato mixture, garlic and vinegar until smooth.
5. Slowly add oil through the top of the Kitchen Wizz Food Processor until a smooth/creamy texture is reached. Season to taste.
6. Top with small pieces of thinly shaved jamon and grated egg using a microplane or grater and drizzle of olive oil.



Amy Dewhirst
Chef / Bar Lourinha, Melbourne
barlourinha.com.au

Amy is a qualified chef and has been cooking and working in the industry for 17 years. After living and working in Pamplona, Spain, Amy developed a love for Spanish food. Travelling yearly to Spain to refresh her ideas and inspiration, Amy loves cooking and teaching Spanish cuisine. Amy is currently a chef at Bar Lourinha in Melbourne, teaches at the Food I Am cooking school in Wagga Wagga and has held a couple of classes at The South Melbourne Market Cooking School.



Ricotta & Pear Tart

Ricotta & Pear Tart

 Prep time 25 minutes / Cooking time 25-30 minutes, plus cooling time

 Serves 8-10



Breville's
Kitchen Wizz Food
Processor Range

Quad® Blade
Emulsifying Whisk
8 mm Dicing Kit

Sponges

2 x 22cm round cake tins

300g eggs (6)

130g caster sugar

180g toasted hazelnuts

60g Tipo '00' flour

100g melted butter

Pear Syrup

200ml water

150g caster sugar

100g pear liqueur

Filling

400g Williams pears, diced

2 lemons, juiced

100g icing sugar

20ml rum

1 tablespoon potato starch

800g ricotta cheese

300g caster sugar

Seeds from 1 vanilla bean

300g whipping cream

2 tablespoons icing sugar for dusting

Method

1. Pre-heat oven to 180°C. Grease and line the base and sides of 2 x 22 cm round cake tins.
2. In a bowl, beat eggs and sugar together until thick and tripled in volume.
3. Place hazelnuts and flour into the bowl of the Kitchen Wizz Food Processor; process until fine. Transfer mixture to a large bowl.
4. Gradually sprinkle flour mixture over egg mixture while simultaneously folding in with a large metal spoon until just combined. Divide mixture between prepared tins and level batter. Bake for 10 minutes or until cake begins to come away from the sides and springs back when gently touched.
5. Turn out onto baking paper-lined wire racks. Carefully peel away baking paper, then leave to cool.

Pear Syrup

1. Boil the sugar and water for 30 seconds. Remove from the heat and then add the liqueur. Cool.

Filling

1. Place the 8 mm diced pears in a saucepan, along with the lemon juice and the icing sugar. Place saucepan over medium heat for 5 minutes, or until sugar dissolves. Carefully add rum (as it may splatter) and cook for a further 5 minutes. Sprinkle a spoonful of potato starch or cornstarch over the mixture and stir until sauce has thickened. Remove from heat and allow to cool.
2. Place ricotta, caster sugar and vanilla into the Kitchen Wizz Food Processor bowl and process using the Quad® Blade until well combined.
3. Whip the cream. Combine cream and ricotta mixture and continue to beat until mixture is firm. Refrigerate and set aside.

To Assemble

1. Brush a little of the syrup onto each sponge cake. Top one sponge cake with the ricotta cream and pear mixture. Top with second sponge cake. Cover and refrigerate for 2 hours. Dust with icing sugar, then spoon extra diced pear on top and serve.



Melina Puntoriero

Food I am Cooking School & Culinary Institute Consultant
foodiam.com.au

Melina runs Food I am Cooking School's Italian program, salami workshops and professional pasta program. Melina also consults with some of Italy's top culinary Institutes and now through the Manuelina Culinary Institute, she and her team of chefs are bringing Authentic Italian Regional Cuisine to the world... From Nonna to Master Chefs.



Lemon & Lavender Shortbread

Lemon & Lavender Shortbread

 Prep time 20 minutes / Cooking time 45 minutes

 Serves 8-10



Breville's
Kitchen Wizz Food
Processor Range
Quad® Blade

30cm round baking tin
220g butter, chopped
1 cup caster sugar
2 cups plain flour
½ cup cornflour
1 egg
1 tablespoon fresh edible lavender flowers
2 teaspoons finely grated lemon rind
2 tablespoons icing sugar for dusting

Method

1. Preheat oven to 160°C. Grease and line the base and sides of a 20 x 30 cm round baking tin.
2. Process butter, sugar, flour, cornflour and egg, using the Quad® Blade in your Breville food processor until a smooth dough forms. Place dough on a lightly floured surface and gently knead in the lavender and lemon.
3. Press into prepared baking tin. Use the back of a spoon to smooth surface. Use a small sharp knife to score dough into long bars. Bake for 45 minutes, or until just coloured.
4. Cool in tin, dust with icing sugar, then cut into pieces to serve.



Tania Sibrey
Founder / Food I am Cooking School & Culinary Tours
foodiam.com.au

Out of simple frustration that you were not able to access great food experiences created by accomplished chefs in the Riverina district of NSW, Tania Sibrey established Food I Am Cooking School in Wagga Wagga in 2011.

Today cooking classes are presented by regional, national and internationally acclaimed chefs and the school offers a unique blend of quality food, wine and agritourism experiences.

"You could say I love nothing more than bringing the city experience to the country!"



Seared Sword Fish with Roasted Capsicum & Salsa Verde

Seared Sword Fish with Roasted Capsicum & Salsa Verde

 Prep time 30 minutes + 6 hours marinating + 2 hours chilling /
Cooking time 45 minutes

 Serves 6



Breville's
Kitchen Wizz Food
Processor Range
Quad® Blade

6 sword fish steaks
250ml lemon infused olive oil

Roasted Capsicum

2 yellow capsicum
2 red capsicum
1 teaspoon dried oregano
½ cup basil leaves, torn
Olive oil, to drizzle

Salsa Verde

1 cup basil leaves
1 cup flat leaf parsley
½ cup mint leaves
2 drained anchovies
1 tablespoon baby capers, rinse,
drained, chopped
Sea salt
Cracked pepper
3 tablespoons olive oil

Method

1. Sprinkle sword fish with a little salt and pepper. Cover and marinate in lemon infused oil for at least 6 hours.

Roasted Capsicum

1. Preheat oven 200°C. Line a baking tray with grease proof paper.
2. In a bowl combine capsicum with oregano, basil and olive oil. Arrange on prepared baking tray; roast for 30 minutes, turning occasionally until skin blisters and blackens.
3. Place roasted capsicum into a bowl; cover with cling film and chill for 2 hours or until almost cool enough to handle. Remove and discard blackened skin and seeds.
4. Slice capsicum into strips and place into a bowl. Cover until ready to use.

Tip

To add extra vegetables to your dish, sprinkle cherry tomatoes with olive oil and roast for 10 minutes in the oven together with the capsicums.

Salsa Verde

1. Combine all of the ingredients into the small bowl of the Kitchen Wizz Food Processor. Using the Quad® Blade, process until well combined. Place into a bowl until serving.

Tip

Salsa verde can be stored in the fridge for up to 3 weeks.

To finish the Sword Fish

1. Pre-heat a grill pan and add sword fish. Cook on each side for around 6 min (for medium) remove from pan and place on a plate to rest for a few minutes.

To Serve

1. Drizzle a little salsa verde onto the middle of a serving plate, top with swordfish fillet then top fish with a small amount of the sliced red peppers, drizzle with a little more salsa verde.



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Fennel & Celery Salad with Roasted Almonds

Fennel & Celery Salad with Roasted Almonds

 Prep time 25 minutes

 Serves 4



Breville's
Kitchen Wizz Food
Processor Range

Adjustable Slicer
Reversible Shredder
Quad® Blade

3 fennel bulbs

4 long celery sticks

1 red onion

½ green cabbage

Dressing

3 tablespoons Greek yoghurt

1 tablespoon whole egg mayonnaise

¼ cup olive oil

Salt and pepper to taste

To garnish (optional)

Roasted almonds

Method

1. Using the Adjustable Slicer set at level 6, slice the fennel and set aside.
2. Using the Adjustable Slicer set at level 8, slice the celery and set aside.
3. Using the Adjustable Slicer set at level 4, slice the onion and set aside.
4. Using the Reversible Shredder on the coarse side, shred the cabbage and set aside.
5. Layer all ingredients in your serving platter.
6. To make the dressing, remove the Disc Spindle and Reversible Shredder and insert the Quad® Blade into the Kitchen Wizz Food Processor bowl. Add all dressing ingredients and process until well combined.
7. Pour as much or as little dressing as you like over the salad, toss then serve.

Optional

Scatter roasted almonds on top of the final salad.



Phoodie
Food Blogger
phoodie.com.au

Phoodie is a cookbook, restaurant, food blogger and regular contributor to Australia's largest women's website, Mamamia.

"My culinary obsession began when cooking, recipe writing and eating, with both my Greek and Lebanese grandmothers." After the world famous Le Cordon Bleu cookery school in London, then working with some of UK and Europe's top chefs, she then started her food blog.



Wholemeal Banana Muffins

Breville®

Wholemeal Banana Muffins

 Prep time 30 minutes / Cooking time 15 minutes

 Serves 6



Breville's
Kitchen Wizz Food
Processor Range
Quad® Blade

6 Muffin tray	$\frac{1}{4}$ teaspoon bicarb soda
1 cup self raising flour	$\frac{1}{2}$ cup nuts (almonds and walnuts mixed)
$\frac{3}{4}$ cup brown sugar	2 ripe bananas, mashed
$\frac{1}{2}$ cup wholemeal self raising flour	100g butter, melted
$\frac{1}{2}$ cup oatbran	175ml ($\frac{3}{4}$ cup) milk
$\frac{1}{2}$ cup unprocessed bran	1 egg
$\frac{1}{4}$ cup lecithin	
$\frac{1}{4}$ cup desiccated coconut	

Method

1. Pre-heat oven to 170°C. Line a whole muffin tray with paper cases.
2. Melt the butter in the microwave in 10 second bursts. Set aside to cool slightly.
3. Set two tablespoons nuts aside for decoration. Place all other dry ingredients into the the Kitchen Wizz Food Processor bowl. Using the Quad® Blade, pulse until the ingredients are roughly mixed together.
4. Add the egg, milk, butter and pulse until ingredients are roughly combined.
5. Add the mashed banana and pulse lightly again, scraping down the sides. Be careful not to over pulse/over mix or your muffins will be too dense.
6. Spoon mixture evenly into prepared muffin tray. Top with extra nuts and bake for approximately 15 minutes, or until a skewer inserted in the middle comes out clean. Turn onto a wire rack. Serve warm.



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Food Blogger
phoodie.com.au

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Apple & Berry Macadamia Crumble

Apple & Berry Macadamia Crumble

 Prep time 45 minutes / Cooking time 25 minutes

 Serves 6



Breville's
Kitchen Wizz Food
Processor Range
Emulsifying Whisk
Quad® Blade

Cinnamon Crème Anglaise

500ml (2 cups) thickened cream

1 teaspoon vanilla bean paste

¼ teaspoon cinnamon

1 star anise

4 egg yolks

½ cup caster sugar

Fruit Filling

4 Granny Smith apples, peeled
cored and diced

1 lemon, juice and zest

1 tablespoon cornflour

3 tablespoons brown sugar

1 teaspoon sea salt

1 teaspoon cinnamon

1 teaspoon vanilla bean paste

1 cup fresh or frozen berries

Macadamia Crunch Crumble

125g (1 cup) plain flour

100g (½ cup) brown sugar

40g (½ cup) shredded coconut

125g macadamias

100g butter, chopped

Method

1. In a medium sized saucepan over a low heat, add cream, vanilla bean paste, cinnamon and star anise and bring to a simmer.
2. In your Kitchen Wizz Food Processor, insert the Disc Spindle and attach the Emulsifying Whisk. Add egg yolks and sugar and whisk until combined. Gradually whisk into hot milk mixture. Remove Disc Spindle and Emulsifying Disc from the bowl.
3. Heat saucepan over a low heat for 10 minutes or until thick enough to coat the back of spoon. Strain crème anglaise through a sieve and set aside in a jug for serving.
4. Preheat oven to 180°C.
5. In a large saucepan over a medium heat add apples, lemon juice and zest, flour, sugar, salt, cinnamon and vanilla. Bring to the boil and cook for 5-10 mins until apples are soft.
6. Meanwhile, to make the crumble, insert the Quad® Blade into your Kitchen Wizz Food Processor and add flour, sugar, butter, coconut and macadamias. Whizz until it resembles very coarse bread crumbs.
7. Reduce heat of apples, mix in berries and cook for a further 2 mins.
8. In a greased dish add the apple and berry mixture to the base, spoon the crumble mixture evenly over the top and bake in pre-heated oven for 25 minutes or until golden brown.
9. Serve in a bowl with cinnamon crème anglaise.



Carly & Tresne
the Happiness Mission
www.thehappinesmission.com.au

The Happiness Mission, founded by Carly and Tresne in 2016, provides primary and secondary students with a variety of wellbeing workshops to assist in increasing resilience and emotional intelligence.

In 2014 Carly and Tresne, won the hearts of Australians on My Kitchen Rules. With their resilient natures, positive attitudes and down to earth personalities, they became an inspiration to many Australians. They're now in high demand to MC events, guest appear and show off their culinary skills throughout Australia.



Hot Smoked Trout Salad, with Braised Cabbage & Beluga Lentils

Breville®

Hot Smoked Trout Salad, with Braised Cabbage & Beluga Lentils

 Prep time 45 minutes

 Serves 2



Breville's
Kitchen Wizz Food
Processor Range
Adjustable Slicer
Quad® Blade

250g smoked or cured trout

½ cup beluga lentils

½ cup freekeh

¼ or ½ red cabbage

1 tablespoon macadamia oil

1 garlic clove, chopped

½ teaspoon fennel seeds, crushed

2 cups water

½ cup assorted green leaves

Horseradish Dressing

6 egg yolks

1 lemon, juice only

1 tablespoon white balsamic vinegar

Pinch salt

1 garlic clove

250ml (1 cup) macadamia oil

Finely grated fresh horseradish

Method

1. Flake the fish, remove any residual bones. Set aside.
2. In a small saucepan, place lentils and add 1 cup of water. Bring to the boil.
3. Reduce heat and simmer until water absorbed and lentils are tender. Keep warm.
4. In another small saucepan, place freekeh and add 1 cup of water. Bring to the boil.
5. Reduce heat and simmer until water absorbed and freekeh is cooked through. Keep warm.
6. While lentils and freekeh are simmering, prepare the cabbage.
7. Fit the Kitchen Wizz Food Processor with the Disc Spindle and Adjustable Slicer, set to position 5.0mm.
8. Place cabbage into the feed chute and shred. Remove Disc Spindle and Adjustable Slicer from the bowl.
9. In a large heavy based pan, heat oil. Add garlic and fennel seeds. Sauté gently.

Horseradish Dressing

1. Fit the Kitchen Wizz Food Processor with the Quad® Blade.
2. Place egg yolks, lemon juice, vinegar, salt and garlic into the bowl of the Kitchen Wizz Food Processor.
3. Pulse until well combined.
4. Gradually add the macadamia oil in a slow steady stream so as to emulsify and thicken slightly. You will have a thick but pourable mayonnaise style dressing.
5. Add horseradish and pulse again to combine. Check for seasoning.
6. Transfer to a glass jar and refrigerate until required for up to 3 days.

To Serve

1. On a large platter or individual serving plates, add cabbage, lentils and freekeh.
2. Scatter flaked trout and garnish with seasonal green leaves. Drizzle horseradish dressing over the salad and serve immediately.



Samantha Gowing

Chef / Master of Gastronomic Tourism & Founder Gowings Food Health Wealth
www.foodhealthwealth.com

Chef Samantha Gowing help put 'food as medicine' on the map in Australia by using her unique blend of nutrition, fine dining and business expertise. As Australia's leading spa chef she has worked for the past fifteen years with people all over the world on improving their health and wellbeing.

Sam is the self-published author of *The Healing Feeling*, and writes prolifically on the future of food, food trends and the cult of the green smoothie.



Wild Orange & Cacao Jaffa Loaf

Wild Orange & Cacao Jaffa Loaf

 Prep time 40 minutes / Cooking time 1 hour

 Serves 6–8



Breville's
Kitchen Wizz Food
Processor Range
Quad® Blade

Large loaf tin or flan dish size 23 x 13 x 7cm

$\frac{1}{2}$ cup chia seeds

2 cups almond milk (1 for chia, 1 more for loaf)

1 cup coconut flour

$\frac{3}{4}$ cup cacao powder

4 small eggs, room temperature

2 tablespoons coconut oil, melted and cooled

2 oranges, juice and zest

2 cups cashew nuts, soaked in water for 4 hours

$\frac{1}{2}$ cup maple syrup

$\frac{1}{2}$ teaspoon salt

Wild orange essential oil (food grade)

Cacao Buckinis

2 cups raw buckwheat groats

$\frac{1}{2}$ cup dried cranberries or currants

3 tablespoons maple syrup

2 tablespoons cacao powder

2 teaspoons mesquite powder (optional)

2 teaspoons cinnamon

$\frac{1}{2}$ teaspoon nutmeg

4–6 drops wild orange essential oil (food grade)

Murray River or Olsson salt

Method

1. Preheat oven to 150°C. Soak chia in 1 cup of almond milk for 15 minutes. Stir briefly after 5 minutes. Set aside.

Meanwhile, combine coconut flour, cacao and eggs in the Kitchen Wizz Food Processor using the Quad® Blade attachment. Pulse to combine.

2. Add remaining cup of almond milk, coconut oil, orange juice, zest and cashew nuts. Pulse to combine.

3. Add soaked chia, maple and salt. Gently combine the wild orange essential oil.

4. Line a large loaf tin or flan dish with baking paper. Transfer the batter to the loaf tin or flan dish. Smooth over the top with a spatula. Sprinkle with cacao buckinis and orange zest.

5. Bake for 40 minutes or until cooked through. Test with a skewer. Allow to cool before serving. Store in the refrigerator for up to 3 days.

Cacao Buckinis

1. Soak buckwheat groats for 12 hours, drain well and pat dry. Transfer to a large mixing bowl and add remaining ingredients. Combine well. Transfer mixture to a lined baking tray. Bake at 150°C for 20 minutes.

Buckinis are usually made from raw activated buckwheat with raw cacao, coconut, cranberries and superfoods. Buckwheat *Fagopurum Esculentum* comes from the common dock and rhubarb family and is actually a fruit kernel. Often categorised as a grain, it belongs to the goosefoot family *Chenopodiaceae* that includes, spinach, rhubarb, beets and sorrel. Whole roasted buckwheat groats that have had the husk removed are called kasha.



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Guacamole

Guacamole

 Prep time 10 minutes

 Serves 8



Breville's
Kitchen Wizz Food
Processor Range
8mm Dicing Kit

4 avocados, peeled and stone removed

1 Roma tomato

½ small red onion

2 tablespoons fresh lime juice

1 jalapeño, minced

1 garlic clove, minced

½ cup fresh coriander leaves, chopped

Coarse salt and ground pepper to taste

Method

1. Using the 8mm Dicing Kit insert the avocado, tomato and then the red onion into the chute of the Kitchen Wizz Food Processor. Use the pusher to apply even pressure as you insert the fruits and vegetables.
2. Mix through the remaining ingredients and season to taste.

Tips

Add red and green sweet peppers for a bit more crunch.

If you like it spicy you can add more jalapeño or use birds eye chillies.



Potatoes O'Brien

Potatoes O'Brien

 Prep time 15 minutes / Cooking time 20 minutes

 Serves 4-6



Breville's
Kitchen Wizz Food
Processor Range

8mm Dicing Kit
12 mm Dicing Kit

1 large onion

½ small red capsicum, seeded

½ small green capsicum, seeded

1kg white or red potatoes, peeled

1 ½ tablespoons unsalted butter

1 ½ tablespoons olive oil

2 tablespoons finely chopped fresh parsley

Course salt and freshly ground

black pepper

To Serve

Tabasco sauce

Fried egg

Method

1. Using the 8mm Dicing Kit feed the onion into the chute of the Kitchen Wizz Food Processor and use the pusher to apply even pressure. Set the onions aside.
2. Change to the 12mm Dicing Kit, dice the capsicums and set aside. Then dice the potatoes into 12mm cubes.
3. In a large frying pan heat to medium-high, add half the butter and oil. Add the onion and saute for 5-7 minutes or until golden brown.
4. Add the capsicums and saute for an extra 3-5 minutes. Transfer to a bowl and set aside.
5. Add the remaining butter and olive oil to the same pan. Cook the cubed potatoes for 5-7 minutes until golden.
6. Return the capsicum mixture to the pan. Toss through parsley and season with salt and pepper to taste. Serve topped with a fried egg and tabasco sauce.



Ratatouille

Ratatouille

 Prep time 10 minutes / Cooking time 30 minutes

 Serves 4



Breville's
Kitchen Wizz Food
Processor Range
16mm Dicing Kit

1 large onion
1 red and yellow capsicum
1 eggplant
2 medium zucchini
4 firm tomatoes
1/2 cup olive oil, plus extra to garnish
1 tablespoon tomato puree
1 tablespoon chopped fresh thyme
2 tablespoons torn fresh basil leaves, plus
extra whole leaves to garnish
2 garlic cloves, minced or crushed
1 tablespoon red wine vinegar

Method

1. Using the 16mm Dicing Kit feed the vegetables into the chute of the Kitchen Wizz Food Processor and use the pusher to apply even pressure. Dice each vegetable separately and set aside.
2. Heat the oil in a frying pan over medium heat and add the onion. Cook for 2-3 minutes then add the capsicum and cook for a further 5 minutes. Transfer the onion and capsicum to a plate and set aside.
3. Add the eggplant and zucchini to the pan and cook over medium heat for 5-6 minutes. Return the onion and capsicum to the pan and stir in tomato puree.
4. Add thyme and fresh tomatoes. Reduce heat to low, cover and cook for 10-15 minutes, stirring occasionally. Stir in the basil, garlic and vinegar.
5. Season with salt and pepper to taste. Garnish with extra basil leaves, thyme and drizzle of olive oil.

Tips

Serve warm either on its own or with roast meat or fish and lemon halves.

Toss through pasta for a warm pasta dish.



Parsnip Soda Bread

Parsnip Soda Bread

 Prep time 30 minutes / Cooking time 45 minutes

 Makes one loaf



Breville's
Kitchen Wizz Food
Processor Range
Reversible Shredder
Dough Blade

1 parsnip
300g spelt flour
¼ cup linseeds
1 tablespoon nutritional yeast flakes
½ teaspoon sea salt
½ teaspoon bicarb soda
1 teaspoon dried rosemary

1 teaspoons dried oregano
1 teaspoon dried thyme
150ml yoghurt
100ml milk
1 teaspoon Dijon mustard
½ cup pepitas, plus 1 tablespoon extra
to sprinkle on top

Method

1. Preheat oven to 200°C and line a baking tray with baking paper.
2. Trim the ends off the parsnip and place the Disc Spindle and Reversible Shredder onto the large bowl of the Kitchen Wizz Food Processor. Press the whole parsnip through the shredder and transfer to a bowl.
3. Remove the Reversible Shredder and Disc Spindle and replace with the Dough Blade. Add spelt flour, linseeds, nutritional yeast flakes, sea salt, bi-carb and dried herbs into the mixing bowl. Process for 10 seconds until combined.
4. In a mixing bowl whisk together the yoghurt, milk and Dijon mustard before adding it to the dry mixture in the processor. Process for 30 seconds, scraping any flour off the sides or base of the bowl. Process again for 30 seconds until an even sticky dough is created. Add ½ cup of pepitas and process again for 10 seconds, to ensure pepitas remain whole.
5. Scrape the dough onto the baking tray and using floured hands form an oval loaf shape. Gently press the remaining pepitas into the top and bake in the bottom of oven for 45 minutes or until golden and hollow when tapped. Allow to cool before serving.



Jacqueline Alwill
Nutritionist & Director, The Brown Paper Bag
thebrownpaperbag.com.au

The goodness of whole foods, and sharing simple, nutritious ideas was the inspiration for The Brown Paper Bag. Jacqueline is passionate about helping others learn to love nutritious food, be creative and understand how it can provide their body with energy.

"Living optimally is about finding the balance on a physical, emotional, mental and spiritual level, loving your body and feeling well nourished."



Root Vegetable & Greens Pasties

Root Vegetable & Greens Pasties

 Prep time 40 minutes / Cooking time 30 minutes

 Makes 8 pasties



Breville's
Kitchen Wizz Food
Processor Range
Dough Blade
Reversible Shredder

For the pastry:

1 ½ cups spelt flour
1 cup ivory teff flour
Pinch salt
60g ghee, melted
⅓ (80ml) cup olive oil
120ml water

For the filling:

300g pumpkin, peeled
200g sweet potato, peeled
150g broccoli florets

100g peas

2 tablespoons basil leaves, shredded
¼ Spanish onion, finely diced
1 tablespoon nutritional yeast (or ½ cup parmesan)
2 (40ml) tablespoons olive oil
1 teaspoon chilli flakes, add more or less to taste
Salt and pepper, to season
1 egg, whisked for the eggs wash
Sesame seeds, to top
Coriander leaves, to garnish

Method

1. Preheat the oven to 180°C and line a baking tray with baking paper.

To make the pastry

1. Place the Dough Blade attachment onto the large bowl of the Kitchen Wizz Food Processor and add in the spelt flour, teff flour and a pinch of salt. Process for 20 seconds to combine. While the Dough Blade is moving, slowly pour in the ghee, olive oil and water and process for 30 seconds. Scrape any flour off the sides or base of the bowl and process for a further 30 seconds to ensure the dough comes together evenly.
2. Remove the dough and form into a large ball then wrap with cling wrap and allow to rest for 15 minutes. Remove Dough Blade from the bowl.

For the filling

1. Place the Disc Spindle and Reversible Shredder onto the large bowl of the Kitchen Wizz Food Processor and grate the pumpkin, sweet potato and broccoli. Transfer to a large mixing bowl and combine with peas, basil, nutritional yeast or parmesan, onion and olive oil. Mix well and season with salt and pepper and chilli flakes to taste.
2. Divide the pastry mix into 8 balls. Roll out the first ball between two sheets of baking paper until it is approximately 4–5mm thick and oval in shape.
3. Place approximately 3 tablespoons of the vegetable mixture into the centre of the pastry and fold over the pastry shaping it into a triangle. Press the edges together well with your fingers, brush with egg and sprinkle with sesame seeds. Place on prepared baking tray. Repeat with the remaining ingredients.
4. Bake in the oven for 30 minutes or until pastry is golden and filling is cooked/warmed. Garnish with coriander leaves and serve immediately.



Jacqueline Alwill
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The goodness of whole foods, and sharing simple, nutritious ideas was the inspiration for The Brown Paper Bag. Jacqueline is passionate about helping others learn to love nutritious food, be creative and understand how it can provide their body with energy.

“Living optimally is about finding the balance on a physical, emotional, mental and spiritual level, loving your body and feeling well nourished.”



Sweet Potato & Fruit Loaf

Breville®

Sweet Potato & Fruit Loaf

 Prep time 30 minutes / Cooking time 45 minutes

 Serves 12



Breville's
Kitchen Wizz Food
Processor Range
Reversible Shredder
Quad® Blade

Loaf tin size 23 x 13 x 7cm

200g raw sweet potato, peeled and cut into long pieces

¼ cup coconut oil, melted

3 eggs

2 teaspoons vanilla essence

½ teaspoon bicarb

2 teaspoons baking powder

1 tablespoon ground cinnamon

¼ cup milk

2 small bananas, peeled

¾ cup rye flour

¾ cup spelt flour

Pinch of salt

½ cup raisins

½ cup currants

¾ cup pecans, for top

Method

1. Preheat oven to 180°C and line a loaf tin with baking paper.
2. Place the Disc Spindle and Reversible Shredder onto the large bowl of the Kitchen Wizz Food Processor. Press the sweet potato pieces through the chute and transfer to a bowl.
3. Replace the Disc Spindle and Reversible Shredder with the Quad® Blade. Add the coconut oil, eggs, vanilla, bi-carb soda, baking powder, cinnamon and milk into the bowl and process for 20 seconds. Add grated sweet potato and bananas and process for a further 10 seconds. Add rye and spelt flour and salt, blitz for 20 seconds, then add raisins and currants and process for 10 seconds to combine.
4. Transfer the mixture to the lined loaf tin and press the pecans evenly across the top. Bake on middle shelf of oven for 45 minutes or until cooked when tested with a skewer. Cool in tin for 20 minutes, then transfer to a wire rack to cool completely.



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Shaved Cucumber, Dill & Goats Cheese Salad

Shaved Cucumber, Dill & Goats Cheese Salad

 Prep time 15 minutes

 Serves 2



Breville's
Kitchen Wizz Food
Processor Range
Reversible Shredder
Mini Processing Blade

350g Lebanese cucumbers
2 tablespoons pepitas
2 tablespoons sunflower seeds
¼ cup finely chopped red onion
75g goat cheese
1 cup rocket or watercress leaves
½ cup dill leaves, picked
Sea salt and freshly ground black pepper
1 teaspoon white balsamic vinegar

Avocado Dressing:

½ cup avocado flesh
1 teaspoon lime zest
1 teaspoon lime juice
Pinch salt

Dressing:

1. Using the small bowl and Mini Processing Blade of the Kitchen Wizz Food Processor, place all ingredients for the avocado dressing and process (approximately 15 seconds) until a smooth consistency is created.

Salad:

1. Using the large bowl of the Kitchen Wizz Food Processor, insert the Disc Spindle and set the Adjustable Slicer to 1.5. Press the whole cucumber through the slicer.
2. Arrange half the cucumber slices onto a serving platter or salad bowl, place a few small dollops of the avocado dressing, then top with half the pepitas, sunflower seeds, onion, rocket, dill leaves and crumble over the goats cheese.
3. Do the same again to create a lovely second layer in the salad. Season with sea salt, black pepper and a drizzle of white balsamic and serve.



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