



Shepherd's Pie

A hearty lamb and vegetable filling topped with golden mashed potato

INGREDIENTS

Lamb Mince, Olive Oil, Brown Onions, Carrots, Peas, Tomato Paste, Plain Flour, Beef Stock, Worcestershire Sauce, Bay Leaves, Potatoes, Butter, Milk

SIMPLOT SHORTCUTS *substitute using...*

Edgell Chopped Onions (40273), **Edgell** Diced Carrots (40210), **Edgell** Peas (40009), **Edgell** Real Mash (48536) and **Leggos** Tomato Paste (48536)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	40 MINS	10 MINS
PASSIVE COOK TIME (I.E. time in oven)	20 MINS	20 MINS
ACTIVE COOK TIME (I.E. actively engaged in cooking)	30 MINS	20 MINS
TOTAL HANDS ON LABOUR TIME	70 MINS	30 MINS
PER PORTION LABOUR COST (I.E. based on \$22/hour making 10 portions)	\$2.57	\$1.10
PER PORTION FOOD COST	\$0.97	\$1.49
	<i>total cost per portion</i> \$3.54*	<i>total cost per portion</i> \$2.59*

hints, tips and nutrition Facts...

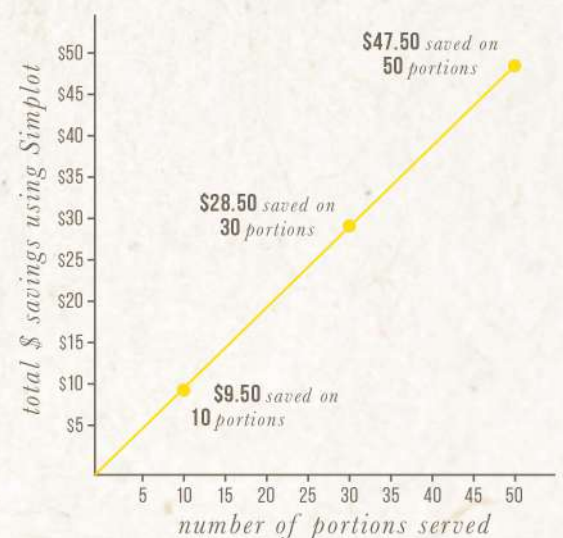
USING SIMPLOT RECIPE

ENERGY 851 kJ PROTEIN 18 g

FIBRE 2 g SODIUM 437 mg

Per 225g serve

- ✓ HIGH IN IRON, LOW IN SALT
- ✓ SUITABLE FOR TEXTURE MODIFIED RESIDENTS (SOFT AND MOIST MINCE)
- ✓ BLEND FOR PUREED DIETS
- 💡 ADD MORE COLOUR WITH EDGELL PEARL COUS COUS & MÉLANGE MIXED VEGETABLES
- 💡 THE MEAT BASE CAN BE MADE IN BULK AND BLAST FROZEN FOR LATER USE, THEN TOP WITH REAL MASH IN MINUTES



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Crumbed Fish

Tender, flaky fish coated
in a crunchy crumb

INGREDIENTS

White Fish, Eggs, Breadcrumbs, Flour, Milk

SIMPLIOT SHORTCUTS *substitute using...*



Crunchy Crumbed Fish 110g (01914)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	35 MINS	1 MIN
PASSIVE COOK TIME (I.E. time in oven)	0 MINS	0 MINS
ACTIVE COOK TIME (I.E. actively engaged in cooking)	9 MINS	8 MINS
TOTAL HANDS ON LABOUR TIME	44 MINS	9 MINS
PER PORTION LABOUR COST (I.E. based on \$22/hour making 10 portions)	\$1.61	\$0.33
PER PORTION FOOD COST	\$1.02	\$1.23
	total cost per portion \$2.63*	total cost per portion \$1.56*

hints, tips and nutrition Facts...

USING SIMPLIOT RECIPE

ENERGY
879kj

PROTEIN
11g

FIBRE
1g

SODIUM
388mg

Per 110g serve



PERFECT COOKED IN A COMBI-OVEN
USING AN OVEN FRY TRAY FOR A
GOLDEN AND CRISPY FINISH



SERVE WITH EXTRA TARTARE SAUCE
FOR SOFT AND MINCED MOIST DIETS



HIGHER IN FIBRE AND LOWER IN SALT
THAN THE SCRATCH RECIPE



LESS FAT THAN THE SCRATCH RECIPE



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Chickpea & Vegetable Frittata

A light and fluffy frittata filled with vegetables and chickpeas

INGREDIENTS

Chick Peas, Onion, Olive Oil, Peas, Corn, Carrots, Cheese, Eggs

SIMPLOT SHORTCUTS *substitute using...*

Edgell Chopped Onions (40273), **Edgell** Chick Peas (43162), **Edgell** Peas (40009), **Edgell** Diced Carrots (40210) and **Edgell** Corn Kernels (40009)

BASED ON MAKING 10 PORTIONS

from **Scratch**

from **Simplot**

PREP TIME	30 MINS	8 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	20 MINS	20 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	6 MINS	6 MINS
TOTAL HANDS ON LABOUR TIME	36 MINS	14 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.32	\$0.51
PER PORTION FOOD COST	\$1.31	\$1.27
	<i>total cost per portion</i> \$2.63*	<i>total cost per portion</i> \$1.79*

hints, tips and
nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
1094kJ

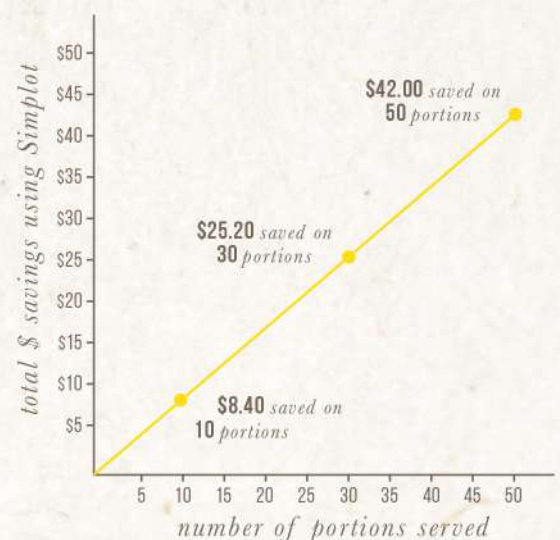
PROTEIN
17g

FIBRE
5g

SODIUM
270mg

Per 196g serve

- ✓ ADD MORE CHEESE TO BOOST PROTEIN AND CALCIUM LEVELS
- ✓ SUITABLE FOR SOFT DIETS
- ✓ LOW IN SALT
- 💡 SERVE WITH EDGELL RUSTIC ROAST POTATOES



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Beef Burger

Delicious, quality beef patty seasoned with flavour, topped with fresh vegetables on a soft bun

INGREDIENTS

Beef Mince, Salt, Olive Oil, Tomato Sauce, Mayonnaise, Dijon Mustard, Sliced Cheese, Soft Bun, Tomato, Onion, Gherkins.

SIMPLOT SHORTCUTS *substitute using...*



120g Aussie Classic Beef Burger Patty (11638)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	18 MINS	8.5 MINS
PASSIVE COOK TIME (I.E. time in oven)	0 MINS	15 MINS
ACTIVE COOK TIME (I.E. actively engaged in cooking)	14 MINS	4 MINS
TOTAL HANDS ON LABOUR TIME	32 MINS	12.5 MINS
PER PORTION LABOUR COST (I.E. based on \$22/hour making 10 portions)	\$1.17	\$0.46
PER PORTION FOOD COST	\$2.07	\$2.43
	total cost per portion \$3.24*	total cost per portion \$2.89*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
2886kj

PROTEIN
32g

FIBRE
12g

SODIUM
1352mg

Per 260g serve

- ✓ MORE THAN DOUBLE THE FIBRE THAN THE SCRATCH RECIPE
- ✓ MORE IRON THAN THE SCRATCH RECIPE
- ✓ A PAR COOKED, MEATIER, THICKER BURGER PATTY AVAILABLE IN BOTH 120G AND 85G
- ✓ MADE WITH AUSTRALIAN BEEF
- ✓ BURGER CAN BE GRILLED, PAN-FRIED OR OVEN BAKED

💡 DEFROST IN A REFRIGERATOR FOR 12 HOURS BEFORE COOKING TO SPEED UP COOKING TIME



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Homemade Baked Beans

A variety of beans covered in a rich tomato based sauce, a perfect addition to breakfast

INGREDIENTS

Mixed Beans, Ham Hock, Onion, Garlic, Olive Oil, Diced Tomatoes, Worcestershire Sauces, Maple Syrup, Dijon Mustard

SIMPLOT SHORTCUTS *substitute using...*

Edgell Four Bean Mix (43163), **Edgell** Chopped Onions (40273), **Leggos** Classic Herb Sauce (05574)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	35 MINS	10 MINS
PASSIVE COOK TIME (I.E. time in oven)	25 MINS	25 MINS
ACTIVE COOK TIME (I.E. actively engaged in cooking)	29 MINS	24 MINS
TOTAL HANDS ON LABOUR TIME	64 MINS	34 MINS
PER PORTION LABOUR COST (I.E. based on \$22/hour making 10 portions)	\$0.94	\$0.50
PER PORTION FOOD COST	\$1.26	\$0.82
total cost per portion \$2.20*		total cost per portion \$1.32*

hints, tips and nutrition Facts...

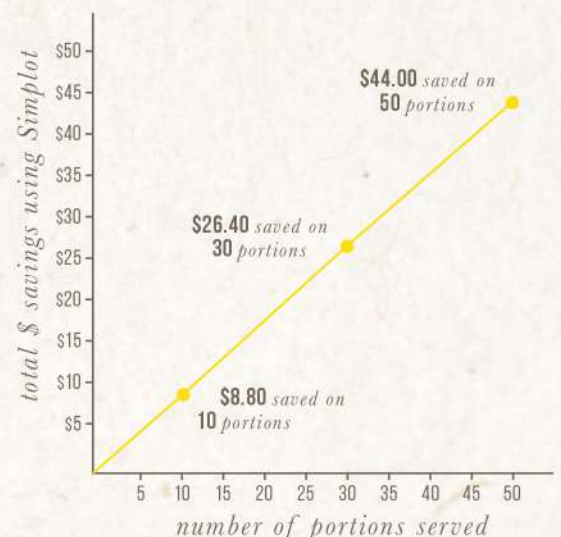
USING SIMPLOT RECIPE

ENERGY 476kj PROTEIN 4g

FIBRE 5g SODIUM 564mg

Per 154g serve

- ✓ SUITABLE FOR SOFT AND MINCED MOIST DIETS
- ✓ BLEND FOR PUREED DIETS
- ✓ LOW IN SALT
- ✓ HIGH IN FIBRE
- 💡 ENJOY WITH EDGELL MINI HASH BROWNS
- 💡 RECIPE CAN BE MADE IN LARGER BATCHES AND FROZEN IN DESIRED PORTION SIZE



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Roast Potatoes

Crispy golden potatoes, easy to prepare and perfect for a Sunday Roast

INGREDIENTS

Potatoes, Olive Oil

SIMPLOT SHORTCUTS *substitute using...*

Edgell Ready to Roast Potatoes (42312)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	9 MINS	1 MIN
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	40 MINS	30 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	2 MINS	2 MINS
TOTAL HANDS ON LABOUR TIME	11 MINS	3 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$0.40	\$0.11
PER PORTION FOOD COST	\$0.22	\$0.35
	<i>total cost per portion</i> \$0.62*	<i>total cost per portion</i> \$0.46*

hints, tips and
nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
555kj

PROTEIN
3g

FIBRE
2g

SODIUM
251mg

Per 100g serve

💡 TOP WITH CHEESE TO BOOST
CALCIUM AND ENERGY

💡 SERVE WITH EXTRA SAUCES/GRAVY
FOR MINCED MOIST DIETS

✓ LOW IN SALT

💡 TOSS POTATOES IN CHOPPED FRESH
ROSEMARY AND OLIVE OIL TO
ENHANCE FLAVOUR



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Vegetable Patties

A delicious blend of eight vegetables, a vegetarian alternative to a classic Aussie burger

INGREDIENTS

Potato, Corn, Capsicum, Broccoli, Cauliflower, Carrot, Peas, Onion, Olive Oil, Flour, Egg, Corn Flour

SIMPLOT SHORTCUTS *substitute using...*

 Vegetable Patty (41957)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	25 MINS	0.5 MINS
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	10 MINS	25 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	12 MINS	2 MINS
TOTAL HANDS ON LABOUR TIME	37 MINS	2.5 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.36	\$0.09
PER PORTION FOOD COST	\$0.59	\$0.78
	<i>total cost per portion</i> \$1.95*	<i>total cost per portion</i> \$0.88*

hints, tips and nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
783kj

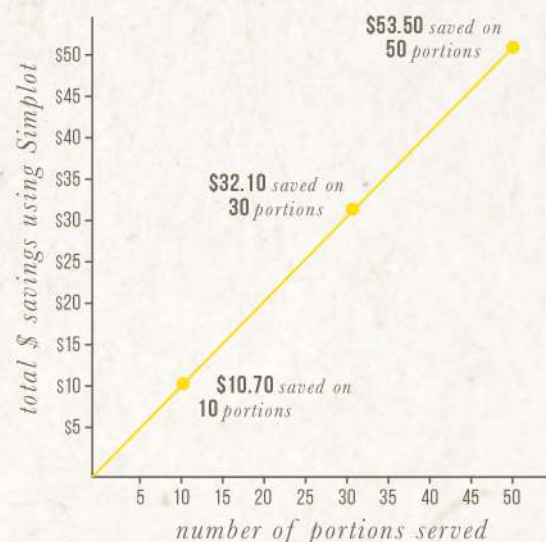
PROTEIN
5g

FIBRE
3g

SODIUM
481mg

Per 100g serve

- ✓ GREAT FINGER FOOD FOR RESIDENTS WITH DEMENTIA
- 💡 GOOD WAY TO GET EXTRA VEGETABLES INTO THE MEAL
- 💡 MORE VARIETY FOR VEGETARIANS
- 💡 OVEN BAKE OR PAN-FRY FOR AN EXTRA CRISPY COATING*



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Chicken Kiev

Tender chicken encased in a golden crumb, oozing with delicious garlic sauce

INGREDIENTS

Butter, Garlic, Parsley, Flour, Breadcrumbs, Chicken Breast, Egg

SIMPLOT SHORTCUTS *substitute using...*



Boneless Chicken Kiev (07432)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	45 MINS	1 MIN
PASSIVE COOK TIME (I.E. time in oven)	20 MINS	35 MINS
ACTIVE COOK TIME (I.E. actively engaged in cooking)	2 MINS	2 MINS
TOTAL HANDS ON LABOUR TIME	47 MINS	3 MINS
PER PORTION LABOUR COST (I.E. based on \$22/hour making 10 portions)	\$1.72	\$0.11
PER PORTION FOOD COST	\$2.49	\$3.18
	<i>total cost per portion</i> \$4.22*	<i>total cost per portion</i> \$3.29*

hints, tips and
nutrition Facts...

USING SIMPLOT RECIPE

ENERGY
2848kj

PROTEIN
32g

FIBRE
3g

SODIUM
675mg

Per 250g serve

- ✓ HIGH PROTEIN PER SERVE
- ✓ NO BONES FOR EASY EATING
- 💡 GARNISH WITH FRESH PARSLEY FOR VISUAL IMPACT
- 💡 FOR A GOLDEN CRISPY CRUMB PAR FRY THE KIEV FOR 2 MINUTES BEFORE FINISHING IN THE OVEN



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