

WASTE LESS, TASTE MORE

# take a bunch

Got leftover basil? Here's how to make the most of this versatile and delicious herb

# of basil

**BASIL & BOCCONCINI CHICKEN**  
Recipe on page 48



**CHICKEN & CAPSICUM SANDWICH**  
Recipe on page 48



... and whip up these tasty creations

**CHILLI & BASIL PRAWN STIR-FRY WITH PUMPKIN**  
Recipe on page 48



## Basil & bocconcini chicken

serves: 4 prep: 30 min cooking: 25 min



1 cup fresh basil leaves, coarsely chopped  
1 garlic clove, crushed  
¼ cup (20g) finely grated parmesan cheese  
800g kent pumpkin, cut into 8 wedges  
1 tbs olive oil  
2 x 300g skinless chicken breast fillets  
120g baby bocconcini cheese, sliced  
½ cup (125ml) chicken stock  
1 tbs pine nuts, toasted (see tip)

- 1 Preheat oven to 200°C. Combine basil, garlic and parmesan in a bowl.
- 2 Place pumpkin in a 22cm x 30cm baking dish. Drizzle with half the oil.
- 3 Cut each chicken breast horizontally into 2 thin fillets. Working with 1 at a time, place chicken between 2 sheets of plastic wrap. Pound gently with a rolling pin or meat mallet until 1cm thick. Top each chicken piece with one-quarter of both basil mixture and bocconcini. Roll to enclose filling. Tie with kitchen string to secure.
- 4 Heat remaining oil in a large non-stick frying pan over high heat. Cook chicken, turning, for 5 minutes or until browned. Place chicken on pumpkin in dish. Add ¼ cup (60ml) water to frying pan and bring to the boil. Pour over chicken.
- 5 Bake for 15-20 minutes or until chicken is cooked through and pumpkin is tender. Transfer to a plate. Cover with foil and set aside to rest for 5 minutes before thickly slicing chicken.
- 6 Add stock to hot baking dish and stir to heat through. Sprinkle pumpkin with pine nuts and drizzle chicken with stock mixture to serve.

**SERVE WITH** 0 SmartPoints value mixed salad leaves and cherry tomatoes, drizzled with balsamic vinegar.

6 SmartPoints value per serve

### Healthy kitchen tip

To toast pine nuts, toss them in a small non-stick frying pan over medium-high heat until golden.

## Chilli & basil prawn stir-fry with pumpkin

serves: 4 prep: 15 min cooking: 15 min



1 tbs peanut oil  
450g pumpkin, peeled, thinly sliced, cut into thin wedges  
24 medium green prawns, peeled, leaving tails intact, deveined  
2 green shallots, thinly sliced  
4cm piece green ginger, finely grated  
2 garlic cloves, finely chopped  
1 long fresh red chilli, thinly sliced  
200g snow peas  
2 tbs salt-reduced soy sauce  
1 tbs oyster sauce  
1 cup fresh basil leaves

- 1 Heat half the oil in a wok over medium-high heat. Cook pumpkin, in batches, for 4 minutes each side or until tender and golden. Transfer to a plate.
- 2 Heat remaining oil in wok. Stir-fry prawns, shallot, ginger, garlic and chilli for 2 minutes. Add snow peas, soy sauce, oyster sauce and 2 tablespoons of water. Stir-fry for 1 minute or until snow peas are bright green, tender and crisp. Remove from heat. Add basil leaves and pumpkin and season with pepper. Toss to combine.

**SERVE WITH** steamed basmati rice. Add 3 SmartPoints value per ½ cup (85g).

2 SmartPoints value per serve

## Chicken & capsicum sandwich with basil aioli

serves: 4 prep: 15 min cooking: 30 min



1 red capsicum, cut into quarters  
1 zucchini, halved crossways, thinly sliced lengthways  
200g skinless chicken breast fillet  
¼ cup (75g) low-fat mayonnaise  
2 tbs finely chopped fresh basil  
½ small garlic clove, crushed  
8 x 35g slices multigrain bread  
2 cups (60g) baby rocket leaves

- 1 Preheat a chargrill or barbecue over medium-high heat. Lightly spray both sides of capsicum with oil. Cook, turning occasionally, for 12-15 minutes or until tender and lightly charred. Wrap in foil and set aside to cool slightly (see tip). Peel and discard skin. Thickly slice flesh.
- 2 Meanwhile, lightly spray both sides of zucchini with oil. Cook for 2 minutes each side or until tender. Transfer to a plate.
- 3 Reduce heat to medium. Lightly spray both sides of chicken with oil. Cook for 5-6 minutes each side or until cooked through. Transfer to a plate. Set aside to cool before slicing thinly.
- 4 Combine mayonnaise, basil and garlic in a small bowl. Season aioli with salt and freshly ground black pepper.
- 5 Spread half the bread slices with aioli. Top with rocket, capsicum, zucchini and chicken. Sandwich with remaining bread slices. Serve.

8 SmartPoints value per serve

### Healthy kitchen tip

Wrapping the capsicum in foil creates steam, which helps lift the skin and makes it easier to peel.



## Minestrone with pasta & pesto

Serves: 6 prep: 25 min cooking: 35 min

1 tbs olive oil  
100g sliced prosciutto, fat trimmed, finely chopped  
1 leek, finely chopped  
1 carrot, finely chopped  
2 garlic cloves, crushed  
2 cups (170g) finely shredded white (savoy) cabbage  
1.5L (6 cups) salt-reduced chicken stock  
400g can diced tomatoes  
75g spaghetti pasta, broken into 5cm lengths  
400g can red kidney beans, rinsed, drained  
2 zucchini, finely chopped  
½ cup (60g) frozen peas  
½ cup shredded fresh basil leaves  
2 tbs store-bought basil pesto (see tip)  
2 tbs finely grated parmesan cheese

- 1 Heat oil in a large saucepan over medium-high heat. Add prosciutto, leek, carrot and garlic and cook, stirring, for 5 minutes or until leek has softened.
- 2 Add cabbage, stock and tomatoes and bring to the boil. Reduce heat and simmer, uncovered, for 12-15 minutes or until vegetables are tender.
- 3 Add pasta, beans and zucchini and cook, stirring occasionally, for 7-10 minutes or until pasta and zucchini are tender. Add peas and basil and stir until heated through. Season with salt and freshly ground black pepper.
- 4 Ladle soup into serving bowls. Serve dolloped with pesto dip and sprinkled with parmesan.

5 SmartPoints value per serve

-1 Swap store-bought pesto for 2 tbs light homemade pesto (see tip)

... or turn it into pesto perfection

### Healthy kitchen tip

To make 1 cup light homemade basil pesto, place 1½ tbs toasted pine nuts, 2 cups firmly packed fresh basil leaves, ½ cup chicken stock, ¼ cup grated parmesan cheese, 3 tsp olive oil, 2 cloves garlic, peeled, and ½ tsp salt in a blender and process until smooth and thick.

## Roasted tomato, feta & basil tarts

serves: 6 prep: 15 min cooking: 20 min



2 (340g) sheets reduced-fat puff pastry, just thawed  
¼ cup (65g) store-bought basil pesto (see tip)  
4 small roma tomatoes, thinly sliced  
180g reduced-fat feta cheese, crumbled  
40g rocket leaves, to serve

- 1 Preheat oven to 200°C. Line a baking tray with baking paper. Cut six 10cm discs from pastry and place on the prepared tray.

- 2 Spread pesto over pastry circles, leaving a 1cm border around the edge. Top each with tomato slices and feta. Lightly spray tarts with oil. Bake for 15-20 minutes or until pastry is puffed and golden. Season with salt and freshly ground black pepper. Serve warm tarts topped with rocket.

8 SmartPoints value per serve

-1 Swap store-bought pesto for ¼ cup light homemade pesto (see tip)

Food

