



MAKE EATING IN
FEEL LIKE
EATING OUT



RECIPE BOOK

BORED OF THE SAME OLD MEALS ON REPEAT?

MAKE ANYTHING
ZING WITH



TRY THESE DELICIOUS POPULAR
RECIPES, WITH A TWIST!



CARBONARA WITH A TWIST

CARBONARA

Serves 4

2 tsb olive oil
200g bacon, diced
3 gloves garlic, crushed
2 egg yolks
1/2 cup Farmers Union Greek Style Yogurt (FUGY)
75 g parmesan cheese, finely grated
1 packet of spaghetti
Salt and pepper

Heat oil in a large, non-stick frying pan over medium heat. Add bacon and garlic. Cook, stirring, for 10 minutes or until bacon is crispy. Drain on paper towel.

Whisk egg yolks, FUGY and three-quarters of the parmesan together in a bowl. Season with salt and pepper.

Boil salted water, and cook pasta until al dente. Once pasta is cooked, drain, reserving $\frac{1}{4}$ cup of pasta water.

Add egg mixture and bacon to pasta. Season with salt and pepper. Toss over low heat until well combined, add in reserved pasta water to loosen sauce if need be. Serve with remaining parmesan and a dollop of FUGY.

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SALAD DRESS TO IMPRESS

GREEK CHICKEN SALAD

1 Serve

1 chicken breast, marinated in lemon juice and olive oil

1 cup iceberg lettuce, chopped

1 cup tomato, chopped

1/2 cup Lebanese cucumber

8-10 Kalamata olives

1/4 of a red onion diced

10g feta, broken into chunks

1 teaspoons dried oregano

2 tbsp olive oil

Salt and pepper

Farmers Union Greek Yogurt (FUGY)

Grill chicken on a medium heat grill pan, until cooked through, put aside. Add the lettuce to a large bowl. Top with the sliced chicken, tomatoes, cucumber, olives, and feta cheese. Season with dried oregano plus salt and pepper. Add a generous serving of FUGY.

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MAKE YOUR SOUP A STAR

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PUMPKIN SOUP

Serves 4-6

1kg pumpkin, sliced, seeds removed
1/2 tsp. freshly grated nutmeg
2 tbsp. olive oil
2 tbsp. butter
1 onion, finely diced
1 leek, washed and finely diced
1 garlic clove, diced
2 potatoes, peeled and diced
1L chicken stock
2 tbsp. Farmers Union Greek Style Yogurt (FUGY)
Salt and pepper
Parsley, finely chopped for garnish

Pre-heat oven to 180C. On a lined baking tray place sliced pumpkin, drizzle with olive oil and sprinkle with nutmeg. Roast for 30 minutes until golden and tender. Once cooled, scrape pumpkin flesh from the skin with a spoon and place in a bowl to one side.

In a heavy based pan, heat butter over a medium heat. Add onion and leek and cook for 5 minutes before adding garlic. Cook for a further 5 minutes. Add in pumpkin, followed by potato. Add stock, reduce to a simmer and cook for 20 minutes or until the potato is tender.

Remove from heat and allow to slightly cool before blending until smooth. Add in FUGY, season and stir well.

To serve, spoon into bowls, top with FUGY, a sprinkle of salt and pepper and finely chopped parsley.

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TURN YOUR
STROGANOFF
ON

BEEF STROGANOFF

Serves 4

2 tbsp. olive oil
700g beef stir fry strips
1 large brown onion, sliced
500g cup mushrooms, sliced
2 tbsp. plain flour
1 tbsp. tomato paste
1/2 tsp. Dijon mustard
1 1/2 cup beef stock
1/2 cup Farmers Union Greek Style Yogurt (FUGY)
1/2 cup parsley
Sprinkle of paprika

Heat half of the oil in a deep frying pan over medium heat and cook beef in batches for 5 minutes or until browned. Transfer to a bowl.

Increase heat to medium-high and add onion and mushrooms to pan. Cook for 10 minutes or until golden and liquid has evaporated. Sprinkle flour over mushroom mixture. Add tomato paste and mustard. Stir and cook for 3-5 minutes.

Slowly add beef stock and sauce to pan, stirring constantly. Bring mixture to a light simmer. Return beef to pan, remove from heat add FUGY. Stir until combined. Cook for 2 minutes or until meat is heated through. Sprinkle with parsley and paprika, and a large dollop of FUGY to serve.

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TACOS THAT'LL
RING YOUR
BELL

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CHICKEN TACOS

Serves 4

To serve

Chicken

2 chicken breasts, diced in to 1 cm cubes

1 tbsp. chilli powder

1/2 tsp. chipotle powder

1/4 tsp. garlic powder

1/4 tsp. dried oregano

1/2 tsp. paprika

1 1/2 tsp. ground cumin

1 tsp. sea salt

1 tsp. pepper

Zest and juice of half a lime

1 tbsp. olive oil

4 pieces of corn on the cob, grilled

8-10 Corn tortillas
Tomatoes, diced
Red onion, finely diced
Coriander leaves
Lime wedges
Farmers Union Greek
Style Yogurt (FUGY)

Start with the chicken, add all spices plus salt and pepper into a large bowl, mix until well combined. Add in chicken and mix until they are well coated in spice mix. Set aside in fridge.

To grill corn, brush each cob in olive oil and sprinkle with salt and pepper. Ensure the grill is hot, place on corn and grill for 12-15 minutes turning every 5 minutes. The corn should be lightly browned and slightly blackened, just enough for the kernels to be cooked. Once ready, remove kernels from corncob and set aside.

For the chicken, heat olive oil in a shallow pan, and fry chicken until cooked through.

To assemble tacos, first warm corn tortillas in warm fry pan. Once they are removed, top with chicken, diced tomatoes, corn from the cob, diced red onion, a squeeze of lime, fresh coriander and generous dollop of FUGY.

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BUTTER CHICKEN

Serves 4

Chicken skewers

600g boneless chicken thighs,
cubed
1/2 cup Farmers Union Greek
Style Yogurt (FUGY)
2.5 cm fresh ginger, finely grated
6 cloves garlic
1 tbsp. ground coriander
1 tsp ground cumin
1 tsp chilli powder
Juice of 1/2 lemon
1/2 tsp salt

Curry Sauce

500g Passata
4 tbsp. FUGY
1/2 tsp chilli powder
1/2 tsp garam masala
80g butter
1/2 tsp fenugreek seeds, ground
1 tbsp. water (if required to
loosen sauce)
1/2 tsp salt

Coriander, to garnish

First, marinate the cubed chicken thighs. Mix all ingredients together in a bowl, add chicken and make sure it is well coated. Cover and place in the refrigerator for an hour.

Remove chicken from the fridge and line up on a foil lined baking tray and grill for 25 minutes, turning half way through, lightly charring the tops of the chicken.

To make curry sauce, place passata and FUGY in a large pan, on a low heat and stir well. Increase to medium heat, add chilli powder, garam masala and stir, lastly add in the butter and fenugreek. When sauce starts to bubble, remove chicken from tray and place, including any juices, into the pot.

Cover and simmer for a further 10-15 minutes, until the colour deepens to a rich red. Serve, garnished with coriander and a large dollop of FUGY.

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WAKE UP
YOUR MUESLI

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FUGY BREKKY

Makes 4 serves

4 cups Farmers Union Greek Style Yogurt (FUGY)

60g Blueberries, some sliced

60g Strawberries, sliced

60g Blackberries

2 Passionfruit, pulp removed

1 small Mango, diced

Mint, garnish

In a bowl combine the fruit and mix. Place $\frac{1}{4}$ cup of granola mix in the bottom of the bowl, add 1 cup FUGY and layer fruits on top, dress with a mint leaf and a sprinkle of extra granola.

OPTION - MAKE YOUR OWN GRANOLA!

Makes about 6 cups

2 cups rolled oats

$\frac{1}{2}$ cup slivered almonds

$\frac{1}{2}$ cup pecans

3 tbsp. sesame seeds

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

$\frac{1}{2}$ cup shaved coconut

200ml maple syrup

1 tsp vanilla essence

2 tablespoons olive oil

Pinch sea salt

**$\frac{1}{2}$ cup dried apricots,
cut in half or quarters**

$\frac{1}{4}$ cup goji berries

Preheat oven to 200C. Place oats, almonds, pecans, sesame seeds, sunflower seeds and coconut in a large bowl. Mix until well combined. In a jug mix maple syrup, vanilla and olive oil. Pour over oat mix and sit until everything is well coated.

Divide mix over two lined baking pans, making sure it is well spaced out. Place trays in the oven for 15 minutes. After 15 minutes remove from oven and stir and shuffle the mix. Return to the oven for another 10 minutes.

Remove from the oven, and mix through apricots and goji berries. Allow to completely cool and store in airtight container.

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MAKE YOUR
FRUIT MORE
APPEALING

MAKE ANYTHING
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FUGY FRUIT SALAD

Makes 4 serves

4 cups Farmers Union Greek Style Yogurt (FUGY)

60g Blueberries, some sliced

60g Strawberries, sliced

60g Blackberries

2 Passionfruit, pulp removed

1 small Mango, diced

Mint, garnish

In a bowl combine the fruit and mix. Place 1 cup of FUGY in a bowl and layer fruits on top, dress with a mint leaf.

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For more recipe inspiration visit:
www.farmersunionyogurt.com.au

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