

Fabulous Vegemite



Vegemite Pizza

This is one THE WHOLE family will just love!!

PREPARATION: **5mins** COOKING: **15mins** SERVES: **4**

Ingredients:

- 1 large frozen pizza base, thawed
- 1 tablespoon VEGEMITE*
- 100g thinly sliced ham
- 1 small onion, sliced
- 1 1/2-2 cups grated tasty cheese
- 2 eggs, lightly beaten

Method:

1. **SPREAD** the Vegemite* over the pizza base and top with the ham, onion, cheese and lastly pour over the beaten egg.
2. **BAKE** in a moderately hot oven 190°C for 12-15 minutes or until golden and egg is cooked through. Serve immediately.



Cherry Tomato Tarts

Quick and easy and deliciously crunchy!

PREPARATION: **10mins** COOKING: **15mins** SERVES: **8**

Ingredients:

- 2 sheets puff pastry, thawed
- 1 egg white, lightly beaten
- 1 punnet cherry tomatoes, halved
- 100g button mushrooms, quartered
- 60g block PHILADELPHIA*, cut into small dice
- 1 tablespoon VEGEMITE*
- 1 tablespoon honey
- ½ teaspoon dried rosemary leaves

Method:

1. **CUT** each pastry sheet into 4 even squares. Place onto lined oven trays and fold over 2cm of each edge to form a border. Cut slits along the border every 2-3 cm all the way around the square. Brush lightly with the beaten egg white.
2. **TOP** the pastry squares with the tomatoes, mushrooms and Philly*.
3. **COMBINE** the Vegemite*, honey and rosemary. Drizzle over each square. Bake at 200°C fan-forced for 12-15 minutes until base is crisp and golden. Enjoy immediately.



Spicy Lamb and Noodles in Lettuce Cups

Vegemite* like you've never tasted before!!

PREPARATION: **10mins** COOKING: **8mins** SERVES: **4**

Ingredients:

- 1 tablespoon oil
- 1 large red onion, sliced
- 2-3 cloves garlic, crushed
- 500g lamb or beef strips
- 1/3 cup sweet chilli sauce
- 1 tablespoon VEGEMITE*
- 100g pkt Fried Noodles
- 8 lettuce leaves, washed and trimmed if necessary
- 2 tablespoons chopped coriander

Method:

1. **HEAT** half the oil in a wok and stir fry the onion and garlic until softened. Remove from the wok and set aside.
2. **STIR-FRY** the lamb strips in the remaining oil for 3-5 minutes or until well browned. Stir in the chilli sauce, Vegemite*, onions and garlic and heat thoroughly, toss through the noodles and spoon evenly into the lettuce cups. Sprinkle with the coriander and serve immediately.



Beef and Bacon Pie

A classic winter warmer.

PREPARATION: **20mins** COOKING: **40mins** SERVES: **6**

Ingredients:

- 3 rashers bacon, chopped
- 2 onions, chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1kg beef mince
- 1 tablespoon VEGEMITE*
- 1 carrot, grated
- 1 potato, grated
- 1 parsnip, grated
- 1 cup water
- 1/3 cup tomato paste
- 1-2 sheets ready rolled puff pastry
- 1 egg yolk, lightly beaten

Method:

1. **COOK** the bacon, onion and spices in a heavy based saucepan until onion is tender. Add beef and continue to stir until browned. Stir in Vegemite*, carrot, potato, parsnip, water and tomato paste. Bring to the boil and simmer, covered, for 15 minutes.
2. **POUR** into a 2.5 litre baking dish or 6 individual oven-proof ramekins and top with pastry. Trim the edges, brush with egg yolk and make two small slits in the centre of the pie. Decorate with pastry cut outs, if desired.
3. **PLACE** pie dish on an oven tray and bake at 200°C for 10-15 minutes until lightly browned. Serve hot with tomato sauce.



Cheese and Vegemite Mini Quiches

A great after school snack packed with flavour.

PREPARATION: **10mins** COOKING: **15mins** SERVES: **12**

Ingredients:

- 12 slices bread, crusts removed
- butter for spreading
- ¼ cup VEGEMITE*, for spreading
- 60g lean bacon, finely chopped
- 80g sliced mushrooms
- 125g grated reduced-fat tasty cheese
- 2 eggs, lightly beaten
- 80ml cream
- 2 tablespoons chopped chives

Method:

1. **SPREAD** each slice of bread with butter then Vegemite*. Press bread into 12 x ½ cup capacity greased muffin pans, Vegemite* sides facing up.
2. **COOK** bacon and mushrooms in a frying pan for 2 minutes. Combine bacon, mushrooms, cheese, eggs, cream and chives.
3. **SPOON** egg mixture into bread cases and bake at 210°C for 15 minutes or until set. Serve hot or cold.



Cheese and Vegemite Scrolls

Great for brunch or a snack and packed with flavour.

PREPARATION: **10mins** COOKING: **15mins** SERVES: **10**

Ingredients:

- 3 cups SR flour
- pinch of salt
- 50g butter
- 375 ml milk
- 1-2 tablespoons VEGEMITE*
- 200g grated tasty cheese

Method:

1. **SIFT** flour and salt into a bowl then rub through butter. Stir in enough milk to make soft dough. Knead gently on a lightly floured surface, and then roll to form a 40cm x 25cm rectangle.
2. **SPREAD** the Vegemite* over the dough then sprinkle over 3/4 of the cheese. Roll up along the long side to enclose the cheese. Cut 10 x 4cm pieces from the roll and place close together, cut side up on a greased baking tray.
3. **SPRINKLE** with the remaining cheese and bake in a hot oven 220°C for 15-20 minutes or until cooked and golden.

