



**KRAFT**  
Kitchens



# Anyone for Pizza?

Ever thought of putting PHILADELPHIA on a Pizza? Kraft Kitchens has and with great results too. Whether cubed or spread, the delicious creaminess really adds some magic to a pizza.

This favourite of the Italian cuisine has seen many variations over the centuries and at Kraft Kitchens we have added some more. The not so Italian Prawn and Salsa Pizza is a treat and the BBQ Chicken Chilli Pizza is sure to be a hit with the family.

If you love your vegies then you will love our feature, which includes recipes suitable for vegetarians who

eat dairy and eggs. These delicious recipes are a great addition to the mid week repertoire because they're choc full of vegetables and flavour.

I love the simple Creamy Potato and Bean Soup, but my favourite is the Filo Lentil Curry Parcels. Why not include a vegetarian meal this week.

Enjoy!



Pumpkin and Pesto Pizza.



## Vegetarian Cuisine

More and more people are choosing not to eat meat. Religious beliefs, environmental issues, personal ethics and food safety concerns are some of the main reasons cited for making the choice. Whatever the reason, it's important to make nutritious vegetarian food choices.



### Roast Pumpkin and Beetroot Salad

main

SERVES: 4-6 | PREP: 15 mins | COOK: 55 mins

- 600g butternut pumpkin, unpeeled, cut into 1cm thick slices
- 6 medium beetroot, scrubbed and quartered
- 2 tablespoons chopped fresh thyme
- Sea salt, to taste
- Black pepper, to taste
- Olive oil spray
- 250g PHILADELPHIA Block Cream Cheese, broken into 1cm pieces
- 100g salad greens eg. rocket or baby spinach
- 2 roasted red capsicums cut into thick strips
- ¼ cup KRAFT Balsamic Italian Dressing

1. Combine pumpkin and beetroot with thyme, salt and pepper in a lined baking dish. Spray the vegetables with oil and bake in a hot oven 200°C for 45 minutes.
2. Place the PHILLY onto a separate lined tray, spray well with oil and bake a further 10 minutes until PHILLY is golden and the vegetables are tender.
3. Arrange the vegetables on a serving platter, and toss through the rocket and capsicum. Sprinkle the baked PHILLY over the vegetables and drizzle with dressing.

Serve immediately. Delicious warm or cold.

### Creamy Potato and Bean Soup

main

SERVES: 4 | PREP: 10 mins | COOK: 20 mins

- 20g butter
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 2½ cups chicken stock
- 2 medium potatoes, chopped into 1cm cubes
- 1 cup milk
- 125g PHILADELPHIA Spreadable Light Cream Cheese
- 1x 440g can mixed beans, rinsed and drained

Crusty bread, for serving

1. Melt the butter in a medium saucepan and sauté the onion and garlic 3-5 minutes until softened. Add the stock and potatoes. Bring to the boil and simmer 10-15 minutes until potatoes are just tender.
2. Whisk together the milk and PHILLY until smooth, then stir into the soup with the beans. Simmer a further 5 minutes until well heated. Stir through the parsley and ladle into serving bowls.

Serve immediately with slices of crusty bread.



## Do all vegetarians eat the same thing?

**Semi-vegetarians** - Exclude red meat or all meat, but include fish and other animal products. Some people also include poultry.

**Lacto-vegetarians** - Exclude all meat, fish, poultry and eggs. Milk and milk products are still consumed.

**Lacto-ovo vegetarians** - Exclude all meat, fish and poultry. Milk, milk products and eggs are still consumed.

**Vegans** - Exclude all foods of animal origin.



## Vegetarian Tips

If vegetarians and vegans eat a variety of vegetable proteins there is no reason why their intake of protein cannot be as good as that of a person who eats meat or other foods that contain animal protein. Proteins from cereal and plant sources should be eaten together (or at least over a day), so that the different constituents (amino acids) of the plant and cereal proteins complement each other. For example, try:

- Pulses/rice – bean casserole and rice, dhal and rice
- Pulses/cereal - baked beans on toast
- Nuts/cereal – peanut butter sandwich, nut roast

## Roasted Carrot and Tomato Risotto

main

SERVES: 4 | PREP: 15 mins | COOK: 40 mins

- 500g carrots, peeled and cut into 1cm diagonal slices
- Olive oil spray
- 1 punnet cherry tomatoes, halved
- 1 tablespoon oil
- 1 leek, sliced and washed
- 2 cloves garlic, crushed
- 1 ¾ cups Arborio rice
- 1 tablespoon thyme leaves, chopped
- ½ cup white wine
- 1 tablespoon VEGEMITE
- 4 ½ cups boiling water
- ¼ cup chopped parsley
- 40g butter
- ½ cup KRAFT Grated Parmesan

1. Spray carrots with oil and bake in a hot oven 200°C for 25 minutes until just tender. Add the tomatoes to the tray, spray with oil and cook a further 10 minutes. Keep warm.

2. Heat oil in a large saucepan, add leek and garlic and cook over a medium heat until translucent. Add rice and cook for a further minute.

3. Add the thyme and wine and stir until liquid is absorbed. Stir in the combined VEGEMITE and water in stages until the rice is tender and the risotto is creamy. Gently stir through the parsley, butter, Parmesan, carrot and tomatoes and spoon into serving bowls.

Serve immediately.

## Filo Lentil Curry Strudel

main

SERVES: 6 | PREP: 15 mins | COOK: 1 hr

- 2 tablespoons oil
- 1 large brown onion, chopped
- 2 cloves garlic, crushed
- ¼ cup korma curry paste
- 1kg orange sweet potato, peeled and cut into 2 ½ cm cubes
- 2 large (600g) Desiree potatoes, cut into 2 ½ cm cubes
- 400g can chopped peeled tomatoes
- 400g can brown lentils, drained
- 1 tablespoon VEGEMITE
- ½ cup water
- 2 tablespoons desiccated coconut
- 125g PHILADELPHIA Block Cream Cheese, softened and chopped
- 1 bunch coriander leaves, roughly chopped
- Olive oil spray
- 18 sheets filo pastry

Salad or steamed vegetables, to serve

1. Heat the oil in a large saucepan. Add onion and garlic and cook gently for 5 minutes or until onion is softened. Add curry paste and cook for a further 1 minute.

2. Add the vegetables, tomatoes, lentils and VEGEMITE combined with the water. Bring to the boil, simmer, covered over low heat about 30 minutes or until veggies are just tender and mixture is thick. Stir through coconut, PHILLY and coriander. Cool, then divide into 6.

3. Divide the pastry into stacks of 6 x 3 sheets, spray well between each layer with oil. Spoon one portion of the filling onto the short side of the pastry, allowing a 2.5cm edge either side. Fold the edges in to enclose the filling then roll up along the length to form a parcel. Spray well with oil. Repeat with remaining filling and pastry to make 6 parcels.

4. Place the parcels onto a greased tray and bake in a moderate oven 180°C for 20 minutes or until golden and crisp. Serve immediately with a crisp salad or steamed vegetables.





## Pizza Base

MAKES: 2 x 26cm pizza bases

PREP: 10mins | STAND: 20-30mins

- 2 cups plain flour, sifted
- 1 teaspoon caster sugar
- ½ teaspoon salt
- 7g sachet dry yeast
- ¾ cup lukewarm water
- 1 tablespoon oil



## Pizza Base

1. Combine in a bowl the flour, sugar, salt and yeast. Make a well in the centre of the dry ingredients and stir in the combined water and oil. Stir to form a soft dough. Turn onto a floured surface and knead for 3-5 minutes. Place in a lightly greased bowl. Cover with plastic wrap. Stand in a warm place for 20 to 30 minutes or until dough has doubled in size.

2. Punch the dough down then knead again until smooth. Halve the dough and roll each piece on a floured surface to make 2 x 26cm bases. Prick well with a fork before adding toppings. Use as required.

## Zucchini, Leek and Artichoke Frittata

main

SERVES: 4 | PREP: 10 mins | COOK: 20 mins

- 1 tablespoon oil
- 1 leek, sliced
- 2 medium zucchini, sliced
- 8 eggs, lightly beaten
- 250g PHILADELPHIA Spreadable Cream Cheese
- ¼ cup thickened cream
- 280g jar marinated artichoke hearts, drained and halved
- 2 tablespoons chopped basil
- ½ cup KRAFT Grated Parmesan Cheese

Salad greens, for serving

1. Heat the oil in a non stick fry pan and sauté the leek and zucchini for 3-5 minutes until softened.

2. Whisk eggs with PHILLY and cream. Fold through the vegetables, artichokes and basil.

3. Pour egg mixture into a hot greased 26cm frypan. Cook over low heat until just set. Sprinkle with Parmesan and grill under medium heat until golden. Cut into wedges and serve with salad greens.

Serve immediately.

## Pumpkin and Pesto Pizza

main

SERVES: 2 | PREP: 5 mins | COOK: 15 mins

- 26cm pizza base
- ½ cup tomato paste or pizza sauce
- 150g butternut pumpkin, cut into thin slices
- 90g PHILADELPHIA Block Cream Cheese, broken into pieces
- Olive oil spray
- ½ cup pesto dip
- ¼ cup roasted cashews
- 30g baby spinach leaves

1. Spread the pizza base evenly with the tomato paste. Top with the pumpkin and PHILLY. Spray the pizza with oil.

2. Bake the pizza in a hot oven 200°C for 10-15 minutes or until base is golden and pumpkin is tender. Top the pizza with pesto, cashews and spinach leaves.

Serve immediately.



### Pizza Facts

Did you know that pizza wasn't really pizza until the 16th century when tomatoes were brought to Europe from the Americas.

By the 18th century, tomato was used as a topping for yeast based flat bread for the poor of Naples. Pizza went on to become an attraction for visitors to the area, originally sold by street vendors.



## Potato and Prosciutto Pizza

main

SERVES: 2 | PREP: 5 mins | COOK: 15 mins

- 26cm pizza base
- ¼ cup tomato paste or pizza sauce
- 1 medium Desiree potato, unpeeled, very finely sliced
- 80g prosciutto
- Rosemary sprigs
- 90g PHILADELPHIA Block Cream Cheese, broken into pieces
- Olive oil spray
- 50g baby rocket

1. Spread the pizza base evenly with the tomato paste then top with the potato slices, prosciutto, rosemary and PHILLY. Spray the pizza well with oil.
2. Bake the pizza in a hot oven 200°C for 10-15 minutes or until base is golden and potato slices are tender. Top with rocket leaves.

Serve immediately.

## BBQ Chicken and Chilli Pizza

Main

SERVES: 2 | PREP: 10 mins | COOK: 15 mins

- 26cm pizza base
- ¼ cup tomato paste or pizza sauce
- 1 cup chopped BBQ chicken
- ½ yellow capsicum, sliced
- ½ red onion sliced
- 90g PHILADELPHIA Block Cream Cheese, cut into 1 cm cubes
- Olive oil spray
- Sweet chilli sauce, for drizzling
- ½ cup roughly chopped fresh coriander

1. Spread the pizza base evenly with tomato paste then top with chicken, capsicum, onion and PHILLY. Spray with oil.
2. Bake the pizza in a hot oven 200°C for 10-15 minutes or until cooked through and PHILLY is golden brown.

3. Drizzle pizza with sweet chilli sauce and sprinkle with coriander.

Serve immediately.



## Pizza Facts

Two of the best known pizzas originate from Naples: the Marinara named so because it was the food of local fishermen, consisting of tomato, oregano, garlic, olive oil and basil.....a far cry from the seafood pizza we know today. The Margherita was named for Queen Margherita of Savoy, who was quite partial to a pizza of tomato, mozzarella and basil!

For more recipes and cooking tips go to:  
[www.kraft.com.au](http://www.kraft.com.au)

## Prawn and Salsa Pizza

main

SERVES: 2 | PREP: 5 mins | COOK: 15 mins

- 26cm pizza base
- 125g PHILADELPHIA Spreadable Cream Cheese
- 1 small red onion, sliced
- 10 green prawn cutlets
- Olive oil spray
- ½ cup salsa
- 1 small avocado, sliced
- Coriander leaves, for serving

1. Spread the pizza base evenly with the PHILLY then top with onion and prawns. Spray the pizza with oil.
2. Bake the pizza in a hot oven 200°C for 10-15 minutes or until base is golden and prawns are cooked through.
3. Top the pizza with salsa and avocado, then sprinkle with coriander leaves. Serve immediately.

## Tomato Pesto and Vegetable Pizza

main

SERVES: 2 | PREP: 10 mins | COOK: 15 mins

- 26cm pizza base
- ¼ cup sun dried tomato pesto
- 1 small red onion, sliced
- 1 zucchini, thinly sliced and chargrilled
- ½ small eggplant, thinly sliced and chargrilled
- 1 roasted red capsicum, cut into thick strips
- 90g PHILADELPHIA Block Light Cream Cheese, broken into cubes
- Olive oil spray

1. Spread the pizza base evenly with pesto then top with the vegetables and PHILLY. Spray with olive oil.
2. Bake the pizza in a hot oven 200°C for 10-15 minutes or until cooked through and PHILLY is golden brown. Serve immediately.