



## RECIPES

These delicious recipes are perfect for enjoying in front of a fire on a cold, winter's evening. The recipes are both a source of fibre and the soup is a great way of adding vegetables and legumes to your diet. Our range of legumes are naturally high in protein and have a low GI. They are ideal for adding to soups or stews.

### **Chunky Bean and Vegetable Soup**

#### Ingredients:

1 tsp olive oil  
1 leek, thinly sliced  
2 garlic cloves, chopped  
1 celery stalk, thinly sliced  
1 large carrot, diced  
2 potatoes, diced  
2 litres chicken stock  
400g tin chopped tomatoes  
80g macaroni  
1 cup frozen peas, thawed  
400g HCW Black-Eyed Beans / Organic Black Beans / Mung Beans (cooked)  
1 handful parsley, chopped  
Parmesan cheese, grated, to serve (optional)

#### Method:

1. In a large saucepan, cook the leek and garlic in the oil for about 10 minutes.
2. Add the celery, carrot and potato and cook for a further 5 minutes, while stirring.
3. Pour in the stock and add the tomatoes. Bring to the boil, then reduce the heat and simmer for 15 minutes.
4. Stir in the pasta, peas and beans. Simmer for a further 10 minutes, or until the pasta is cooked.
5. Garnish with parsley and serve with grated parmesan, if desired.

### **Vegan Chocolate Cake**

#### Ingredients:

1 cup HCW Gluten-Free Flour Mix  
½ HCW Almond Flour  
3 tbsp HCW Cocoa Powder, organic  
1 cup castor sugar  
1 tsp baking soda  
½ tsp salt  
1 tsp HCW Apple Cider Vinegar  
1 tsp HCW Vanilla Extract  
5 tbsp vegetable oil  
1 cup luke warm water

#### Glaze:

50g dark chocolate, chopped  
1/3 cup icing sugar, sifted  
2 tbsp water

#### Method:

1. Mix dry ingredients together well.
2. In a separate bowl, mix wet ingredients together. Add to dry ingredients and mix well until smooth.
3. Pour into greased 20cm square baking tin.
4. Bake for 35 minutes at 180°C, or until cooked through.
5. Let cake cool completely before topping with the glaze.
6. To make the chocolate glaze:
  - Melt the chocolate in a double boiler or in the microwave.
  - Allow it to cool slightly and then whisk in the water and sifted icing sugar until smooth.
  - Pour over the cooled cake and spread evenly over the top and sides.