



Easy & delicious  
**meat-free**  
meals for  
everyone



No fuss, filling new recipes

with *Nici Wickes*

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Welcome to a world of flavour with my easy-to-make meat-free meals!

If you're like me and trying to eat less meat in any busy week, then these recipes are for you. When creating these recipes I had New Zealand home cooks in mind, making sure the ingredients were mainly every-day pantry items and ensuring there was plenty of options that are super quick to make. Each one is filling packed full of protein, goodness and plenty of scrumptiousness for everyday meals.

Get cooking and enjoy!

*Nici x*

Serves  
**2**

Ready in  
**15**  
mins

# Nici's knockout Ricotta Gnocchi

Gnocchi ought to be like soft little pillows of pasta eager to soak up whatever sauce we throw at it, yet so often it can turn out chewy and disappointing. Try this gnocchi made with ricotta instead of potatoes - it's a dream come true every time!

## Gnocchi

**1 cup fresh ricotta**  
**1 cup plain flour** + extra as needed  
**2/3 cup grated parmesan**  
**3 eggs**  
**Small handful each parsley and basil, chopped**  
**1 tsp sea salt**

## Tomatoes

**3 tbsps extra virgin olive oil**  
**2 garlic cloves, peeled and smashed**  
**200g cherry tomatoes** (you can use canned tomatoes)  
**Pinch chilli flakes**  
**Grated parmesan** to serve  
**Squeeze of lemon juice** to serve

1. Mix the gnocchi ingredients together in a big bowl to form a soft, just-sticky dough. Don't over mix. Turn out onto a well-floured surface. Divide dough into three portions, then roll each into a 3cm-thick log. Cut into 2cm lengths, dusting with flour as you go. Set aside while you cook tomatoes for the topping.
2. Heat oil in a large pan and add garlic. Cook for 30 seconds then add remaining ingredients and cook until tomatoes soften and become juicy. Turn off heat.
3. Cook gnocchi in a large pot of well-salted water. Do this in batches, cooking for 4-5 minutes only (they will sink then rise to the surface), removing the gnocchi with a slotted spoon and transferring them directly to the pan with the tomatoes.
4. Toss gnocchi in pan juices and serve with grated parmesan, a squeeze of lemon juice and basil leaves. Serve with a salad if you wish.



Serves  
**4**

Ready in  
**40**  
mins

# Pumpkin, feta and Rosemary Frittata

Explosions of sweet pumpkin and feta (or blue cheese as an option if you're a fan!) make this frittata a great meal idea.

**1/3 cup olive oil**

**2 onions, thinly sliced**

**350-400g sliced pumpkin, sliced thinly**

**1 medium-sized potato, sliced thinly**

**5 eggs, lightly beaten in a large bowl**

**2 tbsps rosemary, chopped**

**1 tsp salt**

**100g feta**

**Caramelised onion or chutney to serve**

1. Preheat oven to 170 C.
2. Heat half the oil in a large oven proof frying pan and cook the onions until soft. Add pumpkin and potatoes and cook over medium heat for 10 minutes until par-cooked.
3. Remove vegetables from the pan, leaving the oil in the pan, and transfer them to the bowl with the beaten eggs and add rosemary and salt. Stir to ensure vegetable slices are well coated in the egg mix.
4. Add remaining oil to the pan then pour in the egg/vege mixture. Reduce the heat to low and cook slowly until the edges are cooked. Sprinkle over feta and place in oven to bake for 25-30 minutes or until set in the middle. Rest for 10 minutes before cutting into wedges or squares and serve either hot or at room temperature with your favourite chutney and a salad.



*Nici's notes*

You can make this with kumara too!

Serves  
**2**

Ready in  
**20**  
mins

# Carrot, Parsnip and *parmesan* Hashbrowns

Crispy and delicious and topped with sour cream, tomatoes and your favourite chutney.

- 1 cup grated carrot**
- 1 cup grated parsnip**
- 2 spring onions, sliced thinly** (can use chives)
- 50g grated parmesan** (can use crumbled feta instead)
- 3 eggs, whisked with a fork**
- 1/4 cup plain flour** (can use GF)
- 1/2 tsp sea salt and decent pinch white pepper**
- 3 tbsps cooking oil**
- 3 - 4 tbsps sour cream** (can use mayo)
- 100g cherry tomatoes or 1/2 cup chopped tomatoes**
- Small handful fresh herbs - basil, parsley or coriander**

1. Mix all ingredients together in a bowl until combined.
2. Heat two tablespoons oil to medium in a 16cm pan or similar. Spoon half the hashbrown mixture and spread evenly. Cook over low to medium until golden brown - about 7-10 minutes. Flip and cook second side for 5-6 minutes. Keep warm whilst you cook the other fritter.
3. To serve, top each with sour cream, chopped tomatoes and fresh herbs.



*Nici's notes*

If you prefer to make one large hashbrown and cut into wedges, use a larger oven proof fry pan, cook the first side on stove top, then bang in a 200 C oven and cook for 15-20 minutes.

Serves  
**4**

Ready in  
**15**  
mins

# Smoky Carrot Kedgeree

This crazy Anglo-Indian rice dish is a winner for any meal. I love the unlikely combination of ingredients and flavours that come together so magically to form the perfect, one-pan comfort dish.

**4 hard-boiled eggs**, quartered

**2 large carrots**, peeled and sliced diagonally

**1 tbsp smoked paprika**

**2 tbsps cooking oil**

**2 tbsps butter**

**2 medium onions**, sliced thinly

**3 tbsps curry powder**

**2 tsps mustard seeds**

**1/4 tsp chilli flakes** (optional)

**5 cups cold cooked rice** (1 2/3 cups uncooked), preferably basmati

**Juice from one lemon** + extra lemon wedges to serve

**Coriander** to garnish

**Plain unsweetened yoghurt** to serve

1. Put eggs on to cook.
2. Toss carrot in smoked paprika and fry in one tablespoon of the oil for 3-4 minutes in a large pan (or a wok). Set aside and wipe the pan clean.
3. Heat remaining oil and butter in the pan and gently cook onion until soft and beginning to brown. Add curry powder and mustard seeds and cook until seeds begin to pop. Add chilli flakes (if using) and rice and heat through, tossing rice to coat in spices.
4. Stir through lemon juice and taste for seasoning – add salt, lemon juice or more chilli flakes to taste.
5. Serve warm topped with smoky carrots, chopped eggs, coriander and a drizzle of yoghurt.



## Nici's notes

To cook the perfect rice by absorption method remember the golden rules; use twice as much water to uncooked rice (2:1); salt the water well; bring to boil, stir once then leave lid on and simmer for 12 minutes and leave to stand, covered; uncooked rice makes three times the amount of cooked i.e. 1 cup makes 2 cups cooked.

Serves  
**4**

Ready in  
**60**  
mins

# Nici's best ever Fried Rice

Make your own fried rice! My version of this takeaway favourite is crammed full of fried spring onions, peas, peppers and easy egg omelette and it's an amazingly satisfying dish for a family meal.

**2 tbsps + extra cooking oil**  
**3 spring onions, sliced**  
**1 small red capsicum, sliced**  
**2 cups frozen peas**  
**1 cup podded edamame beans** (see Nici's notes)  
**4 cups cooked rice, I use plain long grain**  
**1/4 tsp sea salt**  
**1/4 tsp white pepper**  
**2 - 3 tbsps dark soy sauce + extra to serve**  
**3 eggs, lightly beaten**  
**1 chilli, sliced to serve**

1. Heat oil in large pan or wok to medium hot. Fry spring onions (reserve some for garnish) until crisped and golden in places. Add capsicum and frozen peas and edamame beans and sauté until cooked. Add another splash of oil to the pan/wok and add the rice - keep it moving as it heats through to piping hot. Season well with salt and pepper and soy sauce. Divide onto serving plates or bowls.
2. Wipe pan/wok clean, lower temperature and pour in beaten eggs. Cook until set and flip. When cooked, remove from pan and roll then slice. Place on top of rice.
3. Serve rice with more soy sauce, spring onions and sliced chilli on the side.



*Nici's notes*

Edamame are easy to find in frozen vege section of most supermarkets but feel free to use corn kernels instead if you want.

Serves  
**3-4**

Ready in  
**10**  
mins

# Pea and Parmesan Fritters

Oh how I love these fritters!  
Minty and cheesy they're always  
a hit with the whole family.

**3 cups frozen peas**

**1 cup grated parmesan** (or pecorino) + extra to serve

**Small handful mint leaves,** shredded

**3 eggs**

**4 tbsps self-raising flour** (can use GF + 1/2 tsp baking powder)

**3 tbsps olive oil**

**1/2 tsp salt + black pepper**

**1/4 cup cooking oil** for frying

**1/2 cup sour cream or crème fraiche**

**Plum sauce or chutney** to serve

1. Pour boiling water over frozen peas, sit for 2 minutes then drain well.
2. Blend cooked peas in a food processor until part-mashed. Add in cheese, mint, egg, flour, oil and seasoning and pulse until combined.
3. Heat half the cooking oil to medium in a large pan and drop large tablespoons of batter into pan. Cook for 3-4 minutes until well-golden, then flip and cook until cooked through. Do this in batches and add more oil as you go needed.
4. Serve fritters with dollops of crème fraiche or sour cream and your fave sauce or chutney.



## Nici's notes

It's important to not overcrowd the pan with too many fritters. Let the fritters cook well on the first side so that they're easy to flip... People often try to turn them too soon!



Serves  
**2**

Ready in  
**20**  
mins

# Nici's famous Homemade Pad Thai

Spiked with fresh ginger and chilli this famous noodle dish tastes just like the real deal from Thailand!

**100g flat rice stick noodles**

**2 tbsps tamarind puree**

**3 tbsps fish sauce**

**1 tsp sesame oil**

**2 tbsps brown sugar**

**3 tbsps cooking oil**

**2 spring onions**, sliced diagonally and thinly, use the green bits too

**2 cloves garlic**, peeled and roughly chopped

**1 - 2 fresh red chillies**, de-seeded and chopped fine

**1 thumb-sized piece ginger**, grated

**3 tbsps lemon juice**

**1/3 cup roasted peanuts**, coarsely chopped

**3 eggs**, whisked with a fork

**3 handfuls fresh bean sprouts**

**Small handful of fresh coriander**, chopped

**2 tbsps sesame seeds**

**Lime or lemon wedges** to serve

1. In a bowl, soften your noodles by covering with boiling water and leaving to soak for 10 minutes, then rinse, drain and set aside. They should be firm to the bite at this stage and will soften more once they are added to the wok/pan later.
2. Stir together tamarind puree, fish sauce, sesame oil and brown sugar to make a sauce.
3. Heat a large thin bottomed pan or wok over a med-high heat, then add the oil. Add the spring onions, garlic and chillies and stir-fry for one minute. Pour in the sauce and bring to a simmer. Add the ginger, lemon juice, half the peanuts and drained rice noodles. Keep the noodles moving around to avoid sticking and to get them coated in the sauce and cooked through.
4. When the noodles are softened and coated in tasty sauce, push them aside in the pan and pour in eggs into the space. Cook until just cooked then stir them back through the noodles.
5. Serve topped with bean sprouts, coriander, remaining peanuts, sesame seeds and a decent squeeze of lime or lemon juice.



*Nici's notes*

Tamarind puree or pulp is found in the international section of most supermarkets. If not, a good substitute for this tangy ingredient is an extra squeeze of lemon.

Serves  
**4-6**

Ready in  
**90**  
mins

# Spinach *and* Three Cheese Pie

Buttery pastry encases a cheesy filling of spinach, cheeses and herbs all bound together with cream and eggs. Yum!

**1 - 2 sheet short crust savoury pastry**  
*(or make your own - see below)*

**200g cream cheese, softened**

**4 large eggs**

**150mls cream**

**150g cheddar cheese, grated**

**50g blue cheese, crumbled (can use feta)**

**50g parmesan, grated**

**1 cup shredded raw spinach**

**Handful parsley, chopped fine**

**2 tbsps caramelised onion chutney (optional)**

**1/4 tsp black pepper**

**Chutney to serve**

## Pastry

**1/4 cup walnuts**

**250g flour**

**1/2 tsp salt**

**125g cold butter, diced, plus extra for the tin**

**1 egg**

**2 tbsps cold water**

**1.** Preheat the oven to 190 C.

**2.** Line base and sides of a 21cm springform tin with pastry (pressing edges together if using storebought), allowing pastry to overlap the lip. Prick pastry all over with a fork and chill for 30 minutes. Bake for 15-17 minutes or until beginning to colour. Trim excess pastry.

**3.** In a large bowl, whisk the cream cheese until smooth then whisk in eggs and cream until combined. Stir in cheeses, spinach, parsley, caramelised onion chutney and pepper. Pour the mixture into cooled par-cooked pastry base.

**4.** Bake for one hour or until golden brown and set in the middle. Rest for 15 minutes before removing from the tin and slicing to serve with chutney.

## Making your own pastry

Put walnuts into a food processor and process to chop coarsely. Add the flour, salt and butter and pulse until it resembles breadcrumbs. Whisk egg with cold water. Add to the flour mix and pulse to just combine. Turn out on floured surface and briefly knead the dough to bring it together. Either line the tin with it, allowing some overlap over the rim and chill for 30 minutes, or form into a disc, wrap and chill for 30 minutes until ready to use.

