

NO MONEY
NO TIME

— OUR GUIDE TO THE PERFECT —

Christmas Feast

QUICK & EASY RECIPES FOR THE SILLY SEASON!

NO MONEY
NO TIME



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Australian
Eating Survey

nib foundation

SURELY IT ISN'T CHRISTMAS ALREADY?!

Did you blink and all of a sudden, the halls are decked with holly, and Mariah and Michael Buble's Christmas carols are blasting through the supermarket speakers?

We did too.

Since we've regained the ability to meet with friends and socialise, the need to come up with some fresh ideas to plate up for your Christmas gatherings may have you digging deep for some inspiration.

We've put together some easy recipes for a quick, healthy, and budget-friendly Christmas; to inspire your cooking and that you can show off to your family and friends, as you gather together and make up for lost time.

We know that everyone's Christmas looks different, for some it's all about the seafood, others it might be a roast, or perhaps you're looking for a more plant focused Christmas. You'll find enough recipes to feed a small group or a crowd, with lots of options for individually served foods so that you stay COVID safe.

EATING DURING THE FESTIVE SEASON

- Remember that Christmas and the festive period is a marathon, not a sprint. If you've spent the last month or two picnicking your way through the weekends (***we'll just leave this here***), aim to fill your plate with a mix of vegetables, proteins such as chicken, pork, tofu and legumes and some carbohydrates such as breads, pasta and rice, to keep you full.
- Start with small portions of each of the different dishes, you can always go back for more.
- Listen to your appetite and hunger and stop when you're full.
- Make sure to drink enough water, especially if you choose to drink alcohol.
- A little indulgence over the holidays is perfectly ok. A balanced way of eating is about what you do most of the time.

Tips for

SAFE CATERING



Sometimes breakfast runs into lunch, runs into dinner and you've forgotten to pack away the prawn salad, or you're happy with everyone grazing away at the cheese and dips that you put out at 11. However, no one needs to spend their Christmas in the bathroom.

Keep track of how long your food is sitting in the risky temperature zone and choose whether to store it, or bin it to save everyone the belly ache.

You can follow our ***food safety tips here***.



If you're on the road, make sure to take an esky or a cooler bag with ice bricks to keep everything chilled until you're ready to serve.



Wash your hands when you're preparing food for your friends and family, and before you eat. Also keep hand sanitiser close by for everyone to use before they start serving themselves.



Provide everyone with their own plate, and cutlery and use stickers to help people keep track of their glass.



Christmas Morning

Start your Christmas celebrations
with an easy, delicious breakfast!

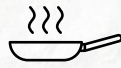


ILYSE'S CHICKEN CROISSANTS

Serves

6

30 mins



GF*, DF*

INGREDIENTS

- 300g chicken breast, thinly sliced
- 200g button mushrooms, thinly sliced
- ½ brown onion, finely chopped
- 1 garlic clove, crushed
- 50g baby spinach
- 1 tbsp reduced fat Greek yoghurt*
- 1 spring onion
- ⅛ cup slivered almonds
- 6 mini croissants*
- Extra virgin olive oil
- Corn flour (optional)

IT'S THIS EASY

- Preheat the oven to 180°C.
- Heat olive oil in a large frying pan over a medium heat. Add onion and garlic, cook until onion is translucent (about 5 mins).
- Add sliced chicken and mushrooms to the onion and garlic in the frying pan and continue to stir until chicken is cooked through.
- Add yoghurt and spinach and simmer until the sauce has reduced. You don't want the sauce to be too wet. If needed, add 1 tsp of corn flour to the chicken mixture and simmer a little longer until the sauce begins to thicken.
- Warm croissants in an oven whilst the chicken mixture is cooking.
- Slice croissants in half length-ways. Carefully spoon chicken mixture into croissants and sprinkle with almonds.



FRENCH TOAST

Serves **2** | 20 mins |  | V, GF*, DF*, VE*

INGREDIENTS

- 4 slices wholemeal bread*
- 2 eggs*
- ¼ cup reduced fat milk*
- ½ tsp cinnamon
- Extra virgin olive oil
- 1 banana, sliced
- 1 cup frozen berries
- ½ cup reduced fat Greek yoghurt*
- 2 tsp honey*

IT'S THIS EASY

- Place berries on a piece of paper towel on a plate and allow to defrost at room temperature.

- Warm a large fry pan over medium heat.
- In a medium sized bowl mix together the eggs, milk and cinnamon.
- Take one piece of bread and lay it in the egg/milk mixture, turning to coat both sides. Repeat with all slices of bread.
- Cook each slice of bread in the frying pan in a little olive oil to stop it from sticking, for approx 3-4 mins per side, until browned.
- Serve warm, layering the Greek yoghurt, fruit and honey over the bread.

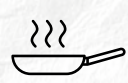


Nibbles & Dips

Perfect for tying you over until
Christmas lunch or dinner!

FRENCH ONION DIP

Serves **15** | 30 mins



V, GF, DF / VE*

INGREDIENTS

- 1 brown onion
- 1 tbsp extra virgin olive oil
- ½ tsp dried dill
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp mustard powder
- ¼ tsp black pepper
- ¼ bunch, fresh parsley
- 300g reduced fat Greek yoghurt*
- 150g reduced fat cream cheese, softened to room temperature*

IT'S THIS EASY

- Peel and coarsely grate the onion.
- Heat olive oil in a frying pan, then add the onion and saute for 10 mins, until translucent. Allow to cool.
- In a medium bowl, whisk the yoghurt and cream cheese until smooth. Then add the herbs and cooled onion and stir until combined.
- Serve with veggie sticks and wholegrain crackers.





PUMPKIN & SWEET POTATO DIP

Serves **12** | 40 mins



| V, GF, DF, VE

INGREDIENTS

- ½ small sweet potato, peeled and cut into chunks
- 750g pumpkin, peeled and cut into chunks
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp chilli flakes (optional)
- 2 tbsp tahini

IT'S THIS EASY

- Preheat oven to 200°C.
- Place sweet potato and pumpkin onto a lined baking tray and drizzle with olive oil. Cook for 25 mins, until sweet potato and pumpkin are easily pierced with a fork.
- Remove from the oven and allow to cool.
- Add all ingredients to a blender and blitz until smooth.

VEGETABLE CHIPS

Serves **10** | 35 mins



V, GF, DF, VE

INGREDIENTS

- 2 medium beetroot
- 1 large sweet potato
- 2 large potatoes
- 3 carrots
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 tbsp extra virgin olive oil

IT'S THIS EASY

- Preheat oven to 175°C.
- Very thinly slice the vegetables into discs or strips.
- Add to a large bowl and toss in olive oil and garlic and onion powders.
- On a lined baking tray(s), lay vegetables in a single layer.
- Cook in preheated oven for 30 mins or until crisp. Turn over around half way.



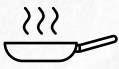


Vegetarian Mains

Cater to your vegetarian guests while also
adding some extra veg into your day!



TOFU SLIDERS

Serves **12** | 30 mins |  | V, GF*, DF / VE*

INGREDIENTS

- 450g block firm tofu
- 12 wholemeal dinner rolls*
- 1 large cucumber
- 240g light cheddar cheese*
- 1 avocado (optional)

Marinade

- 2 tbsp tomato paste
- ½ - 1 tsp cayenne pepper (optional)
- 2 tsp smoky paprika
- 2 garlic cloves
- 2 tbsp extra virgin olive oil
- 1-2 tbsp water

Slaw


- 2 tbsp Greek yoghurt*
- 1 tsp wholegrain mustard
- 1 tsp garlic
- 1 tbsp lemon juice
- 200g slaw salad mix

IT'S THIS EASY

- Remove tofu from its packet and wrap in a clean cloth or paper towel. Place under some heavy books or cans, and leave for 10-20 mins. This will remove a lot of the excess moisture from the tofu and allow the marinade to soak in.
- In a large bowl, mix together the marinade ingredients.
- Slice the tofu into matchbox size pieces and gently mix into the marinade. Allow to marinate for 10 minutes.
- Heat a small amount of olive oil in a frying pan over medium heat and cook tofu until brown on each side.
- In a separate bowl, make the slaw by mixing together the Greek yoghurt, wholegrain mustard, garlic and lemon juice. Then add the slaw mix, and combine.
- Whilst tofu is cooking, slice bread rolls in half and lightly toast.
- Layer the bread roll with tofu, slaw, a slice of cheese and avocado (if included).



STUFFED ROAST PUMPKIN

Serves **4** | 55 mins |  | V, GF, DF / VE*

INGREDIENTS

- 1 small Jap or Kent pumpkin (approx 2.5kg), washed thoroughly
- 1 cup of cooked brown rice
- 1 x 425g can brown lentils, rinsed
- ½ cup parsley, roughly chopped
- 2 tsp Moroccan spice mix
- 2 spring onions, thinly sliced
- 1 cup baby spinach, roughly chopped
- ¼ cup dried cranberries, roughly chopped
- 50g low fat feta cheese, crumbled*
- Extra virgin olive oil

IT'S THIS EASY


- Preheat oven to 200°C. Cut a large circle around the stem of the pumpkin and remove. With a spoon, scoop out the seeds and stringy bits from the pumpkin.
- In a separate bowl mix together all other ingredients, except the oil.
- Spoon the mixture inside the pumpkin and place carefully on a baking tray. Rub olive oil onto the outside of the pumpkin.
- Roast in the oven for 45 mins, or until the pumpkin is soft.
- Slice and serve with rice filling.



Chicken

Impress your family and friends with a butterfly chicken or delicious marinade!

YOGHURT, CURRY & TURMERIC MARINADE

Serves **1** | 12 mins |  | GF, DF*

INGREDIENTS

1 x serve per 100g raw chicken

- 1 tbsp reduced fat Greek yoghurt*
- 1 tsp curry powder
- 1 tsp turmeric
- 1 tsp lemon juice
- A crack of pepper

IT'S THIS EASY

- Mix together yoghurt, curry powder, turmeric, lemon juice and pepper.
- Add chicken and mix until the chicken is well coated. Leave chicken to marinate for 10 mins to 1 hour (place in fridge until you plan to cook the chicken).

AL'S CLASSIC BBQ SPICE RUB

Serves **1** | 2 mins |  | GF, DF

INGREDIENTS

1 x serve per 100g raw chicken

- $\frac{1}{8}$ tsp paprika
- $\frac{1}{8}$ tsp garlic powder
- $\frac{1}{8}$ tsp onion powder
- $\frac{1}{8}$ tsp mustard powder
- $\frac{1}{8}$ tsp cayenne
- $\frac{1}{5}$ tsp cumin
- $\frac{1}{8}$ tsp pepper


IT'S THIS EASY

- Place all of the ingredients into a bowl and mix together well.
- For a bit of sweetness, add in 1 tsp brown sugar.



**FIND OUT
HOW TO
BUTTERFLY
A CHICKEN
HERE!**

BUTTERFLIED CHICKEN WITH LEMON & OREGANO

Serves **6** | 60 mins |  | GF*, DF

INGREDIENTS

- 1 whole chicken, butterflied
- 1 lemon
- 1 head of garlic (around 8 cloves), crushed
- 2 tbsp fresh oregano leaves, roughly chopped
- 1 tbsp reduced salt chicken / vegetable stock powder*
- Extra virgin olive oil

IT'S THIS EASY

- Preheat a BBQ to a medium - hot heat (approx. 200°C).
- Grate the rind from the lemon, and juice.
- In a small bowl, mix together lemon rind and juice, crushed garlic cloves, oregano and stock.

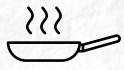
- Between the skin of the chicken and the flesh, evenly spread the mixture over the chicken.
- Rub outer skin of the chicken with olive oil.
- Roast in the BBQ for approx. 50 mins, until chicken is cooked through.
- With a sharp knife, cut into 6 pieces.

TWEAKS

- This can also be cooked in an oven.
- You can use dried oregano if you can't find fresh. Parsley, rosemary or thyme would work well too.

CHICKEN CAPRESE SALAD

Serves **4** | 15 mins



GF, DF*

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 3 tsp mixed dried herbs
- 2 large chicken breasts, cut in half length-ways
- 300g mixed, cherry or heirloom tomatoes, cut in half
- 4 bocconcini cheese, sliced up*
- ⅓ cup fresh basil
- ½ medium avocado, sliced

IT'S THIS EASY

- Heat 1 tbsp olive oil in a frying pan over a medium-high heat, add the chicken and mixed herbs and cook until brown on both sides.
- Transfer chicken to an oven tray if your frying pan is not oven proof.
- Add the tomatoes, bocconcini and olive oil to the pan.
- Place in a hot oven (180°C) for about 4 minutes.
- Toss the fresh basil leaves and top with avocado.






Seafood

Add some flavour to your seafood with these delicious marinades and seasonings!

LIME, CORIANDER & GINGER MARINADE

Serves **1** | 12 mins |  | GF, DF

INGREDIENTS


1 x serve per 150g raw fish

- ½ lime, juice and zest
- 1 tbsp coriander leaves, chopped
- 1 tsp ginger
- 1 tsp extra virgin olive oil

IT'S THIS EASY

- Mix all ingredients together with extra virgin olive oil, and rub into the fish.
- Allow to marinate for 10 mins.
- Grill, fry or steam fish.

SOY, SESAME & GARLIC MARINADE

Serves **1** | 12 mins |  | V*, GF*, DF, VE*

INGREDIENTS

1 x serve per 150g raw fish

- 1 tsp reduced sodium soy sauce*
- 1 clove garlic, crushed
- 1 tsp sesame oil
- ½ tsp honey*

IT'S THIS EASY

- Mix all ingredients together
- Add marinade to fish, chicken or tofu and toss to coat.
- Allow to marinate for 10 mins.
- Grill, fry or steam fish, chicken or tofu* until cooked.



FISH PARCELS

Serves

4

25 mins



GF, DF

INGREDIENTS

- 4 fillets of firm white fish - approx 125g each (e.g. Ling or Mahi Mahi)
- 2 lemons
- ½ bunch of parsley, leaves only
- 4 garlic cloves, crushed
- 1 tbsp extra virgin olive oil
- Baking paper

IT'S THIS EASY

- Preheat oven to 200°C. Cut four large squares of baking paper.
- Place one fillet of fish in the centre of each piece of baking paper.
- Grate the rind from both lemons and add to a bowl. Slice the lemon into discs.
- In a small bowl, combine the lemon rind, crushed garlic and chopped parsley leaves, with 1 tbsp extra virgin olive oil.
- Spread ¼ of the lemon mixture on each piece of fish. Layer each piece of fish with a slice or two of lemon.
- Take the two long sides of the baking paper and bring them into the middle so that they overlap.
- With the other two ends, twist them up. Your parcel will look like a Christmas bon bon. Make sure that the fish is completely enclosed.
- Place the fish parcels evenly spaced on a baking tray.
- Cook for 10-15 minutes, until the fish is white on the inside.
- Serve with a side salad, rice / crusty bread.



BITE SIZED CRUMBED FISH

Serves

4

| 25 mins



| GF*, DF

INGREDIENTS

- 450g firm white fish (e.g. Ling, Mahi Mahi)
- 1 ½ cups panko bread crumbs*
- ¼ cup plain, wholemeal flour*
- 2 eggs
- 1 lemon, zested
- 1 tbsp extra virgin olive oil

IT'S THIS EASY

- Preheat the oven to 190°C.
- Cut the fish into thick strips (about 2 cm by 4 cm).
- Whisk the eggs in a separate bowl.
- Mix the lemon zest into the breadcrumbs.
- Place the breadcrumb mixture on one plate, and plain flour on another.
- Starting with the flour, take one piece of fish and lightly coat it in flour. Dust away any excess.
- Place the flour coated pieces of fish in the egg mixture and make sure all parts of the fish are coated.
- Dip the fish pieces into the panko bread crumbs, and coat evenly. Repeat with all pieces of fish.
- Spray a lined baking tray with olive oil, and then lay the fish pieces out evenly. Place in the oven for 15 mins, turning the fish at about half way.
- The bites are ready when the fish has turned white on the inside and the crumbs are golden and crunchy.
- Serve with our *Carrot and apple coleslaw with mustard vinaigrette!*



Meat

The perfect addition to any
Christmas BBQ!

SMOKY SPICE RUB

Serves

1

12 mins



GF, DF

INGREDIENTS

1 x serve per 100g raw meat

- ¼ tsp dried chilli
- Pinch of cracked pepper
- 1 tsp crushed garlic
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp extra virgin olive oil

IT'S THIS EASY

- In a small bowl, mix all ingredients together to form a smooth paste.
- Add beef to the marinade and allow to sit for 10 mins (up to 24 hours in the fridge).

RED WINE VINEGAR MARINADE

Serves

1

12 mins



GF*, DF

INGREDIENTS

1 x serve per 100g raw meat

- 1 tbsp red wine vinegar
- 1 tsp reduced salt soy sauce*
- 1 tsp dried mixed herbs
- 1 tsp crushed garlic
- ½ tsp wholegrain mustard

IT'S THIS EASY

- In a bowl, combine all ingredients.
- Add meat to marinade, allow to sit for 10 minutes (up to 24 hours in the fridge).

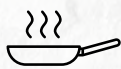


PORK LOIN ROLLS

Serves

4

30 mins



GF*, DF

INGREDIENTS

- 4 pork loin steaks, fat trimmed (approx 125g each)
- 2 cups baby spinach, roughly chopped
- 1 apple, finely chopped
- 2 tbsp walnuts, crushed
- ¼ cup couscous, dried*
- 2 tbsp orange juice
- Extra virgin olive oil
- Pepper (optional)

IT'S THIS EASY

- Place each pork loin between two pieces of baking paper, and with a rolling pin roll the pork out until only 5mm thick.
- Prepare couscous according to packet instructions.
- In a bowl, combine spinach, apple, walnuts, couscous, orange juice and pepper.
- Massage a little oil into the pork.
- Heat a large fry pan over medium heat.
- Quarter the couscous mixture, and place in the centre of each steak.
- Roll the steak up so that the filling is in the centre.
- To hold the rolls together, use a little cooking string to tie them up.
- Using a little oil, cook the pork steaks in the fry pan, cooking on all sides until browned and meat is cooked through.

KANGAROO & VEG SKEWERS

Serves **4** | 30 mins



| GF, DF

INGREDIENTS

- 500g kangaroo steaks
- 1 tbsp smoky paprika
- 1 tbsp turmeric
- 1 tsp garlic powder
- 2 tbsp extra virgin olive oil
- 1 large zucchini, chopped into discs
- 1 x 250g punnet cherry tomatoes
- 1 red onion, cut into chunks
- 12 skewers

IT'S THIS EASY

- Heat BBQ to a medium heat.
- Cut kangaroo into 2cm chunks.
- In a medium bowl, combine spices and olive oil. Add kangaroo and mix until evenly coated.
- On a skewer, alternate between adding a chunk of red onion, a piece of kangaroo, a piece of zucchini, kangaroo, a tomato, and a final piece of kangaroo.
- Place on the BBQ and cook until medium.





Salads, sides & sauces

The perfect way to add flavour to,
or accompany your main meal!



SWEET POTATO, BEETROOT & FETA SALAD

Serves

4

45 mins



V, GF, DF / VE*

INGREDIENTS

- 1 x sweet potato, large
- 2 x beetroot, fresh
- 100g rocket
- 100g baby spinach
- 100g reduced fat feta cheese*

Dressing

- 1 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tsp mustard powder
- 1 tsp dried thyme

IT'S THIS EASY

- Preheat oven to 200°C.
- Chop sweet potato and beetroot into 2 cm chunks, leave the skin on.
- Place sweet potato and beetroot on an oven tray, evenly spaced, and drizzle with olive oil.
- Roast in the oven for 30 minutes until browned.
- In a bowl, combine the rocket / spinach mix, roast vegetables, and salad dressing. Crumble feta over the top of the salad.



CHRISTMAS SLAW

Serves

4

10 mins



V, GF, DF*, VE*

INGREDIENTS

- ½ medium red cabbage, shredded (about 3 cups)
- 100g baby spinach, roughly chopped
- 1 red capsicum, chopped into small pieces
- 2 celery stalks, sliced into 1cm thick pieces

Dressing

- ⅓ cup reduced fat Greek yoghurt*
- 1 tsp honey*
- 1 tbsp extra virgin olive oil
- 1 tsp dijon mustard
- 2 tsp lemon juice
- Pepper (optional)

IT'S THIS EASY

- In a bowl, combine all the ingredients for the dressing.
- Add the remaining ingredients, toss to combine.



VEGETARIAN STUFFING

Serves **15** | 60 mins |  | V, GF*, DF / VE*

INGREDIENTS

- 1 cup vegetable stock*
- ½ cup reduced fat milk*
- 1 tbsp extra virgin olive oil
- 2 apple, peeled and chopped into small pieces
- 2 celery stalks, chopped into small pieces
- ½ head cauliflower, chopped into small pieces
- 1 brown onion, diced into very small pieces
- 1 bunch thyme, leaves picked
- 1 tsp garlic powder
- 2 eggs*
- 1 loaf wholemeal bread, ripped into large, rough chunks*

IT'S THIS EASY

- Preheat oven to 180°C and grease a large casserole dish, or oven proof tray.
- In a large bowl, mix together the celery, apple, cauliflower, onion, thyme, garlic powder and bread.
- In a separate bowl, mix together the eggs, vegetable stock, milk and extra virgin olive oil. Pour over the bread and vegetable mixture and scrunch into the bread.
- Cover and bake in the oven for 45 minutes until the stuffing is browned and crunchy on top.

Something Sweet

Well... it wouldn't be Christmas
without a bit of dessert!



CHRISTMAS CAKE

Serves

16

10 hours
(15 mins prep)



V, GF*, DF, VE

INGREDIENTS

- 1 kg mixed dried fruit
- 3 earl grey tea bags
- 2.5 cups boiling water
- 1 tsp mixed spice
- 1 cup wholemeal self raising flour*
- 1 cup white self raising flour*

IT'S THIS EASY

- In a large bowl, add boiling water and earl grey tea bags. Allow to steep for 10 minutes.
- Remove tea bags, then add the dried fruit to the tea, ensuring the fruit is covered with liquid. Cover and place in the fridge overnight.
- Once the fruit is ready, preheat your oven to 160°C.
- Grease a large square cake tin, and line with baking paper.
- Combine both flours, and mixed spice with the fruit.
- Pour mixture into the lined cake tin, and bake for 50 minutes.



PAVLOVA GRAZING PLATTER

Serves **10** | 15 mins |  | V, GF, DF*

INGREDIENTS

- 1 packet of meringue nests* (approx. 10 pieces)
- 2 mangoes
- 3 nectarines / peaches
- 2 kiwi fruit
- 1 can passionfruit
- 200ml low fat thickened cream* (keep in the fridge until needed in the recipe)
- 50g dark chocolate*
- Coconut flakes (optional)

IT'S THIS EASY

- Remove the skin from mangoes and kiwi fruit.
- Cut mangoes, nectarines, and kiwi fruit into small cube like pieces.
- Using an electric mixer, beat cream (straight from the fridge) until stiff peaks form (where the cream clings to the back of a spoon). You can use a whisk if you don't have an electric mixer - you'll get a good arm workout!
- With a knife, crush / cut chocolate into small pieces.
- Arrange fruit, cream, meringue nests and chocolate on a serving platter and allow guests to build their own mini pavlova plates.



Drinks

Take a break from the booze with
these delicious mocktails!



WATERMELON & CRANBERRY BREEZE

Serves **4** | 5 mins



| V, GF, DF, VE

INGREDIENTS

- 2.5 cups watermelon
- ¼ cup diet lime cordial
- 1 cup cranberry juice
- 1 cup diet tonic water

IT'S THIS EASY

- Place the watermelon, lime cordial and cranberry juice in a blender and blend until smooth.
- Half-fill 4 tall glasses with ice.
- Divide the watermelon mixture among glasses and top up with tonic water.

TWEAKS

- Add lemon or lime juice instead of lime cordial for a zingier flavour.



CLARE'S GINGER & PINEAPPLE PUNCH

Serves

14

8.5 hours
(15 mins prep)



V, GF, DF, VE

INGREDIENTS

- 6 green and mint tea bags
- 6 black tea bags
- 1L unsweetened pineapple juice
- 1-2 x 1.25L bottles no sugar ginger ale
- ½ - ¾ cup diet / no sugar lime juice cordial
- 1 lemon, thinly sliced
- 1 lime, thinly sliced (optional)
- 1 orange, thinly sliced (optional)
- Fresh mint (optional)
- Ice cubes

IT'S THIS EASY

- Add all teabags to a heat proof bowl, and steep in 750ml boiling water to make a strong minty tea.
- Cool to room temp then transfer tea into a freezer safe container. Freeze overnight (This can be done weeks ahead).
- Unmould frozen tea by running lukewarm water around the outside of the container it's stored in until the tea just comes away from the bowl. Add block of frozen tea to a large punch bowl.
- Add the pineapple juice, sliced fruit and mint to the punch bowl. Adjust the amount of ginger ale and lime cordial to taste.

Get in touch

We'd love to see the wonderful creations you make. Don't forget to tag us on Instagram or Facebook!



Do you have a family favourite recipe you'd like to share?

[Tell us about it here!](#)

