



Household Tip

Did you know that you can recycle some soft plastics. Two of the leading supermarkets have recycling bins that will take empty rice, frozen vegie and bread bags as well as other plastic items. Look for the recycling symbol on the pack and reduce household waste. (Help the planet)



Quick and easy recipe: Penny Farthing Pilaf (Gluten and Fructose free)

Total prep and cooking time: 20 -30 mins

Will store in fridge / freezer

Ingredients: 6 gluten free sausages (any variety you want)
4 rashers gluten free bacon
1 teaspoon curry powder
Garlic oil
1 cup frozen peas
1x 420gm can corn kernels
4 cups cooked rice (approx.)
Gluten free soy sauce

Boil sausages in water until set (takes about 2 mins)

Start cooking rice in a separate pan.

Slice sausages and dice bacon. Fry in oil until brown.

Reduce heat and add curry powder and stir well.

Add frozen peas and entire can of corn (water included) and mix well

Allow to simmer till peas are cooked, add rice and soy sauce.

(add diced onion to bacon if your family eats onion)

Feeds 4 -6 (approx.).