

5 LOW FODMAP RECIPES

# FODMAP Friendly

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**Cobram**  
Estate®  


# Recipes



## Something Light

- 01 **Chicken Salad**
- 02 **Chickpea 'Tuna' Mayo Sandwich**

## Mains

- 03 **White Zucchini Hot Pot**
- 04 **Bolognese**
- 05 **Pad Thai**

LIGHT





# Chicken Salad

SERVES 4

## INGREDIENTS

### Chicken:

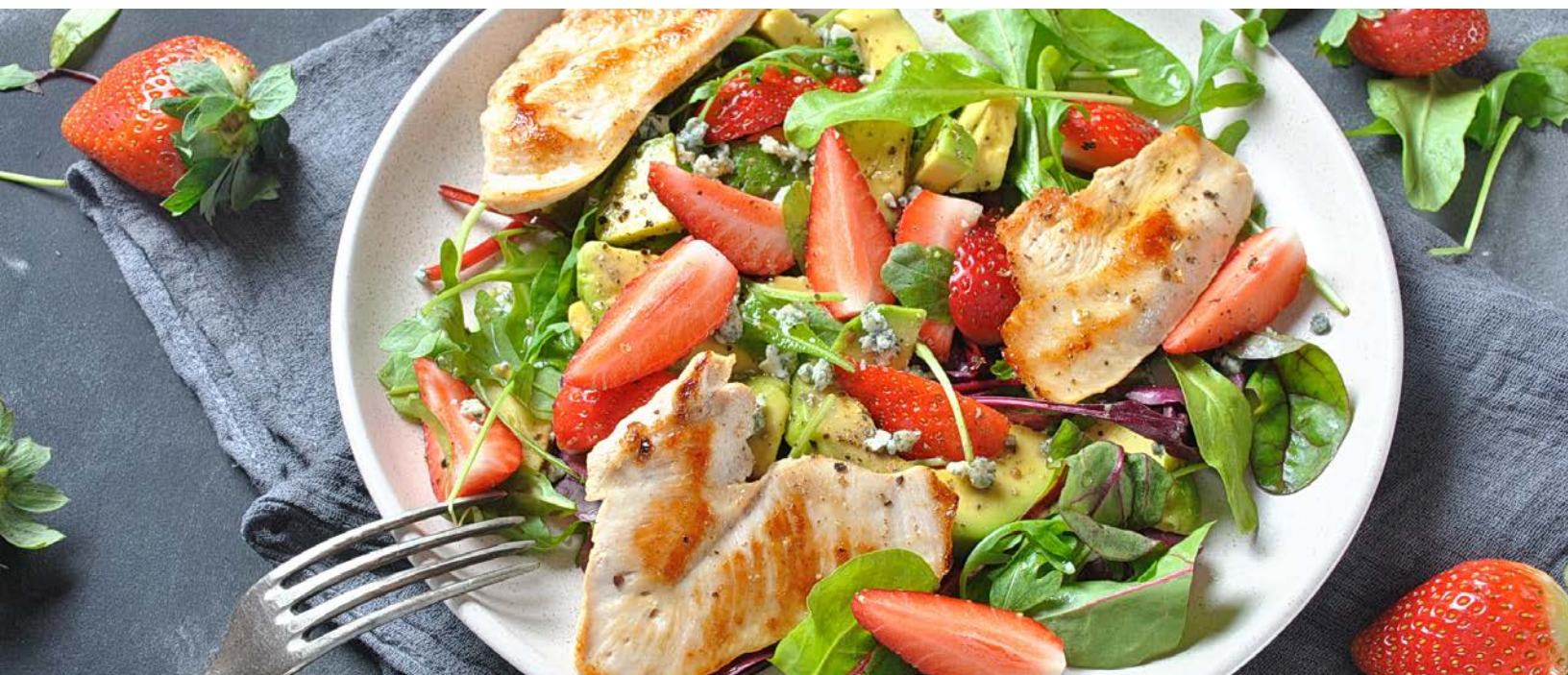
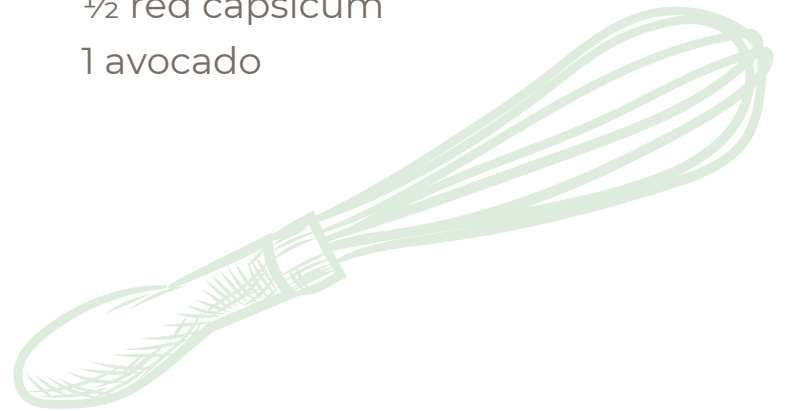
½ Tbsp Cobram Estate Garlic and Onion Infused Extra Virgin Olive Oil  
300g Chicken breast  
1 jar Mamaji's Mango Exotic Simmer Sauce (or another FODMAP Friendly fruity marinade)  
Salt and pepper to season

### Dressing:

2 Tbsp Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil  
½ Tbsp lemon juice

### Salad:

2 cups spinach  
½ cup cherry tomatoes  
1 cup cos lettuce  
Handful of coriander  
1 spring onion (green part only)  
½ cup cucumber  
½ cup strawberries  
½ red capsicum  
1 avocado





# Chicken Salad

SERVES 4

## METHOD

1. Slice the chicken breast into bite-sized pieces.
2. Marinate the chicken breast in a bowl for 1 hour with the jar of Mamaji's Mango Exotic Simmer Sauce, with salt and pepper to season.
3. Add the extra virgin olive oil to a frypan on medium heat.
4. Add the marinated chicken to the pan and cook for 5 minutes. Ensure the chicken is cooked by slicing open a piece of chicken and checking it does not have a pink colour in the centre
5. Once cooked, remove the chicken from the heat and set aside to cool.
6. Rinse the vegetables under water and dry. Add the spinach and cherry tomatoes to a large salad bowl.
7. Chop the cos lettuce, coriander, green onion, cucumber, strawberries and capsicum and add to the bowl. Mix the salad together.
8. Slice the avocado, then top the salad with the avocado and chicken in marinate sauce.
9. Combine the extra virgin olive oil and lemon juice for the dressing, then drizzle over the salad. Enjoy!



# Chickpea 'Tuna' Mayo Sandwich



SERVES 3

## METHOD

1. Place all the chickpea 'tuna' filling ingredients into a bowl and mix well to combine.
2. Place all the garlic sauce ingredients into a small bowl and stir to combine until smooth and creamy, season with salt to taste.
3. Place 2 tablespoons of garlic sauce into the chickpea mixture and mix.
4. Divide the chickpea mixture onto two slices of bread. Top with red cabbage, sprouts and strips of cucumber. Top with the other piece of bread, slice in half and serve.

### Chickpea 'Tuna' Filling:

- ½ cup canned chickpeas, drained, rinsed & smashed
- 30g sunflower seeds, roasted, crushed
- ½ green capsicum, finely diced
- 4 green spring onion tops, thinly sliced
- Sea salt and black pepper to taste
- 1 Tbsp capers, washed, chopped
- 2 Tbsp dill, chopped
- 1 tsp lemon zest



## INGREDIENTS

- 6 slices Helga's GF Wholemeal Bread
- 1 small Lebanese cucumber, sliced thin
- 1 cup red cabbage, finely shredded
- 1 cup alfalfa sprouts
- Sauce:**
- 1 tsp Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil
- 1 tsp maple syrup
- ½ cup coconut yoghurt, unsweetened
- 2 Tbsp apple cider vinegar
- 1 tsp Dijon mustard

*Inspired by Courtney Roulston*



# MAINS





# White Zucchini Hotpot

SERVES 4

## INGREDIENTS

1 Tbsp of currants  
1/4 cup of fresh basil or coriander, chopped  
1 tsp of ground allspice  
1 tsp of ground cinnamon  
1 tsp of ground cumin  
4 ½ cups of canned lentils, rinsed, drained  
1/2 cup of gluten free couscous from maize flour  
500g butternut pumpkin, peeled, cut into small pieces  
300g of white zucchini, cut into thick slices  
1 red capsicum (red pepper), de-seeded and sliced

2 Tbsp Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil  
1/4 to 1 cup of low FODMAP chicken stock or broth (FODMAPPED For You!, Lewis & Son and Bay's Kitchen have FODMAP Friendly chicken stock)  
1 jar of Leggo's Classic Tomato with Chunky Tomato & Herb Pasta Sauce







# White Zucchini Hotpot

SERVES 4

## METHOD

1. Add the garlic and onion infused olive oil to a large saucepan and heat to medium.
2. Add the allspice, cinnamon and cumin and stir.
3. Add the white zucchini, pumpkin and red capsicum. Stir well into the spice mixture.
4. Add Leggo's Sauce and stir.
5. Add the lentils and 1/4 cup of stock to start. Simmer and then reduce to a medium-low heat. Cover saucepan.
6. Cook until the vegetables are soft (about 15 minutes). Add more stock if needed so mixture remains wet.
7. Remove from heat and stir in the currants and couscous.
8. Cover again and leave for 5 minutes.
9. Stir in basil or coriander, salt and pepper for taste.
10. Serve immediately and enjoy!



# Bolognese

SERVES 8



## INGREDIENTS

- 2 Tbsp Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil
- 500g lean mince
- 4 cups diced tomatoes
- 1 Tbsp dried basil
- 1 Tbsp dried oregano
- 1Tbsp dried parsley
- 1/2 Tbsp chilli flakes
- 1 diced carrot
- 1 cup diced eggplant

## METHOD

1. Heat oil in a pan and add mince (broken up).
2. Add all spices and cook until mince is browned.
3. Add carrot and eggplant and cook until softened.
4. Add tomatoes and stir through.
5. Simmer until desired amount of liquid is left.
6. Serve with your selection of low FODMAP pasta plus a side salad and enjoy!



# Pad Thai

SERVES 2

## INGREDIENTS

Stir fry:

2 Tbsp Cobram Estate Garlic & Onion

Infused Extra Virgin Olive Oil

150g chicken breast, thinly sliced

2 eggs, lightly whisked

1 1/2 cups of beansprouts

1/2 cup firm tofu, sliced

1/4 cup of spring onion (GREEN TOPS ONLY), sliced

1/4 cup finely chopped peanuts

125 g dried rice sticks

Lime wedges (to serve)

Ground chilli or fresh sliced chilli (optional)

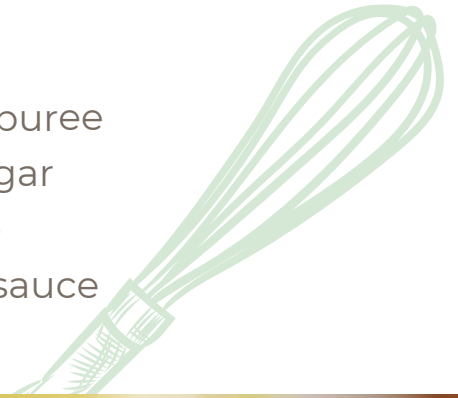
Sauce:

1 Tbsp tamarind puree

3 Tbsp brown sugar

2 Tbsp fish sauce

1 1/2 Tbsp oyster sauce



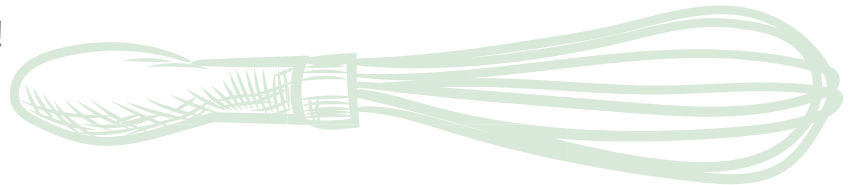


# Pad Thai

SERVES 2

## METHOD

1. Cook and drain rice noodles according to package instructions.
2. Mix Sauce in a small bowl.
3. Heat 2 Tbsp Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil in a large non stick pan over high heat.
4. Add chicken and cook for 2 minutes until mostly cooked through.
5. Push to one side of the pan, pour egg in on the other side. Scramble using the wooden spoon (add a touch of extra oil if pan is too dry), then mix into chicken.
6. Add bean sprouts, tofu, noodles, then the sauce mixture.
7. Toss gently for about 1-2 minutes until the sauce is absorbed by the noodles. Add spring onions and half the peanuts. Toss through quickly then remove from heat.
8. Serve immediately, with the remaining peanuts on top and lime wedges on the side (with a sprinkle of chilli)!





# WHAT IS THE GARLIC & ONION INFUSED EXTRA VIRGIN OLIVE OIL?

**Cobram Estate Garlic & Onion Infused Extra Virgin Olive Oil** is crafted from olives grown in Australia's leading groves on the banks of the Murray River. Each season, selected olives are harvested and crushed within hours to produce the freshest and finest Extra Virgin Olive Oil.

**Palate** - Distinctive yet delicate garlic and onion aromas and flavours linger on the palate.

**Aroma** - This delicious fusion is full-bodied, FODMAP Friendly, convenient and a healthy choice with an uncompromising taste. This succulent fusion of extra virgin olive oil, sweet, aromatic roasted onion and distinctive garlic will bring a burst of flavour to sautés, marinades, past sauces, fish, poultry and comforting winter cooking. Use this versatile oil to add a burst of garlic and onion to pasta sauces and home-made mayonnaise. Also ideal drizzled over lamb chops or used for basting roast meats and chicken.



# Cobram Estate Products

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Cobram Estate Products



**GARLIC INFUSED EXTRA VIRGIN OLIVE OIL**



**ONION INFUSED EXTRA VIRGIN OLIVE OIL**



**GARLIC & ROSEMARY INFUSED EXTRA VIRGIN OLIVE OIL**



**GARLIC & ONION INFUSED EXTRA VIRGIN OLIVE OIL**



## ADDITIONAL FODMAP FRIENDLY CERTIFIED PRODUCTS TO TRY



**Kiarra Martindale**  
Accredited Practising Dietitian  
BBiomedSc, MDiet



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