



The
Lupin
Co.

Making Everyday Brighter

Recipe book



Ancient grain salad

Ancient grain salad

Serves 10, as a side dish



Ingredients

1 cup (120g) Lupin Flakes
100g wild rice (or black rice)
100g green lentils
60g pistachio kernels, roughly chopped
30 red seedless grapes, halved
2 bunches of dill, roughly chopped
2 bunches of tarragon, roughly chopped
1 bunch of mint, roughly chopped
Salt & pepper

Dressing

150 ml Extra Virgin Olive Oil
2 tbsp Dijon mustard
2 tbsp lemon juice
Salt & pepper

Method

1. Boil 1 litre of water, add wild rice and stir. Reduce heat and simmer with the lid on for 40-45 minutes, until kernels open but hold their shape. Drain and set aside to cool.
2. While rice is cooking, add lentils to 1 litre of cold water and bring to the boil. Reduce to a simmer and cook, uncovered for about 20 minutes, until lentils are soft but still have a nutty texture. Take care not to overcook. Drain and set aside to cool.

3. While lentils are cooling, add Lupin Flakes to 3 cups of hot water and bring to boil. Boil for 3 minutes then strain. Let cool before squeezing out excess moisture.
 4. While grains are cooking and cooling, combine dressing ingredients and whisk until creamy. Set aside.
 5. Combine all cooked grains and add $\frac{3}{4}$ of the dressing, toss to combine. Set aside to allow the grains to absorb the flavours, at least 30 minutes before. Can be prepared the day before. Keep the remaining dressing in an airtight container until just before serving.
- **** To serve add the remaining dressing, season to taste and toss. Garnish with pistachios, grapes and fresh herbs.

Recipe Notes:

Seasoning is essential for this salad. Don't be shy! We recommend a good quality sea salt, ground white pepper and finish with freshly ground black pepper.

You can add or substitute other grains such as black barley, quinoa, freekeh and other lentils, but keep the Lupin Flakes for nutritional balance.

Great leftovers for 2-3 days.

Lupin dip

Serves 10
(Image on recipe book cover)



Ingredients

1 cup Lupin Flakes
2 small cloves garlic – freshly crushed
 $1\frac{1}{2}$ tbs tahini paste – dehulled
 $2\frac{1}{2}$ tbs wine vinegar
2 tbsp oil of choice
1 tsp lemon juice
1 tsp lemon zest
1 tsp salt

Extra Virgin Olive Oil and paprika to serve

Method

1. Add Lupin Flakes to 3 cups of hot water and bring to boil. Boil for 3 minutes then strain.
2. Place Lupin Flakes and all other ingredients in food processor and blend until smooth.
3. You may need to add up to $\frac{1}{2}$ a cup of water to achieve a creamy consistency. Dip will thicken on standing, if you feel it is too thick, add extra water and stir through.

Serve:

Drizzled with Extra Virgin Olive Oil and sprinkled with paprika



Healthy Meals



Protein boosted
vegetable
stir-fry



Lupin broad bean salad

Serves 6
(Image on Healthy Meals cover)

DF GF V

Ingredients

1 cup (120g) Lupin Flakes
1 bunches spring onions, cut on the diagonal
250g broad beans (fresh or frozen)
2 garlic cloves
1 lemons, zest and juice
½ bunch parsley (or other herb of your choice)
25ml Extra Virgin Olive Oil, for dressing
Extra Olive Oil for sautéing
Salt & black pepper

Method

1. Add Lupin Flakes to 3 cups of hot water and bring to boil. Boil for 3 minutes then strain. Let cool before squeezing out excess moisture.
2. Sauté spring onions until soft and translucent, add cooked Lupin Flakes and stir until well combined. Remove from heat, season with salt and pepper and set aside to cool. This step can be done the day before.
3. Defrost broad beans in microwave for roughly 2 minutes on high. You will need to defrost them until skin is loose but no more. Remove the broad bean skins and add to Lupin Flakes. Then add dressing, chopped parsley and toss.

Dressing:

Add juice and zest of lemons, crushed garlic and sea salt to Extra Virgin Olive Oil. Stir to combine and drizzle over salad.

Protein boosted vegetable stir-fry

Serves 2 - 4

DF GF

Ingredients

1 serve of Rice and Lupin Flakes Blend* (see below)
1 egg, lightly whisked
2 tbsp soy sauce
1 cup capsicum, diced
2 spring onions, sliced diagonally
1 cup shredded red cabbage
1 cup peas and corn
1 cup shredded kale leaves
2 large cloves of garlic
2 chillies, de - seeded and chopped
60g cooked prawns or protein of choice (if using bacon or uncooked meat sauté with vegetables)
Handful of fresh coriander
1 tbsp oil for frying

* Rice and Lupin Flakes Blend

¼ cup Lupin Flakes
½ cup Basmati rice, pre-rinsed
1 ½ cups water
Pinch of salt

Method

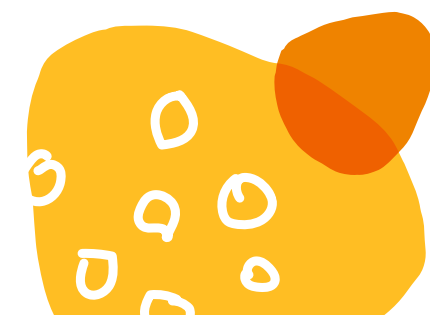
1. Add all ingredients to a rice cooker and stir to combine evenly. Press cook on rice cooker.
2. When Rice and Lupin Flakes Blend is cooked - transfer to a baking dish, spread evenly and fluff with a fork to allow rapid cooling. Rice and Lupin Flakes Blend should be cool before adding to stir fry.

Method

1. Heat 1 tsp of oil on a non-stick wok. When wok is hot, pour egg and swirl to form a thin omelette. Allow to cook for less than a minute then flip carefully. Cook for another 30 seconds before removing from pan and cutting into strips. Set aside.
2. Add remainder of oil to the wok. When hot add the capsicum and red cabbage and toss for 15 seconds. Then add kale, garlic and chillies, toss for 30 seconds before adding peas, corn and prawns. Toss to combine for another 30 seconds.
3. Add the Rice and Lupin Flakes Blend to the wok, then add soy sauce and toss until well combined. Finally, add spring onion and egg and toss to combine all ingredients well.

Serve:

Garnish with coriander



Lupin crusted roast cauliflower salad

Serves 6 as a side salad

DF GF V

Ingredients

4 tbsp Lupin Flakes
750g (1 medium head) cauliflower broken into florets
4 tbs olive oil
1 tsp caraway or fennel seeds
Salt and pepper to taste
Oregano and paprika to season
Toasted almonds or pepitas to serve
Dressing
2 tbsp olive oil
½ cup chopped flat-leaf parsley
1 tbsp white wine vinegar
2 tsp fresh lemon juice
½ tsp finely grated lemon zest
1 clove crushed garlic

Method

1. Preheat oven to 180°C.
2. In a large bowl toss cauliflower, oil, caraway seeds and Lupin Flakes until cauliflower is evenly coated. Transfer the mix to a baking tray, lined with baking paper; season with salt and pepper and sprinkle a little oregano and paprika.
3. Roast cauliflower mix, tossing occasionally, until tender and golden brown, 35-40 minutes. Or until nicely browned.
4. Meanwhile, whisk together the lemon juice, vinegar, garlic, oil, parsley, salt and pepper.
5. When the cauliflower has finished roasting, transfer to a serving dish and toss with the dressing.

Serve:

Top with toasted almonds or pepitas (optional), lemon zest and extra parsley

Moroccan ras el hanout crumbed chicken

Serves 2

DF GF

Ingredients

1 medium chicken breast
1 egg, lightly whisked
¾ cup Lupin Flakes
1 cup rice flour, to dust
2 tsp Ras el hanout
2 tsp paprika
pink salt and pepper
oil of choice

Method

1. Mix together Lupin Flakes, Ras el hanout, paprika, salt and pepper.
2. Cut chicken breast into strips.
3. Dust chicken strips with rice flour, then dip into egg and finally coat with Lupin Flakes mixture.
4. Allow crumbed chicken strips to rest for a minimum of 10 minutes.
5. Heat oil in a non-stick frypan. When hot, add chicken and pan fry each side for 3 - 4 minutes, turn occasionally until chicken is cooked and the crumb becomes golden.
6. Serve warm with your favourite salad and/or veggies.

Ras el hanout is excellent for marinating meat. You can find this spice blend in most supermarkets!

Lupin vegetable and chia mini burgers

Makes 12 patties – 3 per serve

DF GF V

Ingredients

1 cup (120g) Lupin Flakes
2 tbsp chia seeds
2 tsp cornflour
½ small zucchini, grated
½ medium carrot, grated
½ small potato, grated
¼ large onion, finely chopped
2 cloves crushed garlic
½ tsp cumin powder
180ml vegetable stock, heated
3 tbsp oil of choice
Salt and pepper to taste
Handful of fresh chopped parsley

Method

1. Mix Lupin Flakes, corn flour, chia seeds and cumin in a bowl. Pour the hot vegetable stock over ingredients and mix well. Let stand for 3-5 minutes.
2. Add the vegetables and garlic to the lupin and chia mix. Season and mix thoroughly to combine. Let stand for 20 minutes.
3. With moist hands form the mixture into mini burgers (of approximately 40g size). Burgers are best being as wide and as thin as possible - approximately 6cm in diameter. Let stand for 5 minutes.
4. Heat* oil in a non-stick frypan, and fry burgers on medium heat until golden.

*Ensure oil is very hot before adding burgers - oil must be hot to prevent them breaking apart. Turn heat down once you have added burgers to the pan and they are sealed. Alternatively you can lightly spray patties with oil and bake in a low to moderate oven for about 40 mins.

Serve with:

Plain Greek yoghurt, sauce or relish of your choice.

Lupin crusted roast cauliflower salad



L-R: Moroccan Ras el hanout crumbed chicken & lupin vegetable & chia mini burgers



Warm lupin and Mediterranean roast vegetable salad

Serves 10 - 12 as a side dish



Ingredients

1 cup Lupin Flakes
1 small potato, sliced
1 red capsicum, sliced
1 medium size eggplant, sliced
1 large zucchini, sliced
3 medium onions, sliced
1 medium sweet potato, sliced
3 large tomatoes, sliced
4 cloves garlic chopped finely
2 heaped tbsp capsicum paste (or tomato paste)
2 tsp oregano
3 tsp paprika
5 tbsp olive oil (or oil your choice)
Salt and pepper to taste

Method

1. Preheat oven to 175°C.
2. Blend capsicum paste and oil together in a very large bowl.
3. To the same bowl add all ingredients apart from Lupin Flakes and toss until well mixed and evenly coated.
4. Transfer the vegetables to a large baking tray so that they form a single layer.
5. Roast, tossing occasionally, until well cooked, 50 minutes.
6. While vegetables are roasting add Lupin Flakes to 3 cups of hot water and bring to boil. Boil for 3 minutes then strain. Let cool before squeezing out excess moisture.
7. When vegetables are ready add the cooked Lupin Flakes to the baking dish and toss to combine. Return to the oven and roast for a further 3 minutes to warm.

Serve:

Drizzled with oil and crumbled feta, with crusty bread for a nutritious meal!

Cinnamon, lupin and coconut granola

Makes roughly 1 litre container



Ingredients

1 cup Lupin Flakes
1 cup puffed millet
½ cup shredded coconut
½ cup pepitas
½ cup sunflower seeds
4 tsp ground cinnamon
¼ cup rice malt syrup
¼ cup coconut oil

Method

1. Preheat oven to 160°C.
2. In a bowl toss all the ingredients until well mixed and evenly coated.
3. Transfer the mix to a baking tray lined with baking paper.
4. Roast, tossing after 10 minutes, then roast for a further 10 minutes, until golden brown. Pay close attention for the final 3 minutes as it can brown very quickly.

Lamb and lupin kofte

Serves 6



Ingredients

500 kg lamb mince
½ cup Lupin Flakes
50 ml chicken or vegetable stock
60 ml pomegranate molasses (can substitute with coconut nectar)
¼ red onion, finely chopped
1 garlic cloves, crushed
½ red chilli, finely chopped
1 tbsp ground cumin
1 tbsp paprika
½ bunch coriander, roughly chopped
½ bunch mint, roughly chopped
½ preserved lemon rind, finely diced (can substitute with 1 tsp lemon zest)
Salt & pepper to taste

Method

1. Mix Lupin Flakes, pomegranate molasses and stock together and let sit for at least 15 minutes.
2. Combine onion, garlic and chilli in a large bowl. Add the lupin mix, lamb, cumin, paprika, preserved lemon and herbs, mix thoroughly and season to taste with salt and pepper. Rest for at least 1 hour to allow flavours to develop.
3. When mixture has rested, form into Kofte shape and sauté until just cooked.
4. Be mindful not to overcook or Kofte's will be dry and lack flavour.

Serve:

Tzatziki and pita wraps.



Warm lupin and Mediterranean roast vegetable salad



L-R: Cinnamon, lupin and coconut granola and lamb and lupin kofte





**Indulgent
Treats**

Decadent lupin brownie

Serves 12

GF

Ingredients

⅔ cup Lupin Flakes
1 cup gluten-free SR flour
¼ cup almond meal
⅔ cup cocoa powder
1½ cups caster sugar
1 tsp baking powder
4 eggs separated
250g butter, melted
¼ cup cooking chocolate buds

Method

1. Preheat oven to 180°C and line a 20cm x 30cm (base) slab pan with baking paper, allowing a 2cm overhang at both long ends.
2. Beat egg whites until stiff.
3. Place Lupin Flakes, almond meal, gluten free SR flour, baking powder, chocolate buds and cocoa into a large bowl. Add sugar. Stir to combine.
4. Make a well in the centre. Add egg yolks and melted butter to flour mixture. Using a metal spoon, mix until just smooth. Fold egg whites in gently.
5. Transfer mixture into prepared pan. Bake for 20 - 25 minutes or until a skewer inserted in the centre comes out clean.
6. Remove from oven and allow to cool in pan.
7. Lift from pan, cut into squares.

Serve:

Dusted with icing sugar and some cream and fresh strawberries.

Lupin coconutty carrot cake

Serves 8

GF

Ingredients

160g Lupin Flakes
300g grated carrot (approx 3 large)
⅓ cup (65g) coconut flour
30g pepita seeds
¾ cup (100g) coconut sugar
80g rice malt syrup
3 eggs, lightly beaten
140ml coconut oil
2 tsp cinnamon
1 tsp vanilla essence
1 tsp bicarbonate of soda

Icing

1 cup (250g) softened cream cheese
½ tsp vanilla essence
½ cup (80g) icing sugar
Zest of 1 lemon (optional)
Chopped nuts to garnish

Method

1. Preheat oven to 170°C. Grease a loaf pan lightly with oil and line with non-stick baking paper.
2. Blend the Lupin Flakes, coconut flour, pepitas, bicarbonate of soda and cinnamon in a large mixing bowl.
3. Combine the sugar, rice malt syrup, vanilla, carrots and eggs in a separate bowl and mix until combined.
4. Pour the oil into the dry ingredients. Stir gently until just combined, then add the grated carrot mix gently.
5. Pour the mixture into the cake pan and bake for about 40 mins. Set aside for at least 10 minutes, before carefully turning out onto a wire rack to cool completely.
6. To make the icing, place the cream cheese, icing sugar, vanilla and lemon zest in a bowl, mix with either a wooden spoon or hand mixer until well combined.
7. Spread icing over the cake and garnish with chopped nuts.

Lupin banana bread

Serves 10

GF

Ingredients

110g Lupin Flakes
3 small over ripe bananas - mashed
210g SR Flour (for GF version swap for Gluten Free SR flour)
100g coconut sugar
50g butter or coconut oil
2 whole eggs, lightly whisked
140 ml milk
2 tsp cinnamon
1 tsp vanilla essence
½ tsp bicarbonate of soda

Method

1. Preheat oven to 170°C. Grease a loaf pan lightly with oil and line with non-stick baking paper.
2. Blend the Lupin Flakes, SR flour, bicarbonate of soda and cinnamon in a large mixing bowl.
3. Gently melt butter or coconut oil in a large saucepan over low heat. Take off the heat, add the brown sugar, milk, mashed bananas, vanilla and eggs and stir in gently.
4. Pour the liquid mix into the dry ingredients and stir in gently until just combined.
5. Pour the mixture into the loaf pan and sprinkle the top with Lupin Flakes and ¼ teaspoon sugar. This step is optional but will add a nice glaze.
6. Bake for approximately 45 minutes, banana bread is ready when a skewer inserted in the centre comes out clean.
7. Set aside for at least 5 minutes, before carefully turning out onto a wire rack to cool.

Serve:

Warm with butter.



Decadent
lupin
brownie



L-R: Lupin coconutty carrot cake and lupin banana bread