



**McKENZIE'S**  
FOR EVERY DAY SINCE 1852



# NOT *just* FOR SOUP





## MCKENZIE'S SOUP MIX ISN'T JUST FOR SOUP—IT'S YOUR SHORTCUT TO HEARTY, FEEL-GOOD MEALS PACKED WITH GOODNESS!

With just one 500g bag, you can create three satisfying recipes—talk about value and convenience!

- Simply prepare the soup mix following the instructions on the back of the pack, then let the creativity begin.
- Cook once, enjoy multiple meals: whip up your favourite dish and store the remaining mix in the fridge for later.
- Just keep it covered and use within 3 days—easy, tasty, and ready when you are!



# MEDITERRANEAN LENTIL AND BARLEY FRITTERS

*Vegetarian & Vegan*



**SERVES:** 16 fritters

**PREP TIME:** 20 mins

**COOK:** 25 mins

## INGREDIENTS:

250g McKenzie's Soup Mix  
100g hommus  
80g onion, finely chopped  
2 cloves garlic, finely chopped  
20g flat-leaf parsley, chopped  
20g coriander leaves, chopped  
30g McKenzie's Chickpea Flour  
1 tsp ground cumin  
1 tsp ground coriander  
McKenzie's Australian Natural Sea Salt  
McKenzie's Whole Black Peppercorns  
High smoke point oil, for frying

## METHOD:

1. Prepare Soup Mix according to packet instructions.
2. Pulse half the cooked Soup Mix in a food processor until coarsely chopped, keeping plenty of texture and not forming a paste.
3. Combine the pulsed mixture with hommus, onion, garlic, parsley, coriander, chickpea flour, cumin, ground coriander, salt and cracked black pepper in a large bowl. Mix until well combined. Shape into 16 patties, about 2–3 cm thick then refrigerate for 30 minutes to firm up.
5. Heat oil to 170°C in a deep pan. Fry fritters in batches for 4–6 minutes per side until deeply golden and crisp, being careful not to overcrowd the pan.
6. Remove with a slotted spoon and drain on paper towel. Repeat with remaining fritters. Sprinkle with a little extra sea salt before serving.

# LOADED SHAKSHUKA

*Vegetarian*



**SERVES:** 4

**PREP TIME:** 15 mins

**COOK:** 30 mins

## INGREDIENTS:

65g McKenzie's Soup Mix  
2 tbsp olive oil  
1 small brown onion, finely chopped  
1 red capsicum, diced  
3 garlic cloves, finely chopped  
1 tsp ground cumin  
1 tsp smoked paprika  
¼ tsp chilli flakes (optional)  
1 x 400g tin crushed tomatoes  
2 tbsp tomato paste  
McKenzie's Australian Natural Sea Salt  
McKenzie's Whole Black Peppercorns  
4 large eggs  
Fresh mint, coriander leaves and parsley leaves, to serve  
Feta, to serve  
Sourdough toast, to serve

## METHOD:

1. Prepare Soup Mix according to packet instructions.
2. Heat olive oil in a medium frypan over medium heat. Add onion and cook for 5–8 minutes until soft. Add capsicum and cook for another 5 minutes until softened. Stir in the garlic, cumin, paprika and chilli flakes. Cook for 1 minute until fragrant.
3. Add crushed tomatoes, tomato paste and 125ml water. Season with salt and pepper. Simmer for 10–15 minutes until slightly thickened. Stir through cooked soup mix.
4. Make small wells in the sauce and crack eggs into each one. Cover and cook until eggs are just set, about 5–8 minutes depending on how runny you like the yolks.
5. Remove from heat and scatter with herbs and feta, serve with sourdough toast.

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# WARM SWEET POTATO AND SUPERGRAIN SALAD

*Vegetarian*



**SERVES:** 4-6 as a side

**PREP TIME:** 20mins

**COOK:** 40 mins

## INGREDIENTS:

185g McKenzie's Soup Mix  
600g sweet potato, peeled and cut into 4-5cm chunks  
60ml olive oil  
McKenzie's Australian Natural Sea Salt  
McKenzie's Whole Black Peppercorns  
30ml red wine vinegar  
10g Dijon mustard  
15g honey  
150g rocket  
100g goat cheese, crumbled  
50g pecans

## METHOD:

1. Prepare soup mix according to packet instructions.
2. Preheat a fan forced oven to 200°C. Toss sweet potato with half the olive oil and season generously with salt and pepper. Spread on a tray and roast for 25–30 minutes until tender and slightly caramelised.
3. Whisk together remaining olive oil, red wine vinegar, Dijon mustard and honey, season to taste.
4. Toast pecans in a dry pan over medium heat for 3–5 minutes until fragrant. Cool slightly.
5. When ready to serve, combine cooked soup mix and rocket in a large bowl. Drizzle over the dressing and toss to coat.
6. Arrange in a large bowl with the roasted sweet potato then crumble over the goat cheese and toasted pecans to serve.

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