



BEAN APPÉTIT

RECIPES FOR SPROUTING CHEFS



Eat Up.

HEINZ
ESTD 1869



ABOUT Eat Up.

With the help of our partners, like Heinz and dedicated volunteers, each week Eat Up makes and delivers thousands of fresh sandwiches and donated snacks directly to schools for Aussie kids experiencing hunger. Lunches typically include a cheese sandwich, Heinz Banz, fresh fruit, yoghurt and nutritious snacks.

In 2013, Eat Up Founder, Lyndon was living in his hometown of Shepparton and read a story in the paper about how local kids were going to school without lunch. He quickly enlisted the help of his mum and a couple of mates and started making sandwiches to drop off at these schools.

Ten years on, Eat Up is now Australia's only organisation providing free lunches for students on a national scale. So far, Eat Up has delivered over 3 million lunches and counting!





CHEESY BEANZ BREAKFAST SCONE



PREP TIME: 10 minutes | **COOK TIME:** 20 minutes | **SERVES:** 4

INGREDIENTS

2 cups self-raising flour
50g butter, diced
180ml milk
 $\frac{3}{4}$ cup Pizza cheese
220g can Heinz Banz

METHOD

- 1 Preheat oven 220°C fan forced and line a baking tray with baking paper.
- 2 Place flour and butter into a large bowl. Using your fingertips, rub the butter into the flour until the mixture looks crumbly. Add milk and gently mix until it forms a soft sticky dough.
- 3 Turn dough onto floured surface; knead lightly until it comes together. Transfer to baking tray. Use your hands to press dough out evenly to form a 20cm wide circle about 1.5 cm thick. Score the top into 8 wedges, cutting through the dough around the sides. Bake for 10 minutes.
- 4 Remove tray from the oven and press down gently on the top of the scones to flatten out slightly. Top with $\frac{1}{2}$ cup cheese and spoon Banz on top. Add remaining cheese. Return to the oven and cook for a further 10-12 minutes. Let stand for a few minutes before cutting into wedges using the side cuts to guide the knife. Serve warm.

TIPS

- Dough can be made a day ahead. Cover in cling film and refrigerate. When ready to use, allow to stand at room temperature for 5 minutes before pressing out onto tray.
- Best eaten while warm, but can be reheated in a low oven, microwave or air fryer.
- Serve with some capsicum and cucumber sticks with hummus.



EGG & BEANZ TORTILLA



PREP TIME: 5 minutes | **COOK TIME:** 10 minutes | **SERVES:** 4

INGREDIENTS

1¼ cup grated tasty cheese
8 eggs, beaten
4 large flour tortillas
300g can Heinz Banz
1 tomato, finely diced

METHOD

- 1 Heat a non-stick frying pan over medium-high heat. Sprinkle a ¼ of the cheese over the base of the pan. Heat until just melted.
- 2 Pour over a ¼ of the beaten egg, swirling the pan so the egg covers the cheese. Place one tortilla on top. Cook for 1-2 minutes. Flip over.
- 3 Spoon ¼ of the Banz on to one side of the tortilla and top with some chopped tomato. Fold over tortilla. Serve immediately. Repeat with remaining ingredients.

TIPS

- Use any grated cheese such as mozzarella or pizza cheese blend.
- Add your favourite fillings such as spinach, mushroom, capsicum, or cooked shredded chicken to the tortilla.
- For a takeaway lunch, wrap tortilla in foil or place into a sealable container. Reheat in a sandwich press or in a dry frying pan.





BEANZ SALAMI & ROCKET PIZZA



PREP TIME: 5 minutes | **COOK TIME:** 10 minutes | **SERVES:** 4-6






INGREDIENTS

- 1 Turkish loaf, split in half lengthways
- 2 cups Pizza cheese
- 300g can Heinz Banz
- 50g salami slices
- 1 cup baby rocket

METHOD

- 1** Preheat oven 200°C fan-forced and line a baking tray with baking paper.
- 2** Place Turkish loaves on tray, cut side up, and scatter over half the cheese. Spoon Banz over and top with salami slices. Add remaining cheese.
- 3** Bake for 10 minutes until bread is crispy and cheese is golden and melted. Serve topped with baby rocket.

TIPS

-  Add or swap out any of your favourite pizza toppings with the Banz, such as cooked shredded turkey, capsicum, or pineapple.
-  Swap out Turkish loaf and use store-bought pizza bases. Great for dinner or lunch.
-  For a takeaway, cut into portions, and wrap in foil. Place inside a sealable container. Reheat in microwave, air fryer or sandwich press.





BEANZ, BROCCOLINI MAC & CHEESE



PREP TIME: 5 minutes | **COOK TIME:** 12 minutes | **SERVES:** 4

INGREDIENTS

250g elbow pasta
1 broccolini, end trimmed and cut into 3-4cm pieces
300g can Heinz Beanz
1 cup cheese sauce
1 cup grated tasty cheese



METHOD

- 1 Cook pasta according to packet instructions. Add broccolini to the hot water in the last 2 minutes of cooking. Drain and transfer to a 6-cup baking dish.
- 2 Stir through the Beanz, half of the cheese sauce and cheese. Flatten out pasta and spoon over the remaining ½ cup of sauce and cheese.
- 3 Brown under a preheated hot grill for 5-8 minutes or until cheese is golden and melted. Serve immediately.

TIPS

- Make this bake up to 2 days ahead. Cover and refrigerate. To serve, warm in a moderate (180°C) oven for 30-40 minutes or until warmed through.
- For extra veggie hit, add ½ cup grated zucchini or 200g of sliced cooked mushrooms to the cooked pasta and Beanz.
- Change things up by adding 1½ cups of shredded chicken with the Beanz and pasta. Bake as per the recipe.





BEANZ FRITTERS



PREP TIME: 10 minutes | **COOK TIME:** 15 minutes | **MAKES:** 10

INGREDIENTS

2 x 300g can Heinz Beanz
 ½ cup tightly packed grated zucchini, (approx. 1 small)
 ½ cup finely chopped green onion, (approx. 4)
 ½ cup self-raising flour
 3 eggs, beaten

METHOD

- 1 Strain Beanz through a fine strainer, reserve sauce. Add Beanz to a large mixing bowl and add zucchini, green onions, flour and eggs and mix well.
- 2 Heat a non-stick frying pan over medium heat. Spray pan with cooking spray. Using a ¼-cup measure, spoon out mixture into the hot pan, and spread out to form a 9 cm circle. You will need to do this in batches. Cook for 2–3 minutes. Flip over and cook for a further 1–2 minutes or until golden and cooked through. Transfer to a lined baking tray and partially cover with foil. Place in a low 100°C oven. Repeat with remaining mixture.
- 3 Serve fritters drizzled with reserved sauce and a dollop of mayonnaise.

TIPS

- Fritters can be made up to 2 days in advance. Keep refrigerated in a sealable container. Reheat in the microwave, low oven or frying pan.
- Freeze fritters in layers divided by baking paper in a sealable container for up to 2 months.
- Fritters can be cooked into smaller sizes. Use a tablespoon measure to make canape-size fritters.



BEANZ HAM AND PINEAPPLE SCROLLS



PREP TIME: 10 minutes | **COOK TIME:** 25 minutes | **MAKES:** 16

INGREDIENTS

2 sheets puff pastry, just thawed
 300g Heinz Beanz
 ¾ cup grated tasty cheese
 50g finely diced ham
 ½ cup Golden Circle pineapple pieces in juice, drained

METHOD

- 1 Preheat oven 220°C fan forced and line 2 baking trays with baking paper.
- 2 Lay out pastry and dollop Beanz over pastry, spreading it out evenly but leaving a 2cm border around the edges. Scatter over cheese, ham and pineapple.
- 3 Starting from one side, roll up the pastry tightly to enclose the filling. Cut into 8 pieces and place on to the prepared tray. Repeat with the second pastry sheet on second tray.
- 4 Bake in the preheated oven for 20-25 minutes, swapping trays halfway.

TIPS

- Swap out ham with your favourite veggies, such as capsicum.
- Scrolls can be made 2 days ahead. Roll up scrolls and wrap in cling film. Refrigerate. Cut in slices and place onto baking dish.
- Scrolls are best eaten warm or cold. Pack cold for lunch boxes or reheat in a low oven or air fryer until hot and crisp.



**Eat
Up.**



CHEESY BEANZ TOASTIE

PREP TIME: 3 minutes | **COOK TIME:** 6 minutes | **MAKES:** 1



This recipe has been created in partnership with Eat Up, as it's a schooltime favourite.



INGREDIENTS

30g mozzarella cheese
2 slices wholemeal bread
220g can Heinz Banz

METHOD

- 1 Place one slice of the bread into the toasted sandwich maker and press the bread down with a spoon into the well of the hot plate.
- 2 Spoon the Heinz Banz onto the slice of bread.
- 3 Sprinkle the grated cheese on top and season.
- 4 Add the top slice of bread and close the toasted sandwich maker.
- 5 Cook for 5-6 minutes until golden and crispy on the outside.

TIPS

-  Feel free to use any flavour cheese.
-  We recommend using wholegrain bread.





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