



healthkick®

FOOD CHOPPER & PROCESSOR RECIPE BOOK

The HealthKick Food Processor is a great way to mix, chop and prepare textured fillings, salads, desserts in everyday use.

We have compiled 20 of our best delicious recipes for you to experiment and use with your new Food Processor.

(v) Are Vegan/Vegetarian options

CHICKEN SALAD PATE

INGREDIENTS

- 300g cooked chicken pieces
 - 1 small pickle onion
- 1 tbsp light mayonnaise
- 1 tbsp French mustard
- Parsley sprigs to taste

DIRECTIONS

- Place all ingredients in Food Processor and chop until smooth.
- Use as a sandwich filling.



CHEESE BURGER

INGREDIENTS

- 300g cubed beef or lamb
 - 50g chopped onion
 - ½ tsp salt
- 30g grated cheddar cheese

DIRECTIONS

- Combine beef/lamb, onion, salt and cheese in Food Processor and chop until smooth.
- Create balls of the meat mixture, then press flat onto grease proof paper to create patties.
 - Place in fridge for 30 mins before cooking on BBQ or Grill.

VEGGIE BURGER (V)

INGREDIENTS

- 1 cup cooked lentils
- ½ cup smoked portabella mushrooms
 - ½ cup bulgur wheat
 - 1 clove roasted garlic
- ½ cup whole wheat bread crumbs
 - ½ tbsp. Worcester sauce
 - 1 tbsp walnut oil
- Salt and pepper to taste

DIRECTIONS

- Place all ingredients into Food Processor and pulse until smooth.
- Chill in fridge and serve.



PEANUT BUTTER SPREAD (V)

INGREDIENTS

- 175g roasted peanuts
- 1 tbsp peanut oil

DIRECTIONS

- Place all ingredients into Food Processor and pulse until smooth.
- Chill in fridge and serve.

HAM & PEPPER OMELETE

INGREDIENTS

- 1 tbsp butter
- ½ cup onion
- ½ cup bell pepper
 - 100g ham
 - 2 eggs
 - ¼ tsp salt
- ¼ tsp pepper

DIRECTIONS

- Place Ham, bell pepper and onion into Food Processor and pulse 2 or 3 times until finely chopped.
- Remove and sauté until golden brown with 1/2 butter.
- Replace the chopping blades for the whisk in Food Processor.
- Add eggs, salt and pepper to food processor and pulse 2 times to mix ingredients.
 - Now add the pre-cooked ham, pepper and onions and pulse once.
- In frying pan using remaining butter, pour full mix and create omelette, turning once underside is golden brown.



CRAB CAKES

INGREDIENTS

- 300g Crab Meat
- 1 cup soft bread crumbs
 - 2 spring onions
 - ¼ cup celery
- 3 tbsp light mayonnaise
 - 1 egg
- Dash of hot pepper sauce
 - Flour
- 3 tbsp vegetable oil

DIRECTIONS

- Place all ingredients, excluding flour and oil into Food Processor and pulse 2 or 3 times for a light texture.
 - Place in fridge for 15 minutes.
 - Shape into 4 cakes, about ½” THICK.
 - Dust with flour.
- Sauté the crab cakes in hot oil on both sides for about 6-7 minutes until golden brown.

SALMON CAKES

INGREDIENTS

- 225g fresh boneless, skinless salmon
- 1 slice of lightly toasted white bread
 - 1 spring onion
 - 1 tbsp light mayonnaise
 - 1 small egg
- Dash of hot pepper sauce
 - Cracker crumbs
- 3 tbsp vegetable oil

DIRECTIONS

- Place Salmon, Bread, onion, mayonnaise, egg and a dash of hot pepper sauce into Food Processor and pulse 2 or 3 times for a thick chunky mix.
 - Chill in fridge for 30 minutes.
 - Shape into 4 cakes, about ½" thick.
 - Dust with cracker crumbs.
- Sauté the Salmon cakes in hot oil on both sides for about 7 minutes until golden brown.



PASTA SAUCE

INGREDIENTS

- 85g parmesan cheese
- ½ cup cooked minced beef
- 1 cup fresh spinach
- ¾ cup ricotta cheese
- 1 large garlic clove
 - 1 slice onion
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt and pepper to taste

DIRECTIONS

- Place parmesan and garlic into Food Processor and mix until fine.
 - Add spinach and onion and pulse 2 times.
 - Add all remaining ingredients and pulse 1 time.

Ideal as a filling for lasagna, manicotti, pasta shells etc

PIZZA SAUCE

INGREDIENTS

- 6 roma tomatoes, seeded and drained
 - 2 tbsp tomato paste
 - 1 medium garlic clove
 - ½ tsp oregano
 - 1 tsp basil
- 85g parmesan cheese
 - 85g mozzarella

DIRECTIONS

- Place Garlic, mozzarella and parmesan in Food Processor and pulse 3 times.
 - Add all remaining ingredients and pulse 2 times.

Place on Pizza base and add toppings as desired, such as cheese, pepperoni etc



EGG SALAD

INGREDIENTS

- 4 Hard Boiled Eggs
- 2 tbsp light mayonnaise
- 2 green olives with pimentos
- Salt and Pepper to taste

DIRECTIONS

- Place all ingredients into Food Processor and pulse 3 times.
 - Chill in fridge and serve.

HUMMUS (V)

INGREDIENTS

- 1 can of Chick Peas, drained
 - 2 tbsp Italian parsley
 - ¼ chopped onion
 - 2 cloves garlic
 - 1 tbsp lemon juice
 - 2 tbsp olive oil
 - ½ tsp salt
- 1 pinch cayenne pepper

DIRECTIONS

- Place all ingredients into Food Processor and pulse until smooth.
- Chill in fridge and serve.



BABA GHANOUSH DIP (V)

INGREDIENTS

- 1x Eggplant
- ¼ cup lemon juice
- 2 tbsp tartar sauce
 - 1 clove garlic
 - 1 tbsp salt
 - 1 tbsp olive oil
- ½ cup chopped onions
 - 1 tbsp parsley

DIRECTIONS

- Roast eggplant in oven at 350 degrees for 30 min. remove and cool.
- Peel Eggplant and place in Food Processor with all remaining ingredients.
 - Chill before serving.

BASIL PESTO

INGREDIENTS

- 2 cup basil leaves
- 2 cloves garlic
- ½ cup pine nuts or walnuts
- ¾ cup grated parmesan cheese
- ¾ cup extra-virgin olive oil
- Salt and pepper to taste

DIRECTIONS

- Place basil leaves and garlic in Food Processor and chop until fine.
 - And nuts and pulse until fine.
 - Add parmesan and pulse 2 times.
- Place into a bowl, add olive oil and salt and pepper.
 - Chill in fridge and serve.



GUACAMOLE

INGREDIENTS

- 1 Ripe Avocado
- ½ fresh tomatos
- 1 tbsp low fat yoghurt
- 1 tsp stilton cheese

DIRECTIONS

- Place all ingredients into Food Processor and pulse 3 times.
 - Chill in fridge and serve.

TOMATO SALSA

INGREDIENTS

- 3 medium plum tomatoes
 - ½ tsp salt
 - ¼ onion
- 1 tbsp coriander leaves
 - ¼ medium lime
- Dash hot pepper sauce

DIRECTIONS

- Quarter the plum tomatoes and remove seeds.
- Place tomatoes, onion, salt, and coriander into Food Processor and chop to desired consistency.
 - Chill in fridge and when ready to serve squeeze in lime juice and dash of hot pepper sauce.



RED PEPPER DIP

INGREDIENTS

- ½ cup skinless roasted red peppers
 - 180g softened cream cheese
 - 1 slice onion
 - ¼ cup sour cream
- Dash of cayenne pepper to taste

DIRECTIONS

- Place all ingredients into Food Processor and pulse 3 times.
 - Chill in fridge and serve.

SMOKED SALMON SPREAD

INGREDIENTS

- 225g cream cheese
- 50g smoked salmon
- Fresh basil to taste

DIRECTIONS

- Place all ingredients into Food Processor and pulse 3 times.
- Chill in fridge and serve .



PEA & HAM SOUP

INGREDIENTS

- 1 cup dried split peas
- 1 medium garlic clove
 - 30g diced ham
- 1 tsp dried thyme
 - 1 slice onion
- 1 tsp coriander
- ½ tsp celery salt
- 4 cups water

DIRECTIONS

- Pulverize peas and garlic in Food Processor.
- Add ham, onion, herbs and spices and pulse 3 times.
- Place in sauce pan, add the 4 cups of water.
 - Bring to boil and simmer until done.

CHOCOLATE MOUSSE

INGREDIENTS

- 1 cup whipping cream
 - 1 tbsp sugar
- ½ cup melted chocolate

DIRECTIONS

- Replace the chopping blades for the whisk in Food Processor.
- Put the whipping cream inside the Food Processor and whisk until very thick.
 - Add the sugar and pulse 2 times.
 - Add ½ the melted chocolate and pulse 2 times.
- Now add the remaining melted chocolate and pulse again 2 times.
 - Chill and serve.



SORBET

INGREDIENTS

- 1 cup fresh or frozen fruit (raspberries, strawberries etc)
 - 2 tbsp sugar
- 1 tsp fresh lemon juice
 - 2 ice cubes

DIRECTIONS

- Pulse ice cubes until crushed.
- Place all ingredients into Food Processor and pulse until pureed.
- Put into a small metal bowl and freeze until desired consistency.

