

Iron rich recipe brought to you by  
Ferrogen iron supplements & Pheeb's Foods

APPROX

**7.7** mg

IRON PER SERVE

42.88% RDI for females  
96.5% RDI for males



# LENTIL BOLOGNESE

*Serves 2*

- |  |   |
|--|---|
| 1 medium brown onion                                       | ½ cup water   |
| 1 carrot   | 1 chicken or vegetable stock cube   |
| 1 celery stalk   | <b>Pinch</b> of salt and black pepper   |
| 1-2 <b>tbsp</b> olive oil                                  | 1 <b>tsp</b> sugar  |
| 3 garlic cloves  | 1 <b>tsp</b> dried oregano  |
| 1 400g tin of diced tomatoes                               | 1 <b>tsp</b> dried Italian spice  |
| 1 400g tin brown lentils drained<br>and rinsed well (240g) | 2 bay leaves *dry or fresh  |
| 3 <b>tbsp</b> tomato paste                                 | 2 <b>serves</b> dried wholemeal spaghetti<br>(around 85g dried pasta per serve) |



## METHOD

- 1** Finely dice the onion, carrot and celery, this can also be done in a food processor pulsing until all finely chopped
- 2** Heat the olive oil in a large saucepan over a medium heat and cook the vegetables for 5 minutes or until softened, add the garlic and cook for a further minute
- 3** Add in all remaining ingredients and bring to a boil, turn the heat down and simmer covered for 10 minutes then uncovered for a further 5-10 or until slightly reduced
- 4** Cook the pasta in boiling salted water until al dente. Drain the pasta reserving  $\frac{1}{4}$  cup of the pasta water, add the pasta and reserved water to the pot with the Bolognese and stir well until everything is coated in the sauce.
- 5** Serve with fresh basil leaves and some parmesan cheese if desired

**DID YOU KNOW** 38% of Australian women aged 19-50 are low in iron?! Ensuring your blood iron levels are in the healthy range for your body can help you to feel in your element. Ferrogen iron supplements support healthy nutritional choices via this yummy range of iron rich recipes developed in conjunction with wholefood nutritionist Phoebe Conway. When increased iron intake through diet proves inadequate, iron supplementation might be recommended by your doctor.

Reference: 1. Australian Health Survey: Usual Nutrient Intakes, 2011-12.  
Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

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**4.2mg**

IRON PER BURGER  
MADE WITH  
WHOLEMEAL BUN

23.33% RDI for females  
52.5% RDI for males



# BLACK BEAN & SPINACH BURGERS

*Makes 4 Patties*

1 400g tin of black beans drained  
and rinsed well

60g baby spinach leaves

1 small red onion

½ cup fresh coriander leaves

2 garlic cloves crushed

½ tbsp smoked paprika

1 tsp ground cumin

½ tsp salt

Pinch of black pepper

2 tbsp ground flaxseeds

Juice of half a lime

4 wholemeal burger buns



#### SUGGESTED TOPPINGS:

tomato, fresh lettuce, coriander leaves, red onion, pickles and vegan chilli mayonnaise

## METHOD

- 1 Preheat your oven to 200 degrees Celsius and line a tray with paper
- 2 Place the rinsed black beans into a food processor with the spinach leaves, pulse the mixture until roughly chopped but a few chunks of the beans still remain, scoop the mixture out into a bowl
- 3 Finely dice the red onion and coriander leaves and add to the bowl along with the crushed garlic, spices, salt and pepper, mix together
- 4 Add in the ground flaxseed and lime juice and use a spoon on your hands to mix everything together really well
- 5 Use your hands to form the mixture into 4 burger patties – if it's not sticky enough add a little extra lime juice and mash everything together more
- 6 Place the patties onto the prepared tray, drizzle with a little olive oil and bake for 20 minutes. They will still feel a little soft when they first come out but allow to cool slightly and they will firm up
- 7 Serve in wholemeal burger buns with your desired toppings!

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**2.4mg**

IRON PER SERVE

13.16% RDI for females  
29.62% RDI for males



# APRICOT CASHEW BALLS

*Makes 8 Balls*

1 300g dried apricots  
½ cup cashews (70g)  
**3 tbsp** sesame seeds (30g)  
**3 tbsp** pumpkin seeds(35g)  
½ cup rolled oats (45g)

⅓ cup shredded coconut (30g)  
**1 tbsp** honey (20g) – could also use molasses for extra iron  
**Juice** of half an orange



## METHOD

1

Place all ingredients except honey and orange juice into a high-powered food processor or blender and pulse until everything is chopped

2

Add in the honey and orange juice and continue pulsing until it forms a stick dough

3

Use your hands to roll the dough into 8 evenly sized balls and coat in extra coconut or leave as is. Store balls in an airtight container in the fridge

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