



# RECIPES

**THE** WHOLE FAMILY  
WILL LOVE

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# NUTELLA®

## FRENCH TOAST ROLLS

PREP TIME: 5 MINS   COOK TIME: 10 MINS   SERVINGS: 2

### INGREDIENTS

- 6 slices COBS Bread Higher Fibre Loaf, *crusts removed*
- 1 large Egg
- ½ cup Milk
- ½ cup Granulated Sugar
- 1 tbsp Ground Cinnamon
- 85g Butter
- 4 tbsp Nutella®
- Berries of your choice



**HIGHER  
FIBRE LOAF**

### DIRECTIONS

1. On a plate, mix cinnamon and sugar. Set aside.
2. In a shallow bowl, whisk egg and milk. Set aside.
3. Cut the crusts off your Higher Fibre Loaf slices.
4. Evenly spread Nutella® on each slice, covering the surface of the bread. Roll up each slice, gently pressing the edge to seal the roll.
5. Once you have rolled up all slices, add butter to a medium-size non-stick frying pan, and heat to medium.
6. While the butter is melting, add your rolls into the egg and milk mixture. Leave to soak for 10-20 seconds.
7. Add each roll to the pan and cook for 8-10 minutes. Turn until each side is golden brown.
8. Take the French toast rolls off the pan and add to the cinnamon-sugar mix. Toss until each roll is evenly coated.
9. Serve with berries and enjoy warm!



# PARMESAN & CHIVE FRENCH TOAST

PREP TIME: 5 MINS COOK TIME: 5 MINS SERVINGS: 2

## INGREDIENTS

- 2 slices of COBS Bread Sunflower Flax Sourdough Loaf
- 30g Butter
- 1 Egg
- ¼ cup Milk
- 2 tbsp Grana Padano (or Parmesan) Cheese
- 1 ½ tbsp Chives, *finely diced*
- Pinch of Salt & Pepper
- Optional: ¼ cup Marinara Sauce

## DIRECTIONS

1. In a small bowl, whisk the egg, milk, salt, pepper, 1 tbsp of Grana Padano (or Parmesan) cheese, and 1 tbsp of finely diced fresh chives.
2. Melt 2 tbsp of butter in a large frying pan over low-medium heat.
3. Soak each slice in the French toast mixture. Soak for at least 15 seconds on each side.
4. Once the butter starts to bubble, add the soaked slices into the frying pan.
5. Cook each side of the French toast for about 1 minute until you see it start to brown.
6. Flip the French toast, and add the remaining Grana Padano cheese and diced chives on top of each slice. Cook for another 1 minute until brown.
7. Transfer the French toast to your plate and enjoy while still warm!



SUNFLOWER  
FLAX  
SOURDOUGH  
LOAF





# SMOKED SALMON EGGS BENEDICT

PREP TIME: 5 MINS COOK TIME: 20 MINS SERVINGS: 2-4

CAPE® SEED LOAF



## HOLLANDAISE INGREDIENTS

- 65g Butter
- 2 Egg Yolks
- 1 tsp Lemon Juice
- A few drops of Tabasco®
- A few drops of Worcestershire Sauce

## HOLLANDAISE DIRECTIONS

1. Melt butter in a small bowl. Set this aside to cool slightly. You want the butter to be warm, but not hot.
2. In a medium-sized bowl, whisk egg yolks and lemon juice until frothy.
3. While whisking, slowly pour in the butter, a little bit at a time. Continue until all butter has been added, and the sauce has reached a thick, honey-like consistency.
4. Add Tabasco® and Worcestershire sauce, whisking until combined.

## BENEDICT INGREDIENTS

- 2 slices COBS Bread Cape® Seed Loaf
- 4 Eggs
- 1 Avocado
- 200g Smoked Salmon
- 2 tsp Chives
- 1L Water
- 4 tbsp White Vinegar
- 4 tbsp Hollandaise Sauce

## BENEDICT DIRECTIONS

1. Bring water and vinegar to a rolling boil in a medium-sized pot.
2. Once the water boils, use a ladle (spoon or whisk will also work) to create a gentle whirlpool by stirring the water clockwise (this will prevent the egg from sticking to the bottom).
3. Cook only one egg at a time by cracking the egg into the water whirlpool while you continue to gently stir. Cook for 2 ½ minutes, then scoop the egg out and place the poached egg gently on the plate lined with linen (this will help the poached egg drain properly.)
4. Toast Cape® Seed Loaf slices, then cut in half.
5. Top each piece of toast with smoked salmon and a few slices of avocado.
6. Use a spoon to carefully scoop the poached eggs and place on top of the toast.
7. Top each egg with a generous spoonful of Hollandaise sauce.
8. Sprinkle with finely minced chives and enjoy!

# OPEN FALAFEL SANDWICH

PREP TIME: 10 MINS COOK TIME: 15 MINS SERVINGS: 4

## INGREDIENTS

- 4 slices COBS Bread Sourdough Loaf
- 12 Falafels
- 8 tbsp Tzatziki
- A few leaves of Lettuce
- 1 medium Tomato
- ½ small Red Onion
- 1 Green Bell Pepper
- ⅓ Cucumber
- 2 tbsp Kalamata Olives, *optional*
- 1 tbsp Olive Oil
- 1 tbsp Red or White Wine Vinegar
- Pinch of Salt & Pepper
- Pinch of Dried Oregano
- 4 tbsp Feta, *crumbled*

## DIRECTIONS

1. Cook the falafel per package directions.
2. Prepare the Greek salad aDice tomato, cucumber and green bell pepper, and add to a medium-sized bowl.
3. If you are adding olives, dice and add to the bowl.
4. Add olive oil and vinegar, then toss.
5. Season the salad with salt, pepper, and oregano to taste.
6. Thinly slice the red onion.
7. Toast Sourdough slices.
8. To assemble the sandwiches, add lettuce leaves to each piece of toast, then top with falafel, Greek salad, and red onion.
9. Spoon on the tzatziki and top with crumbled feta.



CAPE® SEED  
LOAF



# SMASHED CHICKPEA SANDWICH

PREP TIME: 10 MINS    COOK TIME: 6 MINS    SERVINGS: 12

## INGREDIENTS

- 4 slices COBS Bread Cape® Seed Loaf
- 1 cup Chickpeas, *drained*
- 4 tbsp Mayonnaise or Vegan Mayonnaise
- 2 tbsp Lemon Juice
- Pinch of Cumin
- Pinch of Salt & Pepper
- Mixed Greens
- Sprouts or Pea Shoots
- Radishes, *thinly sliced*

## DIRECTIONS

1. In a small bowl, smash the chickpeas, mayonnaise, lemon juice, cumin, salt & pepper. Mix until combined. Taste and adjust the seasoning as desired.
2. Toast the Cape® Seed Loaf slices (optional).
3. Spread mayonnaise on each slice, and top with mixed greens.
4. Add the smashed chickpeas, then top with sprouts and radishes.
5. Complete the sandwich by adding the remaining toasted slice. Enjoy!



## GOURMET HAMBURGER BUN

# GRILLED WATERMELON & HALLOUMI BURGER

PREP TIME: 10 MINS    COOK TIME: 5 MINS    SERVINGS: 4

## PESTO INGREDIENTS

- 1 ½ cup Basil Leaves, *packed*
- 2 Garlic Cloves
- 2 tbsp Pine Nuts
- ⅓ cup Parmesan Cheese, *grated*
- ⅓ cup Olive Oil
- 1 tbsp Lemon Juice
- ½ tsp Kosher Salt, *to taste*
- ½ tsp Black Pepper, *freshly cracked to taste*

## PESTO DIRECTIONS

1. Combine all ingredients except olive oil in a food processor or blender. Pulse until ingredients are incorporated.
2. Slowly drizzle in olive oil and blend to emulsify. Beware not to blend too long to avoid heating the pesto.

## BURGER INGREDIENTS

- 4 COBS Bread Gourmet Hamburger Buns
- 16 oz Halloumi Cheese, *8 ½" slices*
- Watermelon, *8 slices*
- 4 tsp Grapeseed Oil
- 2 tsp Kosher Salt, *to taste*
- 2 tsp freshly cracked Black Pepper, *to taste*
- 2 tsp Unsalted Butter, *for toasting bun*

## BURGER DIRECTIONS

1. Preheat BBQ, or cast iron pan on stove top, to high heat.
2. Brush halloumi and watermelon with grapeseed oil. Season with salt and pepper.
3. Sear until golden brown on both sides, approximately 2-3 minutes.
4. Lightly butter the buns and carefully toast on the grill until golden brown.
5. Add pesto to both sides of the bun.
6. On the bottom bun, place halloumi slices and top with watermelon slices, then place top bun. Serve warm.



# TUSCAN BREAD SOUP

PREP TIME: 10 MINS COOK TIME: 40 MINS SERVINGS: 4

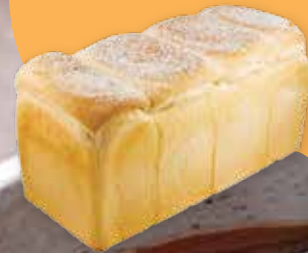
## INGREDIENTS

- 2 cups COBS Bread Higher Fibre Loaf, *crusts removed and torn into 2" pieces*
- ½ cup Olive Oil, plus 2 tbsp for initial cooking
- Salt & Pepper, *to taste*
- 1 Onion, *diced*
- 2 Garlic Cloves, *crushed*
- 2 stalks Celery, *diced*
- ½ cup Parsley, *roughly chopped*
- 2 x 400g tin of Diced Tomatoes
- 1 bunch Kale, *stems removed & roughly chopped*
- 2 cups Vegetable Stock
- ½ cup Parmesan, *grated*

## DIRECTIONS

1. Add 2 tbsp olive oil to a large pot over medium heat.
2. Cook the onion, garlic, and celery with a pinch of salt and stir until soft, approximately 3 minutes.
3. Add tomatoes and parsley, cooking for 3 more minutes.
4. Add the kale and stock, stirring to combine. Cover the pot and cook over low heat until greens wilt, approximately 5 minutes.
5. Remove lid and bring the soup to a simmer. Add the bread and 1/2 cup of olive oil, then stir to combine.
6. Cover the pot, and reduce the heat to low. Cook for 30 minutes. Check occasionally to ensure the stock isn't running low. If it is, add some water if necessary.
7. To serve, top with freshly grated Parmesan and ground pepper.

HIGHER  
FIBRE LOAF





**SOURDOUGH  
LOAF**



# MEATBALLS & CHEESY GARLIC STICKS

PREP TIME: 10 MINS   COOK TIME: 30 MINS   SERVINGS: 4

## MEATBALL INGREDIENTS

- 4 slices COBS Bread Sourdough Loaf, to make breadcrumbs
- 1 lb Ground Beef
- ½ large Yellow Onion
- 1 stalk of Celery
- 2 cloves of Garlic
- 2 large Eggs
- ½ tsp Salt
- ½ tsp Ground Black Pepper
- ¼ cup finely grated Grana Padano (or Parmesan) Cheese, *plus more for garnish*
- 1 tbsp Olive Oil
- 500mL Marinara Sauce
- 2 tbsp Parsley, *finely minced*

## CHEESY GARLIC STICK INGREDIENTS

- 6 slices of COBS Bread Sourdough Loaf
- 4 tbsp Butter
- 2 cloves of Garlic, *finely minced*
- 200g shredded Mozzarella
- 2 tbsp Chives (optional)

## MEATBALL DIRECTIONS

1. Preheat oven to 425°F.
2. Toast sourdough slices until bread is dried out, about 10 minutes. Roughly blend (pulse mode) the toasted sourdough in the blender to make breadcrumbs.
3. Finely dice celery, onion, and garlic.
4. In a mixing bowl, add and mix all the meatball ingredients, including the sourdough breadcrumbs, except for the oil.
5. Portion out the meatballs by using a tablespoon. Take a spoonful of the mix and roll into balls with your hands.
6. Place meatballs onto a parchment-lined baking tray, leaving space between each meatball to ensure even cooking.
7. Drizzle with oil, then bake for 20 minutes or until meatballs start to brown. Take out of the oven and cut 1 meatball in half to make sure that it is fully cooked in the middle.
8. If meatball is fully cooked, remove from the oven and set aside.
9. To serve meatballs, bring marinara sauce to a simmer in a medium saucepan and stir in meatballs. Cook for 5 minutes. Add freshly chopped parsley and grated Grana Padano before serving.

## CHEESY GARLIC STICK DIRECTIONS

1. Soften the butter in the microwave (don't melt it). Mix softened butter with the minced garlic. Spread the mix evenly on each slice.
2. Top each slice with cheese and place in the oven on top rack to broil. Cook until the cheese starts to bubble and turn golden. Top with chives and cut into sticks.

# TURKEY CLUB & CAESAR SALAD

PREP TIME: 5 MINS    COOK TIME: 6 MINS    SERVINGS: 4

## SANDWICH INGREDIENTS

- 8 slices COBS Bread
- Sunflower Flax Sourdough Loaf
- 4 tbsp Mayonnaise
- A few leaves of Romaine Lettuce
- 8 slices Tomato
- 8 strips Bacon
- 200g sliced Turkey

## SALAD INGREDIENTS

- 2 slices COBS Bread
- Sunflower Flax Sourdough Loaf
- 1 tbsp Olive Oil
- 2 tbsp Asiago Cheese, *grated*
- Pinch of Salt & Pepper
- 2 cups of Romaine Lettuce
- 2 tbsp Caesar Dressing

## DIRECTIONS

1. Pre-heat oven to 425°F.
2. Cut 2 slices of Sunflower Flax Sourdough into small cubes and add them to a small bowl.
3. Drizzle with olive oil, mix in asiago cheese, and season with pinch of salt and pepper.
4. Place bread on a parchment-lined baking sheet and bake for 6-8 minutes or until croutons are crisp and brown. Set aside to cool.
5. While the croutons are baking, toast sourdough for your sandwiches.
6. Start building the turkey club by spreading 1 tbsp of mayonnaise to 4 slices.
7. In this order, add lettuce, tomato, turkey, and 2 slices of bacon. Finish the sandwich by adding the remaining slices of toast on top.
8. Prepare the side Caesar salad by tossing 2 cups of the romaine lettuce with Caesar dressing, asiago cheese and croutons.



SUNFLOWER  
FLAX  
SOURDOUGH  
LOAF



**GOURMET  
HAMBURGER  
BUN**



# DOUBLE BACON CHEESEBURGER

PREP TIME: 5MINS    COOK TIME: 45 MINS    SERVINGS: 2

## INGREDIENTS

- 2 COBS Bread Gourmet Hamburger Buns
- 4 Hamburger Patties, of your choice
- 4 Cheese Slices, of your choice
- 2 tbsp Ketchup
- 2 tbsp Mayonnaise
- 4 strips Bacon
- 2 Pickles

## DIRECTIONS

1. Preheat BBQ (or frying pan) to high heat.
2. In a small bowl, thoroughly mix the mayonnaise and ketchup. Set aside.
3. Once the grill is hot, place the burger patties on the grill. Cook for 3½ minutes. Flip patties and cook for another 3 minutes.
4. Add bacon and cook for 3 minutes on one side then flip & cook for 2 more minutes.
5. Add cheese slices to the top of each patty. Snap each piece of cooked crispy bacon into 2 and place them on top of each cheese slice. Cover the grill and let the cheese melt (approx. 1 minute).
6. Lightly toast the hamburger buns on the grill.
7. Spread 1 tbsp of the burger sauce onto each side of the buns.
8. Assemble the burger and add a piece of pickle on top (optional).
9. Complete each burger by adding the top part of the burger and enjoy.



FOR ANY TYPE OF HUNGRY

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