Get cash back on thousands of HealthyFood items at Woolworths

HealthyFood

Catalogue

September 2019
Discover healthy living!

Discovery Vitality brings you the HealthyFood benefit to help you make healthy food choices when shopping at Woolworths. The selection criteria for the list of foods in this catalogue were compiled by a team of nutrition and health experts, and include the latest dietary guidelines. These guidelines, which include the most recent scientific evidence, address dietary practices that are associated with chronic lifestyle-related diseases such as heart disease and type 2 diabetes.

In addition to the quality of food chosen, the quantity of food also plays a significant role in terms of your health. Portion sizes, from packaged foods to restaurant meals, have increased significantly over the last few decades. While kilojoule control is important, it can only go so far – living a healthy lifestyle depends on combining smart eating with the right amount of physical exercise on a regular basis.

**Important points to remember when using this catalogue**

Products listed in this catalogue are subject to seasonal and supplier availability, and may only be available at certain Woolworths stores. Vitality bases its principles on the most current policies and guidelines from local and international bodies. No collaborations were formed with suppliers or manufacturers and items were chosen based on the evidence-based criteria, independent of the brand they represented. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery group of companies (Discovery) or Woolworths retailers (Proprietary) Limited (Woolworths). Such a person indemnifies Discovery, Woolworths, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party. The product selection process is constantly under review, and we change the product list according to advancements in research, clinical practice and the industry. Check back regularly for the most updated list on www.discovery.co.za.

**Note:** The HealthyFood items identified on the HealthyFood Catalogue shall at all times supersede what is stated on the in-store shelf labels and on your till slips.

**Recipes**

The recipes in this catalogue were provided by the Discovery Vitality HealthyFood Studio.

Fresh, seasonal ingredients, good nutrition and sustainable eating all come together with a dash of delicious as part of the Discovery Vitality HealthyFood Studio – a teaching and dining kitchen located in Sandton, Johannesburg where you can take part in fun and interactive cooking classes to help ignite a life-long love of healthy, appetising cooking.
Discovery Vitality HealthyFood benefit selection criteria

**Fruit**
- Unseasoned, unflavoured fresh and frozen fruit
- Tinned tomato with no added sugar or salt

**Vegetables**
- Unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs

**Carbohydrate foods**
- Wholegrains (for example, oats, brown and wild rice, barley, buckwheat, quinoa, bulgur wheat, spelt, millet, raw popcorn kernels)
- Wholewheat pasta and noodles, couscous, samp, maize rice, cereals, porridges, breads and crackers that meet nutrient cut offs for salt, sugar, saturated fat and fibre

**Protein foods**
- Uncooked eggs
- Unflavoured, unseasoned fresh skinless chicken
- Unflavoured, unseasoned and non-smoked fresh and frozen fish and seafood
- Fish tinned in brine, water, olive or canola oil and tomato or chilli sauce
- Unflavoured, unseasoned fresh and frozen ostrich and ostrich mince
- Unflavoured, unseasoned fresh skinless turkey
- Unflavoured, unseasoned tofu

**Dairy**
- Fat free plain milk
- Fat free plain yoghurt
- Fat free plain and unflavoured cottage cheese
- Unsweetened plain soy milk

**Legumes**
- Dried legumes and legumes canned or bottled in brine or water

**Oils, nuts and seeds**
- Olive, canola and avocado oils
- Plain, raw, unsalted nuts and seeds
- Unsweetened, no added sugar or salt peanut and nut butters
How to use this catalogue

Use this catalogue as your guide to make HealthyFood choices when shopping at Woolworths, and for useful, healthy recipes. The products selected represent the healthiest choices within each food group and, when eaten in the recommended amounts, all form part of a healthy, balanced diet. Products not included in the catalogue are not necessarily unhealthy and may still have a place in a healthy eating pattern, depending on your individual needs.

The Vitality HealthyFood benefit is made up of hundreds of products that are divided into seven main product categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>06</td>
</tr>
<tr>
<td>Fruit</td>
<td>11</td>
</tr>
<tr>
<td>Carbohydrate foods</td>
<td>14</td>
</tr>
<tr>
<td>Protein foods</td>
<td>18</td>
</tr>
<tr>
<td>Dairy</td>
<td>22</td>
</tr>
<tr>
<td>Legumes</td>
<td>24</td>
</tr>
<tr>
<td>Oils, nuts and seeds</td>
<td>28</td>
</tr>
</tbody>
</table>
Get cash back on thousands of HealthyFood items

With the Vitality HealthyFood benefit, you can get up to 25% cash back by making healthy choices when buying food from Woolworths. This benefit makes healthy eating more affordable and makes it easier to identify healthy choices when you shop.

Remember to swipe your Woolworths card at the Woolworths till before the cashier rings up your purchases.

- This includes the Woolworths WRewards card or MySchool MyVillage MyPlanet card.

1. Activate the HealthyFood benefit when you log in to www.discovery.co.za for up to 10% cash back.

2. Choose your main HealthyFood partner.

3. You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any accredited pharmacy in the Vitality Wellness Network to increase your cash back to up to 25%.

4. Complete both assessments every 12 months to keep your cash back at up to 25% at your main partner.

Earn 20 Vitality points for every HealthyFood item you buy, up to a maximum of 1 000 Vitality points every month. If you buy unhealthy items, you will lose 20 points per item.

- The least amount of points you can earn is zero.
- You can never have a negative point's value in a month.

Eat healthily so you can improve your Vitality status. Monitor the healthy choices you are making using the ‘How Healthy is your Basket?’ tool.

Balance members get up to 15% cash back on thousands of HealthyFood items at Woolworths. To increase your cash back to up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment once every 12 months.

Look out for the Vitality HealthyFood stamp on shelf labels in-store to identify HealthyFood items at Woolworths.
Vegetables

Vegetables and herbs

Vegetables are rich in vitamins and minerals, fibre, phytochemicals and antioxidants, and help promote good health and prevent disease. International dietary guidelines recommend that you eat plenty of vegetables in various colours every day. All unseasoned, unflavoured, fresh, frozen and dried vegetables and herbs are included in the Vitality HealthyFood benefit, including those that are whole, chopped or sliced. Tinned tomato with no added sugar or salt is included in the HealthyFood benefit. Vegetables and herbs with added spices, seasoning, flavouring, fat, oil or sauces are excluded from the HealthyFood benefit.
Vegetables

Canned vegetables
Choice Grade Peeled Diced Tomatoes
Diced Tomatoes
Italian Chopped Tomatoes
Italian Whole Cherry Tomatoes
Organic Italian Chopped Tomatoes
Organic Tomato Paste
Tomato paste

Dried vegetables
Celery Seeds
Dried Exotic Mushrooms
Dried Porcini and Shiitake
Dried Porcini
Dried Shiitake Mushrooms
Dried Sweet Peppers
Dried Tomatoes
Garlic Powder
Ginger Flakes
Onion Flakes
Onion Seeds
Sundried Tomatoes
Tomaraisins

Fresh vegetables and herbs
All unseasoned, unflavoured, fresh vegetables and herbs
Vegetables

Frozen vegetables
Baby Carrots
Baby Green Beans
Baby Spring Vegetable Mix
Brussels Sprouts
Carrots, Onions and Celery
Cauliflower Florets
Chunky Vegetable Selection
Country Crop Veg Mix
Edamame Beans
Essential Sweetcorn
Garden Peas
Minted Peas
Mixed Vegetables Diced
Peas, Carrot, Corn
Peas and Corn
Petits Pois
Ruby Roast Vegetables
Steam Broccoli, Cauliflower, Carrot
Steam Carrots, Beans, Broccoli
Sweetcorn

Dried herbs
Basil
Bay Leaves
Bouquet Garni
Chilli flakes
Chilli Rings
Chives
Clove
Coriander

Coriander Leaves
Coriander Seeds
Curry Leaves
Dill
Dried Chillies
Fennel Seeds
Fenugreek
French Tarragon
Spearmint
Sweet Basil
Ginger Flakes
Green Cardamom
Italian Herbs
Lemon Grass
Lime Leaves
Mace
Marjoram
Mixed Herbs
Oregano
Parsley
Red Chillies
Rosemary
Sage
Tarragon
Thyme
Vegetables

Potted herbs
Basil
Borage
Chillies
Chives
Composite Seed Mix
Coriander
Edible Flowers
Herbs Composite
Mint
Origanum
Parsley
Rosemary
Thyme
Wheatgrass
Recipe

Baby marrow, tomato & basil rolls

Ingredients

- 3 large baby marrows
- Large pinch salt
- 8 sundried tomatoes
- 16 basil leaves (or mint)
- 60g reduced fat feta cheese
- 2 cloves of garlic, crushed
- 20ml olive oil

Method

Slice the baby marrows lengthwise into 3mm strips and season with the salt. Set aside for about 30 minutes.

Combine the crushed garlic and olive oil and set aside.

Crumble the feta and slice the sundried tomatoes into strips.

After 30 minutes, wipe the moisture off the baby marrows and place them on a baking tray.

Brush with the olive oil and garlic on both sides.

Preheat the oven grill and cook the baby marrows for about 3 minutes a side under the grill.

Allow to cool, then place 3 basil leaves with a piece of sundried tomato onto each baby marrow slice, sprinkle the feta over as well as some black pepper and roll them up.

Serve at room temperature.
Fruit

Fruit is a good source of vitamins and minerals, fibre, phytochemicals and antioxidants, and help to promote good health and prevent disease. International dietary guidelines recommend that you eat moderate amounts of a variety of fruit every day. All unseasoned, unflavoured fresh and frozen fruit, including those that are whole, cut or sliced, are included in the HealthyFood benefit provided that they do not contain any added sugar, flavouring or include other ingredients. Dried and canned fruit are excluded from the HealthyFood benefit.
Fruit

Fresh Fruit
All unseasoned, unflavoured fresh fruit

Frozen fruit
IQF Berry Medley
IQF Blueberries
IQF Mango
IQF Raspberries
IQF Strawberries
IQF Summer Fruits
Summer Berries
Recipe

**Spicy guacamole**

**INGREDIENTS**

- 2 avocados, large
- 1 lime, large
- 1 chilli
- ½ garlic clove
- 1 tomato, large
- 2 spring onions
- Pinch salt
- Large pinch black pepper, freshly ground

**METHOD**

Skin the avocado, cut into blocks and place in a bowl.

Cut the lime in half and squeeze the juice over the avocado.

Mash the avocado and lime juice together with a fork to a fairly soft puree.

Cut the chilli in half and deseed (unless you prefer it very spicy). Chop finely and then add to the avocado.

Chop the garlic and spring onions finely and add to avocado mixture.

Deseed the tomato and cut into small blocks and add to the avocado.

Season with salt and freshly ground black pepper and combine everything well. Add a bit more lime if the consistency is too thick.

Serve with the crispy, sweet potato wedges.
Wholegrains and wholegrain products are among the healthiest sources of carbohydrates. These provide a steady supply of energy to the body throughout the day. Including these foods helps improve your energy levels and your ability to perform everyday tasks. Apart from being a good source of carbohydrates, wholegrains also provide fibre, resistant starch, a number of vitamins and minerals, as well as beneficial phytochemicals. Local and international dietary guidelines recommend that at least half of the grains you eat should be wholegrains. Wholegrains and high-fibre starchy foods low in salt, sugar and saturated fat are included in the benefit.

Carbohydrate foods should meet all of the below criteria to be included on the HealthyFood benefit:

- At least 6g of fibre per 100g
- No more than 1.5g of saturated fat per 100g
- No more than 5g of total sugar per 100g

The sodium (salt) content of breads, cereals, porridges and crackers should align with government regulations:

- **Bread**: no more than 380mg sodium per 100g
- **Cereals and porridges**: no more than 400mg sodium per 100g
- ** Crackers**: no more than 700mg sodium per 100g
- **Other carbohydrate foods**: no more than 600mg sodium per 100g
Carbohydrate foods

**Bread**
- Cape Seed Loaf
- Crushed Wheat Boules
- Low GI Seeded Bread – Krugers
- Multiseed Bread
- Multiseed Rolls
- Tante Anna Brown Bread – Duens
- Wholewheat High Fibre Brown Bread – Duens
- Woolworths High Fibre White Bread – Duens
- Woolworths Low GI Soy and Linseed White Bread – Krugers
- Woolworths Thick Slice Brown Bread – Britos

**Crackers**
- Plain Water Biscuits
- Provita Crackerbread Rye
- Rice, Buckwheat and Quinoa Crackerbread
- Ryvita Light Rye Crispbread
- Slimmer's Choice Multigrain Rice Cakes
- Slimmer's Choice Oat and Sesame Rice Cakes
- Slimmer's Choice Oat Cakes Plain
- Slimmer's Choice White Corn Cakes Chia, Quinoa and Sesame
- Slimmer's Choice White Corn Cakes Plain

**Cereals**
- Weetbix
- Weetbix Gluten Free

**Other starchy foods**
- Maize Rice
- Samp
- Wholewheat Couscous

**Porridge**
- Plain Oats
- Instant Oats
- Jungle Taste Wheat Bran
- Jungle Oat Bran
- Jungle Oats
- Jungle Oats Instant
- Jungle Oatso Easy Original
- Quick Cooking Oats
- Rolled Oats
- Steel Cut Wholegrain Oats

**Rice**
- Brown Basmati Rice
- Brown Rice
- Organic Brown Basmati Rice
- Organic Long Grain Brown Rice
- Tastic Brown Basmati Rice
- Tastic Brown Wild Rice
- Tastic Natures Choice Brown Rice
- Woolworths Brown Wild Rice

**Other starchy foods**
- Maize Rice
- Samp
- Wholewheat Couscous

**Porridge**
- Plain Oats
- Instant Oats
- Jungle Taste Wheat Bran
- Jungle Oat Bran
- Jungle Oats
- Jungle Oats Instant
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**Rice**
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- Brown Rice
- Organic Brown Basmati Rice
- Organic Long Grain Brown Rice
- Tastic Brown Basmati Rice
- Tastic Brown Wild Rice
- Tastic Natures Choice Brown Rice
- Woolworths Brown Wild Rice
Carbohydrate foods

Wholegrains
Barley
Bulgur Wheat
Dehulled Buckwheat
Dehulled Millet
Pearl Barley
Popcorn
Psyllium Powder
Quinoa
Red and White Quinoa
Red Quinoa
Snowflake Digestive Bran
Spelt
White Quinoa

Wholewheat pasta and noodles
Asian Medium Wholewheat Noodles
Organic Spelt Fusilli
Organic Wholewheat Linguine
Organic Wholewheat Penne Rigate
Organic Wholewheat Spaghetti
Wholewheat Fusilli
Wholewheat Macaroni
Wholewheat Spaghetti
Recipe

Farmed kob
IN SPICY TOMATO RAGÙ

INGREDIENTS

- 25ml olive oil
- 4 cloves of garlic, skinned
- 2 tins of cherry tomatoes
- 600g farmed kob or sustainable firm white fish, filleted into 150g portions
- 6 sprigs basil leaves, chopped
- 1 tbsp chilli olive oil (optional)
- Pinch each salt, sugar, black pepper
- 2 sprigs basil leaves for garnish

METHOD

Heat the oil, add garlic and fry until golden brown.
Briefly brown the seasoned fish in the hot oil, for about 1 minute and then remove and set aside.
Add the tomatoes and stir.
Cook the sauce for about 20 minutes and adjust seasoning with salt and sugar. The sauce should reduce and thicken at this stage. Add the chopped basil.
Place the fish back in the sauce and cook on a low heat for about 5 minutes, until the fish is just cooked. Don’t cover the fish with sauce – retain the red, white and green colours for aesthetics.
To serve, dish the ragù in a serving plate first, then the fish on top and garnish with basil leaves and drizzle with chilli oil.
To dress this dish down for a comfortable lunch, serve it with wholewheat couscous. To dress it up for dinner, serve it with oven-roasted new potatoes and steamed asparagus or green beans.
Protein foods are an important part of a healthy diet as they provide nutrients that are essential for your health and the maintenance of your body. Guidelines recommend including a variety of protein foods that are nutrient-dense and lower in saturated fat such as skinless chicken and turkey, ostrich, fish, seafood, tofu and eggs.
Protein foods

Poultry

All unflavoured, unseasoned fresh skinless chicken and turkey is included on the HealthyFood benefit. Chicken and turkey in sauces, batter, crumbs, in pre-prepared meals, smoked, salted, or processed products are not included.

Skinless, Fresh Chicken

- Breast Fillets
- Chicken Stir Fry Strips
- Drumsticks and Thighs
- Free Range Breast Fillets
- Free Range Breast Strips
- Free Range Breasts
- Free Range Butterfly Chicken Breast

Skinless, Fresh Chicken

- Free Range Drumstick Fillets
- Free Range Drumstick and Thigh
- Free Range Mini Breast Fillets
- Free Range Thigh Fillets
- Free Range Thighs
- Mini Breast Fillets
- Thigh Fillets

Eggs

All whole, uncooked eggs are included in the Vitality HealthyFood benefit.

- Free Range Duck Eggs
- Free Range Jumbo Eggs
- Free Range Large Eggs
- Free Range Liquid Egg Low Fat
- Free Range Liquid Whole Egg
- Free Range Loose Eggs
- Free Range Mixed Eggs

- Free Range Omega Eggs
- Free Range Organic Mixed Eggs
- Free Range Liquid Egg Whites
- Free Range Extra Large Eggs
- Fresh Quail Eggs
- Indigenous Eggs
- Loose Eggs
Protein foods

Fish and Seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood, whether whole or filleted, is included in the HealthyFood benefit. Fish and seafood tinned in brine, water, olive or canola oil and tomato or chilli sauce is also included. All fish and seafood in sauces, crumbs, batter, smoked, flavoured, salted, curried, pickled, in pre-prepared meals, cooked or processed fish and seafood products are excluded. Fish and seafood tinned in vegetable oil and smoked have also been excluded from the HealthyFood benefit.

Canned fish and seafood

Herring
Sweet and Tangy Herring

Mackerel
Lucky Star Jack Mackerel
Mackerel Fillets in Tomato Sauce
Mackerel Fillets with Rapeseed Oil

Middlecut
Lucky Star Middlecut in Water Salt added

Other Fish
Red Sock Eye Skinless and Boneless

Pilchards
Glennyck Chilli Pilchards
Glennyck Tomato Pilchards
Lucky Star Pilchards in Hot Chilli Sauce
Lucky Star Pilchards in Tomato Sauce
Pilchards Hot Chilli
Pilchards in Chilli
Pilchards in Hot Chilli Sauce
Pilchards in Tomato
Pilchards in Tomato Sauce

Salmon
Pink Salmon
Pink Salmon Skin on Bone in
Pink Salmon Skinless and Boneless
Salmon Fillets in Brine
Salmon Pouch Brine
Salmon Skin on Bone in
Salmon Skinless and Boneless

Sardines
Brisling Sardines with Rapeseed Oil added
Lucky Star Sardine Flavoured Oil
Lucky Star Sardine Water
Portuguese Sardines in Tomato Sauce
Sild Sardines with Rapeseed Oil added

Seafood
Mussels in canola oil
Oysters
Snails

Tuna
Bulk Shred Tuna in Brine
John West Chunk in Brine
John West Solid in Brine
John West Tuna Pouch Water
John West Tuna Shredded Salt Water
Light Meat Tuna Chunks in Brine
Light Meat Tuna Pieces in Water
Light Meat Tuna Shredded in Brine
Light Meat Tuna Solid in Brine
Shredded Tuna in Brine
Tuna Chunks in Brine
Tuna Chunks in Water
Tuna in Brine Pouch
Tuna Pieces in Brine
Tuna Solid in Brine

Fresh and frozen fish and seafood

All unflavoured, unseasoned, non-smoked fresh and frozen fish and seafood.
Protein foods

Ostrich
All unflavoured, unseasoned fresh or frozen ostrich and ostrich mince is included in the HealthyFood benefit. All ostrich meat in sauces, in pre-prepared meals, smoked, salted and processed ostrich products are excluded.

- Ostrich Cubes
- Ostrich Fillet
- Ostrich Mince
- Ostrich Steak

Tofu
All unflavoured, unseasoned tofu is included in the HealthyFood benefit.
Dairy products are good sources of protein and calcium, and help to maintain bone health. Dietary guidelines recommend choosing lower fat options in order to limit saturated fat intake. Unflavoured, fat free or skim milk (including fresh, long-life, UHT and powdered fat free milk), unsweetened soy milk, plain fat free yoghurt and plain, unflavoured fat free cottage cheese are included on the HealthyFood benefit.
Dairy

Cottage Cheese
- Fat Free Cottage Cheese Plain Chunky
- Fat Free Cottage Cheese Plain Smooth

Fat Free Plain Milk
- Fat Free Ayrshire Milk Fresh
- Fat Free Milk Longlife
- Fat Free Milk Organic
- Fat Free Milk UHT

Fat Free Plain Yoghurt
- Fat Free Yoghurt Ayrshire Plain
- Fat Free Yoghurt Creamy Plain

Unsweetened Soya Milk
- Soya Milk Organic Unsweetened
- Soya Milk Unsweetened
Legumes are a good source of non-animal protein and fibre and contain a variety of vitamins and minerals. Local and international guidelines recommend that you eat dry beans, peas and lentils regularly. All dried legumes and legumes canned or bottled in brine or water are included on the HealthyFood benefit. All texturised or processed soya products, such as burgers and sausages, are excluded.
## Legumes

### Canned legumes

**Beans**
- All Gold Butter Beans
- Borlotti in Brine
- Butter Beans in Brine
- Cannellini Beans in Brine
- Choice Grade Black Beans in Brine
- Choice Grade Haricot Beans in Brine
- Choice Grade Painted Lady Beans in Brine
- Choice Grade Red Kidney Beans in Brine
- Choice Grade Red Speckled Sugar Beans in Brine
- Choice Grade Three Bean Mix in Brine
- Koo Bean Mix
- Koo Butter Beans
- Koo Red Kidney Beans
- Koo Sugar Beans
- Organic Red Kidney Beans
- Soya Bean Steam Cooked
- Top Tier Butter Beans

**Lentils**
- Choice Grade Lentils
- Organic Lentils in Water
- Top Tier Lentils

**Chickpeas**
- Choice Grade Chickpeas in Brine
- Organic Chickpeas in Water
- Top Tier Chickpeas

### Dried legumes

**Beans**
- Black Beans
- Black Eyed Beans
- Green Mung Beans
- Gudra Beans
- Haricot Beans
- Lima Beans
- Red Adzuki Beans
- Red Kidney Beans
- Red Speckled Beans
- White Kidney Beans

**Lentils**
- Brown Lentils
- Green Lentils
- Split Red Lentils

**Peas**
- Chickpeas
- Soup Mix
- Split Green Peas
**INGREDIENTS**

1 large whole cauliflower
1 cup fat free plain yoghurt
2 tsp garam masala
2 tsp paprika
1 tsp hot chilli powder
1 tsp ground cumin
½ tsp ground turmeric
Juice of ½ a lemon
2 tbsp canola oil
10g tomato paste
10g garlic cloves, finely chopped or crushed
3cm fresh ginger, finely grated
½ tsp salt

**METHOD**

Combine all the ingredients (except the cauliflower) in a mixing bowl and taste. If you prefer it spicier, add more chilli.

Trim the outer leaves and bottom of the cauliflower, but keep it whole.

Baste the entire cauliflower thoroughly with the marinade. The marinade should be brushed on generously and reserve about two tablespoons to baste during cooking.

Allow the cauliflower to marinate while the oven preheats.

Preheat the oven to 200°C.

Cover the cauliflower with foil and bake for 45 minutes, then remove the foil and bake for another 15 to 20 minutes, basting with the rest of the marinade. Baking time will depend on the size of the cauliflower – cook until soft, but still holding shape.

Present the cauliflower whole and carve into wedges at the table.

Serve with wholewheat pita or steamed brown rice, yoghurt and cucumber dip, Middle Eastern salads or sambals.

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*Culinary excellence provided by:*

[Logo: True Leith Chefs Academy]
Recipe

**Grilled Brussel sprouts**
**WITH ALMOND & MUSTARD DRESSING**

**INGREDIENTS**
- 500g Brussel sprouts
- Large pinch salt
- Large pinch pepper
- 1 tbsp olive oil
- 60g almonds, flaked and toasted
- 1 tbsp whole grain mustard
- 15ml lemon olive oil
- 1 lemon, zest and juice

**METHOD**
1. Wash and trim the bases of the Brussel sprouts.
2. Bring a pot of seasoned water to the boil and add the Brussel sprouts. Cook for about 10 minutes, then remove the sprouts and refresh in ice water. Drain, dry and cut the Brussel sprouts in half and then dress with the olive oil.
3. Warm a grill pan and grill the sprouts for 1 minute to give them good colour. Place in a bowl and keep hot as you grill the rest.
4. Combine the lemon juice, lemon oil and zest and briefly dress the Brussel sprouts in the bowl when they are piping hot, and then move them onto a hot serving platter.
5. Garnish with toasted almonds and cheeks of lemon.
Plant oils, nuts and seeds are good sources of healthy (unsaturated) fats, which are beneficial for heart health. Guidelines recommend choosing unsaturated fats over saturated (animal) fats.
Oils, nuts and seeds

**Oils**

Olive, canola and avocado oils are included on the HealthyFood benefit.

**Avocado Oil**
- Avocado Oil
- Avocado Oil Garlic Infused
- Avocado Oil Lemon Infused
- Avocado Oil Organic

**Canola Oil**
- Canola Oil
- Canola Olive Blend

**Olive Oil**
- Castillo Arboña EVOO
- Chilli Infused Olive Oil
- Costa Extra Virgin Olive Oil
- Costas Artisano Olive Oil
- De Rustica Frantoio Olive Oil
- Delicate Intensity Extra Virgin Olive Oil
- Directors’ Reserve Extra Virgin Olive Oil
- Eden Estate Olive Oil
- Estate Blend Extra Virgin Olive Oil
- Extra Virgin Olive Oil Basil Infused
- Extra Virgin Olive Oil Garlic Infused
- Extra Virgin Olive Oil Lemon Infused
- Extra Virgin Olive Oil Sachets
- Extra Virgin Olive Oil Truffle Infused
- Frantoia EVOO Monocu
- Gabrielskloof EVOO
- Garlic Thyme Infused Olive Oil
- Greek Extra Virgin Olive Oil
- Greenleaf Extra Virgin Olive Oil
- Intense Intensity Extra Virgin Olive Oil
- Italian Estate Directors Reserve
- Italian Extra Virgin Olive Oil
- Kransfontein EVOO
- Limited Edition EVOO
- Marbrin Chilli Infused Oil
- Marbrin EVOO
- Mardouw EVOO
- Mediterranean Olive Oil
- Medium Intensity Extra Virgin Olive Oil
- Morgenster Don Carlo Olive Oil
- Morgenster Extra Virgin Olive Oil
- Morgenster Monte Marcello
- Moria Elea Manaki Olive Oil
- Mount Ceder EVOO
- Nocellara EVOO Monoc
- Oakhurst Extra Virgin Olive Oil
- Olitalia EVOO
- Olive Oil Parmesan Infused
- Olive Oil Smoked Chilli Infused
- Olive Oil Thyme Infused
- Olyfberg Extra Virgin Olive Oil
- Organic Extra Virgin Olive Oil
- Organic Italian EVOO
Oils, nuts and seeds

Olive Oil
OSA Olive Oil Cold Press
Porterville Andante EVOO
Prince Albert Extra Virgin Olive Oil
Pure Olive Oil
Rio Largo EVOO
Riviera Liguria Oil
SA Extra Virgin Olive Oil
Serrado EVOO
Shed Frant Olive Oil
Southern Right Extra Virgin Oil
Spanish Extra Virgin Olive Oil
Tokara Estate Premium EVOO
Tokara Extra Virgin Olive Oil
Tokara Frantoio EVOO
Tokara Mission EVOO
Tokara Multi Varietal EVOO
Vesuvio Extra Virgin Olive Oil
Virgin Olive Oil
Wildekrans EVOO
Willow Creek EVOO Squeeze
Willow Creek Olive Oil
Zoetigheyd Extra Virgin Olive Oil

Sprays
Cook n Bake Olive Oil Spray
Extra Virgin Olive Oil Spray
Olive Oil Spray
Oils, nuts and seeds

Nuts
All plain, raw, unsalted nuts are included on the HealthyFood benefit. Nuts that are salted, seasoned or roasted in oil are not included.

Almonds
Almond Blanched
Almond Pieces
Almond Sprinkles
Almonds Flaked Raw
Almonds Ground
Almonds Organic
Almonds Raw
Almonds Silvered
Almonds Unsalted
Almonds Whole Blanched

Brazil Nuts
Brazil Nuts Raw

Cashew Nuts
Cashew Pieces
Cashew Unsalted
Cashews Organic
Cashews Raw

Chestnuts
Chestnuts

Hazel Nuts
Hazel Nuts Blanched
Hazelnuts Raw

Macadamia Nuts
Macadamia Pieces Raw
Macadamia Raw

Mixed Nuts
Assorted Nuts Raw
Luxury Assorted Raw Nuts

Pecan Nuts
Pecan Nuts Raw
Pecan Pieces Raw
Pecans Raw Shelled
Pecans (Mammoth) Raw

Pine Nuts
Pine Kernel
Pine Nuts Raw

Pistachio Nuts
Pistachio Nuts Shelled Raw
Pistachio Raw

Walnuts
Walnuts Raw
Oils, nuts and seeds

Seeds
All plain, raw, unsalted seeds are included on the HealthyFood benefit. Seeds that are salted, seasoned or roasted in oil are not included.

- **Chia Seeds**
  - Chia Seeds

- **Linseed**
  - Linseeds

- **Mixed Seeds**
  - Breakfast Seed Mix
  - Miracle Omega Seed Mix
  - Seed Mix

- **Poppy Seeds**
  - Blue Poppy Seeds
  - Poppy Seeds

- **Pumpkin Seeds**
  - Pumpkin Green Seeds
  - Pumpkin Seeds

- **Sesame Seeds**
  - Sesame Seeds
  - Sesame Seeds Black
  - Sesame Seeds White

- **Sunflower Seeds**
  - Sunflower Seeds

Nut Butters
All unsweetened, no added sugar or salt peanut and nut butters are included on the HealthyFood benefit.

- **Almond Nut Butter**
- **Black Cat Smooth Peanut Butter No added Salt and Sugar**
- **Cashew Nut Butter**
- **Essentials Peanut Butter Sugar and Salt Free**
- **Macadamia Nut Butter**
- **No added Salt and Sugar Peanut Butter**
- **Organic Peanut Butter Crunchy**
- **Organic Peanut Butter Smooth**
- **Tahini Butter**
The product selection process for Discovery Vitality HealthyFood is constantly under review and updated according to scientific and industry developments. Products listed in this catalogue are subject to seasonal and supplier availability and may only be available at certain Woolworths stores. The information in this catalogue is based on clinically sound principles and up-to-date, internationally-accepted dietary guidelines. No collaborations were formed with suppliers or manufacturers and items were chosen on the evidence-based criteria, independently of the brand they represent. Any person using information in this catalogue does so at his or her own risk and waives any right to action against the Discovery Group of companies (Discovery) or Woolworths. Such a person indemnifies Discovery, Woolworths, and their employees, agents, subcontractors and suppliers against any claims for loss, damage to person or property, injury, liabilities, claims, sickness or death that may result from the use of or reliance on such information or from any other cause whatsoever suffered either by such person or by any third party.

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