Have a recipe you would like to share? Please email them to: info@rmitvillage.com.au
SCRAMBLED EGGS ON TOAST

Crack however many eggs desired eggs into a bowl and whip them with a fork. Add milk and whip. HEAT PAN.
PUT A few drops of oil or half a teaspoon of butter.
When hot add eggs.
Put your bread in the toaster.
In a scraping motion, scramble the eggs.
Add salt, pepper and herbs if desired.
Serve on toast and enjoy!
MASHED POTATO’S

1 potato per person
40g butter, chopped
1/3 cup hot milk (see note)
extra butter, to serve

Peel potatoes and cut into large chunks. Cook in a large saucepan of boiling salted water for 20 minutes or until very tender but not falling apart.

Step 2: Drain potatoes well. Return to saucepan over low heat. Shake pan gently until any remaining water evaporates. Using a potato masher, roughly mash potatoes.

Step 3: Add butter and hot milk to potatoes. Beat with a wooden spoon until fluffy. Season with salt and pepper. Serve topped with extra butter and salt and pepper.
CLASSIC GRILLED CHEESE SANDWICH

4 slices white American cheese
8 slices country white bread
4 slices yellow American cheese
Salted butter, softened

Method

Preheat the griddle to medium heat.

Build the sandwiches with 1 slice of white cheese on 4 pieces of bread and 1 slice of yellow cheese on the other 4 slices of bread. Close the sandwiches and butter both sides. Place on the griddle, cover with a metal bowl and let the sandwiches get a nice golden brown, 3 to 4 minutes. Flip the sandwiches, cover again with the metal bowl and cook until the cheese is melted and the sandwiches are golden brown, another 3 to 4 minutes.

Using 4 descending sizes of star shaped cookie cutters, punch stars out of the sandwiches. Place on top of Roasted Tomato Bisque from large to small.
MAC AND CHEESE

**Prep Time:** 7 minutes  
**Cook Time:** 33 minutes  
**Total Time:** 40 minutes  
**Yield:** Serves 4

**Ingredients:**
- 1 cup of macaroni, about 2 cups
- salt and pepper (about 1/2 teaspoon salt and 1/4 teaspoon ground black pepper)
- 8 ounces Cheddar cheese blend or similar blend of cheeses
- 1 1/4 cups light cream or half-and-half
- 4 tablespoons butter, cut in small pieces

**Preparation:**
Heat the oven to 350°. Butter a 2-quart baking dish. Cook macaroni following package directions. Drain in a colander and rinse with hot water. Scoop about 2 cups of the drained macaroni into the prepared baking dish. Sprinkle with about 1/4 teaspoon of salt and 1/8 teaspoon of pepper, then top with about half of the cheese. Layer the remaining macaroni on the cheese layer and sprinkle with another 1/4 teaspoon of salt and 1/8 teaspoon of pepper. Top with the remaining cheese and dot with the butter. Pour the cream over all and bake for about 25 minutes.
SPAGHETTI

1 red onion, finely chopped
1 garlic clove, finely chopped
500g lean beef mince
2 cans chopped tomatoes
1 carrot, grated
2 tbsp. tomato puree
Dash of Worcestershire sauce
1 tbsp. Italian seasoning
100g spaghetti
Serves 4

Method
Put spaghetti on to boil in a pot. Cook the spaghetti till soft. Taste to tell if it is ready.
In the meantime, fry the onion in a little oil for 5 mins or until soft, then add the garlic and the mince.
Cook for 10 mins until the mince is brown then add the rest of the ingredients besides the spaghetti and allow to cook on a low heat for 30-60 mins
When ready, drain pasta and add to pan. Mix and serve.
OMELETTTE

2 eggs
1 tablespoon cold water
Salt & ground white pepper
15g butter
Hot buttered toast, to serve

Crack the eggs into a jug. Add the water and use a fork to whisk until well. Season with salt and pepper.

Melt the butter in a medium non-stick frying pan over medium-high heat until foaming. Pour in the egg mixture, tilting the pan slightly to cover the base.

As the omelette sets, use a heatproof plastic spatula or flat-bottomed wooden spoon to gently lift and stir so any uncooked egg runs underneath to cook. Cook for 1-2 minutes or until the base of the omelette is set and light golden, and the top is still slightly fluid.

Use a heatproof plastic spatula or fork to fold the edge of the omelette closest to you towards the centre, then fold over the other edge. Tilt the pan away from you, close to a warmed serving plate, and quickly flip the omelette onto the plate. Serve with hot buttered toast.
AVOCADO AND CHICKEN CEASAR SALAD

1/2 barbecue chicken, skin and bones removed, shredded
290g packet complete Caesar salad mix (or use pan-fried, chopped bacon, white bread cubed and dried in the oven, Caesar salad dressing and lettuce)
1 avocado, peeled, seeded, thinly sliced

Place the chicken, salad leaves, parmesan, bacon bits and half the croutons in a large bowl. Drizzle with salad dressing and gently toss to combine.

Divide the salad evenly among serving bowls and top with avocado slices and remaining croutons.
CAESAR SALAD WRAP

4 shortcut rindless bacon rashers, chopped
1/3 cup light mayonnaise
1/2 teaspoon Dijon mustard
1 garlic clove, crushed
2 cups shredded cooked chicken
30g shaved parmesan cheese
1 baby cos lettuce, roughly chopped
4 sheets wholemeal lavish bread

Heat a non-stick frying pan over medium-high heat. Cook bacon, stirring, for 3 to 4 minutes or until crisp. Transfer to a plate lined with paper towel.

MEALS FOR ONE

‘Live, Learn, Grow’
TUNA PASTA BAKE

Pasta
1/2 jar of tomato pasta sauce
Sweetcorn
3-4 slices/chucks of cheese
1/2 tin tuna

Method
Boil the pasta for 15 minutes in the saucepan, then drain the pasta and put into a bowl. Heat the pasta sauce in the saucepan and then add the chucks of cheese, tuna and sweetcorn (or any other ingredient you fancy). When the mixture is bubbling add the pasta and continue heating and stirring for 4 minutes. Then serve.
CURRY FRIED RICE

1/2 cup of boiled chicken breast, chop
1/2 onion, chop
1 cup of cooked brown rice
2 tbsp. of curry powder
Oil to cook
Salt to taste
1 sunny side egg

Method
1. Put oil on the pan
2. Cook the onion till the onion turn a bit yellow
3. Put the chicken breast, and stir it for a moment
4. Put the cooked brown rice, curry powder and salt, stir till all the ingredient mixed.
5. Arrange the fried rice and egg.
6. Fried rice ready to serve, enjoy.
BBQ CORN, CHORIZO AND AVOCADO TACO’S

1 cup frozen corn
1 chorizo sausages, sliced
1/2 medium green capsicum, finely chopped
1/4 medium avocado, chopped
10 cherry tomatoes, halved
coriander leaves, chopped
21tablespoons lime juice
Shredded Cheese
2 corn tacos
3/4 cup Shredded cabbage/ lettuce

Place corn in a microwave-safe bowl. Cover with plastic wrap.
Microwave on HIGH (100%) for 1-2 minutes.

Heat 1 tbs of oil in fry pan on medium heat. Cook corn until browned. Transfer to a plate. Set aside. Add chorizo to fry pan. Cook, turning, for 2 minutes or until browned all over. Remove.

Place corn kernels, chorizo, capsicum, tomato, cheese coriander and lime juice in a bowl. Season with salt and pepper. Toss to combine.

Top tacos with shredded cabbage, corn mixture & avocado

With thanks to Stephanie Henly
SIMPLY DELICIOUS
CALZONE

Deli wraps
Tomato pasta sauce
Parmesan cheese (cheddar works just as well!)

Method
1. Lay out the deli wrap on a plate.
2. Spread on the tomato pasta sauce.
3. Put in the microwave for 30 seconds.
4. Grate parmesan or cheddar onto the tomato pasta sauce.
5. Fold the wrap over into a semi-circle.
6. Finally put back into the microwave for 30 seconds.
7. Eat!
LEFT OVER CHICKEN AND CHEESE QUESADILLA

Left over chicken
Tortilla
Shredded cheese
Vegetables (optional)
Spices (optional)
Butter or oil
Pan and spatula

Method
Put butter or oil in a pan and set to low temperature. Let it melt and spread over the pan.

Put one of two tortillas on the pan.

Place the shredded cheese on the tortilla. Followed by the chicken, veggies and spices. Then add another layer of cheese on top.

Place second tortilla on top.

Press down on quesadilla. Then flip. The first flip may be a little tricky. Press and flip. When browned remove from pan and eat.

Serve with salsa and sour cream for a Mexican treat.
AMAZING BEANS ON TOAST

1 tin of baked beans
2 slices of bread
1/2 tablespoon margarine
1 1/2 teaspoons mixed herbs
1/2 teaspoon chilli powder (if desired)

Method
Put beans in a pan on the stove top, on a medium heat, and add margarine and mix in until melted

3-4 mins into heating the beans add your mixed herbs and chilli powder

Cook for a further 1-3 mins until the beans are thoroughly hot

Meanwhile, pop your bread into the toaster and toast

Pour the beans over the toast and enjoy!!!

(step 1 can be done in the microwave, but it takes nicer if done on the stove)
PIZZA ON TOAST

Sliced bread
Your favourite pasta sauce
Optional (pick 'n' mix):
Cheese grated/Ham cut/torn into thin strips (or chicken, bacon, pepperoni etc. make sure any meat you use is cooked first!)
Mushrooms sliced (garlic mushrooms are nice, again cook them first)
Any other pizza toppings or sandwich toppings you enjoy, experiment!

Method
Toast your bread lightly so that it has some rigidity to it but is not toasted completely.
Pour a small amount of your chosen sauce onto each slice of toast and use a knife or back of a spoon to cover the toast evenly, edge to edge.

Evenly add your cheese(s) of choice (keep some to put on top afterwards) place your strips of ham or other meats on top, try to spread them out evenly.

Add any other extras such as mushrooms, anchovies etc. that you might want (paprika gives it a nice kick)

put your pizza toast onto a baking tray and place under the grill until the cheese starts to melt and bubble.

Serve and, most importantly, enjoy!
LETS GET COOKING

‘Live, Learn, Grow’
How to make Chicken Tamale Pie

Preheat the oven to 400 degrees F.

Heat the chicken, salsa, beans, 1/2 cup of the broth and the chilli powder in a 10-inch cast-iron skillet over medium heat, stirring, until simmering. Stir in the scallions and remove from the heat. Meanwhile, combine the cornmeal with the remaining 1 cup broth and 1 cup water in a medium pan. Bring to a simmer over medium heat, stirring, until very thick, 5 to 7 minutes. Remove from the heat and stir in the cheese and butter. Season with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Spread the cornmeal mixture over the filling and bake until cooked through, about 30 minutes. Let stand for 15 minutes. Serve with sour cream.
CHICKEN SCRUMPTIOUS

4 chicken breasts (500g)
4 dollops Hellmann's Light Mayonnaise
60g Parmesan cheese
2 tablespoons dry bread crumbs
1/2 teaspoon herbs e.g. oregano, thyme

Method

How to make Chicken Scrumptious

Preheat the oven to 210°C.

Combine the Hellmann's Light Mayonnaise with the cheese in a bowl.

Arrange the chicken on baking tray. Evenly top with the mayonnaise mixture, then sprinkle with the bread crumbs and herbs.

Bake for 20 minutes or until chicken is thoroughly cooked. Serve with broccoli and rice.
TERIYAKI CHICKEN AND NOODLE STIR FRY

1/3 cup teriyaki sauce
2 teaspoons rice wine vinegar
1 teaspoon sesame oil
1 tablespoon brown sugar
500g Steggles chicken breast fillets, chopped
270g packet ramen noodles
1 tablespoon vegetable oil
3 green onions, cut into 2cm lengths
2 teaspoons sesame seeds
1 bunch baby pak choy, quartered

Combine teriyaki sauce, vinegar, sesame oil and sugar in a bowl. Place chicken in a glass or ceramic bowl. Add half the sauce mixture. Stir to coat. Cover with plastic wrap. Refrigerate for 1 hour, if time permits.

Cook noodles in a large saucepan of boiling water, following packet directions until tender. Drain.

Heat a wok over high heat. Add half the oil. Swirl to coat. Stir-fry chicken, in batches, for 2 to 3 minutes or until just cooked. Transfer to a bowl. Wipe wok clean with paper towel.

Step 4 Add remaining oil to wok over high heat. Swirl to coat. Add onion and sesame seeds. Stir-fry for 1 minute or until onion has softened. Add pak choy. Stir-fry for 2 minutes or until tender. Return chicken to wok. Add noodles and remaining sauce mixture. Stir-fry for 1 minute or until heated through. Serve with noodles.
30 MINUTE LAMB ROAST

750g trim lamb mini topside roasts
1 tablespoon olive oil
1 bunch baby (Dutch) carrots, ends trimmed, washed
1 x 400g pkt Baby Potatoes With Butter and Herbs
5 sprigs fresh rosemary
200g sugar snap peas
60ml (1/4 cup) Mint Sauce
375ml (1 1/2 cups) water
40g (1/4 cup) Traditional-Flavoured Instant Gravy
80ml (1/3 cup) red wine

Preheat oven to 220°C. Season the lamb with salt and pepper. Heat the oil in a roasting pan over high heat. Add the lamb and cook for 1 minute each side or until browned.

Arrange carrots, potatoes (including butter from the packet) and rosemary around the lamb. Roast for 20 minutes for medium or until cooked to your liking.

Meanwhile, cook the sugar snap peas in a small saucepan of boiling water for 2 minutes or until bright green and tender crisp. Drain and return to the pan. Add the mint sauce and stir until well combined.

Whisk together the water and gravy in a jug.

Transfer the lamb and vegetables to a plate and cover with foil. Place the pan over high heat. Add the wine and cook, stirring, for 1 minute. Add the gravy mixture and cook, stirring constantly, for 1 minute until the gravy thickens.

Divide the roast vegetables and sugar snap peas among serving plates. Thickly slice the lamb across the grain. Divide lamb among the plates and drizzle over the gravy to serve.
BEEF FAJITA’S

600g piece skirt steak
1/2 cup orange juice
1/2 cup pineapple juice
1/2 cup soy sauce
1 red capsicum, sliced
1 yellow capsicum, sliced
1 red onion, sliced
1/2 iceberg lettuce, shredded, to serve
1 cup grated cheese, to serve
1/2 cup sour cream, to serve
8 flour tortillas, warmed, to serve
1/2 cup salsa, to serve

Trim any fat from beef. Cut into 3 pieces. Place beef into a deep dish. Combine juices and soy sauce in a jug. Pour over beef. Refrigerate for at least 2 hours to marinate.

Preheat grill for 3 to 5 minutes. Remove beef from dish, reserving marinade. Place beef onto grill. Cook for 5 to 8 minutes, with lid closed, or until cooked to your liking. Remove to a plate. Cover with foil.

Cook capsicum and onion on grill for 2 minutes. Pour over a little reserved marinade. Cook a further 1 minute.

Cut beef into slices. Divide beef, vegetables, lettuce, cheese and sour cream between tortillas. Roll up and top with salsa.
EASY LAMB CURRY

125ml (1/2 cup) beef stock
1 large brown onion, chopped
2 garlic cloves, crushed
2 (300g each) lamb eye of loin (backstraps)
2 tablespoons mild curry paste (Patak’s brand)
1 400g can Italian diced tomatoes
Salt & freshly ground black pepper
Cooked basmati rice, to serve
Fresh coriander sprigs, to garnish
1 200g container skim milk natural yoghurt, to serve

Place the stock, onion and garlic in a medium non-stick saucepan. Cover and bring to the boil over medium heat. Reduce heat to low and cook, covered, for 6 minutes or until the onion is soft.

Meanwhile, cut the lamb into 3cm pieces and combine with curry paste.

Transfer the onion mixture to a bowl. Heat the pan over medium-high heat and add a third of the lamb. Cook, tossing occasionally, for 1 minute or until the lamb is just sealed all over. Transfer the lamb to a plate and repeat with the remaining lamb in 2 more batches.

Return the onion mixture to the pan and stir in the tomatoes. Bring to the boil over medium-high heat. Reduce heat to low and cook, partially covered, stirring often, for 6 minutes or until sauce thickens slightly. Stir in lamb and cook, uncovered, stirring often, for a further 2 minutes or until lamb is cooked to medium rare. Taste and season with salt and pepper.

Place the rice in serving bowls. Spoon the curry over the rice and top with the coriander. Serve immediately with the yoghurt.
FISH TACO’S

600g skinless white fish fillets (such as flathead), pin-boned
Large pinch of cayenne pepper
1 teaspoon ground cumin
1 tablespoon olive oil
8 taco shells
1 baby cos lettuce, finely shredded
Coriander leaves, to serve

Salsa
2 ripe tomatoes
1 green capsicum, finely chopped
1 avocado, flesh finely chopped
1 tablespoon pickled sliced jalapeno chillies, drained, finely chopped
1/2 red onion, thinly sliced
2 tablespoons coriander leaves
1 garlic clove, crushed
1/2 teaspoon ground cumin
1 tablespoon lime juice
1 tablespoon olive oil

Preheat the oven to 180°C.
For salsa, halve the tomatoes, squeeze out and discard the seeds and juice, then finely chop the flesh. Place in a bowl with the remaining salsa ingredients, season with salt and pepper and mix to combine.
Stack taco shells upright in a baking dish and heat in the oven for 5 minutes. Meanwhile, dust the fish with the cayenne, cumin, salt and pepper. Heat oil in a non-stick frypan and sear the fish for 1-2 minutes on each side until just cooked through.
Fill each taco shell with a layer of cos lettuce, top with the fish and spoon the avocado salsa over the top. Scatter with the coriander leaves and serve.
SAUSAGE STROGANOFF

2 teaspoons olive oil
8 thick beef sausages
3 middle bacon rashers, rind removed, chopped
1 large brown onion, chopped
2 garlic cloves, crushed
500g cup mushrooms, sliced
1 teaspoon sweet paprika
1/4 cup tomato paste
1 cup beef stock
1/4 cup sour cream
2 tablespoons chopped fresh chives
Crusty bread, to serve

Heat oil in a frying pan over medium-high heat. Cook sausages, turning, for 8 to 10 minutes or until browned and just cooked through. Transfer to a plate. Cover to keep warm.

Add bacon, onion and garlic to pan. Cook, stirring, for 3 minutes or until bacon is golden. Add mushroom. Cook, stirring occasionally, for 5 minutes or until mushroom has softened. Stir in paprika, tomato paste and stock. Bring to a simmer.

Step 3Meanwhile, cut each sausage diagonally into 4 thick slices. Add to pan. Season with pepper. Cook, stirring occasionally, for 2 minutes or until sausages are heated through. Remove from heat. Stir in sour cream and chives. Serve with bread.
Heat 1 tablespoon oil in a heavy-based saucepan over high heat. Cook one-third of the beef, turning, for 3-4 minutes or until browned. Transfer to a plate. Repeat, in 2 more batches, with remaining beef.

Heat remaining oil in the pan over medium-low heat. Cook the onion, stirring, for 5 minutes or until soft. Add curry paste, garlic and ginger. Cook, stirring, for 3 minutes or until aromatic. Add beef, potato, stock, coconut milk, coconut cream, star anise, cinnamon and kaffir lime leaves. Bring to the boil. Reduce heat to low and simmer, covered, for 2 3/4 hours or until beef is almost tender.

Uncover. Cook, stirring occasionally, for 1 hour or until beef is tender. Stir in the sugar, lime juice and fish sauce and simmer for 15 minutes or until the sauce thickens. Transfer to a bowl. Top with peanuts and serve with rice.
30 MINUTE BAKED CHICKEN PARMIGIANA

1 1/2 tablespoons olive oil
6 (700g) chicken breast schnitzels (uncrumbed), halved crossways
1 medium brown onion, chopped
2 garlic cloves, crushed
340g jar fire-roasted pepper strips, drained
230g tub diced antipasto chargrilled eggplant, drained (see note)
1 1/2 cups tomato pasta sauce
1/3 cup Fountain Spicy Red sauce
1/4 cup fresh basil leaves, torn
100g mozzarella cheese, thinly sliced
1/3 cup fresh breadcrumbs

Preheat oven to 220°C/200°C fan-forced. Heat 1 tablespoon oil in a large frying pan over medium-high heat. Cook chicken, in 2 batches, for 2 to 3 minutes each side or until browned and cooked through. Transfer to a plate. Heat remaining oil in pan. Add onion and garlic. Cook, stirring occasionally, for 2 minutes or until onion has softened. Add peppers and eggplant. Cook, stirring, for 1 minute. Add pasta sauce and Spicy Red sauce. Bring to the boil. Stir in basil. Season with salt and pepper.

Place half the chicken in a 10 cup-capacity ovenproof dish. Pour over half the sauce mixture. Top with remaining chicken and sauce mixture. Top with cheese. Sprinkle with breadcrumbs.

Bake for 10 to 15 minutes or until top is golden. Serve topped with basil.
CRISP LEMON FISH

1/3 cup flat-leaf parsley leaves
1 cup fine semolina
2 large lemons, rind finely grated
800g flathead fillets, skin removed
1 red onion, halved, sliced
olive oil cooking spray
4 tomatoes, cut into 1cm cubes
1 tablespoon balsamic vinegar
lemon wedges, to serve

Preheat a barbecue plate on medium heat. Finely chop 1 tablespoon parsley leaves. Combine chopped parsley, semolina and 1 tablespoon lemon rind in a shallow dish. Coat each fish fillet in semolina mixture. Place onion in a microwave-safe bowl. Microwave, uncovered, on HIGH (100%) for 1 to 1 1/2 minutes or until soft. Lightly spray onions with oil. Spoon onto barbecue plate and cook for 4 to 5 minutes or until light golden. Transfer to a bowl.

Lightly spray both sides of fish fillets with oil. Cook on barbecue plate for 3 to 5 minutes each side or until golden and cooked through.

Add tomatoes and remaining parsley leaves to onion. Drizzle with vinegar and season with salt and pepper. Toss to combine. Place fish on plates. Serve with tomato salad and lemon.
BROWN RICE AND TUNA SALAD

1 1/3 cups brown rice
1/2 cup fat-free balsamic or French dressing
200g punnet cherry tomatoes, quartered
2 Lebanese cucumbers, chopped
50g baby rocket leaves
425g can tuna in springwater, drained, flaked

Cook rice, following packet directions. Drain well. Set aside for 5 minutes to cool slightly. Stir through dressing. Set aside for 15 minutes.

Step 2 Add tomatoes, cucumber, rocket and tuna to rice. Season with salt and pepper. Gently toss to combine. Serve.
SALMON FILLETS

100g butter, softened
2 tablespoons finely chopped coriander
2 teaspoons finely grated lime rind
2 teaspoons lime juice
cracked black pepper
4 salmon cutlets
steamed vegetables, to serve

Place the butter in a small bowl. Add the coriander, lime rind, lime juice and cracked black pepper and mix until well combined. Refrigerate until ready to use.

Heat a little olive oil in a non-stick frying pan over medium heat. Add 2 salmon cutlets and cook for 2-3 minutes each side or until cooked to your liking. Transfer to a plate and cover with foil to keep warm. Repeat with remaining salmon.

To serve, divide the salmon cutlets among serving plates. Top with a little lime and coriander butter. Serve with steamed vegetables, if desired.
STEAK DIANE WITH GARLIC PEAS MASH

4 medium desiree potatoes, peeled, cut into 2cm pieces
1 cup frozen peas
2 tablespoons skim milk
2 garlic cloves, crushed
olive oil cooking spray
4 (100g each) beef minute steaks
1 cup beef stock
1/2 cup tomato sauce
2 tablespoons Worcestershire sauce
salad, to serve

Place potatoes in a large saucepan. Cover with cold water. Bring to the boil over medium-high heat. Boil, uncovered, for 15 minutes or until tender. Add peas. Boil for 2 minutes. Drain. Return to pan. Mash. Add milk and half the garlic. Season with salt and pepper.

Meanwhile, heat a large frying pan over medium-high heat. Spray steaks with oil. Season with salt and pepper. Add to pan. Cook for 1 minute each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil to keep warm.

Reduce heat to medium. Add stock, tomato sauce, Worcestershire sauce and remaining garlic to pan. Season with pepper. Cook for 4 to 5 minutes, stirring, or until sauce thickens slightly.

Divide mash between plates. Top with steak and sauce. Serve with salad.
THAI CHICKEN AND ASPARAGUS CURRY

2 tablespoons sunflower oil
700g chicken breast fillets, cut into 2cm cubes
1 large onion, finely chopped
2 garlic cloves, crushed
1 lemongrass stem, outer leaves removed, quartered lengthways
4 tablespoons green curry paste
300ml coconut milk
1 cup (250ml) chicken stock
2 tablespoons green peppercorns*, drained
2 kaffir lime leaves*
1 bunch thin asparagus, woody ends trimmed, halved
Fish sauce, to season
Coriander leaves, steamed jasmine rice and lime wedges, to serve

Heat oil in a wok over high heat. Stir-fry chicken, in batches, until golden all over. Transfer to a bowl and set aside.

Return the wok to the heat. Add onion, garlic and lemongrass, and stir-fry for 1 minute. Add the curry paste and cook, stirring, for a further minute. Return the chicken to the wok and add the coconut milk, stock, peppercorns and kaffir lime leaves, then bring to the boil. Reduce the heat to medium and simmer for 2 minutes. Add the asparagus and cook for a further 2 minutes or until bright green. Season to taste with fish sauce.

Serve curry, garnished with coriander, with jasmine rice and lime wedges.
CHICKEN SATAY SKEWERS

You'll need to soak 12 bamboo skewers in cold water for 20 minutes for this recipe.

- 400g can coconut milk
- 45g (1/4 cup, lightly packed) brown sugar
- 3 tablespoons light soy sauce
- 2 tablespoons Keen's Traditional Curry Powder
- 1 teaspoon turmeric
- 12 (about 600g) chicken tenderloins, fat trimmed.
- 200g jar crunchy peanut butter
- 1 tablespoon fresh lime juice

Combine coconut milk, sugar, 2 tablespoons soy sauce, curry powder and turmeric in a large glass or ceramic dish. Add chicken. Turn to coat. Cover and place in the fridge for 4 hours or overnight to marinate.

Drain the chicken, reserving the marinade. Thread onto bamboo skewers.

Transfer the reserved marinade to a saucepan. Add peanut butter and 1 tablespoon light soy sauce. Bring to the boil over high heat. Reduce heat to medium. Cook, stirring often, for 5 minutes or until the sauce thickens. Stir in lime juice.

Preheat a chargrill or barbecue grill on high. Cook the chicken skewers for 2-3 minutes each side or until cooked through. Divide among serving plates. Drizzle over the satay sauce and top with fresh coriander leaves to serve.
1kg pontiac or desiree potatoes, peeled, cut into 5cm pieces
1/4 cup (60ml) lemon myrtle-infused (see note) or lemon-infused olive oil
  2 teaspoons ground lemon myrtle (see note)
  or 2 tablespoons grated lemon zest
  2 garlic cloves, crushed
  4 chicken marylands
  2 lemons, cut into wedges
2 lemon myrtle leaves (see note) or bay leaves
  1 cup (250ml) dry white wine
Flat-leaf parsley sprigs, to serve

Preheat oven to 200°C. Cook potatoes in boiling salted water for 6 minutes or until just tender. Drain well. Combine the lemon oil, ground lemon myrtle and garlic in a bowl. Set aside.

Place chicken in a roasting pan with potatoes, lemon wedges and lemon myrtle or bay leaves. Pour over wine and oil mixture, then toss to combine. Season. Bake for 45 minutes until the chicken and potatoes are golden and cooked through. Scatter with parsley and serve.
CHINESE FRIED RICE

1 1/2 cups long-grain white rice
3 eggs
2 teaspoons sesame oil
3 teaspoons peanut oil
5 (30g each) dried Chinese pork sausages, thinly sliced (see note)
3 green onions, thinly sliced
2 garlic cloves, crushed
1 long red chilli, finely chopped
2 tablespoons salt-reduced soy sauce
1 tablespoon oyster sauce
1/2 cup frozen peas, thawed

1 long red chilli, deseeded, thinly sliced lengthways, to serve

Cook rice following absorption method on packet until tender. Line a baking tray with baking paper. Spread rice over prepared tray. Cool to room temperature. Cover and refrigerate for 3 hours.

Combine eggs and half the sesame oil in a jug. Heat a wok over high heat. Add 1 teaspoon peanut oil. Swirl to coat. Add one-third of the egg mixture. Swirl to coat. Cook for 1 minute or until just set. Remove to a board. Roll up. Thinly slice. Repeat twice with remaining peanut oil and egg mixture.

Add sausage and onion to wok. Stir-fry for 2 to 3 minutes or until sausage has browned. Add garlic and chilli. Stir-fry for 1 minute or until fragrant. Add rice, soy sauce, oyster sauce, peas and remaining sesame oil. Stir-fry for 2 minutes or until heated through. Top with chilli. Serve.
TEX-MEX WINGS
WITH CORN SALSA

35g packet salt-reduced taco seasoning
2 tablespoons lime juice
1 tablespoon rice bran oil
2 garlic cloves, crushed
1.5kg chicken wings
Corn salsa, to serve

To make the corn salsa: Heat a barbecue plate or chargrill over high heat. Cook corn, turning, for 8 to 10 minutes or until charred. Transfer to a chopping board. Cool. Cut kernels from cobs. Place in a bowl. Add tomato, onion, avocado and lime juice. Season with salt and pepper. Toss to combine. Serve.

Preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Combine seasoning, lime juice, oil and garlic in a large bowl. Add wings. Toss to coat. Transfer to prepared tray.

Bake for 50 minutes or until wings are browned and cooked through. Serve with salsa.
PASTA DISHES

‘Live, Learn, Grow’
CHEESY GNOCCHI CASSEROLE WITH HAM AND PEAS

1 tablespoon unsalted butter
1 onion, chopped
One 8-ounce piece deli ham, diced
1/2 teaspoon chopped fresh thyme
1/2 cup low-sodium chicken broth
One 17.5-ounce package potato gnocchi
1 cup frozen peas, thawed
1/4 cup double cream
Salt and freshly ground black pepper
1 cup shredded Swiss or Gruyere cheese

Method

How to make Cheesy Gnocchi Casserole with Ham and Peas

Preheat the broiler to high heat.

Melt the butter in a large ovenproof skillet over medium heat. Add the onions and cook until softened, about 3 minutes. Add the ham and thyme and continue to cook until the ham is lightly browned.

Add the chicken broth and 3/4 cup water and bring to a simmer. Add the gnocchi, stir well, cover and cook until the gnocchi is slightly tender, about 5 minutes. Remove from the heat. Uncover and stir in the peas, cream, 1/4 teaspoon salt and 1/4 teaspoon pepper. Sprinkle the cheese over the top and broil until golden and bubbly, about 3 minutes. Serve.
CREAMY TUNA PASTA

350g fettuccine or spaghetti
2 tablespoons olive oil
1/2 onion, chopped
2 garlic cloves, crushed
1 cup (250ml) thin cream
2 tablespoons sundried tomato paste
425g can tuna in oil, drained
1 cup (150g) frozen peas
1 tablespoon chopped flat-leaf parsley
100g semi-dried tomatoes
2 teaspoons capers, rinsed, drained

Cook pasta in boiling salted water until al dente. Drain and toss with half the oil.

Heat remaining oil in a large frypan over medium heat, add onion and cook 2-3 minutes or until softened. Add garlic and cook for 1 minute. Stir in cream and paste, add tuna and peas. Heat gently for 1-2 minutes. Stir in half the parsley with the tomatoes and capers, add pasta and season. Stir until just heated through. Serve sprinkled with remaining parsley.
PUMPKIN AND BROCCOLI RICOTTA PASTA BAKE

Olive oil cooking spray
250g dried rigatoni pasta
400g butternut pumpkin, peeled, cut into 2cm pieces
2 cups frozen broccoli florets
1 cup frozen peas, corn and capsicum mix
250g fresh ricotta, crumbed
1 egg, lightly beaten
2 teaspoons finely chopped fresh thyme
3/4 cup grated pizza cheese

Preheat oven to 200°C/180°C fan-forced. Spray a 2 litre (8 cup-capacity) ovenproof dish.

Cook pasta in a large saucepan of boiling salted water, following packet directions, until just tender. Drain.

Meanwhile, cook pumpkin in a medium saucepan of boiling water for 5 to 6 minutes, adding broccoli and frozen vegetable mix for last 3 minutes or until tender. Drain.

Combine ricotta, egg, thyme and 1/2 cup cheese in a large bowl. Season with salt and pepper. Stir pumpkin mixture and pasta into ricotta mixture. Spoon mixture into prepared dish. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until golden and firm to touch. Serve.
15 MINUTES CARBONARA PASTA

375g dried spaghetti pasta
1 tablespoon olive oil
200g shortcut bacon rashers, cut into 2cm-long pieces
2 eggs
2 egg yolks
1/2 cup pure cream
2/3 cup finely grated parmesan cheese

EASY CHICKEN CHOW MEIN

350g packet fresh Singapore noodles
2/3 cup chicken stock
1/3 cup oyster sauce
2 tablespoons soy sauce
1 tablespoon vegetable oil
500g chicken mince
1 brown onion, chopped
1 celery stalk, thinly sliced
1 medium carrot, peeled, grated
1 small red capsicum, cut into 1cm cubes
1 cup frozen peas

Place noodles in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until just tender. Drain. Using a fork, separate noodles. Combine stock, oyster sauce and soy sauce in a jug. Heat a large, non-stick wok over high heat. Add oil. Swirl to coat. Add mince. Cook, stirring with a wooden spoon to break up mince, for 3 to 4 minutes or until lightly browned and cooked through.

Add onion, celery, carrot, capsicum and peas. Stir-fry for 3 minutes or until vegetables are just tender. Add stock mixture and noodles. Stir-fry for 1 minute or until heated through. Serve.
SUPER FAST TUNA AND OLIVE FETTUCCINE

375g dried fettuccine pasta
425g can tuna in oil
1 medium red onion, finely chopped
1 garlic clove, crushed
2 tablespoons roughly chopped drained capers
400g can Italian tomatoes with sliced olives (see note)
1 cup torn basil leaves
Shaved parmesan, to serve

Cook pasta in a saucepan of boiling, salted water following packet directions until tender. Drain. Return to pan.

Meanwhile, drain tuna, reserving 2 tablespoons oil. Heat oil in a non-stick frying pan over medium heat. Add onion and garlic. Cook for 3 to 4 minutes or until onion has softened.

Stir in capers, tomato and 1/2 cup cold water. Bring to a simmer. Simmer for 10 to 12 minutes or until sauce has thickened.

Using a fork, flake tuna. Add tuna, tomato mixture and basil to pasta. Toss gently over low heat for 1 to 2 minutes or until heated through. Divide between bowls. Serve with parmesan.
BACON, TOMATO AND ROCKET SPAGHETTI

400g Barilla dried spaghetti pasta
125g 97% fat-free bacon, roughly chopped
1 tablespoon olive oil
500g cherry tomatoes, halved
3 garlic cloves, crushed
100g baby rocket
1/3 cup grated parmesan cheese, to serve

Cook pasta in a large saucepan of boiling salted water, following packet directions, until tender.

Meanwhile, heat a non-stick frying pan over medium-high heat. Add bacon. Cook, stirring occasionally, for 3 to 4 minutes or until light golden. Remove to a plate.

Add oil to frying pan. Reduce heat to medium-low. Add tomatoes and garlic. Cook, stirring occasionally, for 1 to 2 minutes or until tomatoes begin to collapse.

Drain pasta, reserving 1 cup of cooking water. Return pasta to saucepan. Add bacon, tomatoes, rocket and reserved cooking water. Season with salt and pepper. Toss over low heat for 1 minute or until heated through. Divide between serving bowls. Top with parmesan and serve.
TUNA SHEPHERDS PIE

3 medium (600g) potatoes, peeled, chopped
   30g butter
   1/4 cup milk
   1 cup grated tasty cheese
   2 teaspoons olive oil
   1 medium brown onion, chopped
   720g jar tomato pasta sauce
   2 celery stalks, trimmed, chopped
   150g broccoli, cut into florets
   1/3 cup frozen corn kernels
   2 tablespoons chopped fresh basil leaves
   425g can tuna in spring water, drained, flaked

Place potato in a large saucepan. Cover with cold water. Bring to the boil. Boil, uncovered, for 15 minutes or until tender. Drain. Mash. Add butter, milk and two-thirds of the cheese. Season with salt and pepper. Stir with a wooden spoon until smooth. Cover to keep warm.

Meanwhile, heat oil in a large saucepan over medium heat. Add onion. Cook, stirring, for 2 to 3 minutes or until onion has softened. Add pasta sauce, celery, broccoli and corn. Stir to combine. Cook for 6 to 8 minutes or until vegetables are tender. Add basil and tuna. Season with salt and pepper. Stir to combine.

Preheat grill on medium. Divide tuna mixture between four 1 1/2 cup-capacity ramekins. Top with mashed potato. Sprinkle with remaining cheese. Grill for 4 to 5 minutes or until potato is golden and cheese has melted. Serve.
SPAGHETTI WITH SEMI-DRIED TOMATOES, BASIL & CHILLI OIL

60ml (1/4 cup) olive oil
1 teaspoon dried crushed hot chillies
400g dried spaghetti no. 5 (Barilla brand)
200g 97 per cent fat-free semi-dried tomatoes
1/2 cup loosely packed finely shredded fresh basil
20g (1/3 cup) shaved parmesan (Mil Lel brand)

Combine the oil and chilli in a screw-top jar and shake until well combined.

Meanwhile, cook the spaghetti in a large saucepan of salted boiling water following packet directions until al dente. Drain well and return to the pan. Add the chilli oil, tomatoes and half the basil, and gently toss until combined.

Divide pasta among serving bowls and sprinkle with remaining basil. Serve immediately with parmesan.
CHICKEN MAC AND CHEESE

- 300g dried rigatoni pasta
- 400g broccoli, cut into small florets
- 2 teaspoons olive oil
- 1 small brown onion, finely chopped
- 1 garlic clove, crushed
- 2 cups Bechamel
- 2 teaspoons wholegrain mustard
- 4 Roast chicken thigh fillets, cut into 2cm pieces
- 3/4 cup frozen peas
- 1 cup grated pizza cheese

Preheat oven to 200°C/180°C fan-forced. Cook pasta in a large saucepan of boiling salted water, following packet directions, adding broccoli for last 3 minutes of cooking, or until tender. Drain. Return pasta and broccoli to pan.

Meanwhile, heat oil in a pan over medium heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened.

Add bechamel sauce and mustard. Bring to the boil. Reduce heat to low. Simmer for 1 minute. Add chicken, peas and half the cheese. Stir for 2 to 3 minutes or until heated through. Add chicken mixture to pasta and broccoli. Toss gently to combine.

Spoon pasta mixture into a 6cm deep, 8-cup capacity ovenproof dish. Sprinkle with remaining cheese. Bake for 20 to 25 minutes or until golden. Serve.
CLASSIC LASAGNE

250g Barilla Lasagne
1 jar Barilla Bolognese sauce
150g veal mince
150g pork mince
1/3 onion, finely chopped
1 garlic clove, crushed
50g Italian Pancetta
100g mozzarella cheese, grated (divided by 4 quantities)
Salt and pepper, to taste
Extra Virgin Olive oil
Béchamel
1.5L milk
75g butter
75g flour
Salt and pepper, to taste

Preheat oven to 180°C.
Step 2 Add oil to a large fry pan and when hot, add onion and garlic and cook for 2-3 min. Then add pancetta and cook for 1 minute. Add veal and pork mince and cook until brown, add salt and pepper. Combine with Barilla's Bolognese sauce and bring to a simmer.
Step 3 In a rectangular baking dish, spread a thin layer of béchamel (see method above) on the bottom of the dish, then add lasagne sheets.
Step 4 Add béchamel, then a 1/4 of the Bolognese sauce and mozzarella cheese. Repeat this process four or five times.
Step 5 Bake lasagne in pre-heated oven for 20-25 minutes and allow to reset for 5 minutes before serving.
MICROWAVE MUSHROOM RISOTTO

60g butter, chopped
1 leek, halved, washed, thinly sliced
1 garlic clove, crushed
1 cup SunRice Arborio Risotto Rice
3 cups chicken or vegetable stock
400g mushrooms, sliced (we used Swiss brown cups, buttons, shiitake)
50g parmesan cheese, finely grated
1/4 cup flat-leaf parsley leaves, chopped

Combine 20g butter, leek and garlic in an 8-cup capacity, heatproof, microwave-safe bowl or rice-cooker. Cover loosely with paper towel. Microwave on HIGH (100%) for 2 minutes or until leek is soft.

Add rice. Stir to coat in butter mixture. Microwave, uncovered, on HIGH (100%) for 1 minute. Stir in 2 cups stock. Cover and microwave on HIGH (100%) for 5 minutes, followed by 7 minutes on MEDIUM (50%).

Stir in mushrooms and remaining stock. Cover and microwave on MEDIUM (50%) for a further 7 minutes. Stand, covered, for 5 minutes.

Add parmesan, parsley and remaining butter. Season with pepper. Stir to combine. Spoon into bowls. Serve.
RISONI RISOTTO STYLE
WITH WILD MUSHROOMS

1 tbs Extra Virgin Olive oil
20g unsalted butter
1/4 onion, finely chopped
400g mixed mushrooms (such as Swiss brown, button and flat mushrooms), sliced
1/3 dry white wine
1L chicken stock (you may not need all of it)
400g Barilla Risoni pasta
2 tbs truffle oil
2 tbs chopped flat parsley

Grated Parmigiano Reggiano or slices of ripe Brie or Taleggio, to serve

Heat the oil and butter in a large fry pan, and when hot, add the onions and cook for 2-3 minutes. Add the mushrooms and cook, stirring occasionally, for 3 minutes or until wilted and starting to brown.

Add the Barilla Risoni and stir for 2 minutes. Then add the wine and allow it to evaporate.

Start adding a ladle of stock at a time and stir as if you were cooking a risotto. Cook on a gentle heat and as the liquid is absorbed, add more stock and repeat until the pasta is cooked.

Once cooked, remove from heat and stir in the truffle oil and parsley and season well with sea salt and pepper.

Divide among bowls and serve topped with Parmigiano Reggiano, Brie or Taleggio.
FETTUCCINE WITH SPRING VEGETABLES

400g Barilla Fettuccine rigate
150g green beans, topped, thinly sliced diagonally
1 medium zucchini, halved, thinly sliced diagonally
1 cup fresh or frozen green peas
1 tablespoon extra virgin olive oil, plus extra to drizzle
1 small red onion, finely chopped
2 cloves garlic, crushed
400g jar Barilla Napoletana sauce
75g baby spinach leaves
150g buffalo or fresh mozzarella, torn into small pieces

Cook the fettuccine in a large saucepan of lightly salted water according to the packet instructions or until al dente, adding the beans, zucchini and peas for the last 3 minutes of the cooking time. Drain well.

Step 2 Heat the oil in a large non stick frying pan over a medium heat. Add the onion and cook stirring occasionally for 4-5 minutes or until soft. Add the garlic, cook stirring for 1 minute more.

Step 3 Add the napoletana sauce, simmer for 2-3 minutes, then add the drained pasta and vegetables, stir to combine and cook for a further 1-2 minutes. Remove from the heat, stir through the spinach leaves and mozzarella. Divide between serving plates, drizzle with a little extra virgin olive oil if desired, serve immediately.
FUSILLI WITH EGGPLANT, TOMATO AND RICOTTA SAUCE & BASIL

400g Barilla fusilli
2 tablespoons extra virgin olive oil
1 small eggplant, trimmed, finely diced
250g punnet of cherry tomatoes, halved
400g jar Barilla Ricotta sauce
1/2 cup fresh basil leaves, roughly torn
125g bocconcini, torn into small pieces

Cook the fussili in a large saucepan of lightly salted water according to the packet instructions or until al dente. Drain well.

Heat the oil in a large non stick frying pan over a medium-high heat. Add the eggplant and cook stirring occasionally for 4-5 minutes or until golden. Add the cherry tomatoes, cook for a further 2-3 or until tomatoes are slightly wilted.

Add the ricotta sauce, simmer for 2-3 minutes, then add the drained pasta, stir to combine and cook for a further 1-2 minutes. Remove from the heat, stir through the basil and bocconcini.

Divide between serving plates, drizzle with a little extra virgin olive oil if desired, serve immediately.
GRILLED VEG LASAGNE WITH PESTO GENOVESE

250g Barilla lasagne sheets
1 jar Barilla Pesto genovese
2 zucchini, thinly sliced diagonally
1 large eggplant, cut into thin rounds
2 roasted red capsicums, peeled, cut into strips
30g grated Parmesan
Béchamel sauce
60g unsalted butter
60g plain flour
1 litre milk
60g grated Parmesan

Preheat oven to 180C. To make the béchamel sauce, melt the butter in a medium size saucepan over a medium heat. Add the flour, cook stirring for 2 minutes. Gradually start adding the milk, constantly whisking until smooth and the milk is incorporated. Bring to the boil and continue to cook whisking for 5 minutes or until thick. Remove from heat, stir in the parmesan and season to taste.

Meanwhile, heat a char grill pan over a high heat. Drizzle the eggplant and zucchini with the olive oil. Char grill the vegetables, in batches for 2 minutes each side, or until lightly charred and tender. Remove and set aside.

To assemble the lasagne, spray a 1.5L (6 cup) rectangular baking dish with oil. Spread 80ml (1/3 cup) of the béchamel sauce over the base of the dish, top with a layer of lasagne sheets to snugly fit the dish. Top with 1/3 of the zucchini, eggplant and capsicum, then dot with 1/3 of the pesto. Repeat this layer lasagne, vegetables and pesto twice more, then finish with a final layer of lasagne, the remaining béchamel and the parmesan. Place in pre-heated oven and bake for 20-30 minutes.
CHEESE AND TOMATO PASTA

180g tub baby bocconcini, halved
1/4 teaspoon dried chilli flakes
2 tablespoons olive oil
1 punnet each red and yellow cherry tomatoes
2 garlic cloves, crushed
1 teaspoon caster sugar
350g rotelle (wheel-shaped) pasta, cooked, drained, tossed in a little oil
1 cup basil leaves, torn if large

Place the bocconcini in a bowl with the chilli flakes, then season to taste with sea salt and pepper. Heat oil in a frypan, add tomatoes and garlic and toss over medium-high heat.
Season, add sugar and cook for 2-3 minutes or just until the tomatoes wilt.
Add to the bocconcini.
Reheat the cooked pasta quickly in boiling water, drain, then toss with the bocconcini and tomato mixture. Add the basil leaves and serve.
PASTA WITH BROCCOLI AND FETA

500g broccoli, trimmed, washed
400g dried pasta
1/3 cup extra-virgin olive oil
3 garlic cloves, crushed
3 small red chillies, deseeded, finely chopped
125g reduced-fat Greek feta cheese, crumbled
Cut broccoli into small florets.

Cook pasta in a saucepan of boiling, salted water, following packet directions until tender, adding broccoli for the last 4 minutes. Drain, reserving 1/2 cup cooking liquid. Return pasta and broccoli to pan.

Heat oil in a frying pan over medium heat. Add garlic and chilli. Cook, stirring, for 30 seconds or until fragrant. Remove from heat.

Add feta and reserved liquid to pasta mixture. Stir to combine.
Serve drizzled with oil mixture.
VEGETARIAN

‘Live, Learn, Grow’
TOFU PAD THAI

200g rice-stick (pad Thai) noodles
2 tablespoons fish sauce
2 tablespoons brown sugar
2 1/2 tablespoons peanut oil
297g Morinaga firm tofu, cut into 1cm cubes
3 green onions, thinly sliced diagonally
2 garlic cloves, crushed
1 small red chilli, thinly sliced (optional)
2 eggs, lightly beaten
1 cup beansprouts, trimmed
1/3 cup torn fresh coriander leaves
1/3 cup unsalted roasted peanuts, chopped
Lemon wedges, to serve

Place noodles in a heatproof bowl. Cover with boiling water. Stand for 4 to 5 minutes or until tender. Using a fork, separate noodles. Drain. Combine fish sauce and brown sugar in a jug.

Heat a wok over high heat. Add 1 tablespoon oil. Swirl to coat. Add tofu. Stir-fry for 2 to 3 minutes or until golden. Transfer to a plate.

Add 2 teaspoons oil to wok. Add onion, garlic and chilli (if using). Stir-fry for 1 minute. Transfer to plate with tofu. Add remaining oil to wok. Add egg. Swirl to coat. Stir to scramble eggs. Add noodles, tofu, onion mixture, beansprouts, coriander, peanuts and fish sauce mixture to wok. Stir-fry for 1 minute or until heated through. Serve with lemon wedges.
EASY VEGETARIAN PIE

4 large potatoes, peeled, thinly sliced
60ml (1/4 cup) olive oil
20g unsalted butter
4 onions, sliced into thin wedges
125ml (1/2 cup) thick cream
1 tablespoon fresh thyme leaves
2 garlic cloves, crushed
2 x 375g blocks puff pastry
1 egg, beaten

Preheat oven to 180°C. Place the potatoes on an oiled baking tray, drizzle with 1 tablespoon of oil, then roast for 15 minutes.

Step 2 Heat remaining oil and butter in a pan over low heat. Add onion and cook for 20 minutes until soft and golden. Set aside to cool. Combine onion and potato with cream, thyme and garlic. Season and set aside to cool.

Step 3 Roll out pastry blocks on a lightly floured surface to 35 x 20cm rectangles. Place one sheet on a lightly floured baking tray and spread the mixture in the centre, leaving a 2cm border. Brush edge with egg, place other sheet on top and press together, pinching until sealed. (We used a little extra pastry to make decorative leaves.)

Step 4 Brush all over with egg. Make 2 air holes in the top and bake for 25 minutes until crisp and golden.
VEGETARIAN PAD THAI

250g rice stick noodles
2 tablespoons Rice Bran Oil
2 eggs, lightly beaten
1/3 cup pad Thai paste
250g firm tofu, diced
3 green onions, trimmed, finely sliced
100g beansprouts, trimmed
2 tablespoons chopped peanuts (optional)
lime wedges, to serve

Place noodles in a heatproof bowl. Cover with hot water. Stand for 10 minutes or until just tender. Drain. Set aside.

Heat 1 tablespoon of oil in a large frying pan over medium-high heat. Add egg and swirl to coat. Cook for 2 minutes or until egg is set. Remove to a plate. Roll up and roughly chop.

Heat remaining oil in pan. Add paste and tofu. Cook, stirring, for 1 minute or until aromatic. Add noodles. Cook, stirring, for 1 minute or until noodles are warmed through. Remove from heat.

Divide noodle mixture between bowls. Top with onions, beansprouts and egg. Sprinkle with peanuts, if desired. Serve with lime wedges.
GREEK-STYLE VEG GNOCCHI

400g ripe tomatoes, quartered
2 red capsicums, quartered, seeds removed
  2 unpeeled garlic cloves
Olive oil, to drizzle
1kg potato gnocchi
  1/2 cup (60g) pitted kalamata olives
  1 tablespoon chopped flat-leaf parsley
  75g marinated feta

Preheat the oven to 200°C.

Place tomato, capsicum and garlic on a baking tray. Drizzle with oil and season. Roast for 20-25 minutes or until soft. When cool enough to handle, remove garlic skin. Place garlic, tomato, capsicum and juices in a food processor. Process until smooth and season to taste.

Cook gnocchi according to packet instructions, drain and return to pan. Add sauce, olives and parsley, and stir to combine. Serve with crumbled feta and a rocket salad, if desired.
CAULIFLOWER CHEESE SOUP

700g cauliflower
450ml milk
450ml thin cream
1 bay leaf
50g unsalted butter
350g chopped onion
25g plain flour
200ml vegetable stock
350g gruyere or cheddar cheese (or half and half)
1/2 teaspoon grated nutmeg

Chop cauliflower into small florets, discard outer leaves and place in a pan with milk, cream and bay leaf. Simmer over low heat until tender. Strain, reserving cauliflower and liquid.

Wipe pan clean, return to heat and melt butter. Add onion and cook over low heat for 5 minutes or until just softened. Add flour and cook for 1 minute, then add stock and strained liquid, stirring to combine. Cook for 1-2 minutes over a low to medium heat or until slightly thickened.

Add cauliflower and 300g of cheese and season with salt, pepper and nutmeg. (Soup can be prepared ahead up to this stage and kept refrigerated.)

Preheat the oven to 220°C.

Divide soup between 6 ovenproof serving bowls and sprinkle with remaining cheese. Place bowls in a roasting pan, pour in enough water to come halfway up the sides of bowls and bake for 10-15 minutes or until cheese is bubbling and golden.
GLUTEN-FREE AND LOW-FAT VEG PIZZA

350g gluten-free instant oven bread mix
2 garlic cloves, crushed
1 tablespoon finely chopped fresh rosemary leaves
1 cup pasta sauce
1/2 cup chargrilled capsicum, sliced
1 cup (200g) 100% fat-free chargrilled artichoke hearts, halved
125g button mushrooms, sliced
1/2 cup pitted olives
180g bocconcini cheese, halved
baby rocket, to serve

Preheat oven to 240°C/220°C fan-forced. Lightly grease two 18cm pizza trays.

Place bread mix in a bowl. Combine 300ml cold water, garlic and rosemary in a jug. Add water mixture to bread mix. Using an electric mixer, beat on low speed for 30 seconds or until just combined. Scrape down side of bowl. Beat for 2 to 3 minutes or until thick. Spoon half the mixture onto 1 prepared tray. Using the back of a spoon, spread mixture to form an 18cm round. Repeat with remaining mixture and tray. Bake for 10 to 12 minutes or until bases are light golden and cooked through.

Remove from oven. Spread bases with sauce. Top with capsicum, artichoke, mushroom, olives and bocconcini. Bake for 10 to 12 minutes or until cheese has melted. Cut into wedges. Serve with rocket.
VEGETARIAN DUMPLINGS

1 teaspoon vegetable oil
3 garlic cloves, crushed
2 green onions, thinly sliced
1 1/2 cups finely shredded wombok (Chinese cabbage)
1 small carrot, peeled, grated
50g shiitake mushrooms, finely chopped
1/2 x 225g can bamboo shoots, chopped
1 tablespoon soy sauce
30 (275g packet) gow gee wrappers

Heat oil in a frying pan over medium heat. Add garlic, onion, wombok, carrot and mushroom. Cook, stirring, for 5 to 6 minutes or until cabbage has wilted. Remove from heat. Stir in bamboo shoots and soy sauce. Cool for 10 minutes.

Place wrappers on a flat surface. Spoon 2 teaspoons cabbage mixture on 1 half of each wrapper. Brush edges with cold water. Fold over to enclose filling. Press edges together to seal. Place on a tray lined with baking paper.

Place a steamer lined with baking paper over simmering water. Cook dumplings, in batches, for 15 minutes or until tender and cooked through. Serve.
BAKED BEAN AND CHEESE FLAT WRAPS

400g can baked beans
1/2 cup grated cheese
4 lavash flatbreads
Cook in sandwich press for 2-3 mins until crisp and golden.

Preheat sandwich press. Lay flatbreads on a clean board. Spread 1/4 of baked beans down centre of each bread. Top each with 1/4 cheese. Roll up flatbread wraps to enclose filling.
ASIAN MUSHROOM AND VEG LAKSA

200g rice stick noodles
1 tablespoon vegetable oil
400g pkt Asian stir-fry
100g fresh shiitake mushrooms, thinly sliced
100g fresh black fungi, roughly chopped
1/3 cup laksa paste
400ml can coconut cream
3 cups (750ml) vegetable or chicken stock
1 tablespoon brown sugar
2-3 tablespoons fish sauce, to taste
250g pkt fresh bean shoots, rinsed
1 bunch fresh coriander, trimmed

Place noodles in a large heatproof bowl. Cover with boiling water and stand about 10 mins, or until tender. This depends on brand, so check after 5 mins.

Meanwhile, heat oil in large wok or frypan. Add Asian stir-fry and stir-fry about 1 min. Add mushrooms and fungi and stir-fry for a further 30 secs.
Add laksa paste, coconut cream, stock and brown sugar.
Combine the ingredients well and allow mixture to come to the boil, then turn off the heat and season to taste with the fish sauce.
Divide the bean shoots between four deep soup bowls, reserving some for a garnish. Top with the drained noodles and ladle over soup, then garnish with remaining bean shoots and coriander. Serve immediately.
VEGETARIAN PILAU

1/3 cup slivered almonds
1 1/2 tablespoons vegetable oil
1 large brown onion, finely chopped
400g frozen garden mix (see note)
1 1/2 cups basmati rice
1 tablespoon garam masala
3/4 cup roughly chopped fresh coriander leaves

Heat a large frying pan over medium heat. Add almonds. Cook, stirring, for 3 minutes or until golden. Transfer to a plate.

Heat oil in a large saucepan over medium heat. Add onion. Cook, stirring, for 3 minutes or until softened. Stir in vegetables, rice and garam masala. Cook for 1 minute or until fragrant. Stir in 2 cups cold water. Bring to the boil. Reduce heat to low. Cook, covered, for 15 minutes or until rice is tender and water has been absorbed.

Add half the almonds and coriander. Stir to combine. Spoon into bowls. Serve with remaining almonds and coriander.
QUICHE

3/4 cup pastry mix (see note)
3/4 cup grated cheese
1 teaspoon butter, softened
4 eggs, lightly beaten
1 cup milk
310g can corn kernels, drained
1 onion, finely chopped
2 tablespoons basil, chopped
1 small barbecued chicken, skin removed, meat shredded
1 tomato, deseeded, diced
1 tablespoon flat-leaf parsley, chopped

Preheat oven to 180°C. Lightly grease a 3cm deep, 24cm (base) quiche dish.

Combine pastry mix, cheese, butter, eggs and milk in a bowl. Stir well.

Add corn, onion, basil, chicken, tomato, parsley, and salt and pepper to egg mixture. Mix well. Pour into prepared quiche dish. Bake for 40 to 45 minutes or until golden and firm to the touch. Serve.
WEEK-NIGHT TWO BEAN CHILLI

Ingredients
1 tablespoon vegetable oil
1 small jalapeno, minced (with some seeds)
1 small or 1/2 large red onion, finely diced
2 teaspoons red wine vinegar
1 large clove garlic, minced
1 1/4 cups low-sodium vegetable or chicken broth
1 cup canned crushed roasted tomatoes
1 1/2 tablespoons chilli powder
1/4 teaspoon Chinese five-spice powder or ground cinnamon, optional
Two 15-ounce cans beans (such as kidney and black), rinsed and drained
2 tablespoons chopped fresh coriander
2 cups cooked brown rice
1/2 cup finely shredded extra-sharp Cheddar (2 ounces), omit if vegan or replace with vegan cheese

Method
How to make Weeknight Two-Bean Chilli
Heat the oil in a large saucepan over medium-high heat; add the jalapenos, onions and vinegar and cook, stirring, until softened, about 5 minutes. Add the garlic and cook about 30 seconds.
Stir in the broth, tomatoes, chilli powder and five-spice powder if using, and increase the heat to high. Bring to a full boil and cook for 1 minute. Stir in the beans and return to a full boil. Reduce the heat to medium and simmer until just slightly thickened but still soupy, about 5 minutes. Stir in the cilantro.
Fill each bowl with about 1/2 cup of rice. Ladle the chili on top, sprinkle with the Cheddar and serve.
BEAN & CORN TORTILLA SANDWICHES

- 1 1/2 cups pasta sauce
- 400g can kidney beans, drained and rinsed
- 420g can corn kernels, drained
- 35g sachet burrito seasoning mix
- 1 tablespoon vegetable oil
- 1 cup grated tasty cheese
- 1/2 cup coriander leaves, chopped
- 8 tortillas
- 1 avocado, diced

Heat pasta sauce in saucepan on medium. Add beans and corn. Stir through burrito seasoning mix and simmer for 2 mins.

Heat oil in a large frying pan on medium. Cook 1 tortilla for 1 min top with 1/4 each of the cheese and the bean and corn mixture. Top with another tortilla, turn and cook for another 1 min until crisp.

Repeat with remaining tortillas and filling. Cut each tortilla stack into quarters and top with avocado and coriander to serve.
BEAN NACHOS

1 x 420g can red kidney beans, rinsed, drained
125ml (1/2 cup) bought mild salsa
1 avocado, halved, stone removed, peeled
2 teaspoons fresh lime juice
1 x 230g pkt corn chips
1 tomato, coarsely chopped
40g (1/2 cup) coarsely grated reduced-fat tasty cheddar
125g (1/2 cup) reduced-fat sour cream

Combine the kidney beans and salsa in a medium bowl. Use a fork to mash the avocado in a small bowl. Stir in the lime juice.

Divide the corn chips among serving plates. Top with the bean mixture, avocado mixture, tomato and cheddar. Serve with the sour cream.
FLAVA FLAVE
sauces and soup

‘Live, Learn, Grow’
TRADITIONAL GRAVY

30g butter
2 tablespoons flour
3 cups chicken stock
1 tablespoon sherry

Pour off excess turkey drippings from roasting pan, leaving 1/2 cup. Add butter to pan, melt on medium heat. Stir in flour and cook for 3 mins, scraping off any crusty pieces, until light brown.

Add stock and simmer, stirring for 3 mins, until thickened. Stir in sherry, season, and pour into jug.
TOMATO SALSA

1 red onion, finely chopped, soaked in water for 15 minutes, drained
2 cups coriander leaves, chopped
2 garlic cloves, finely chopped
1/2 green capsicum, finely chopped
2 long red chillies, seeds removed, finely chopped
4 tomatoes, seeds removed, finely chopped
Juice of 1/2 lemon
2 tablespoons white wine vinegar
2 tablespoons extra virgin olive oil
1 teaspoon dried oregano

Place all ingredients in a bowl, season and toss to combine. Cover and chill for 2 hours for flavours to infuse, then serve.
HOLLANDAISE SAUCE

3 egg yolks
1 tablespoon lemon juice
60g butter, cut into 1.5cm cubes

Whisk egg yolks and lemon juice in a heatproof bowl. Place bowl over a saucepan of simmering water over low heat. Whisk for 3 minutes or until mixture becomes thick and pale. Add 1 cube butter. Whisk until melted. Repeat with remaining butter (this will take about 10 minutes). Remove from heat. Season with salt and pepper.
PEPPER SAUCE

60g butter, chopped
2 eschalots, finely chopped
1/4 cup red wine
2 cups salt-reduced beef stock
2 teaspoons cracked black pepper

Melt half the butter in a medium frying pan over medium heat until foaming. Add eschalot. Cook, stirring, for 5 minutes or until softened. Add red wine. Bring to the boil. Reduce heat to medium. Cook sauce for 2 to 3 minutes or until almost evaporated.

Add stock and pepper. Bring to the boil. Reduce heat to medium-low. Cook, stirring, for 10 to 12 minutes until thickened slightly. Remove from heat. Whisk in remaining butter until melted and sauce has slightly thickened. Serve sauce with steak.
MUSHROOM SAUCE

30g butter
1 medium brown onion, finely chopped
1 garlic clove, crushed
200g Swiss brown mushrooms, thinly sliced
1/2 cup dry white wine
300ml pure cream

Melt butter in a frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic and mushrooms. Cook, stirring, for 3 to 4 minutes or until softened. Add wine. Bring to the boil. Reduce heat to medium-low. Simmer for 2 to 3 minutes. Stir in cream. Bring to the boil. Simmer for 10 minutes or until reduced by half. Season with salt and pepper.
CREAMY GARLIC SAUCE

2 tbsp. butter, butter blend
1 tbsp. minced garlic (can substitute garlic powder)
1 tbsp. all-purpose flour
3/4 c. half & half (can use more)
1/3 c. Parmesan cheese (good if fresh)
1/4 c. parsley

In large saucepan, melt butter. Saute garlic over medium heat for 1 minute (until garlic tender). Remove from heat. Stir in flour, blend until smooth. Return to heat and gradually add half and half. Stir in cheese and parsley. Heat until sauce thickened and smooth.
COCKTAIL SAUCE

65g (1/4 cup) whole-egg mayonnaise
60ml (1/4 cup) tomato sauce
60ml (1/4 cup) thickened cream
2 teaspoons Worcestershire sauce
1/4 teaspoon red Tabasco pepper sauce

Combine mayonnaise, tomato sauce, cream, Worcestershire sauce and Tabasco sauce in a bowl. Season with pepper. Cover. Place in the fridge for 1 hour to develop the flavours.
EASY LEMON BUTTER SAUCE FOR FISH & SEAFOOD

2 tablespoons butter
2 tablespoons fresh lemon juice (about 1/2 lemon)
1 teaspoon Worcestershire sauce (to taste)
pepper
parsley, chopped

Melt butter in warm (not hot!) pan. Add lemon juice to the butter and warm briefly. Add Worcestershire sauce and pepper to taste. Spoon sauce over trout or other fish, sprinkle with parsley and serve.
GUACAMOLE

3 limes
2 jalapeno chillies, seeds removed, finely chopped
2 spring onions, finely chopped
3 large avocados
1 canned tomatillo (Mexican tomato), husk removed, or green or red tomato, chopped (see note)
1/2 cup roughly chopped coriander leaves
Lightly salted corn chips, to serve

Roll limes on a hard surface with the palm of your hand to help release juice before squeezing into a bowl. Add chilli and spring onion and stand for 5 minutes (this will take the sharp edge off the chilli).

Scoop the flesh of the avocados into a large mortar and pestle. Add chopped tomatillo or tomato, coriander, lime juice mixture and a pinch of sea salt, then roughly mash - it should be chunky and robust, not fine and smooth.

Serve the guacamole with corn chips.
LAMB, VEG AND BARLEY SOUP

2 teaspoons olive oil
500g lamb shoulder steaks, trimmed, cut into 2cm pieces
1 brown onion, finely chopped
2 garlic cloves, crushed
1/2 cup pearl barley
1 sprig fresh rosemary
1 litre chicken stock
1 parsnip, peeled, diced
1 small orange sweet potato, peeled, diced
1 small zucchini, diced
2 yellow button squash, diced

Heat 1 teaspoon oil in a saucepan over high heat. Add lamb. Cook, stirring, for 5 to 7 minutes or until browned. Transfer to a plate.
Reduce heat to medium-high. Add remaining oil to pan. Add onion and garlic. Cook, stirring, for 3 minutes or until softened. Add lamb, barley, rosemary, stock and 1 1/2 cups cold water. Cover and bring to the boil. Reduce heat to medium low. Simmer, covered, for 1 hour or until lamb is tender.
Add parsnip, potato, zucchini and squash. Simmer, covered, for 15 to 20 minutes or until vegetables are tender. Season with pepper. Serve.
CHICKEN NOODLE SOUP

2 tablespoons olive oil
2 leeks, chopped
1 carrot, chopped
2 celery stalks, chopped
2L (8 cups) chicken stock, heated
150g thin dried egg noodles
1 1/2 cups (180g) frozen peas
250g smoked chicken breast, shredded (see note)
Flat-leaf parsley leaves, to serve

Heat oil in a large pan over medium-low heat. Cook leek for 6-8 minutes, stirring until soft. Add carrot and celery, and cook, stirring, for 5-6 minutes until soft. Add stock and bring to a simmer. Add noodles and cook for 6 minutes or until tender, adding the peas for the final 2 minutes. Stir in chicken and simmer for 1 minute or until warmed through. Divide among bowls, season, and top with parsley leaves.
ASIAN CHICKEN, CORN AND NOODLE SOUP

1/4 cup Malaysian curry paste
2 green onions, thinly sliced
425g can corn kernels, drained
2 cups shredded barbecued chicken (see note)
4 cups reduced-salt chicken stock
220g shelf-fresh Singapore noodles

Heat a large, non-stick saucepan over medium heat. Add curry paste and half the onion. Cook, stirring, for 1 minute or until fragrant. Add corn, chicken, 1 cup cold water and stock. Bring to the boil. Add noodles. Simmer for 5 to 6 minutes or until noodles are tender. Serve sprinkled with remaining onion.
CORN CHOWDER

2 teaspoons olive oil
1 small brown onion, finely chopped
1L (4 cups) vegetable stock
1 x 425g can creamed corn
1 x 310g can corn kernels, drained
1/2 teaspoon sesame oil
4 shallots, ends trimmed, thinly sliced
Fresh coriander sprigs, to serve

Heat the oil in a large saucepan over medium-high heat. Add the onion and cook, stirring, for 2 minutes or until soft. Add the stock, creamed corn and corn kernels. Increase heat to high. Bring to the boil.
Reduce heat to medium. Stir in the sesame oil and three-quarters of the shallot. Simmer for 1 minute or until heated through.
Ladle chowder among serving mugs or bowls. Top with remaining shallot and coriander. Season with pepper to serve.
DESSERT

‘Live, Learn, Grow’
PEACH MELBA PAVLOVA

6 egg whites
1 2/3 cups caster sugar
1 teaspoon vanilla extract
1 teaspoon white vinegar
2 teaspoons cornflour
300g frozen raspberries, thawed
1 tablespoon icing sugar mixture
600ml thickened cream, whipped
825g can peach slices in juice, drained

Preheat oven to 120C/100C fan-forced. Line a large baking tray with baking paper. Mark a 12cm x 28cm rectangle on paper.

Using an electric mixer, beat egg whites until soft peaks form. Gradually beat in caster sugar, 1 tablespoon at a time, until dissolved. Add vanilla, vinegar and cornflour. Beat for 1 minute. Spoon mixture onto prepared tray. Using a palette knife or spatula, spread mixture in marked rectangle, making the sides slightly higher than the centre.

Bake for 1 hour 20 minutes or until firm. Turn off oven. Cool in oven, door slightly ajar.

Meanwhile, place 150g raspberries and sugar in a small food processor. Process until smooth.

Place pavlova on a platter. Top with cream, peaches and remaining raspberries. Drizzle with raspberry mixture. Serve.
LAMINGTON CAKE

190g unsalted butter, softened
1 cup (220g) caster sugar
2 teaspoons vanilla-bean paste (see note) or vanilla extract
3 eggs
2 1/3 cups (350g) self-raising flour, sifted
1 cup (250ml) milk
220g dark chocolate
1 cup (250ml) thickened cream
1 cup desiccated or shredded coconut

Preheat the oven to 170°C. Grease and line a 20cm-square cake pan. Process butter and sugar in a processor for 2 minutes until light. Add 1 teaspoon vanilla. Add eggs one at a time, pulsing after each until just combined. In 3 alternating batches, add flour and milk, pulsing to combine. Pour into pan and bake for 55-60 minutes until a skewer inserted in centre comes out clean. Cool for 5 minutes, then turn onto a rack to cool completely.

Meanwhile, stir chocolate, cream and remaining vanilla in a heatproof bowl over simmering water until smooth (don't let the bowl touch water). Chill for 20 minutes to thicken. Spread this icing over the cake, then sprinkle top and sides with coconut.
ANZAC BISCUITS

1 1/4 cups plain flour, sifted
1 cup rolled oats
1/2 cup caster sugar
3/4 cup desiccated coconut
2 tablespoons golden syrup or treacle
150g unsalted butter, chopped
1/2 teaspoon bicarb soda

Preheat oven to 170°C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine. In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted. Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat. Pour into the dry ingredients and mix together until fully combined. Roll tablespoonful's of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly. Bake for 12 minutes or until golden brown.
SPONGE CAKE

4 eggs
3/4 cup caster sugar
3/4 cup self-raising flour
1/3 cup cornflour
1 teaspoon cream of tartar
1/2 teaspoon bicarbonate of soda
1/2 cup mango, passionfruit and pineapple conserve
3/4 cup Dairy Farmers thickened cream, whipped icing sugar mixture, to serve

Preheat oven to 180°C/160°C fan-forced. Grease two 6cm-deep, 20cm round cake pans. Sprinkle with flour.

Place eggs and caster sugar in a medium bowl. Using an electric mixer, beat on high speed for 10 minutes or until thick and creamy and sugar dissolved. Transfer to a large bowl.

Using a large metal spoon, fold in sifted flours, cream of tartar and bicarbonate of soda (see note). Divide mixture between prepared pans. Bake for 20 to 25 minutes or until sponge springs back when lightly touched. Line a wire rack with baking paper. Turn sponges, top-side up, on wire racks to cool.

Place 1 sponge on a plate. Spread with conserve and cream. Top with remaining sponge. Dust with icing sugar. Serve.
NEW YORK CHEESECAKE

250g plain sweet biscuits
125g butter, melted
500g cream cheese, softened
1 cup caster sugar
2 teaspoons vanilla extract
2 eggs
2 tablespoons lemon juice
300g sour cream
1 thinly sliced lemon, to serve

Preheat oven to 170°C/150°C fan forced. Grease a 6cm-deep, 22cm round spring form pan.


Beat cream cheese, sugar and vanilla with an electric mixer until smooth. Add eggs, 1 at a time, beating to combine. Fold in lemon juice and sour cream.

Pour into prepared pan. Bake for 1 hour 10 minutes or until centre is just firm. Allow to cool in oven for 3 hours, with door slightly ajar. Refrigerate for 3 hours or overnight if time permits. Top with lemon slices. Serve.
CHUNKY CHOC-CHIP COOKIES

1 quantity Basic biscuit mix (see related recipes)
1/2 cup dark chocolate bits
1/2 cup raisins, chopped
1/2 cup chopped pecans

Preheat oven to 180°C/160°C fan-forced. Line 3 baking trays with baking paper.

Make Basic biscuit mix, replacing caster sugar with 1/2 cup brown sugar. Stir in chocolate, raisins and pecans with flour.

Using 1 rounded tablespoon at a time, roll into balls. Place on trays. Flatten slightly.

Bake for 15 to 20 minutes or until light golden. Cool on trays for 5 minutes. Transfer to a wire rack to cool completely. Serve.
BANANA BREAD

100g unsalted butter
1/2 cup firmly packed (100g) brown sugar
1 egg
4-5 bananas (450g total), mashed
3 tablespoons (1/4 cup) natural yoghurt
1 teaspoon vanilla extract
1 2/3 cups (250g) plain flour
1 tablespoon baking powder
1/2 teaspoon ground cinnamon
1/2 cup walnuts, toasted (optional)

Preheat oven to 170°C (not fan-forced) and grease a 900ml loaf pan.

Beat butter and sugar in a bowl using electric beaters until thick and fluffy.

Add egg and beat until well combined.

Add banana, yoghurt and vanilla extract and stir. Sift together flour, baking powder and cinnamon and fold through batter. Stir in walnuts if using. Pour into pan and bake for 1 hour or until a skewer inserted in centre comes out clean. Cool in pan for 10 minutes, then turn onto a rack to cool completely.

Serve buttered, if desired.
DON’T FORGET TO CLEAN UP AFTER YOURSELF..

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