

Woody's Kitchen



**Enjoy easy, clean, and fresh recipes straight
from my kitchen to yours.**

Edition 1 – November 2022

FORWARD

Welcome to Woody's Kitchen.

I'm passionate about cooking healthy and nutritious meals for my family.

Here are some of my favourite recipes for you to try at home.

I hope you enjoy them, and I look forward to hearing your thoughts.

If you have some favourites of your own and want them featured in Woody's kitchen, please send them in.

Happy Cooking!

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Healthy Breakfast Muffins



Ingredients:

Cooking oil spray
1 medium zucchini
8 eggs, at room temperature
2 tbs milk
1 medium carrot, coarsely grated
3 green onions (shallots), thinly sliced
1 cup reduced fat grated tasty cheese

Method:

1. Preheat oven to 160°C fan-forced. Spray a 12 hole x 1/3-cup capacity muffin tray with oil to grease. Grate zucchini. Firmly squeeze zucchini, then wrap in paper towel and squeeze again to remove excess moisture.
 2. Whisk eggs and milk in a large bowl. Stir in zucchini, carrot and green onions. Season and stir through cheese. Evenly spoon mixture into muffin pan. Bake for 25-30 minutes or golden and until set. Set aside in the pan for 5 minutes to cool then turn onto a wire rack. Serve hot or cold.
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Vegetable Fritters with Poached Egg



Ingredients:

2 large zucchinis, trimmed, sliced
2 cups (about 300g) diced pumpkin
1 carrot, trimmed, sliced
1 cup mint leaves
3 green onions, thinly sliced
1/2 cup frozen peas, thawed
1 1/2 cups panko breadcrumbs
1/2 cup self-raising flour
150g feta cheese, crumbled
5 eggs
1/3 cup olive oil

Method:

1. Preheat oven to 180°C. Line a baking tray with baking paper. Place zucchini in a food processor and process until finely chopped. Transfer to a clean kitchen cloth and squeeze, over a bowl or the sink, to remove excess liquid. (This prevents the fritters from being soggy). Place zucchini in a large bowl
2. Add pumpkin, carrot and mint to food processor and process until finely chopped. Add to zucchini with onion, peas, breadcrumbs, flour, and feta. Lightly whisk 1 egg in a small bowl and add to vegetable mixture. Season. Stir until combined. Form 1/3 cups of the veggie mixture into fritters and place on a tray
3. Heat half the oil in a non-stick frying pan over medium heat. Cook fritters in batches, adding more if needed, for 3 minutes each side or until golden. Transfer to prepared tray and place in oven to cook for 10 minutes or until cooked through.
4. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining egg.

Berry Good Muesli in a Jar



Ingredients:

- 2 cups of your favourite Muesli from Source Bulk Foods Glebe
- 2 cups frozen blueberries
- 2 cups natural yoghurt
- 4 kiwi fruits, diced
- 1/4 cup toasted flaked almonds

Method:

1. Using a small saucepan, warm the blueberries until just defrosted and producing small amount of juice but keeping their shape
 2. Divide Muesli equally and portion into each jar
 3. Divide berries in each jar then top with yoghurt
 4. Add kiwi fruit then fill jars with another layer of muesli, berries, and yoghurt
 5. Top with flaked almonds
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Avocado and Tomato Bruschetta



Ingredients:

2 pieces of Sourdough Bread
1 avocado and lemon
1 tomato
4 stalks of coriander
1 teaspoon olive oil
Juice of half a Lemon

Method

1. Cut half the avocado and tomato into 1-2cm pieces.
2. Cut the lemon into half and juice half the lemon
3. Break up the coriander leaves
4. Cook the sourdough to your liking.
5. Once cooked, place the avocado, tomato, and coriander on top and drizzle with olive oil

Nectarine and Apricot Coconut and Chia Puddings



Ingredients:

2 x 270m cans coconut milk
3/4 cup white chia seeds
1 teaspoon vanilla extract
4 yellow nectarines, stone removed, cut into thin wedges
4 apricots, stone removed, finely diced
1/2 cup maple syrup, to serve
1/4 cup toasted flaked coconut, to serve

Method:

1. Place coconut milk, chia seeds and vanilla into a bowl and stir until well combined. Set aside for 15 minutes to thicken.
2. Spoon half the chia mixture into the base of 4x 1 cup capacity glasses or glass bowls. Top with half the peaches and apricots. Spoon remaining chia seed mixture over fruit. Place remaining fruit onto chia seed mixture. Place in refrigerator for 1 hour or until cold. Drizzle maple syrup over fruit. Sprinkle with coconut and serve.

Herb Omelette with wilted Spinach and Smoked Ocean Trout



Ingredients:

4 eggs, at room temperature
1 tbs reduced fat milk
1/2 cup flat-leaf parsley leaves, finely chopped
1/3 cup finely chopped chives
1/3 cup finely chopped dill
Cooking oil spray
75g baby spinach leaves
150g flaked hot smoked salmon or trout, light sour cream & lemon zest, to serve

Method:

1. Combine eggs, milk, parsley, chives, and dill in a large jug. Season and whisk until just combined.
2. Heat a medium (about 24cm) non-stick frying pan over medium heat. Spray with oil to grease.
3. Pour quarter of egg mixture into the pan, tilt pan and allow eggs to just set, then flip omelette over and cook until just set.
4. Fold into quarters and transfer to tray lined with baking paper. Cover loosely with foil and keep warm. Repeat to make three more omelettes.
5. Grease a small non-stick frying pan with oil spray and heat over medium-high heat.
6. Add spinach and cook, tossing often, until leaves just wilt.
7. Slide warm omelettes onto serving plates. Top with wilted spinach and salmon or trout. Top with a dollop of sour cream and a sprinkling of lemon zest and serve.

Avo Bowl – Rama



Ingredients:

50g frozen acai pulp (see note)
1 frozen banana
1/2 cup frozen blueberries
50ml apple juice
1 avocado, sliced
1/4 cup fresh blueberries
1/2 mango, sliced
2 tbs granola
1 tsp hemp seeds

Method:

1. Place acai pulp, frozen banana, frozen blueberries, apple juice and half the avocado in the bowl of a food processor and process until smooth.
2. Top with remaining avocado, fresh blueberries and mango. Sprinkle with granola and hemp seeds to serve.

Avocado, Baby Spinach and Prawn Salad



Ingredients:

2 medium just-ripe avocados
1/4 cup lime juice
80g baby spinach leaves
24 cooked king prawns, peeled and deveined
1 tbs finely chopped chives
2 green onions (shallots), trimmed and sliced
Extra virgin olive oil, for drizzling
Crusty baguette bread and aioli or mayonnaise, to serve

Method:

1. Halve avocados lengthways, peel and deseed. Cut lengthways into 1cm-thick slices. Sprinkle avocado with lime juice to coat.
2. Arrange spinach, prawns, and avocados on a serving platter.
3. Sprinkle with chives and green onions.
4. Season with salt and pepper.
5. Drizzle with extra virgin olive oil to taste. Serve with crusty baguette bread and aioli or mayonnaise.

Gluten Free Apple and Almond Pancakes



Ingredients:

2 eggs
1/3 cup milk or almond milk
1 tablespoon coconut oil, melted
1 tablespoon maple syrup, plus extra to serve
1 ½ cups almond meal
1 teaspoon gluten free baking powder
½ cup grated green apple, plus extra sliced to serve
½ teaspoon ground cinnamon
Greek yoghurt and strawberries, to serve
Natural almonds, roughly chopped, to sprinkle

Method:

1. In a large bowl, whisk eggs, milk, oil, and syrup together. Stir in almond meal, baking powder, grated apple, and cinnamon. Mix to combine well.
2. Heat a large, lightly greased non-stick frying pan over medium heat. Working in batches of 3, pour ¼ cups of batter into the pan. Cook pancakes for 2-3 minutes, until bubbles break on the surface and underside is golden brown. Flip over and cook for 1 minute.
3. Serve topped with a dollop of Greek yoghurt, extra sliced apple, and berries.
4. Drizzle with extra maple syrup and sprinkle with almond.

Coconut Yoghurt, Granola and Nectarine Pancakes



Ingredients:

1 1/2 cups plain flour
1 tablespoon baking powder
1 tablespoon caster sugar
3 eggs
1 cup milk
50g unsalted butter, melted
1 teaspoon vanilla extract (optional)
Coconut yoghurt, to serve
Granola, to serve
Sliced nectarine, to serve

Method:

1. In a large bowl, whisk the flour baking powder, sugar, and a pinch of salt together. In a large jug whisk eggs, milk, butter, and vanilla, if using. Make a well in the centre of the dry ingredients and whisk in milk mixture to make a smooth batter
2. Heat a large, lightly greased non-stick frying pan over medium heat. Working in batches of 3, pour ¼ cups of batter into the pan. Cook pancakes for 1-2 minutes, until bubbles break on the surface and underside is golden brown. Flip over and cook for 1 minute.
3. Serve the pancakes topped with a dollop of coconut yoghurt, a scattering of granola and a few slices of nectarine.

Green Salad



Ingredients:

- 1/2 cup dried French-style green lentils
- 2 bunches broccolini
- 1 avocado
- 2 eggs
- 2 tbs pepitas (pumpkin seed kernels)
- 2 tbs extra-virgin olive oil
- 2 tbs lemon juice
- 1 tsp honey
- 1/2 tsp Dijon mustard
- 2 cups baby spinach leaves
- 1 tsp finely chopped fresh chives

Method:

1. Preheat oven to 200°C or 180°C fan forced. Bring 2 cups (500ml) water to the boil in a medium saucepan over high heat. Add lentils. Reduce heat and simmer, covered, for 15-20 minutes or until lentils are tender but still retain their shape, drain.
2. Meanwhile, place broccolini in a large steamer basket over a saucepan of simmering water and steam, covered, for 1-2 minutes or until just tender. Cut into bite-sized pieces.
3. Cut avocado in half and remove the stone. Scoop out flesh and cut into 1cm pieces. Reserve avocado shells.
4. Crack eggs into reserved avocado shells and bake in oven for 4-6 minutes or until cooked to your liking. Spread pepitas on a small tray and bake with eggs for 2-3 minutes or until golden and toasted.
5. Meanwhile, whisk oil, juice, honey, and mustard in a large bowl. Add lentils, broccolini, spinach and avocado and gently toss until combined. Season with salt and pepper. Top lentil mixture with baked eggs. Sprinkle with chives to serve.

Mushrooms and Wilted Greens on Sourdough



Ingredients:

400g Button Mushrooms, trimmed, halved
20g butter
1 tbsp olive oil, plus extra to drizzle
8 slices sourdough
Salt and pepper, to season
Lemon wedges, to serve

Method:

1. Heat the oil and butter in a large frying pan over medium-high heat. Cook the mushrooms for 5 minutes or until golden and cooked, tossing regularly. Season with salt and pepper and squeeze over lemon juice to taste, tossing to combine.
2. Meanwhile, heat a chargrill pan over medium-high heat. Drizzle the bread with oil. Toast the bread for 1-2 minutes each side or until charred.
3. Serve the mushrooms on the sourdough with wilted greens and feta.

Pear and Super Grain Salad



Ingredients:

2 Pears, sliced, cored
1/2 cup cooked quinoa
1/4 cup toasted pepita, almond and sunflower seeds
90g marinated feta, crumbled
120g packet pomegranate seeds
200g mixed leaves

Dressing

2 tablespoons malt vinegar
1 tablespoon Extra Virgin Olive Oil
1 tablespoon agave nectar
1 teaspoon Dijon mustard
1 tablespoon lemon juice
2 teaspoons onion powder

Method:

Dressing

Whisk all dressing ingredients in a jug, set aside

In a large mixing bowl, combine all ingredients

Drizzle with dressing and mix to combine, then serve.

Teriyaki Salmon and Soba Noodle Salad



Ingredients:

175g packet Celebrate Health Teriyaki Stir Fry
2 tablespoons lime juice
1 long fresh red chili, deseeded, finely chopped
1 teaspoon finely grated fresh ginger
4 x 120g skinless salmon fillets
180g dried soba noodles
150g sugar snap peas, trimmed, halved
1 bunch asparagus, trimmed, sliced
100g mixed salad leaves
½ cup fresh mint or coriander leaves, plus extra to serve

Method:

1. Preheat oven 180°C/160°C fan forced and line a baking tray with baking paper
2. Reserve ¼ cup (60ml) Celebrate Health Teriyaki Stir Fry in a small bowl to use as marinade on fish.
3. Place salmon onto prepared tray and spoon over the reserved sauce. Cover and refrigerate for 10 minutes.
4. Add the remaining sauce to a second bowl to make the salad dressing by adding lime juice, chili and ginger and stir to combine. Set dressing aside.
5. Meanwhile, cook noodles in a saucepan of boiling water following packet instructions or until al dente.
6. Add sugar snaps and asparagus for last 2 minutes of cooking time. Drain and refresh under cold running water. Drain
7. Cook salmon in oven for 8-10 minutes or until cooked to your liking
8. Combine noodles, vegetables, salad leaves and herbs in a large bowl. Add reserved dressing and mix well.
9. Divide salad amongst dinner plates and serve topped with glazed salmon fillets and extra herbs

Quinoa Salad with Broccoli Black Beans Corn and Herbs



Ingredients:

1 onion, finely chopped
2 garlic cloves, crushed
1 long fresh green chili, deseeded, finely chopped, plus extra sliced chili to serve
200g (1 cup) quinoa, rinsed, drained
1 x 500ml pkt Celebrate Health Vegan Stock
300g broccoli, trimmed, cut into small florets
1 large corn cob, kernels removed
400g can black beans, rinsed and drained
100g baby spinach leaves
2 tbs pepitas
Fresh herbs and lime wedges, to serve

Method:

1. Heat the oil in a large saucepan over a high heat. Cook onion, stirring occasionally, for 5 minutes or until softened. Add the garlic and chili and cook stirring for 1 minute or until fragrant.
2. Add quinoa and stock and bring to the boil. Reduce heat to low, cover and simmer for 12 minutes, or until stock has almost evaporated. Add broccoli, corn and black beans and stir to combine. Cover and cook for a further 2-3 minutes or until stock has evaporated.
3. Remove from heat and set aside, covered, to steam for 3-4 minutes. Stir through the spinach.
4. Season with freshly ground black pepper. Top with pepitas, herbs and sliced chili and serve with lime wedges.

Beef Ramon



Ingredients:

- 1 tablespoon vegetable oil
- 2 garlic cloves, crushed
- 2cm piece ginger, peeled, grated
- 1 long red chili, deseeded, finely chopped
- 1l (4 cups) chicken stock
- 2 tablespoons salt-reduced soy
- 2 tablespoons rice wine vinegar
- 1 cob of corn, husks and silk removed
- 1 bunch broccolini, trimmed, halved lengthways
- 200g Swiss brown mushrooms, halved
- 270g ramen noodles
- 2 teaspoons vegetable oil
- 400g eye fillet steak
- 4 eggs
- 2 green onions, thinly sliced diagonally
- 1 tablespoon toasted sesame seeds
- Extra sliced chili, to serve

Method:

1. Heat oil in a large deep saucepan over medium heat. Add garlic, ginger, and chili. Cook for 2 minutes or until aromatic. Add chicken stock, soy sauce, rice wine vinegar and 3 cups of water and bring to the boil.
2. Add corn and broccolini to stock. Cook broccolini for 2 minutes and corn for 5 minutes or until tender. Remove corn and place on a chopping board.
3. Transfer broccolini to a bowl. Add mushrooms to stock and cook for 3 minutes. Remove with a slotted spoon to bowl with broccolini. Add noodles to stock and cook for 4 minutes. Cut kernels from corn.
4. Meanwhile, heat a frying pan over a medium high heat. Rub oil over steak and season. Cook for 3-4 minutes each side for medium-rare. Transfer to a plate and stand for 10 minutes. Thinly slice.
5. Bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms.
6. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.
7. Place noodles and stock into serving bowls. Top soup with broccolini, corn, mushrooms, beef, and an egg. Sprinkle with onions, sesame seeds and chili and serve.

Pulled Lamb and Lettuce Boats



Ingredients:

1 lamb shoulder
4 tbsp honey
1 tbsp coconut oil
Pinch salt
2 brown onions, chopped
2 large carrots, diced
4 cloves garlic, minced
2 cups bone broth/stock
5 dates

YOGURT SAUCE

1 cup natural Greek yogurt
Handful of parsley, finely chopped
2 cloves garlic, minced
Pinch salt and pepper

Method:

1. In a food processor, combine the honey, coconut oil, salt, onion, and 4 cloves of garlic to make a marinade. Process until everything is finely chopped.
2. Massage marinade into the lamb shoulder and leave covered in the fridge for at least 2 hours.
3. Heat oil in an oven proof casserole dish over a medium/high heat on the stove top for 1 minute. Add lamb shoulder cook for 3-5 minutes each side or until browned on both sides.
4. Add the onion, carrot, and garlic and cook for 5 minutes or until the vegetables start to soften.
5. Pour in the bone broth and gently scrape the bottom of the pan with a wooden spoon to remove any sediment that has cooked onto the bottom of dish. Add the dates cover with foil.
6. Place inside Oven and slow cook for 6 hours on 110 degrees
7. Once cooking time has counted down, remove dish from oven; meat should be tender and coming away from the bone. Pull the lamb off the bone, into a dish, draining liquid into a small jug
8. To make yogurt sauce into a small bowl, combine yogurt, 2 cloves of garlic (crushed), the parsley and a pinch of salt and pepper. Mix well.

Carrot, Tomato, Chicken and Quinoa Salad



Ingredients:

1 cup white quinoa
2 chicken breasts
2 purple carrots
1 orange carrot
375g mixed baby tomatoes (heirloom), quartered or halved
3 green onions (shallots), trimmed and thinly sliced
½ cup small mint leaves, roughly chopped
1 cup flat-leaf parsley leaves, roughly chopped
½ cup shelled pistachio nuts, roughly chopped
Lemon wedges, to serve

LEMON, TAHINI, AND YOGURT DRESSING

½ cup natural Greek-style yoghurt
1 tbs tahini
¼ cup lemon juice

Method:

1. Cook chicken breasts in a roasting dish in the oven for 20 minutes at 160 degrees. Cook in olive oil with a squeeze of lemon.
2. Place quinoa in a sieve and rinse in cold water. Combine quinoa and 2 cups water in medium saucepan and bring to the boil over medium-high heat. Reduce heat to low, cover and cook for 15 minutes or until quinoa is cooked and water has been absorbed. Place quinoa into a large bowl. Set aside to cool slightly.
3. Meanwhile, cut chicken into thin slices and peel carrots. using a julienne peeler or knife. Shred carrots into long thin strips. Plunge carrots into a bowl of iced water. Stand for 5 minutes, drain and pat carrots dry.
4. Add chicken, carrots, tomatoes, green onions, mint, parsley, and pistachios to quinoa. Toss to combine.

To make dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Whisk until well combined. Drizzle dressing over salad, gently toss and serve with lemon wedges.

Indian Caramelised Onion and Split Pea Soup



Ingredients:

2 teaspoons vegetable oil
4 onions, finely sliced
2 cloves garlic, crushed
2 teaspoons finely grated ginger
2 teaspoons garam masala
1 teaspoon ground turmeric
1/2 teaspoon freshly ground black pepper
1 1/2 cups dried yellow split peas, rinsed
1 potato, finely chopped
1 carrot, finely chopped
1 litre reduced salt vegetable stock
1 cup water
2 cups Australian whole milk
200g Australian reduced fat Greek-style yoghurt
1 tablespoon finely chopped mint leaves
Sourdough bread for serving
Wedges of lemon and mint leaves, for serving

Method:

1. Heat the oil in a saucepan over a medium low heat. Add the onions and cook gently, for 15-20 minutes or until well browned. Stir in the garlic, ginger and spices and cook for 1 minute until fragrant.
2. Add the split peas, vegetables, stock, and water to the saucepan. Bring to the boil, reduce heat and simmer covered, for 50 minutes stirring occasionally until the peas have broken down and the soup is thick. Remove from heat and stir in milk.
3. Combine yoghurt and mint in a small bowl. Ladle the soup into serving bowls and top each with a swirl of minted yogurt.
4. Serve soup with sourdough bread and wedges of lemon, if desired.

Tuna and Apple Bites



Ingredients:

3 x 95g tins Callipo tuna, in olive oil, drained
1-2 tablespoons lemon aioli
1/2 red onion finely diced
1 stick celery, finely chopped
1 small red capsicum, finely diced
Small handful of chopped walnut
1-2 red apples, core removed and sliced into 1/2cm pieces
Salt and pepper and a squeeze of lemon juice
Parsley, chopped, to serve

Method:

1. Squeeze some lemon juice over the slice apple to prevent from discoloring.
2. In a medium sized bowl, combine tuna, aioli, onion, celery, capsicum, walnuts, and seasoning. Season with salt and pepper and mix well.
3. Spoon 1 tablespoon of mixture on top of each apple slice. Repeat to top remaining apple slices and sprinkle with parsley.

Tuna Poke Bowl



Ingredients:

4 cups cooked brown rice
400g sashimi grade fresh Australian Tuna, thinly sliced – Southern Bluefin or Yellowfin are great for this recipe.
1 avocado, deseeded and thinly sliced
2 cups thinly sliced red cabbage
2 Lebanese cucumber, thinly sliced into ribbons
1 cup edamame, cooked
½ cup pickled ginger
¼ cup coriander leaves
black sesame to garnish

SESAME DRESSING

¼ cup light soy sauce
2 tablespoons tahini
2 tablespoons lime juice
1 teaspoon finely grated ginger

Method:

1. Divide the rice between four bowls, top with the fresh tuna sashimi, arrange the rest of the ingredients, drizzle with the sesame dressing, sprinkle with black sesame seeds and dig in. Just be warned, there are never any leftovers!

SESAME DRESSING

1. To make the sesame dressing: chuck all the ingredients into the bowl of a small food processor and blitz until smooth. That's it, your dressing is done!

Spicy Chestnut, Pumpkin and Pancetta Soup



Ingredients:

1 ½ tbsp olive oil
100g sliced pancetta, chopped
1 brown onion, finely chopped
2 celery stalks, sliced
2 garlic cloves, chopped
2 long red chilies, deseeded and chopped
500g cooked and peeled chestnuts (prepped from fresh in part one of recipe)
750g peeled and chopped butternut pumpkin
5 cups chicken stock
Reduced fat sour cream and extra sliced long red chili, to serve

Method:

CHESTNUTS

1. Preheat oven to 200°C (180°C fan-forced)

Cut a shallow cross into the flat side of each chestnut shell. Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open

2. Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath

SOUP

1. Heat 2 tsp oil in a large saucepan over medium-high heat. Add pancetta and cook, stirring often, for 3 minutes or until crispy. Transfer to a plate. Set aside.

2. Heat the remaining 1 tbsp oil in the pan over medium heat. Add onion, celery, garlic, and chilies and cook, stirring often, for 4-5 minutes until softened.

3. Add chestnuts and pumpkin and cook, stirring occasionally, for 5 minutes. Stir in stock and three-quarters of the pancetta. Cover and bring to the boil. Reduce heat, cover, and simmer, stirring occasionally, for 20-25 minutes or until pumpkin and chestnuts are tender.

4. Puree soup with a stick blender until smooth. Season to taste. Cover and bring to the boil over medium heat. Ladle soup into serving bowls. Top each with a dollop of sour cream, the remaining pancetta and extra sliced red chili and serve.

Lentil and Mixed Herb Tabbouleh



Ingredients:

200g punnet small red and yellow tomatoes, halved
6 baby cucumbers, sliced
400g can brown lentils, drained, rinsed
1 bunch coriander, leaves torn
1 bunch flat-leaf parsley, leaves torn
1 bunch mint, leaves torn
3 green onions, thinly sliced
1 tablespoon olive oil
1 tablespoon apple cider vinegar
1 clove garlic, crushed

Method:

1. Combine the tomatoes, cucumber, lentils, coriander, parsley, mint, and onion in a bowl.
2. Whisk the oil, vinegar, and garlic in a bowl. Drizzle dressing over salad and toss to combine.

Lime, Paprika and Honey Glazed Chicken



Serves 4

Ingredients:

2 Tablespoons of Plain Flour
2 Teaspoons Sweet Paprika
Salt and Pepper to season
8 Chicken drumsticks or 4 Chicken Maryland
2 Red Onions, cut into wedges
2 Tablespoons of olive oil
2 Teaspoons grated fresh ginger
1 Clove of Garlic, crushed
2 Tablespoons of Honey
125 ml of Chicken Stock
1 Lime, cut into thin wedges

Method

1. Preheat the oven to 220 degrees. Mix the flour and paprika and season with salt and pepper.
2. Dust the chicken legs and put in a large roasting dish with the onions. Drizzle with the olive oil and roast for 20 minutes, turning the chicken once during this time.
3. Mix together the ginger, garlic, honey, and chicken stock. Pour over the chicken and add the lime wedges to the dish. Roast for another 10 minutes until the chicken is golden and glazed. Serve with steamed rice, Asian green and coriander leaves.

Chicken Tikka Masala



Serves 4

Ingredients:

220g Coconut Yoghurt
1 ½ Teaspoons of Sea Salt
800 g Chicken thigh fillets, cut into 2cm pieces
3 Tablespoons of Coconut Oil
1 ½ Onions, chopped
1 ½ Red capsicum, diced
8 Green Cardamom pods, bruised
1 Cinnamon stick
1 ½ Teaspoons paprika
4 Tablespoons of tomato paste
1-2 pinches of cayenne pepper
4 Tomatoes (about 400g), chopped
250 ml Chicken bone broth
150ml Coconut cream
1 ½ Teaspoons of lemon juice

Garlic spice mixture

2 Garlic cloves, finely grated
1 Tablespoon of finely grated ginger
½ Teaspoon ground turmeric
2 ½ Teaspoon of garam masala
2 Teaspoons of ground coriander
2 teaspoons ground cumin

Method

1. To make the garlic spice mixture, combine all the ingredients in a bowl.
2. Place 1 teaspoon of the garlic spice mixture, the coconut yoghurt, and the salt in a non-reactive bowl to combine.
3. Add the chicken, toss to evenly coat, cover with glad wrap and place in fridge for 2 hours.
4. Melt 1 tablespoon of the oil in a wok or large frying pan over medium to high heat. Add the chicken in batches and seal for 2 minutes on each side until golden, then remove from pan.
5. Wipe the pan clean, add the remaining oil and the onion and cook over medium heat for 5 minutes until the onion is soft. Add the capsicum and cook for a further 5 minutes to soften.
6. Stir the remaining garlic spice mixture, the cardamom, cinnamon stick and paprika and cook for 30 seconds until fragrant. Add the tomato paste and the cayenne pepper and cook for 1 minute. Add the tomato and cook for 5 minutes, stirring constantly until broken down. Pour in the broth and the coconut cream, bring to the boil, and add the chicken.
7. Reduce the heat to low and simmer for 30 minutes, until the chicken is cooked through, and the sauce has thickened.
8. Stir through the lemon juice and season with salt if needed. Serve with brown rice.

Glazed Teriyaki Eggplant with Edamame Rice Salad



Ingredients:

TERIYAKI EGGPLANT

Vegetable oil for greasing

3 medium eggplants (approx. 1.3kg), tops removed

1 x 255g Street Kitchen Japanese Teriyaki Chicken Stir-fry Kit

3 teaspoons vegetable oil

Sliced green onion to garnish

BROWN RICE AND EDAMAME SALAD

1 cup (150g) edamame

3 cups cooked and cooled brown rice

3 red radishes, thinly sliced

2 green onions, thinly sliced

¼ cup chopped coriander, plus extra for garnish

DRESSING

¼ cup (60ml) rice vinegar

1 tablespoon light soy sauce

1 tablespoon olive oil

Salt and pepper

Method:**TERIYAKI EGGPLANT**

1. Preheat oven 200°C/180°C (fan-forced). Grease a large baking tray with vegetable oil.
2. Slice the eggplants in half, lengthways, and score the flesh in a diagonal pattern, taking care not to slice through the skin.
3. Heat oil in a small pan over medium heat and add ginger and garlic paste sachet. Cook for 10 seconds. Stir in Japanese Teriyaki Chicken Stir-fry Sauce and simmer for 1-2 minutes until thickened. Spoon liberally over eggplants.
4. Bake in oven for 40-45 minutes or until eggplants are tender and top is glazed.
5. Toast sesame seeds in a dry frying pan for a few minutes or until golden.

BROWN RICE AND EDAMAME SALAD

1. Follow packet instruction to cook edamame, cool and add to cooked brown rice, radish, green onion, and coriander.

DRESSING

1. Mix together rice vinegar, soy sauce, and olive oil. Season with salt and pepper. Drizzle over edamame rice salad and mix well.
2. To serve, sprinkle toasted sesame seeds and green onions over eggplants. Serve immediately with edamame rice salad garnished with extra coriander.

Baked Paella- Style Rice with Eggs



Ingredients:

2 tbsp olive oil
400g skinless chicken thigh fillets, cut into 3cm pieces
1 chorizo sausage, thinly sliced
1 brown onion, finely chopped
1 red capsicum, finely chopped
1 ¼ cups (250g) arborio rice
3 garlic cloves, crushed
2 tsp mild paprika
1 tsp dried oregano
1 ½ cups (375ml) tomato passata
3 cups (750ml) chicken stock
4 eggs
⅓ cup (40g) frozen peas
¼ cup flat-leaf parsley
Lemon wedges and crusty bread, to serve

Method:

1. Preheat oven 220°C/200°C (fan-forced). Heat half the oil in a large deep ovenproof frying pan over high heat. Cook chicken and chorizo, turning, for 3-4 minutes or until browned. Remove from pan.
2. Heat remaining oil in same pan over medium-high heat. Add onion and capsicum. Cook, stirring, for 3-4 minutes or until onion is softened. Add rice, garlic, paprika and oregano and cook, stirring, for 1 minute or until fragrant.
3. Add tomato passata and stock. Bring to the boil. Remove from heat. Stir chicken and chorizo into rice. Cover with lid. Transfer to oven. Bake for 15 minutes
4. Remove dish from oven. Crack eggs over rice mixture. Cover with lid.
5. Return to oven for 8-10 minutes or until rice is tender and egg whites are set.
6. Meanwhile, place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until tender. Drain. Scatter peas and parsley over rice. Serve with lemon wedges and crusty bread.

Yellow Thai Fish Curry



Ingredients:

2 tbsp vegetable oil
4 firm white fish fillets, skin on
1 x 285g Street Kitchen Yellow Thai Curry Kit
1 small red capsicum, thinly sliced
80g snow peas, trimmed and halved lengthways
Finely sliced kaffir lime leaves, coriander, and red chili for garnish
Steamed rice and lime wedges to serve

Method:

1. Heat 1 tbsp oil in a large non-stick frying pan over medium-high heat. Add fish skin side down and cook for 2 minutes. Turn over and cook for a further 1 minute. Transfer to a plate.
2. Add remaining oil and spice pack; cook for 5 seconds. Reduce heat and stir in Yellow Thai Curry Paste, coconut milk sachet, capsicum and $\frac{1}{3}$ cup water. Mix well and bring to a simmer.
3. Return fish to pan and nestle into sauce. Scatter snow peas around the fish.
4. Partially cover and simmer for 5 minutes or until the fish is cooked. Garnish with finely sliced kaffir lime leaves, coriander sprigs and chili.
5. Serve with rice and lime wedges

Honey Soy Chicken and Vegetable Skewers



Ingredients:

12 long bamboo skewers
1 x 200g Passage to Asia Honey Soy Stir-Fry Sauce
2 tsp sesame oil
1kg chicken thigh fillets, cut into 5cm cubes
1 large red onion, cut into 5cm pieces
1 red and 1 yellow capsicum, cut into 3-4cm pieces
1 zucchini, sliced into 1cm thick rounds
Vegetable oil for greasing
Shredded green onion for garnish
Steamed rice and lime wedges to serve

Method:

1. Combine Honey Soy Stir-Fry sauce and sesame oil and mix well. Spoon $\frac{1}{3}$ cup of the sauce into chicken and toss to coat. Set aside to marinate while preparing the vegetables.
2. Thread chicken, onion, capsicums, zucchini alternately onto a skewer, ending with chicken so that each skewer has 3 pieces. Brush with reserved sauce
3. Brush a char-grill or BBQ plate with vegetable oil and preheat over medium-high heat. Cook skewers in batches for 8-10 minutes, basting with sauce and turning over halfway. Transfer to a tray and keep warm in a low oven while cooking the remaining skewers.
5. Top skewers with green onion and serve with steamed rice and lime wedges

Lamb Rissoles with Sweet Potato Salad



Salad

- 1 large (600g) sweet potato, peeled and cut into 3-4cm chunks
- 1 red onion, cut into wedges
- 2 tsp Moroccan seasoning mix
- 3 tbsp olive oil
- 60g baby spinach leaves
- 1 cup coarsely chopped flat leaf parsley leaves
- 2 tbsp lemon juice

Lamb rissoles

- 1 onion, grated
- 2 cloves garlic, crushed
- 1 cup (160g) grated zucchini (approx. 1 large zucchini)
- 1kg organic lamb mince
- 1 tbsp ground cumin
- $\frac{1}{3}$ cup (80ml) Rosella Organic Tomato Sauce
- 1 cup (100g) dried breadcrumbs
- 2 eggs
- Salt and pepper to taste
- 2 tbsp olive oil
- Grilled flatbread and extra tomato sauce to serve

Method:**Salad**

1. Preheat oven to 220°C/200°C (fan-forced) and line a baking tray with baking paper.
2. Combine sweet potato, red onion, seasoning and 1 tbsp of olive oil. Season with salt and pepper. Toss to coat and place onto prepared tray. Roast 30-35 minutes, turning them over halfway. Remove and set aside to cool.
3. Combine roasted sweet potato and onion, baby spinach and parsley in a large salad bowl. Drizzle over combined lemon juice and remaining olive oil and season with salt and pepper.

Lamb Rissoles

1. Combine onion, garlic, zucchini, lamb mince, cumin, tomato sauce, breadcrumbs, and eggs. Season with salt and pepper. Using clean hands, mix until all the ingredients are well combined.
2. Use a ⅓ cup measure to shape into 20 rissoles. Cover and refrigerate for 15 minutes or until ready to cook.
3. Heat oil in a non-stick frying pan over medium-low heat. Add rissoles in batches and cook 3-4 minutes each side until cooked through. Transfer to a tray and cover with foil to keep warm.
4. Serve rissoles with sweet potato and herb salad and extra tomato sauce

Sesame Avocado and Soba Noodle Salad



Ingredients:

270g buckwheat soba noodles
1/3 cup store-bought roasted sesame Kewpie sesame dressing (see note)
2 tablespoons black sesame seeds
2 tablespoons white sesame seeds
2 large avocados, cut into wedges
2 cups shredded red cabbage
1 medium zucchini, julienned (see note)
200g hot smoked trout
1/2 Lebanese cucumber, thinly sliced
1/4 cup pickled ginger
2 tablespoons shredded nori
baby sprouts, to serve

Method:

1. Bring a large saucepan of water to the boil. Add the noodles and cook for 5-6 minutes or until cooked. Drain and run under cold water. Drain well. Place in a large bowl with half the sesame dressing and toss gently to coat.
2. Place both sesame seeds on a small plate and mix. Press one side of each wedge of avocado into the sesame.
3. Divide the noodles, cabbage, and zucchini between bowls. Top with avocado, trout, cucumber, and ginger. Drizzle with remaining dressing and scatter with the nori and sprouts.

Beef Ginger and Bean Stir Fry



Ingredients:

2 teaspoons vegetable oil
500g lean rump steak, fat trimmed, thinly sliced
3cm piece ginger, peeled, cut into thin matchsticks
250g green beans, trimmed, cut into 3cm lengths
1 red capsicum, deseeded and thinly sliced
1 yellow capsicum, deseeded and thinly sliced
6 long green onions, trimmed and cut into 3cm lengths
175g packet Celebrate Health Chinese Stir-Fry Sauce
4 cups steamed brown rice, to serve
2 tsp toasted sesame seeds, to serve

Method:

1. Heat 1 teaspoon oil in a large wok over high heat. Stir-fry beef, in 2 batches, for 2-3 minutes or until browned. Transfer to a plate.
2. Heat remaining oil in same wok over high heat. Stir-fry beans and ginger for 1 minute or until fragrant. Add capsicums and green onions and stir-fry for 2-3 minutes or until vegetables are almost tender.
3. Return beef to wok and add Celebrate Health Chinese Stir-Fry Sauce. Stir-fry until hot. Serve stir-fry immediately on steamed brown rice, sprinkled with toasted sesame seeds.

Barley Nourished Bowl with Soft Boiled Egg



Ingredients:

Bowl

450g sweet potato, peeled, diced
1 red onion, cut into thin wedges
Olive oil cooking spray
1 tablespoon Moroccan seasoning
400g can chickpeas, drained
8 green kale leaves, stalk removed
1 cup pearl barley
4 eggs
100g feta cheese, crumbled
1/4 cup pepitas

Dressing

1/3 cup extra virgin olive oil
1/4 cup lime juice
1 tablespoon maple syrup
1 teaspoon mild English mustard

Method:

BOWL

1. Preheat oven to 180°C. Line 3 baking trays with baking paper. Place sweet potato and onion onto a baking tray. Spray with olive oil and season the sweet potato with half the Moroccan seasoning and salt and pepper. Bake for 20 minutes or until softened.
2. Spread chickpeas on another tray. Spray with olive oil and season with remaining Moroccan seasoning, salt, and pepper. Roast for 15 minutes or until golden and crisp. Tear kale leaves into 3cm pieces and place into a bowl. Add oil and massage into kale to soften. Place kale onto remaining baking tray and bake for 10 minutes or until crisp.
3. Meanwhile, place barley and 3 cups water into a medium saucepan over high heat. Bring to the boil, reduce heat and simmer for 25 minutes or until tender. Drain and cool. Stir through parsley.
4. Bring a saucepan of water to the boil. Add the eggs and simmer for 7 minutes for soft-boiled. Drain and rinse under cold water. Crack eggs and place in a bowl of cold water before peeling (this helps to loosen the shell). Peel shells from eggs and cut into halves.

DRESSING

1. Whisk oil, lime juice, maple syrup and mustard in a jug. Season with salt and pepper. Add a little dressing to barley and stir until combined. Spoon barley into shallow bowls.
2. Top with chickpeas, sweet potato, onion, kale, feta, and egg. Serve sprinkled with pepitas and drizzled with the dressing.

Thai Red Vegetable Curry



Ingredients:

500g eggplant, cut into 5cm chunks
1 tbsp sesame oil
2 tsp salt
1 tbsp vegetable oil
1 x 285g Street Kitchen Red Thai Curry Kit
1 onion, cut into thin wedges
300g broccoli, cut into florets
100g shiitake mushrooms, halved
Sliced red chili and coriander for garnish
Serve with steamed rice and lime wedges

Method:

1. Preheat oven 200°C/180°C (fan-forced) and line a baking tray with baking paper. Add eggplant and drizzle over sesame oil and salt. Bake 20-25 minutes, turning eggplant over halfway. Set aside.
2. Heat vegetable oil in a large pan or wok over medium-high heat. Add spice mix and cook for 5 seconds. Add onion and cook for 3 minutes or until just softened.
3. Add broccoli and mushrooms and cook for a further few minutes.
4. Stir in curry paste and coconut milk sachet along with ½ cup of water. Reduce heat to medium and bring to a simmer. Add roasted eggplant, toss to coat and simmer for 3-5 minutes or until sauce has thickened.
5. Garnish with sliced red chili and coriander and serve immediately with steamed rice and lime wedges.

Thai Green Curry Salmon



Ingredients:

4 x 200g salmon fillets, skin removed
1 tablespoon vegetable oil
1 x 200g packet Passage to Asia Green Thai Curry Simmer Sauce
270ml coconut milk
125g cherry tomatoes, cut in half if large
250g zucchini noodles
 $\frac{3}{4}$ cup (90g) frozen peas
Juice of a lime, plus extra wedges to serve
Fresh coriander to garnish
Steamed jasmine rice to serve

Method:

1. Pat salmon fillets dry with paper towel and season with a little salt
Heat oil in a large pan over medium-high heat.
2. Sear salmon fillets on top side only for 1-2 minutes or until golden. Remove and set aside.
3. Reduce heat to medium and stir in Green Thai Curry Simmer Sauce, coconut milk and cherry tomatoes. Simmer for 3 minutes, then add zucchini noodles.
4. Return salmon fillets to pan, seared side up and scatter over peas. Cover with lid and cook for a further 5-8 minutes or until salmon is cooked to your liking.
5. Squeeze over lime juice and top with fresh coriander. Serve with steamed jasmine rice and extra lime wedges.