

Recipe	BEEF STEW
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 For # people	8 servings	 Cooking time	2 hours
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Ingredients:

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| <ul style="list-style-type: none"> • 1/4 cup all-purpose flour • 1/2 teaspoon salt • 1/4 teaspoon pepper • 1.5 kg boneless beef blade roast cut in 1-inch (2.5 cm) cubes or meat of your preference or cubed tofu or 2 cups beans of your preference. • 3 tablespoons butter • 1 tablespoon vegetable oil • 2 ribs celery diced • 1 medium onion diced • 2 tablespoons tomato paste | <ul style="list-style-type: none"> • 450 g mini white potatoes scrubbed and quartered • 3 large carrots cut in 1 1/2-inch thick (4 cm) chunks (halve bigger pieces) • 10 sprigs fresh thyme • 6 sprigs fresh parsley • 2 bay leaves • 3 cups sodium-reduced beef broth, water or vegetables broth. • 1/2 teaspoon Worcestershire sauce • 3/4 cups pickled cocktail onions drained and rinsed (optional) • 3/4 cups frozen peas |
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Directions:

- In large bowl, whisk together flour, salt and pepper; toss with beef to coat.
- In large Dutch oven, heat 2 tbsp of the butter and the oil over medium heat; working in small batches, cook beef, stirring, until browned, about 20 minutes total. Using slotted spoon, remove to bowl; set aside.
- Add remaining butter to Dutch oven; cook celery and onion over medium heat, stirring occasionally, until softened, about 5 minutes. Add tomato paste; cook, stirring, for 2 minutes. Add water or broth; cook, stirring and scraping up browned bits, for 2 minutes.
- Return beef and any juices to Dutch oven. Add potatoes, carrots, thyme, parsley and bay leaves. Stir in broth and Worcestershire sauce; bring to boil, stirring occasionally to loosen any remaining browned bits from bottom.
- Cover and bake in 350 F (180 C) oven for 45 minutes. Stir in cocktail onions (if using them); cover and bake for 15 minutes. Uncover and cook until vegetables are tender and beef offers no resistance when pierced with tip of knife, 30 to 40 minutes. Stir in peas; cook for 5 minutes.
- Skim any fat from surface of stew; remove thyme, parsley and bay leaves. Let stand for 10 minutes before serving



Cooking With OFS

Recipe

Layered Beef Casserole



For # people

6 to 8 servings



Cooking time

2 hours

Ingredients:

- 8 medium potatoes, peeled and thinly sliced
- 2 cans (341ml) whole kernel corn, drained
- 1 sweet green pepper, chopped
- 1 medium onion, chopped
- 1 tbsp oregano
- 2 cups fresh carrots, sliced
- 1-1/2 pounds lean ground beef
- 1 can (796ml) crushed tomatoes
- Salt and pepper to taste
- 1 cup shredded cheddar cheese

Directions:

In a greased 13x9-in. baking dish, layer the potatoes, corn, green pepper, onion and carrots. Crumble beef over vegetables. Pour crushed tomatoes over top. Sprinkle with salt, pepper and oregano.

Cover and bake at 350° for 2 hours.

Sprinkle with cheese. Let stand for 10 minutes before serving.

Layered Beef Casserole can be divided between two 1-1/2 quart baking dishes. Bake one casserole to enjoy now and freeze the other for another meal. When ready to use, thaw in the refrigerator overnight. Bake as directed and sprinkle with cheese before serving.



Cooking with OFS

Recipe

Quick beef & broccoli noodles



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 375 g egg noodles
- 1 head broccoli, cut into small florets
- 1 tbsp sesame oil
- 1 lb lean beef, cut in stir fry strips
- sliced green onion.
- For the sauce
- 3 tbsp low-salt soy sauce
- 2 tbsp oyster sauce (not oyster stir-fry sauce)
- 1 tbsp tomato ketchup
- 2 garlic cloves, crushed
- 1 thumb-sized ginger, peeled and finely grated
- 1 tbsp white wine vinegar.

Directions:

- Start by making up the sauce. Mix the ingredients together in a small bowl.
- Boil the noodles according to instructions. A minute before they are ready, add in broccoli.
- Meanwhile, heat the oil in a wok until very hot, then stir-fry the beef for 2-3 mins until well browned. add in the sauce, stir, let it simmer for a moment, then turn off the heat.
- Drain the noodles, stir into the beef and serve straight away, scattered with spring onions.



Cooking with OFS

Recipe

Asparagus & lemon spaghetti with peas



For # people

4 servings



Cooking time

35 minutes

Ingredients:

- 300g wholemeal spaghetti
- 1lb asparagus, ends trimmed and cut into lengths
- 2 tbsp olive or corn oil
- 2 leeks(white part only), cut into thin strips.
- 1 red chilli, deseeded and finely chopped
- 1 garlic clove, finely grated
- 1 cup frozen peas
- 1 lemon• , zested and juiced, plus wedges to serve.

Directions:

- Boil the spaghetti for 12 mins until al dente, adding the asparagus for the last 3 mins. Meanwhile, heat the oil in a large non-stick frying pan, add the leeks and chilli and cook for 5 mins. Stir in the garlic, peas and lemon zest and juice and cook for a few minutes more.
- Drain and add the pasta to the pan with ½ cup of the pasta water and toss everything together until well mixed. Spoon into shallow bowls and serve with lemon wedges for squeezing over, if you like or grated cheese.Xxxxx



Cooking with OFS

Recipe

Basa fish with cannellini beans & artichokes



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 2 cans cannellini beans, drained and rinsed
- 1 small lemon, zested and juiced
- 3 small garlic clove, grated
- 4 tbsp roughly chopped parsley.
- 2 tbsp olive oil
- 1 ½ lbs basa fish fillets
- 1 can artichokes, drained and halved
- Salt and pepper to taste.

Directions:

- Heat oven to 400F . In a bowl, mix the beans, zest and juice of half the lemon, the garlic and parsley. Stir through 1 tbsp olive oil and season to taste.
- Very lightly crush the beans with the back of a wooden spoon, keeping some of them whole. In a large baking pan, spoon the beans and top with the fish. Scatter the artichokes around the fish, drizzle over the remaining olive oil, squeeze a little lemon juice over and season well.
- Cover with foil and bake in the oven for 13-15 mins or until the fish is just cooked.



Cooking with OFS

Recipe

CHICKPEA BURGERS



For # people

6 servings



Cooking time

1 hour

Ingredients:

- 1 can chickpea drained
- 1 cup cooked rice
- 1/3 cup grated onion
- 1/3 cup grated carrots
- 1/3 cup grated zucchini
- 1/4 cup dry breadcrumbs
- 1 egg beaten
- 1 clove garlic minced
- 2 tablespoons tahini
- 2 tablespoons peanut butter
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dry mustard
- 3 pita breads

Directions:

- In large bowl and using potato masher, mash chickpeas coarsely; stir in rice, onion, carrot, zucchini, bread crumbs, egg, garlic, tahini, lemon juice, salt, pepper and mustard. Shape into six 3/4-inch (2 cm) thick patties.
- Place on greased frying pan over medium-high heat; cook for about 5 minutes per side or until golden brown. Halve pita breads; place burger in each pocket, with sliced tomatoes.
- Serve with salad.



Cooking with OFS

Recipe

Sautéed fish with summer veg



For # people

6 servings



Cooking time

1 hour

Ingredients:

For the summer vegetables

- 1 ½ lb new potatoes
- 1 large onion, peeled
- 5 tbsp olive oil
- 2 ½ tbsp lemon juice
- 24 asparagus spears
- ¾ cup half-fat crème
- 1-2 tbsp capers(optional), finely chopped
- 1 lb cherry tomatoes, halved.

For the fish

- 6 x 175g fillets of fresh fish of your choice.
- 1 cup flour seasoned with salt and pepper to taste, for dusting the fish.
- 2-3 tbsp olive oil

Directions:

- Boil the whole potatoes in water for 20-25 mins, or 30 minutes if large. Drain. Halve the potatoes into a bowl and season, cut the onion, ready to sauté before serving. Whisk together the olive oil and lemon juice, then stir into the potatoes/onion.
- Keep warm. Trim and peel the asparagus. Place in a pan of boiling salted water for 2-3 minutes until tender. Put immediately into iced water to prevent overcooking. Mix the crème and enough of the capers to suit your taste. Lightly flour the skinned side of the fish, then season the other side. Heat the olive oil in a large frying pan, then place the fish, floured side down, in the pan and cook over a medium-hot heat for 5-6 mins until golden brown. Turn the fish, then cook for a further 2 mins. Remove the pan from the heat and leave the fish to continue cooking in the warmth of the pan for a further 1-2 minutes this will finish cooking the fish without overcooking. While frying the fish, put some olive oil in another pan and, when sizzling, fry the onions to a golden brown. Add the cherry tomatoes and asparagus to the pan to warm through, then season. Stir this into the potatoes. Spoon the potatoes onto warm plates, then drizzle with spoonfuls of the crème. Serve the fish on top.



Cooking with OFS

Recipe

Vegetables one-pot meal



For # people

4 servings



Cooking time

1 hours

Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 fennel bulb, quartered, then sliced
- 2 garlic cloves, crushed
- ½ red chilli, finely chopped
- 2 tsp fennel seed
- 2 tbsp plain flour.
- 2 cups chicken stock
- 1 cup green bean, halved
- 1 ½ cups broad bean
- 1 ½ cups green pea
- 1 cup half and half crème
- zest 1 lemon and juice of ½ lemon
- ½ cup parsley, chopped
- ½ cup basil, chopped
- ½ red chilli, finely chopped, to serve(optional)
- crusty bread, to serve.

Directions:

- Heat the oil in a large pan, add the onion and fennel into the pan and cook for 10-15 mins until nice and soft, then add the garlic, half the chilli and the fennel seeds. Cook for a few minutes more, moving everything around the pan now and then, to prevent the garlic from burning.
- Stir the flour into the vegetables, and cook for 1 minute, let it bubble for 1 min, give everything a good stir, then add the stock.
- Cover, then gently simmer for 30 mins. Add the green beans, broad beans and peas, then cook, uncovered, for 2 mins more. Stir in the crème, lemon zest and juice, and herbs.
Add a little more salt and pepper if it needs it, sprinkle with the chilli, then serve with plenty of bread for soaking up the juices.



Cooking with OFS

Recipe

Summer fish stew



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 2 tbsp olive oil
- 1 onion , finely chopped
- 2 garlic cloves , crushed
- 1 tsp dried chilli flakes.
- 2 cups chopped tomatoes
- 4 frozen white fish fillets,
- 1 can (540ml) broad beans , drained
- small pack parsley , roughly chopped
- 1 lemon , cut into wedges.

Directions:

- Heat the oil in a large casserole over a medium heat. Add the onion and cook until softened for about 10 mins, then add the garlic and chilli flakes and stir for 1 min.
- Add in the tomatoes and fish fillets.
- Cover and simmer for 10 mins until the fish is nearly cooked, then uncover.
- Add in the broad beans, season well, then cook until everything is hot.
- Serve scattered with the croutons, parsley and lemon.



Cooking with OFS

Recipe

Roast vegetable and white bean enchiladas



For # people

4 servings



Cooking time

1 hour and 20 minutes

Ingredients:

- 2 tbs olive oil
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp paprika
- Pinch chilli flakes
- 1 1/2 cups tomato pasta sauce
- 1 tsp sugar
- 2 cups cannellini beans cooked
- 6 tortillas
- 1/2 cup coarsely grated cheese (such as cheddar or mozzarella)
- 1/4 cup cream or sour cream
- Fresh coriander, to serve
- 6 cups chopped in cubes mix vegetables(carrots, red onion, zucchini, or vegetables you like).

Directions:

- Preheat oven to 350F. Place mixed vegetables in a roasting pan. Drizzle with 1 tbs of the oil and sprinkle with 1 tsp of the ground coriander. Season. Toss to combine. Roast, stirring occasionally, for 40 minutes or until golden and tender. Set aside to cool.
- Meanwhile, heat remaining oil in frying pan over medium heat. Add cumin, paprika, chilli flakes and remaining coriander. Cook, stirring, for 1 minute or until aromatic. Add pasta sauce and sugar. Bring to boil. Reduce heat to low. Simmer for 3-4 minutes or until sauce thickens slightly.
- Place the vegetables in a large bowl. Rinse and drain cannellini beans and add to bowl with 1/2 cup sauce mixture. Stir to combine. Set aside.
- Increase oven to 400F. Pour the remaining sauce mixture into the base of a 22 x 35cm baking dish. Divide the vegetable mixture among tortillas and roll to enclose filling. Place, seam side down, into prepared baking dish. Combine the cheese and cream in a small bowl. Spread over the top of the enchiladas. Bake for 20 minutes or until golden. Sprinkle over fresh coriander.



Cooking with OFS

Recipe

Greek Salmon



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 1/4 cup extra-virgin olive oil
- Juice of 2 lemons
- 1 clove garlic, minced
- 1 tsp. dried oregano
- 1/2 tsp. red pepper flakes
- Freshly ground black pepper
- 1 cup cubed feta cheese
- 1 cup quartered tomatoes or halved cherry tomatoes
- 1/4 cup sliced kalamata olives
- 1/4 cup chopped cucumbers
- 1 small chopped red onion
- 2 tbsp. freshly chopped dill
- FOR SALMON
- 1 lemon, thinly sliced
- 1 small red onion, sliced
- 4 salmon fillets, patted dry with paper towels
- Salt to taste
- Freshly ground black pepper

Directions:

- Preheat oven to 375°.
- Marinate feta: In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, and red pepper flakes. Season with pepper and add feta, tossing to coat. Cover and refrigerate for about 10 minutes while preparing other ingredients.
- Roast fish: Scatter the sliced lemon and red onion at the bottom of a large baking dish. Add salmon fillets, skin side down, to baking dish. Season with salt and pepper and bake until opaque and flaky, 18 to 20 minutes.
- Meanwhile, make topping: Into the bowl with feta, add tomatoes, olives, cucumbers, chopped red onion, and dill. Fold gently to combine.
- To serve: Plate salmon with lemon and red onion slices and top with feta mixture.



Cooking with OFS

Recipe

Turkey Loaf



For # people

6 to 8 servings



Cooking time

45 minutes

Ingredients:

- 1/2 cup milk
- 1/4 teaspoon pepper
- 2 teaspoons salt
- 1 medium onion chopped very small
- 1/2 cup chopped celery
- 2 cloves garlic mashed very well
- 2 Tbsp oats.
- 1 1/2 lb lean ground turkey
- 1/2 cup walnuts chopped
- 1 Tbsp chopped fresh sage
- 1 tablespoon dijon mustard
- 1 Tbsp olive oil
- 4 chopped very small apples.

Directions:

- In large bowl, mix milk, salt, pepper, turkey, oats; beat until well blend.
- Add onion, celery and other ingredients mixing well. Pack into square greased pan, spread with a thin layer of olive oil over the mixture, cover and bake in 350 degree oven for 45 minutes to 1 hr. Let stand 10 mins., remove from pan. Serve hot or cold, can be serve with home made cranberries sauce.



Cooking with OFS

Recipe

Penne with Roasted Summer Vegetables and Ricotta Salata



For # people

4 to 6 servings



Cooking time

40 minutes

Ingredients:

- 1 small eggplant, diced
- 1 medium zucchini, diced
- 1/2 pt. grape tomatoes, halved
- 3 tbsp. extra-virgin olive oil
- Salt to taste
- 1 lb extra firm tofu, cubed
- Freshly ground black pepper
- 350 grams. penne pasta
- 1 cup ricotta , plus more for serving
- 1/4 cup finely chopped fresh basil, plus more for serving.

Directions:

- Preheat oven to 425°F.
- Arrange eggplant, tofu and zucchini on baking sheet. On another baking sheet, arrange tomatoes. Drizzle vegetables with olive oil and season with salt and pepper. Toss to combine, then roast vegetables and tofu until golden, about 20 minutes, stirring halfway through.
- Meanwhile, in a large pot of salted boiling water, cook penne according to package directions until al dente. Drain, reserving 1 cup pasta water, and return to pot.
- Remove vegetables from oven and scrape into pasta using spatula. Add ricotta salata and 1/2 cup pasta water, stirring to combine. (Add an additional 1/4 cup liquid to create a creamier pasta, if desired.) Stir in chopped basil and season with salt and pepper.
- Serve pasta in bowls, garnished with more ricotta salata and basil.

Recipe

Tandoori Vegetables and Chicken



For # people

4 servings



Cooking time

1 hour

Ingredients:

- 2 lbs (Could be an assortment of Green Peppers, Sweet Peppers, Red Onion, Tomato, Cauliflower, Broccoli, Mushrooms, Zucchini, Mini Potatoes, Sweet Potatoes)
- 2 lbs boneless chicken bread cubed
- Bamboo Skewers /Metal Skewers
- Oil –3 tablespoons (to brush the veggies)
- Chat Masala – 1 tablespoon (to sprinkle on cooked veggies)
- For the Marinade:
- Thick Yogurt (Greek/3.25%) – 1 cup
- Ginger-1.5 inch piece
- Garlic – 6-7 cloves
- Lemon Juice - 1 tablespoon
- Carom Seeds (Ajwain Seeds) – 1 teaspoon
- 1 ½ Tbsp Tandoori Masala
- Chickpea Flour- 2 tablespoons
- Salt to taste
- Oil- 2 tablespoons

Directions:

- If using bamboo skewers, soak them in plain water for at-least 20-25 minutes
- Drain excess moisture from the yogurt by leaving it over a fine sieve for 20 minutes
- Peel the ginger and garlic and blend them into a fine paste. You could use ready-made ginger garlic paste also.
- Prepare the veggies by dicing them into 1 inch chunks and keep aside
- To prepare the marinade, in a large bowl, add yogurt, ginger-garlic paste, lemon juice, Tandoori Masala, carom seeds and mix well.
- Heat 2 tablespoons oil in a frying pan and sauté the chickpea flour on low heat until it turns light golden in color and it emits a roasty fragrance
- Add the sautéed chickpea flour to yogurt mixture and mix well.
- Add all the diced vegetables and diced chicken to the marinade and ensure they are coated well.
- Cover the bowl and allow the vegetables and chicken to marinate in the refrigerator for at-least 2-3hours.
- Pre heat the oven at 200 degrees
- Skewer the vegetables and chicken alternantly and place the skewers on a lightly greased baking tray.
- Place the tray in the preheated oven and allow the vegetables and chicken to cook at 200 degrees for 30-35 minutes. Brush the vegetables and chicken with little oil while cooking as required
- Once done, sprinkle some chat masala on the vegetables and chicken and serve them hot with some pita bread
- Please use meat of your preference or cubed extra firm tofu.



Cooking with OFS

Recipe

Cheesy tuna pesto pasta



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 400g penne pasta
- 2 cans tuna, in olive oil.
- 190g jar basil pesto
- 1 cup cheddar cheese, grated
- 3 cups cherry tomato, halved.

Directions:

- Boil the pasta. Meanwhile, put the tuna and its oil into a large bowl with the pesto. Mash together with a wooden spoon. Stir in a third of the cheese and all of the tomatoes. Heat the oven to broil.
- When the pasta is cooked, drain and toss through the pesto mix. Put it into a shallow baking dish and scatter with the remaining cheese. Place the dish under the broil for 3-4 mins until just melted, then serve with a green salad and garlic bread.



Cooking with OFS

Recipe

TOFU & KALE FRIED RICE



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 2 tablespoons vegetable oil , divided
- 3 green onions , chopped
- 2 cloves of garlic , minced
- 2 cups sliced mushrooms
- 1 carrot , julienned cut
- 3 cups baby kale (or kale leaves, cut into strips)
- 1 cup extra-firm tofu , drained, patted dry and cubed.
-
- 2 tablespoons Tamari sauce
- 4 cups cooked rice , cooled
- 1 egg , lightly beaten
- 1 egg white , lightly beaten
- 1 tablespoon oyster sauce
- 2 teaspoons sriracha sauce
- 1 teaspoon sesame oil.
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Directions:

- In wok or large nonstick skillet, heat 1 tbsp of vegetable oil over medium-high heat; cook green onions for 1 minute. Add garlic, mushrooms and carrot; cook, stirring, until vegetables are softened, about 4 minutes. Add kale; cook, stirring, until softened, about 2 minutes. Transfer to bowl; set aside.
- In same wok, heat remaining vegetable oil over medium-high heat; cook tofu, stirring, until golden, about 4 minutes. Stir in tamari until tofu is well coated, about 30 seconds. Add rice; cook, stirring, for 5 minutes. Push rice to edge of wok. Add egg and egg white to centre of wok; cook, stirring, until softly set, about 2 minutes; mix in rice.
- Stir in reserved vegetables, oyster sauce, sriracha and sesame oil; cook until heated through.



Cooking with OFS



Cooking with OFS

Recipe

Tuna & sundried tomato pasta bake



For # people

4 to 6 servings



Cooking time

30 minutes

Ingredients:

- 500g dried rigatoni (or any other short pasta)
- 2 x 400g cans chopped tomatoes
- 4 thyme sprigs, leaves only
- 1 ½ cup cream
- 1 cup sundried tomatoes, drained and quartered
- 1 cup corn, drained
- 3 cans tuna in spring water, drained
- 1 cup cheddar cheese, grated
- ½ cup grated parmesan

Directions:

- In a large saucepan of salted water on to boil add in the pasta and cook for 1 min less than the pack suggests.
- Meanwhile, make the sauce by simmering the tomatoes in a pan with a little seasoning and the thyme for about 5 mins. Pour in the cream, stir and simmer for another 4-5 mins.
- Drain the pasta, reserving a little of the cooking water, and add back into the saucepan. Pour over the creamy tomato sauce, the sundried tomatoes, corn and tuna. Layer into a baking dish, scattering over the grated cheddar between layers. Sprinkle the Parmesan on top and put under the grill for 5 mins until bubbling and golden.



Cooking with OFS

Recipe

Tuna, haloumi & bean salad



For # people

4 servings



Cooking time

25 minutes

Ingredients:

- 1 can butter beans, rinsed, drained
- 1 can tuna chunks in spring water, drained, coarsely broken
- 4 cups Garden Salad mix
- 1/2 cup pitted kalamata olives
- 2 medium tomatoes, cut into wedges
- 1/2 cucumber, trimmed, thinly sliced
- 1/2 red pepper, seeded, coarsely chopped
- 1/2 small red onion, thinly sliced
- 1/4 cup store bought French dressing
- Olive oil spray
- 120g haloumi, cut into small pieces

Directions:

- Combine the beans, tuna, salad mix, olives, tomato, cucumber, red pepper and onion in a large bowl. Add the dressing and toss to coat.
- in a non-stick frying pan lightly with oil. Heat over medium heat. Cook the haloumi, turning, for 1-2 minutes or until golden.
- Divide the salad among serving plates and top with the halloumi cheese.
- FOR OTHER OPTIONS Italian tuna salad: Replace the haloumi cheese with cherry bocconcini.
- Omit step 1. Replace the French dressing with balsamic dressing.
- Take out the dressing and replaced with a little olive oil, also replaced greens with baby spinach only.



Cooking with OFS

Recipe

BAKED RICE CASSEROLE



For # people

4 to 6 servings



Cooking time

1 hour

Ingredients:

- 3 tablespoons olive oil
- 2 onions , diced
- 2 cloves of garlic , minced
- 2 cups cooked chickpeas
- 1/2 cup red lentils
- 4 cups sodium-reduced chicken broth
- 2 bay leaves
- 4 cups basmati rice
- salt and pepper
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- Pecan, Green Olive & Pomegranate Salsa
- 1 cup pomegranate seeds
- 3/4 cup pecans
- 1/4 cup coarsely chopped roasted pistachios
- 1/2 cup sliced green olives
- 1 finely chopped shallot
- 1 tbsp each olive oil
- 1 Tbsp honey
- chopped fresh parsley and walnuts.
- Season with salt and pepper.

Directions:

- In large saucepan, heat olive oil over medium heat; cook onions and garlic, stirring occasionally, for 4 minutes. Add broth, 2 1/2 cups water and bay leaves; bring to boil.
- Add Chickpeas, lentils, rice and stir with onion, garlic mixture.
- Preheat oven to 425°F. Place rice, chickpeas and lentils in 4-cup baking dish; pour in boiling broth mixture. Season with salt and pepper. Cover with foil; bake until liquid is absorbed and rice is tender, 30 to 40 minutes. Remove from heat and let stand for 10 minutes.
- Remove bay leaves and fluff rice with fork. (Make-ahead: Can be refrigerated for up to 2 days. To reheat, cover dish with foil; bake in 350°F oven until heated through, about 30 minutes.) To serve, spoon Pecan, Green Olive and Pomegranate salsa over top.
- In bowl, combine 1 cup pomegranate seeds, 3/4 cup pecans, 1/4 cup coarsely chopped roasted pistachios, 1/2 cup sliced green olives, 1 finely chopped shallot, and 1 tbsp each olive oil, honey, lemon juice, chopped fresh parsley and walnuts. Season with salt and pepper. Let stand for 15 minutes. (Make-ahead: Can be refrigerated for up to 2 days; let come to room temperature before serving.) Makes about 2 1/2 cups.
- Cooking rice in the oven is actually the best way to do it: The rice cooks evenly without sticking to the bottom of a pot and it frees up a stovetop burner when you're preparing a meal.



Cooking with OFS



Cooking with OFS

Recipe

Butternut squash curry



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 1 ½ cups brown basmati rice
- 1 tbsp olive oil
- 4 cups butternut squash, diced
- 1 red onion, diced
- 2 tbsp mild curry paste.
- 2 cups vegetable stock
- 4 large tomatoes, roughly chopped.
- 1 can(796ml) chickpeas, rinsed and drained
- 3 tbsp fat-free Greek yogurt
- small handful coriander, chopped.

Directions:

- Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 minutes until lightly browned. Add the onion and the curry paste and fry for 3-4 minutes more.
- Pour over the stock, then cover and simmer for 15-20 minutes, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
- Take off the heat and stir through the yogurt and coriander. Serve with the rice and some chapattis if you like.



Cooking with OFS

Recipe

Brazilian Black Bean Stew



For # people

6 servings



Cooking time

40 minutes

Ingredients:

- 2 strips bacon, diced
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- ½ cup chopped fresh cilantro (optional)
- 2 cloves garlic, minced
- 1 bay leaf
- 3 cups black beans, cooked
- 1/3 cup chicken broth, or more as needed
- ¾ teaspoon vinegar
- salt and ground black pepper to taste
- ¾ dash hot sauce to taste (optional)

Directions:

- Cook bacon in a pot over medium heat until almost crisp, 3 to 5 minutes. Add onion and green pepper to the bacon; cook and stir until onion is translucent, about 5 minutes.
- Mix in cilantro, garlic, and bay leaf; cook and stir until flavors combine, 1 to 2 minutes. Stir beans, chicken broth, vinegar, salt, pepper, and hot sauce into the onion mixture; cover and let simmer until the flavors combine, 10 to 15 minutes. Add more chicken broth if you would like the beans to be more soupy.
- Serve with sliced avocados.



Cooking with OFS

Recipe

Chicken Burrito Bowl



For # people

4 servings



Cooking time

1 hour

Ingredients:

For the chicken:

- 1 pound boneless skinless chicken thighs (or chicken breasts will also work)
- 1 cup chunky salsa
- 1/2 teaspoon chipotle chili powder

For the rice:

- 2 teaspoons coconut oil
- 1 cup dry short grain brown rice
- 2 cups water or vegetarian broth
- 1 small lime, juiced

For the beans:

- 1 (15 oz) can low sodium black beans, rinsed and drained

For the corn salsa:

- 1 cup organic sweet corn
- 1 small red onion, diced (or about 1/2 cup diced red onion)
- 1/4 cup fresh chopped cilantro
- 1 small lime, juiced
- Freshly ground salt and black pepper, to taste

To garnish:

- 1/2 cup cheddar cheese grated (dairy free if desired)
- Extra salsa, avocado slices (or guacamole), jalapenos if you like spice, cilantro, greek yogurt, hot sauce, etc.

Directions:

- Place chicken in a 9x9 inch greased baking pan. Cover the top of the chicken with salsa. Bake at 400 degrees F for 20-25 minutes, depending on the size/thickness of your chicken. Once done cooking, shred chicken with two forks.
- To make the brown rice: Place a medium pot over medium heat and add in coconut oil and brown rice. Toast rice with the coconut oil for 5 minutes; stirring frequently to toast the rice and infused the coconut oil flavor in. After 5 minutes add in water and bring mixture to a boil, then cover, reduce heat to low and simmer for 45 minutes. After 45 minutes, remove from heat, add lime juice, then recover and let stand for 10 more minutes. Once done, season with a little salt to taste.
- To make the corn salsa: In a medium bowl, combine corn, red onion, cilantro and lime juice. Season with salt and pepper.
- To make the bowls, evenly distribute rice, chicken, black beans and corn salsa into bowls.
Garnish with cheese, cilantro, hot sauce and extra salsa, if desired.



Cooking with OFS

Recipe

Tofu and Broccoli Salad with Peanut Butter Dressing



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- 1/2 cup smooth peanut butter
- 1/4 cup rice vinegar
- 3 tablespoons tamari or soy sauce
- 2 tablespoons water
- 1 to 2 teaspoons Sriracha hot sauce (optional)
- 1 teaspoon toasted sesame oil.
- 3 cups broccoli slaw (no dressing)
- 1 medium red bell pepper, julienned
- 1 pound tofu, cut into small cubes.
- 1/4 cup shelled and cooked edamame
- 1/4 cup roasted peanuts
- 1/4 cup loosely packed fresh cilantro leaves.

Directions:

- Place the peanut butter, rice vinegar, tamari or soy sauce, water, Sriracha (if using), and sesame oil in a bowl and whisk until smooth; set aside.
- Place the broccoli slaw and bell pepper in a large bowl and toss to combine. Cover and refrigerate until ready to serve.
- When ready to serve, divide the slaw mixture between 4 plates.
- Top with the tofu, peanuts, and cilantro.
- Drizzle with the peanut sauce.
- The dressing can be made and stored in an airtight container in the refrigerator for up to 1 week; let sit out at room temperature for 15 minutes, then whisk or blend again before serving.



Cooking with OFS

Recipe

Corn and black beans Salad



For # people

6 servings



Cooking time

30 minutes

Ingredients:

- 4 cup fresh or frozen corn, defrosted
- 1 cup cherry tomatoes, halved
- 1/3 cup crumbled feta
- 1 small red onion, finely chopped
- 1 can (540ml) black beans drained and rinsed.
- 1/4 cup fresh basil, thinly sliced
- 3 tbsp. extra-virgin olive oil
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper.

Directions:

- Boil corn and let it get cold.
- Toss all ingredients together in a large bowl, then season with oil, lime juice, fresh basil, salt and pepper.



Cooking with OFS

Recipe

Spicy Chicken Thighs



For # people

4 to 6 servings



Cooking time

1 hour and 30 minutes

Ingredients:

- 1/4 cup Chili Crisp
- 1/4 cup plus 2 tablespoons olive oil, divided
- 1/4 cup honey
- 2 tablespoons apple cider vinegar
- 1 medium red onion
- 2 large broccoli crowns
- 1 1/2 teaspoons salt, divided
- 2 pounds bone-in, skin-on chicken thighs (4 to 6)
- Sliced green onions or chopped fresh cilantro, for serving (optional)
- Cooked rice, for serving (optional)

For the chili crisp sauce

- 2 heads garlic
- 1 cup canola oil
- 1 (1-inch) piece fresh ginger
- 1/2 cup olive oil
- 1/4 cup red pepper flakes
- 2 teaspoons low-sodium soy sauce or tamari
- 1 teaspoon granulated sugar
- 1/4 teaspoon ground cinnamon.

Directions:

- Arrange a rack in the middle of the oven and heat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
- Place 1/4 cup Garlic Chili Crisp, 1/4 cup of the olive oil, 1/4 cup honey, and 2 tablespoons apple cider vinegar in a small bowl and whisk to combine.
- Halve and peel 1 medium red onion. Cut into 1/4-inch thick slices through the root end. Cut 2 large broccoli crowns into 1-inch florets. Place the onion and broccoli on the baking sheet. Drizzle with the remaining 2 tablespoons olive oil and season with 1/2 teaspoon of the kosher salt, toss to combine, and spread into an even layer.
- Debone 2 pounds bone-in, skin-on chicken thighs: Arrange each chicken thigh so it is skin-side down. Using kitchen shears, cut through the meat along both sides of the center bone, making sure not to cut all the way through the meat and skin. Cut off the cartilage at the top and bottom of the bone. Cut underneath the bone, which will cut the bone off completely from the thigh. Use the shears to trim off any excess fat, cartilage, or skin. Season the chicken with the remaining 1 teaspoon kosher salt.

Place the chicken on the vegetables skin-side up. Roast until the chicken skin is golden and crisp, about 25 minutes.

- Baste the chicken pieces with about 2/3 of the sauce. Roast until the chicken is cooked through and the vegetables are caramelized, about 10 minutes more. Sprinkle with sliced scallions or chopped cilantro if desired. Serve with rice and more sauce if desired.

Make the chili crisp:

- Peel and thinly slice 2 heads of garlic (about 1/2 cup garlic slices). Place the garlic and 1 cup canola oil in a small saucepan and bring to a simmer over medium-high heat. Reduce the heat to maintain a simmer and cook until the garlic is golden brown, 20 to 25 minutes.
- Meanwhile, prepare the ginger mixture. Peel and grate a 1-inch piece ginger (about 1 tablespoon grated ginger), then place in a large bowl. Add 1/2 cup olive oil, 1/4 cup red pepper flake, 2 teaspoons low-sodium soy sauce, 1 teaspoon granulated sugar, and 1/4 teaspoon ground cinnamon.
- When the garlic oil is ready, pour it through a fine-mesh strainer into the bowl of ginger and stir to combine. Let the oil mixture and the garlic in the strainer cool separately to room temperature (this makes for crisper garlic flakes). Once cooled, stir the garlic into the oil mixture.



Cooking with OFS

Recipe

Fava Bean Spread



For # people

6 servings



Cooking time

30 minutes

Ingredients:

1 (15 ounce) can fava beans
1 ½ tablespoons olive oil
1 large onion, chopped
1 large tomato, diced
1 teaspoon ground cumin
¼ cup chopped fresh parsley
¼ cup fresh lemon juice
salt and pepper to taste

Directions:

Open a can of fava beans drain and rinse well.
In a frying pan heat the oil and cook onions, tomato, cumin, salt and pepper, ADD drained beans and stir well.
Add parsley, lemon juice, salt, pepper, and red pepper. Bring the mixture back to a boil, then reduce the heat to medium. Let the mixture cook 5 minutes, can puree the mixture with a fork, potato masher or in a blender you can make a smooth paste.
Can add fresh garlic crushed.
Serve warm with toasted whole wheat bread, chopped cucumbers and a fried egg.



Cooking with OFS

Recipe

Pasta Fagioli



For # people

6 servings



Cooking time

30 minutes

Ingredients:

- 2 tbsp. extra-virgin olive oil
- 1/2 lb. ground beef
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and finely chopped
- 2 stalks celery, finely chopped
- 3 cloves garlic, minced
- Salt to taste
- Freshly ground black pepper.
- 2 (19 oz.) cans Great Northern Beans
- 1 (19-oz.) can diced tomatoes
- 4 cup Chicken Broth
- 2 sprigs rosemary, leaves finely chopped
- 1 1/2 cup ditalini pasta (or other small shape)
- Freshly grated Parmesan, for garnish
- Freshly chopped parsley, for garnish.

Directions:

- In a large, deep pot over medium heat, heat oil. Add ground beef and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.
- Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in ditalini or any small pasta of your preference.
- Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary.
- Serve in bowls garnished with Parmesan and parsley.



Cooking with OFS

Recipe

Japanese chicken burgers



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 1 large chicken breast fillet
- 1 tablespoon soy sauce
- 1 garlic clove, crushed
- 1/4 cup plain flour
- 1 egg
- 1 cup breadcrumbs
- 2 tablespoons sesame seeds
- 1 tablespoon rice wine vinegar
- 1 teaspoon sugar
- 1 carrot, peeled into ribbons
- 2 radishes, thinly sliced
- 1 cup frozen peas
- 1 1/2 tablespoons Mayonnaise
- 1 teaspoon wasabi paste
- 2 tablespoons coconut oil
- Asian salad greens, to serve
- 4 white bread rolls, split
- Mayonnaise, extra, to serve

Directions:

- Cut chicken in half horizontally, then diagonally. Combine soy and garlic in a shallow bowl. Dip chicken in soy mixture. Turn to coat.
- Place flour on a plate. Whisk egg in a shallow bowl. Combine breadcrumbs and sesame seeds on a separate plate. Dip chicken in flour, egg, then breadcrumbs mixture. Transfer to plate lined with baking paper. Place in the fridge for 5 minutes to firm.
- Meanwhile, whisk vinegar and sugar in a glass bowl. Season, then add carrot and radish. Toss to combine. Set aside to develop the flavours.
- Place peas in a heatproof bowl. Cover with boiling water. Stand for 3 minutes or until tender. Drain. Process peas, mayo and wasabi in a food processor until smooth. Season. Heat coconut oil in a non-stick frying pan over medium heat. Cook chicken, turning, for 6 minutes or until golden and cooked through.
- Divide salad greens among roll bases. Top with pickled vegies, chicken and pea mixture. Drizzle with extra mayo and top with roll tops.



Cooking with OFS

Recipe

ITALIAN CHICKEN



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 1/3 cup all-purpose flour
- 1 teaspoon garlic powder
- 1/4 teaspoon each of salt and pepper
- 2 boneless skinless chicken breasts (500 g total)
- 3 tablespoons olive oil , divided
- 1 sweet red pepper , coarsely chopped
- 1 small red onion , cut into wedges
- 2 cups cherry tomatoes
- 1 tablespoon chopped fresh rosemary
- 1 cup sodium-reduced chicken broth
- 20 Kalamata olives
- 2 teaspoons grated lemon zest
- 1/4 cup chopped fresh parsley

Directions:

- In shallow dish, mix together flour and garlic powder; mix in salt and pepper. Place 1 chicken breast on cutting board; slice chicken horizontally all the way through breast to form 2 thin cutlets. Repeat with remaining breast. Dredge chicken in flour mixture, shaking off excess. In large skillet, heat 1 tbsp of the butter over medium-high heat; cook chicken until golden brown, 2 to 3 minutes per side. Transfer to plate; set aside.
- In same skillet, heat remaining oil over medium heat; cook red pepper and onion for 1 minute. Add tomatoes and rosemary to skillet; cook for 1 minute. Add broth and some water, scraping up browned bits using wooden spoon; bring to boil. Return chicken to skillet along with olives and lemon zest. Reduce heat to medium; simmer until chicken is cooked through, about 5 minutes. Sprinkle with parsley.
- Serve over cooked quinoa, or with green salad or boiled potatoes.



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Recipe

Creamy zucchini lasagna



For # people

4 servings



Cooking time

35 minutes

Ingredients:

- 9 dried lasagna sheets
- 1 tbsp sunflower oil
- 1 medium onion, finely chopped
- 6 medium zucchini, coarsely grated
- Salt and pepper to taste
- 1 tsp oregano added to grated zucchini and grated tofu.
- 2 garlic cloves, crushed
- 250g tub ricotta
- 1lb extra firm tofu, grated
- 2 cups cheddar cheese, grated
- 1 jar tomato sauce for pasta.

Directions:

- Heat oven to 400F. Put a pan of water on to boil, then cook the lasagne sheets for about 5 mins until softened, but not cooked through. Rinse in cold water, then drizzle with a little oil to stop them sticking together.
- Meanwhile, heat the oil in a large frying pan, then fry the onion. After 3 mins, add the zucchini and garlic and continue to fry until the zucchini has softened and turned bright green. Stir in $\frac{1}{2}$ cup of the ricotta, grated tofu, oregano and 1 cup of cheddar cheese, then season with salt and pepper to taste. Heat the tomato sauce in the microwave for 2 mins on High until hot.
- In a large baking dish, layer up the lasagne, starting with half the zucchini/tofu mix, then pasta, then tomato sauce. Repeat, top with blobs of the remaining ricotta, then scatter with the rest of the cheddar. Bake on the top shelf for about 10 mins until the pasta is tender and the cheese is golden.



Cooking with OFS

Recipe

THAI TURKEY & CHICKEN MEATBALLS



For # people

6 to 8 servings



Cooking time

1 hour

Ingredients:

Meatballs:

- 500 g ground turkey
- 500 g lean ground chicken
- 2 cloves of garlic , minced
- 1 egg
- 1/2 cup bread crumbs
- 1 small onion , finely chopped
- 1 tablespoon red curry paste
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Curry Sauce:

- 1 (400 ml) can coconut milk
- 2/3 cups cream soy (Belsoy)
- 1/2 cup unsweetened almond milk
- 1/4 cup sodium-reduced soy sauce
- 3 tablespoons red curry paste
- 3 large dates , pitted and chopped
- 2 tablespoons chopped fresh ginger
- 2 tablespoons lime juice
- 1 tablespoon fish sauce
- 1 tablespoon minced garlic
- cooked rice noodles (optional)
- red bell pepper slices (optional)
- fresh cilantro (optional)

Directions:

- In large bowl, combine turkey, chicken, garlic, egg, bread crumbs, onion, curry paste and salt. Using wet hands, shape into 1-inch balls.
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- In large nonstick saucepan, heat oil over medium-high heat; cook meatballs in batches until browned on all sides, 3 to 4 minutes. Transfer to baking sheet;
- Curry Sauce
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- Meanwhile, in food processor, combine coconut milk, cream soy, almond milk, soy sauce, curry paste, dates, ginger, lime juice, fish sauce and garlic; blend until smooth. Mix meatballs and sauce and cook on a low heat for 30 minutes. Serve over noodles; garnish with red pepper and cilantro (if using).



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