



# 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

## 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

## Salmon pesto with baby roast potatoes



For # people

4 servings



Cooking time

50 minutes

### Ingredients:

- 500g baby new potatoes, cut in half
- 1 tsp olive oil
- 2 large zucchini, cut into small chunks
- 1 red pepper, cut into small chunks.
- 1 green onion, finely sliced
- ¼ cup pine nuts
- 4 salmon fillets
- juice 1 lemon
- 1 ½ - 2 tbsp pesto.

### Directions:

- Boil the potatoes for 10 mins until tender, then drain.
- Heat oven to 400F.
- Toss the potatoes in the oil, then transfer to a baking tray. Roast for 20 mins. Push the potatoes to one side and put the zucchini, red pepper, green onion and pine nuts
- Put the salmon fillets on the other side. Squeeze lemon juice over the fillets and the vegetables (not including the potatoes). Season everything with pepper. Spread each of the salmon fillets with pesto and return the tray to the oven for 12-15 mins until everything is cooked through.



# Cooking with OFS

## Recipe

## Summer chicken one-pot



For # people

4 servings



Cooking time

50 minutes

### Ingredients:

- 8 chicken thighs
- 2 tbsp plain flour
- 1 tbsp olive oil
- 2 cups stock vegetables or chicken.
- 2 cups cherry tomatoes, halved.
- 1 lb baby new potatoes, halved
- 1 cup cottage cheese
- 1 cup green beans, chopped
- 1 cup sweetcorn frozen, fresh or from a can

### Directions:

- Dust the chicken with the flour and some seasoning to taste. Heat the oil in a pan and brown the chicken, in batches if needed.
- Add the stock, cover and simmer for 30 mins, adding the potatoes after 10 mins, until the chicken is cooked and the potatoes are tender. Stir in cheese, then the rest of the vegetables and some seasoning. Simmer for 5 mins more, uncovered, then serve.



# 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

## Prawn jambalaya



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 2 tbsp olive or corn oil
- 2 medium onions, chopped
- 4 celery sticks, sliced
- 1 cup wholegrain basmati rice
- 2tsp mild chilli powder
- 2 tbsp ground coriander
- 1 tsp fennel seeds.
- 1 large can diced tomatoes
- 1 ½ cup vegetable broth
- 2 yellow pepper, roughly chopped
- 4 garlic cloves, chopped
- 2tbsp fresh thyme leaves
- 1 lb pack small prawns, thawed if frozen
- 6 tbsp chopped parsley.

### Directions:

- Heat the oil in a large, deep frying pan. Add the onion and celery, and fry for 5 mins to soften. Add the rice and spices, and pour in the tomatos. Add in the broth, pepper, garlic and thyme.
- Cover the pan with a lid and simmer for 30 mins until the rice is tender and almost all the liquid has been absorbed. Stir in the prawns and parsley, cook briefly to heat through, then serve.



# 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.