



Cooking with OFS

Recipe

ONE-POT CHICKEN DINNER



For # people

6 servings



Cooking time

45 minutes

Ingredients:

- 8 boneless skinless chicken thighs
- 2 tablespoons olive oil , divided
- 2 teaspoons grainy Dijon mustard
- 1 teaspoon honey
- salt and pepper
- 1 red onion , thinly sliced
- 3 cloves of garlic , thinly sliced
- 1/2 bunch spinach, thinly sliced
- 1 sweet red pepper , thinly sliced
- 1 1/2 cup sodium-reduced chicken broth or water
- 3/4 cups bulgur
- 3 tablespoons currants
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- crumbled feta cheese

Directions:

- In bowl, toss together chicken, 1 tbsp olive oil, mustard and honey. Season with salt and pepper. In large skillet over medium heat, brown chicken on both sides. Transfer to plate; set aside.
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- In same skillet, heat remaining oil; cook onion and garlic, stirring often, for 2 minutes. Add spinach and red pepper; cook, stirring often, for 2 minutes.
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- Stir in broth, bulgur, currants, lemon juice and oregano. Season with salt and pepper. place chicken into bulgur mixture. Cover and cook over medium heat until chicken is cooked through, about 10 minutes. Sprinkle feta over top.
- Serve with sliced tomatoes.



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

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.



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).



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.
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- 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.

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.

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