



# Cooking with OFS

<b>Recipe</b>	<b>Sticky chicken drumsticks &amp; sesame rice salad</b>
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 For # people	4 servings	 Cooking time	45 minutes
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## Ingredients:

- 8 chicken drumsticks
- 4 tbsp honey, plus 1tsp
- 4 tbsp tamari sauce (or soy sauce)
- 3 tbsp vegetable oil
- 4 tbsp sesame oil
- 1 cup basmati rice
- 1 bunch kale, chopped small
- juice 2 limes
- 1 cup radishes, chopped
- 1 tbsp sesame seeds.

## Directions:

- Heat oven to 375 F. Mix 2 tbsp honey, the tamari sauce, 1 tbsp veg oil and 1 tbsp sesame oil in a bowl, then mix well with the chicken - make sure each piece is covered. Roast for 25-30 mins.
- Meanwhile, cook the rice.
- Massage the kale with 1 tbsp veg oil for 5 mins until softening (this makes it less chewy). Drizzle over the lime juice, remaining sesame oil and honey, and season. Add the radishes and set aside.
- Fry the rice in the remaining veg oil in a non-stick pan to dry out. Add to the kale, and toss to combine.
- Serve the drumsticks with the salad and garnish with sesame seeds.



# Cooking with OFS

## Recipe

## Creamy Broccoli Salad



For # people

2 servings



Cooking time

15 minutes

### Ingredients:

- 1 ½ cup fresh broccoli cut into bite sized pieces
- 1 small red onion sliced finely
- 1/4 cup dried cranberries.
- 1/2 cup sunflower seed kernels
- 2 Tbsp light mayonnaise or greek yogurt
- ½ tsp sugar
- 2 tsp. White vinegar.

### Directions:

- Toss broccoli with , onion, cranberries and sunflower kernels.
- Whisk together mayo or yogurt, sugar and vinegar. Toss dressing in with broccoli salad an hour or two before serving. Refrigerate until ready to serve. Stir before serving. Enjoy!



# Cooking with OFS

Recipe

## Summer zucchini & meatballs



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 1 lb ground beef or pork
- 4 garlic cloves, 2 crushed, 2 left whole and unpeeled
- 2 tbsp olive oil, plus extra for frying
- 2 cups cherry tomatoes
- 4 medium zucchini chopped.
- 4 tbsp half-fat crème
- Zest of 1 lemon
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- ¼ cup pine nuts, toasted
- ½ cup fresh basil, chopped
- ½ cup parmesan, shavings or grated to serve, optional.

### Directions:

- Heat oven to 400F . Put the ground meat in a bowl, season well and add the crushed garlic. Mix together with your hands, then shape into small meatballs - roughly the size of a cherry tomato. Heat 1 tbsp of the oil in a large frying pan, add the meatballs and fry for 10-15 mins until golden brown. Meanwhile, add the tomatoes into a roasting pan with the whole garlic cloves and the remaining oil. Season and roll around the pan until well coated in oil, then roast for 15 mins. While the meatballs and tomatoes cook, use a spiralizer - I used the finer noodle attachment - or a julienne peeler to create zucchini noodles. Once cooked, add the meatballs into the roasting an with the tomatoes, fish out the garlic and set aside, then cover the pan with foil to keep warm.
- Wash the frying pan. Heat another 1 tbsp oil in the pan, squeeze the garlic cloves from their skins into the pan and mash with a fork. When sizzling, add the crème, lemon zest and some seasoning. Add the zucchini noodles and toss in the pan for 30 secs until warmed through - any longer and it will wilt. Remove the pan from the heat, and add in the meatballs, tomatoes and any juices from the roasting pan. Toss together and garnish with pine nuts, basil and Parmesan.



# Cooking with OFS

## Recipe

## Strawberry spinach salad with molasses vinaigrette



For # people

4 to 6 servings



Cooking time

20 minutes

### Ingredients:

- 4 cups baby spinach
- 2-3 Tbsp. toasted pine nuts
- 1 pint of strawberries, washed & sliced
- 1 can(796ml) red kidney beans, drained

#### Molasses vinaigrette:

- 2/3 cup olive oil
- 4 Tbsp. vinegar (cider, sherry or red wine)
- 2 Tbsp. Crosby's Fancy Molasses
- 4 tsp. Dijon mustard
- 1/2 tsp. oregano
- Sea salt & pepper, to taste.

### Directions:

- Whisk together vinegar and Dijon until smooth.
- Add molasses and combine well.
- Add oil in a thin stream, whisking well to combine.
- Add remaining ingredients & mix well. Pour over the Spinach, beans, strawberries and pine nuts and mix well.
- Serve with Naan bread.



# Cooking with OFS

Recipe	<h2>Vegetables one-pot meal</h2>
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 For # people	4 servings	 Cooking time	1 hours
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### 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
- 2 cups chicken stock
- 1 cup green bean, halved
- 1 ½ cups broad bean
- 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

# Tuna pasta with capers, lemon and cream



For # people

4 servings



Cooking time

35 minutes

## Ingredients:

- 400g spaghetti pasta
- 1/4 cup mixed seeds (such as pepitas, sunflower seeds and pine nuts)
- 1 tablespoon olive oil
- 3 garlic cloves, thinly sliced
- 2 tablespoons capers, drained (optional)
- 1 lemon, rind finely grated,
- 2 cans tuna in water, drained, broken into chunks
- 1 cup light cream
- 1 tablespoon fresh thyme leaves
- Shredded parmesan, to serve (optional)
- Lemon, to serve (optional)

## Directions:

- Cook the pasta in a large saucepan of salted boiling water following packet directions until al dente. Drain and return to the pan.
- Meanwhile, heat a non-stick frying pan over medium heat. Add mixed seeds. Cook for 2-3 minutes or until lightly toasted. Remove from pan and set aside. Add oil to pan and heat over medium heat. Add garlic and capers. Cook, stirring, for 2-3 minutes. Add lemon rind and tuna, tossing gently to combine, add cream. Simmer for 1-2 minutes. Stir in thyme leaves and season.
- Toss sauce through drained pasta. Divide among serving bowls. Top with toasted seeds and parmesan, if using. Serve with lemon slices (optional).



# 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.