



# Cooking with OFS

Recipe

## VEGETABLE QUINOA SOUP



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 2 teaspoons olive oil
- 1 onion diced
- 2 cloves garlic minced
- 1 cup thinly sliced cremini mushrooms (about 115 g)
- 1 sweet potato (about 340 g) peeled and diced
- 1 cup red lentilsXXXX
- 2 cups homemade vegetable broth or organic vegetable broth
- 1/2 cup quinoa
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 2 cups stemmed kale thinly sliced
- 1 tablespoon red wine vinegar or lemon juice(optional)

### Directions:

- In large saucepan, heat oil over medium heat; cook onion and garlic, stirring occasionally, until softened, about 5 minutes. Add mushrooms; cook, stirring occasionally, until beginning to soften, about 4 minutes.
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- Stir in sweet potato, 3 cups water, broth, quinoa, red lentils, pepper and salt; bring to boil. Reduce heat to medium; cook until quinoa and lentils are tender, 10 to 12 minutes.
- Stir in kale; cook until tender, about 4 minutes. Stir in vinegar or lemon.Xxxxx
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# Cooking with OFS

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# Cooking with OFS

Recipe

## Roasted Butternut Squash Soup



For # people

4 to 6 servings



Cooking time

1 hour and 15 minutes

### Ingredients:

1 454 pkg cubed peeled butternut squash	1/4 teaspoon pepper
3 cloves garlic , smashed	1 tablespoon unsalted butter
1 sweet potato , peeled and cut in chunks	1 McIntosh or Granny Smith apple , peeled and chopped
1 onion , chopped	1 900 ml pkg no-salt-added vegetable broth
3 tablespoons olive oil	1/3 cup 35% cream
1 1/2 teaspoon salt , divided	2 teaspoons lemon juice

### Directions:

- 1 Preheat oven to 400°F. Line baking sheet with parchment paper. On prepared pan, toss together squash, garlic, sweet potato, onion, oil, 1/2 tsp of the salt and pepper until coated. Bake, flipping halfway through, until vegetables are tender, about 30 minutes.
- 2 Meanwhile, in large pot, melt butter over medium-low heat; cook apple, stirring often, until soft, about 7 minutes. Stir in vegetable mixture and remaining 1 tsp salt. Pour in broth; bring to boil. Reduce heat to simmer; cook for 5 minutes. Remove from heat. Stir in cream and lemon juice. In batches, blend until smooth.
- 3 Garnishes for butternut squash soup include sour cream, plain yogurt, a sprinkle of minced cilantro or thyme is also tasty



# Cooking with OFS

Recipe

## Sancocho (Chicken soup)



For # people

6 to 8 servings



Cooking time

1 hour and 40 minutes

### Ingredients:

- 2 Tbsp Olive oil
- 1 1/2 pounds boneless, skinless chicken thighs, cut into 1/2-inch pieces
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- Salt and freshly ground black pepper to taste
- 1 ear corn, cut into 1-inch pieces
- 1 carrot, diced
- 1/4 cup diced green plantain
- 1/4 cup diced sweet potato
- 6 cups chicken broth
- 1/2 cup chopped fresh cilantro
- 4 green onions, sliced
- 1/2 cup diced boiled yucca

Boiled quinoa or rice, for serving.

### Directions:

- Heat 2 tablespoons olive oil in a medium pot. Add the chicken, garlic powder, oregano and some salt and pepper, and brown for about 10 minutes.
- Add the corn, carrots, plantains and sweet potatoes to the pot and cook for 10 minutes.
- Add the chicken broth and bring to a boil. Lower the heat and simmer for 45 minutes.
- Add the cilantro, green onions and yucca, and simmer for another 10 minutes.
- Serve with a side of quinoa or rice. Xxxxx



# Cooking with OFS

## Recipe

## Balsamic Basil Chicken



For # people

4 servings



Cooking time

1 hours and 15 mins

### Ingredients:

- 1/4 cup plus 2 tbsp. extra-virgin olive oil, divided
- 3 tbsp. balsamic vinegar
- 1 tbsp. dijon mustard
- 2 lb. bone-in, skin-on chicken thighs
- Salt to taste.
- Freshly ground black pepper
- 1 large zucchini, cut into half moons
- 2 cups cherry tomatoes, halved
- Freshly grated Parmesan, for serving (optional)
- Basil, thinly sliced.

### Directions:

- In a large bowl, whisk together 1/4 cup olive oil, vinegar, and mustard. Add chicken thighs and toss to coat. Cover and refrigerate for 30 minutes or up to 4 hours.
- Preheat oven 425°. In a large skillet over medium-high heat, heat remaining 2 tablespoons oil. Shake off excess marinade from chicken and season all over with salt and pepper. Add, skin side-down, and cook until seared and golden, about 6 minutes. Flip chicken and cook until seared on other side, about 6 minutes.
- Scatter tomatoes and zucchini around chicken. Season vegetables with salt and pepper, then transfer skillet to oven and bake until chicken is cooked through, about 15 minutes more.
- Garnish with Parmesan and basil before serving.

## Recipe

## Black Bean Quesadillas



For # people

6 servings



Cooking time

30 minutes

### Ingredients:

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 sweet green pepper, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon pepper or to taste
- 2 cans black beans drained and rinsed (540 ml can)
- 2 cups salsa
- 1 can corn kernels (341 ml can)
- 6 large flour tortillas
- 2 cups shredded cheddar cheese
- 1 cup light sour cream

### Directions:

- In large nonstick skillet, heat oil over medium heat; cook onion, green pepper, chili powder, cumin, salt and pepper until softened, about 8 minutes. Add black beans, salsa and corn; cook, stirring often, until heated through, about 5 minutes. (Make-ahead: Let cool for 30 minutes;
- Evenly spoon bean mixture over half of each tortilla; sprinkle with cheese. Fold uncovered half over top and press lightly. Place a flour tortilla on a griddle or in a sauté pan. Cover the entire tortilla with cheese and spread the filling over one side, when the cheese is mostly melted, fold the tortilla over the filling into a half-moon shape, Cook until crisp and golden, a few minutes per side. Repeat with the remaining tortillas. Serve immediately with sour cream and lime wedges, if desired.
- Serve with: Coleslaw salad. Beans are packed with both soluble and insoluble fibre, which can help to keep your digestive system regular, regulate blood sugar, lower cholesterol and protect against some cancers.



# Cooking with OFS

Recipe

## Chicken and Bulgur Salad With Peaches



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1 pound chicken breast cutlets
- 1 teaspoon salt, divided
- 1/2 teaspoon black pepper.
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar.

### Directions:

- Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes.
- Drain and rinse under cold water. Drain well; let dry on paper towels. Meanwhile, heat a pan coated with cooking spray over high heat. Sprinkle chicken with 1/2 teaspoon salt and pepper. Cook chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice into strips. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.



# Cooking with OFS

## Recipe

## Chicken stew



For # people

4 to 5 servings



Cooking time

1 hours

### Ingredients:

- 2 tbsp olive oil
- 2 leeks, finely sliced
- 2 garlic cloves, finely sliced
- 2 thyme sprigs, leaves picked or 1 tsp dried thyme.
- 6 chicken thighs, skinless and boneless.
- 500g new potatoes, larger ones quartered, smaller ones halved
- 2 cups chicken stock
- ½ pound green beans
- 1 1/3 cups frozen peas
- lemon wedges, to serve.

### Directions:

- Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally. Season the chicken and add into the dish with the potatoes.
- Turn up the heat, pour in the stock and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins. Add the green beans and peas for the final 10 mins of cooking.
- Season to taste, then ladle into bowls.
- Squeeze of lemon, salt and pepper to taste. Xxxxx



# Cooking with OFS

## Recipe

## BAKED TOFU with BABY BOK CHOY



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 lb firm tofu drained
- 1/4 cup soy sauce
- 2 tablespoons hoisin sauce
- 1 clove garlic minced
- 1/2 teaspoon sesame oil
- 1/4 teaspoon Asian chili paste
- 1/4 teaspoon hot pepper sauce
- 2 teaspoons vegetable oil.
- 2 cups sliced shiitake mushroom caps
- 2 cups sliced cremini mushrooms
- 1 green onion sliced
- 1 tablespoon gingerroot minced
- 4 baby bok choy
- 1 sweet red pepper diced
- 1/2 cup vegetable stock
- 1 pinch salt
- 1 pinch pepper.

### Directions:

- Place tofu on large plate. Cover with second plate and weigh down with 2 large, heavy cans. Let stand for 10 minutes; drain. Cut in half horizontally.
- Meanwhile, in shallow baking dish large enough to hold tofu in single layer, whisk together soy and hoisin sauces, garlic, sesame oil and chili paste. Add tofu; turn to coat. (Make-ahead: Cover and refrigerate for up to 8 hours.) Bake in 350°F (180°C) oven, turning once, until golden, about 30 minutes.
- Meanwhile, brush large nonstick skillet with vegetable oil; heat over medium-high heat. Saute mushrooms, green onion and ginger until golden, about 5 minutes. Cut bok choy in half lengthwise. Add to skillet along with red pepper, stock, salt and pepper; bring to boil. Cover and steam until bok choy is tender-crisp, about 4 minutes.
- Cut each piece of tofu in half diagonally. Arrange on warmed plates and serve with bok choy mixture.



# Cooking with OFS

Recipe

## Chipotle chicken & slaw



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 1 tbsp oil
- 2 tbsp chipotle paste
- 1½ tbsp honey
- 8 chicken drumsticks
- 1 lime, zested and juiced
- 1 small avocado
- 2 tbsp fat-free Greek yogurt
- 1 ½ cup each red and white cabbage, both shredded
- 1 large carrot cut into matchsticks
- 3 green onions, sliced very thin
- 4 corn on the cobs, steamed, to serve (optional)

### Directions:

- Heat the oven to 375F.
- Whisk the oil, chipotle paste and honey together in a large bowl. Add the chicken and toss to coat, then spread out on a non-stick baking tray. Roast for 30 mins, turning halfway through.
- Put the lime zest and juice, avocado flesh, yogurt and a good pinch of salt into a blender and blitz until completely smooth. Put the sauce in a large bowl with the cabbage, carrot and spring onion and toss to combine.
- Serve the drumsticks with the slaw and steamed corn, if you like.



# Cooking with OFS

Recipe

## BROCCOLI CREAM SOUP



For # people

6 servings



Cooking time

1 hour

### Ingredients:

- 1 tablespoon oil
- 1 cup chopped onion
- 2 cloves garlic chopped
- 4 cups coarsely chopped broccoli
- 2 1/2 cups chicken stock, water or vegetable stock.
- 1 sweet potatoe potato peeled and diced
- 1 cup drained canned white pea beans
- 1 1/2 cup shredded light Cheddar-style cheese( optional)
- 1 cup 1% milk or any milk alternative
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon pepper

### Directions:

Directions: In large heavy saucepan, heat oil over medium heat; cook onion and garlic, stirring, for about 3 minutes or until softened. Add broccoli, stock, potato and beans; bring to boil.

Reduce heat; simmer, covered, for about 20 minutes or until vegetables are softened. In food processor or blender, blend to desired consistency; return to saucepan.

Stir in half of the cheese is using cheese, along with milk, salt and pepper; cook over medium-low heat, stirring, just until cheese is melted. Ladle soup into bowls; sprinkle with remaining cheese.

If you are not using cheese just add milk and serve, garnish with fresh herbs, If you are freezing it, it is better to freeze without the milk and/or cheese, freeze just the vegetables and add milk and or cheese when you will serve.



# Cooking with OFS

## Recipe

## Carrot ginger lentil soup



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 10 mL (2 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 30 mL (2 tbsp) fresh ginger, finely grated
- 5 mL (1 tsp) ground cumin.
- 1 mL ( $\frac{1}{4}$  tsp) black pepper
- 5 large carrots, peeled and chopped
- 250 mL (1 cup) dry red lentils, rinsed
- 5 cups vegetable broth,
- no added salt.

### Directions:

- Heat oil in a large pot. Add onions and sauté over medium heat, stirring often, for about 2 minutes.
- Add garlic, ginger, cumin, black pepper and carrots and sauté for another 2 minutes, stirring frequently.
- Add lentils and stir to combine. Add vegetable broth and bring to a boil. Turn down heat and simmer, covered, for about 25 minutes, until lentils are cooked and carrots are soft.
- Remove from heat. Ladle into blender in batches or alternatively, using an immersion blender, puree soup until smooth.



# Cooking with OFS

<b>Recipe</b>	<b>Kale Soup</b>
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 For # people	4 to 6 servings	 Cooking time	1 hour and 15 minutes
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## Ingredients:

- 2 cups frozen lima beans
- 1 Tablespoon olive oil
- 1 head garlic, peeled and chopped
- 1 teaspoon red pepper flakes
- 1 1/2 teaspoon smoked paprika
- 1 Tablespoon yellow miso
- 6 cups low-sodium vegetable broth
- 2 salt to taste
- 2 bay leaves.
- 1 (16-ounce) bag of kale
- 1 cup cabbage, chunks
- 1 large potatoes, cubed
- 1 teaspoon Tabasco sauce
- 1 teaspoon soy sauce
- 1/2 teaspoon apple cider vinegar
- salt, to taste
- bread, for serving.

## Directions:

- Add one tablespoon of olive oil to a large soup pot. Sauté garlic, red pepper flakes, paprika, and garlic powder over medium heat until fragrant, being careful not to let the paprika burn. Add 1 cup broth and let simmer for about one minute to let the. Add miso, vegetable broth, salt, bay leaves, and lima beans to the pot. Simmer until the lima beans are tender, for about one hour.
- Remove the bay leaves from the pot. Use an immersion blender to puree the lima beans and broth together.  
Add the kale and cabbage to the pot. Simmer until almost tender, about 15 minutes. Add the cubed potatoes and cook until tender, about 20 minutes more. Add the Tabasco, soy sauce, apple cider vinegar.  
Taste the broth and adjust for seasoning, adding more salt if necessary. Simmer for about five minutes, then serve with some crusty bread on the side.



# Cooking with OFS

Recipe

## Mighty Minestrone Soup



For # people

6 to 8 servings



Cooking time

50 minutes

### Ingredients:

- 1.5 L (6 cups) no salt added vegetable broth
- 1 L (4 cups) chopped cabbage
- 750 mL (3 cups) carrots, diced.
- 1 can (19 oz/540 mL) no salt added white kidney beans, drained and rinsed
- 1 can (28 oz/796 mL) no salt added diced tomatoes or diced tomatoes in puree
- 2 mL (1/2 tsp) garlic powder.

### Directions:

- Turn on stove to high heat. Put vegetable broth in a large pot and heat to boiling. Turn heat to medium. Add chopped cabbage and diced carrots.
- Cover and simmer until vegetables are tender, about 35 minutes. Stir in beans, tomatoes and garlic powder. Add pepper to taste.
- Cover and cook 5 minutes longer.
- Serve in bowls

#### EXTRAS

- Like creamy soups? Try serving with a dollop of lower fat plain yogurt.
- Add a pinch of dried chili flakes, pepper and any of your favorite herbs.
- Try basil, oregano and parsley.



# Cooking with OFS

Recipe

## MOROCCAN TOMATO SOUP



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 2 onions chopped
- 2 cloves garlic chopped
- 2 tablespoons packed brown sugar
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 pinch cinnamon
- 1 can(796ml) chopped tomato
- 4 cups water
- 1/4 cup tomato paste
- 1 tablespoon red wine vinegar
- 3/4 cups smooth peanut butter
- 1/2 cup red lentils.

### Directions:

- In a large pot, combine onions, garlic, sugar, chili powder, cumin, pepper, salt, cayenne pepper and cinnamon. Stir in tomatoes, water, tomato paste and lentils
- Cover and cook on low until lentils are soft.
- Add peanut butter; using immersion blender, puree soup until smooth.
- Add vinegar as garnish when served(optional)



# Cooking with OFS

## Recipe

## Sopa de Mani or Peanut Soup (Bolivia)



For # people

4 to 6 servings



Cooking time

1 hour and 15 minutes

### Ingredients:

- 1 cup roasted peanuts shelled, peeled
- 3 garlic cloves
- 1 white onion medium, chopped
- 1 lb chuck roast beef cut in chunks
- 3 tbsp olive oil
- 1 cup green peas
- 1 red pepper use half chopped for the soup and half for decoration at the end
- 1 medium chopped carrots
- 2 celery stalks, chopped
- 1 medium potato, cubed
- 1 thai chilli, chopped (optional)
- ¼ tsp turmeric
- chopped parsley for garnish
- sweet potatoes fries for garnish.
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### Directions:

- Boil the peanuts for about 30 minutes, set aside to cool down.
- Saute the chopped onions & minced garlic in olive oil until onion becomes translucent. Keep heat on medium.
- Add beef chunks and mix well so the meat can brown on both sides.
- Add chopped celery, carrots, red peppers and green peas. Blend the boiled peanuts with 1 cup of water, I use several settings in my blender to make sure the mixture is really liquefied. At the end it should look like very smooth.
- Add the peanut mixture to the pot, mix well with the meat and vegetables. Add 2 cups of hot water and mix everything well.
- Cut the potato in cubes and add them to the soup. Stir everything well, add turmeric and thai chilli if you like the soup spicy. Add salt to taste, go slow with salt if you are using roasted peanuts because they do have some salt to start with.
- Cover the pot and lower the temperature from medium to low heat, let the soup cook for about 30 minutes or until meat is tender and soft to eat.
- Serve it and decorate with parsley, red pepper strips & sweet potatoes fries.Xxxxx



# Cooking with OFS

Recipe

## SPICED CARROT SOUP



For # people

10 servings



Cooking time

1 hour

### Ingredients:

- 4 cups diced carrots
- 2 onions diced
- 2 ribs celery diced
- 1 cup dried green lentils
- 1 tablespoon minced fresh ginger
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- 
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 pinch ground allspice
- 2 bay leaves
- 3 1/2 cups vegetable broth
- 2 1/2 cups water
- 1/4 cup chopped fresh cilantro
- 

### Directions:

- In a large pot, combine carrots, onions, celery, lentils, ginger, garlic, cumin, coriander, chili powder, turmeric, salt, pepper, allspice and bay leaves. Pour in broth and water.
- Cover and cook on low until all vegetables are soft.
- Discard bay leaves. Transfer 2 cups of the soup to blender; purée until smooth. Return to pot; stir in cilantro and serve it hot.



# Cooking with OFS

## Recipe

## Best Oven Baked Meatballs



For # people

12 servings



Cooking time

1 hour

### Ingredients:

- 2 pounds ground beef
- 1/2 cup breadcrumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup milk any fat percentage works
- 1 cup beef broth divided
- 1 egg
- 1/4 cup chopped parsley
- 1 tablespoon minced garlic
- 1/2 tablespoon kosher salt see notes
- 1/2 tablespoon pepper
- 1 tsp oregano
- 1/4 tsp crushed red pepper flakes
- Pasta Sauce, Marinara
- 650 mL 1 jar

### Directions:

- Combine the ingredients and mix very well, using only 1/4 cup of the beef broth, but be sure seasonings are well mixed with meat.
- Coat a baking sheet with rimmed edges with non stick spray and roll meatballs into 1 inch balls. Place meatballs onto baking sheet.
- Pour reserved beef broth around meatballs and bake at 450 for 25 minutes.
- Heat the pasta sauce and mix with meatballs when done. Serve over noodles or rice.

### NOTES:

The serving size for spaghetti noodles is usually 2 ounces of uncooked noodles, or 1 cup of cooked pasta per person,

You know your family best and you will know how much pasta to cook for a dinner. You can also serve with rice, or mix vegetables of your choice, or steam broccoli, or cauliflower.



# Cooking with OFS

## Recipe

## Carbonara with chicken



For # people

4 servings



Cooking time

40 minutes

### Ingredients:

- 450 grams spaghetti
- 1 tbsp olive oil
- 1 garlic clove, halved
- ½ lb lean ground pork or beef.
- 1 chicken breast, cut into strips
- 2 eggs
- 1 cup parmesan cheese, grated
- 1 Tbsp olive oil.

### Directions:

- Cook the spaghetti following pack instructions. Meanwhile, heat the oil in a frying pan and fry the garlic and lean ground pork until cook, then add the chicken strips and fry briefly until they're just cooked through. Fish out the garlic clove and discard it. Beat the eggs with the parmesan cheese and some black pepper.
- Add a couple of tablespoons of pasta water to the meat pan along with the 1 Tbsp olive oil, then drain the pasta and add it to the pan. Pour in the egg mixture, take the pan off the heat and toss together so the egg cooks in the heat of the pasta. Divide between four warm bowls and top with more cheese, if you like.



## Cooking with OFS

Recipe

# LINGUINE with BROCCOLI and CHERRY TOMATOES



For # people

4 to 6 servings



Cooking time

35 minutes

### Ingredients:

- 1 lb linguine
- 2 cups cooked kidney beans
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic thinly sliced
- 1/2 teaspoon hot pepper flakes
- 1 medium red onion, sliced
- 1 tsp oregano
- 4 cups fresh or frozen broccoli florets
- 2 cups halved cherry tomatoes (about 8 oz/250 g)
- 1/4 cup chopped fresh Italian parsley
- 1/4 teaspoon each salt and pepper
- 1/4 cup shredded Asiago cheese

### Directions:

- In large pot of boiling salted water, cook pasta until tender but firm, about 8 minutes. Drain and return to pot, reserving 3/4 cup (175 mL) of the cooking water.
- Meanwhile, in large skillet, heat oil over medium heat; cook garlic, onion, oregano and hot pepper flakes, stirring often, until light golden, about 2 minutes. Add kidney beans and broccoli; cover and cook for 4 minutes. Add tomatoes; cook, stirring, until broccoli is tender-crisp, about 3 minutes. Add parsley, salt and pepper; toss to combine.
- Add broccoli mixture to pasta; toss to coat, adding enough of the reserved cooking water to moisten.
- Serve sprinkled with Asiago cheese.



# Cooking with OFS

## Recipe

## Creamy Chicken-Tomato Skillet



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken thighs, cut into bite-size pieces
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 1 cup grape tomatoes
- 1/2 cup sliced white onion
- 1 garlic clove, grated.
- 1 teaspoon chopped fresh rosemary
- 1 1/2 cups unsalted chicken stock
- 2 tablespoons all-purpose flour
- 3 cups fresh baby spinach, chopped
- 1 teaspoon lemon zest
- 2 cups cooked rice or quinoa to serve.

### Directions:

- Heat oil in a large skillet over medium-high. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to skillet; cook, without stirring, until chicken begins to brown, about 4 minutes.
- Add tomatoes, onion, garlic, and rosemary. Cook, stirring occasionally, until onion is tender and tomatoes begin to soften, about 3 minutes. Whisk together stock and flour in a bowl until combined. Add to chicken mixture; stir and scrape browned bits from bottom of skillet. Bring to a boil.
- Cook, stirring often, until sauce thickens, 3 to 4 minutes. Place cooked quinoa OR rice in a medium bowl; add spinach, lemon zest, lemon juice, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper. Toss to coat (hot rice will wilt the spinach). Divide rice mixture among 4 plates; top evenly with chicken mixture.



# Cooking with OFS

## Recipe

## Roasted Salmon Tacos



For # people

6 servings



Cooking time

1 hour 30 minutes

### Ingredients:

#### Salmon

- Olive oil, for greasing the pan
- 1 3/4 pounds center-cut fresh salmon fillet, skin removed
- 2 teaspoons chipotle chili powder
- 1 teaspoon grated lime zest
- Salt and freshly ground black pepper
- 3 tablespoons freshly squeezed lime juice, divided
- 12 (6-inch) corn tortillas, warmed

#### Slaw

- 3/4-pound green cabbage, cored and finely shredded
- 1/2 seedless cucumber, unpeeled, halved lengthwise, seeds removed and very thinly sliced
- 1/4 cup white wine vinegar
- 3 tablespoons minced fresh dill
- Kosher salt and freshly ground black pepper
- 4 ripe Hass avocados, pureed
- Juice of 1 lime
- 1 teaspoon salt
- 1/3 teaspoon black pepper

### Directions:

- At least an hour before you plan to serve the tacos, toss the cabbage, cucumber, vinegar, dill, 1 teaspoon salt, and 1/2 teaspoon black pepper together in a large bowl. Cover and refrigerate, allowing the cabbage to marinate.
- When ready to serve, preheat the oven to 425 degrees. Brush a baking dish with olive oil and place the salmon in it. Mix the chipotle chili powder, lime zest, and 1 1/2 teaspoons salt in a small bowl. Brush the salmon with 1 tablespoon of the lime juice and sprinkle with the chipotle seasoning mixture. Roast for 12 to 15 minutes, depending on the thickness of the fish, until the salmon is just cooked through.
- To warm the tortillas, wrap them in foil and place them in the oven with the salmon. Meanwhile, roughly mash the avocados with the lime juice, add the salt & pepper.
- To serve, lay 2 warm tortillas on each of 6 plates. Place a dollop of the avocado mixture on one side of each tortilla, then some large chunks of salmon, and finally, some of the slaw. Fold the tortillas in half over the filling and serve warm.



## Cooking with OFS

Recipe

### One-pot chicken & mushroom risotto



For # people

4 servings



Cooking time

50 minutes

#### Ingredients:

- 2 Tbsp olive oil
- 1 large onion, finely chopped
- 2 thyme sprigs, leaves picked
- ½ lb pack mushrooms, sliced
- 1 ½ cup risotto rice.
- 4 ½ cups hot chicken stock
- 2 cups cooked chicken, chopped into chunks
- 3 Tbsp grated parmesan, plus extra to serve (optional)
- ½ cup parsley, finely chopped.

#### Directions:

- Heat the oil in a large pan over a gentle heat and add the onion. Cook for 10 mins until softened, then stir in the thyme leaves and mushrooms. Cook for 5 mins, sprinkle in the rice and stir to coat in the mixture.
- Ladle in a quarter of the stock and continue cooking, stirring occasionally and topping up with more stock as it absorbs (you may not need all the stock).
- When most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well and stir in the parmesan and parsley. Serve scattered with extra parmesan, if you like.



# Cooking with OFS

Recipe

## Chicken Salad Stuffed Avocados



For # people

4 servings



Cooking time

25 minutes

### Ingredients:

- 2 avocados, pitted
- 2 cups shredded rotisserie chicken
- 1/4 cup red onion, minced
- 1/3 cup mayonnaise
- 2 tbsp. Greek yogurt or to taste.
- Juice of 1 lemon
- 1 1/2 tsp. Dijon mustard
- Salt to taste
- Freshly ground black pepper
- Chopped parsley, for garnish.

### Directions:

- Scoop out avocados, leaving a small border. Dice avocado, add a touch of lemon juice and set aside.
- Make chicken salad: In a large bowl, mix together chicken, onion, mayo, greek yogurt, lemon juice, and mustard. Fold in diced avocado. Season with salt and pepper.
- Divide salad among 4 avocado halves. Garnish with parsley.
- Made it with tuna instead of chicken. Used green onion as garish.
- Can add crushed pecans to chicken salad.



# Cooking with OFS

## Recipe

## Easy chickpea & cauliflower curry



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 2 tbsp oil
- 1 small, chopped red onion
- ½ large cauliflower
- 1 tbsp cumin seeds,
- 1 tsp coriander powder
- 1 tsp turmeric.
- 1 tsp turmeric.
- 1 tsp mango chutney
- 1 tsp vinegar
- 1 can drained chickpeas
- 1 can chopped tomatoes.
- 100ml water
- ½ cup chopped coriander
- 1 tsp garam masala.
- Serve with rice or naan

### Directions:

- Heat 2 tbsp oil in a large pan. Add 1 small, chopped red onion and finely grate in a thumb-sized piece of ginger and 2 garlic cloves.
- Add ½ large cauliflower, chopped.
- Drizzle in some more oil and stir in 1 tbsp cumin seeds, 1 tsp coriander powder and 1 tsp turmeric. Leave for 2 mins until the vegetables are absorbing the spices and starting to caramelize.
- Stir in 1 tsp mango chutney, then pour in 1 tsp vinegar and turn up the heat for about 30 secs.
- Return the heat to medium and add 1 can(796ml) drained chickpeas and 1 can chopped tomatoes. Fill the tomato can with 100ml water then pour into the curry and stir. Season with salt and pepper.
- Bring to a simmer and leave it uncovered for about 15 mins, stirring occasionally. Whilst cooking, crush some of the chickpeas against the side of the pan to thicken the sauce.
- When the sauce has thickened, finish the curry with a handful of chopped coriander and 1 tsp garam masala. Serve with rice or naan bread



# Cooking with OFS

Recipe

## Egg salad



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

2 large eggs	1 tsp ground cumin
1 lemon, juiced	1 can (540ml) Cannellini beans - which are large, white kidney beans, juice reserved
1 tbsp tahini	1 iceberg lettuces cut into wedges
1 tbsp olive oil	2 tomatoes cut into wedges
1 red onion, chopped	sprinkling of dried chilli flakes and roughly chopped flat-leaf parsley, optional
2 large garlic cloves, finely chopped	
1 teaspoon Sriracha sauce (optional)	
1 tablespoon minced fresh ginger	

### Directions:

- 1 Bring a pan of water to the boil with the eggs and boil for 8 mins. Drain and run under the cold tap to cool them a little, then peel and halve. Meanwhile, mix 1 tbsp lemon juice and 3 tbsp water with the tahini to make a dressing.
- 2 Heat the oil and fry the onion and garlic for 5 mins to soften them. Add the cumin and stir briefly then add the beans and lightly crush some of them as you heat them, adding some of the juice from the can to get a nice creamy consistency but keeping whole beans, too. Taste and add lemon juice and just a little seasoning if you need to.
- 3 Spoon the beans on to plates with the lettuce, then add the eggs and tomatoes, with the tahini dressing, chilli and parsley, if using.



# Cooking with OFS

Recipe

## Chicken Spinach Artichoke Rice Casserole



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 3/4 cup basmati rice
- 1 1/2 cup whole milk
- 1/2 cup freshly grated Parmesan
- 200 g. cream cheese, cubed
- 2 cloves garlic, minced
- Crushed red pepper flakes
- Salt to taste
- Freshly ground black pepper
- 1 rotisserie chicken, shredded (about 4 cups)
- 2 cup fresh spinach, tightly packed
- 1 can artichoke hearts, drained and quartered
- 2 cup shredded mozzarella, divided

### Directions:

- Preheat oven to 350°. Prepare rice according to package instructions.
- In a medium saucepan over medium heat, combine whole milk and Parmesan. When cheese is melted, add cream cheese, garlic, and red pepper flakes and season with salt and pepper. Cook until cream cheese is melted and mixture is slightly thickened, about 4 minutes.
- In a large bowl, stir together cooked rice, chicken, spinach, artichoke hearts, 1 cup mozzarella, and cream cheese mixture and transfer to a 9"-x-13" baking dish. Top with remaining cheese and bake until cheese is melty and golden, 20 minutes.



# 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

## 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

## Peruvian Green Beans with Chicken



For # people

6 servings



Cooking time

45 minutes

### Ingredients:

- 1 tablespoon canola oil, divided
- 3 cloves garlic, minced
- 2 jalapeno peppers, seeded and diced
- 1 1/2 pounds chicken, cut into 1-inch cubes
- 6 tablespoons soy sauce, divided
- 1 tablespoon ground cumin, divided
- 1 red onion, halved and sliced
- 4 roma (plum) tomatoes, cut into eighths
- 2 cups packages frozen French-style green beans,
- 3 tablespoons white wine vinegar
- 1 pinch salt to taste
- 1 cup chopped cilantro.

### Directions:

- Heat half the canola oil in a wok or large skillet over medium-high heat. Saute garlic and jalapeno peppers in hot oil until fragrant, about 1 minute. Add chicken to the wok. Stir half the soy sauce and half the cumin into the chicken mixture; cook just until the chicken is no longer pink in the middle, 5 to 7 minutes. Transfer mixture to a bowl, retaining some of the drippings in the skillet and return to heat. Heat remaining oil in the skillet with the retained drippings. Stir onion with the remaining soy sauce and cumin into the oil mixture; cook and stir until the onion is transparent, about 5 minutes.
- Add tomatoes to the onion mixture; cook and stir until the tomatoes begin to soften, about 1 minute.
- Return chicken mixture to the wok; add green beans and vinegar.
- Cook and stir the mixture until the green beans are tender, about 10 minutes. Season with salt and sprinkle cilantro over the mixture; toss to mix.
- I used fresh-from-the-garden green beans as well but steamed them briefly first so that they wouldn't be hard.
- I used serrano peppers
- Chicken can be marinated or seasoned the day before and it will have more flavour
- Serve over cooked rice or cooked quinoa.

## Recipe

## Pumpkin curry with chickpeas



For # people

4 to 5 servings



Cooking time

40 minutes

### Ingredients:

- 1 tbsp sunflower oil
- 3 tbsp Thai yellow curry paste,
- 2 medium onions, finely chopped
- 3 large stalks lemongrass, chopped very small
- 4 green cardamom pods
- 1 tbsp black mustard seed
- 1 piece pumpkin or a small squash (about 1 kg)
- 1 cup vegetable stock
- 1 can reduced-fat coconut milk
- 1 can (796ml) chickpea, drained and rinsed
- 2 limes
- large handful mint leaves
- naan bread, to serve or cooked quinoa or cooked rice.

### Directions:

- Heat the oil in a sauté pan, then gently fry the curry paste with the onions, lemongrass, cardamom and mustard seed for 2-3 mins until fragrant. Stir the pumpkin or squash into the pan and coat in the paste, then pour in the stock and coconut milk. Bring everything to a simmer, add the chickpeas, then cook for about 10 mins until the pumpkin is tender.
- Squeeze the juice of one lime into the curry, then cut the other lime into wedges to serve alongside.
- Just before serving, tear over mint leaves, then bring to the table with the lime wedges and warm naan breads or quinoa, or rice.