



# Cooking with OFS

## Recipe

## Peanut butter chicken



For # people

4 servings



Cooking time

50 minutes

### Ingredients:

- 2 tbsp vegetable oil
- 8 skinless boneless chicken thighs, cut into chunks
- 1 garlic clove, crushed
- 2 red chillies, finely sliced (deseeded if you don't like it too hot)
- 2 tsp fresh ginger, grated
- 2 tsp garam masala.
- 100g smooth peanut butter
- 2 cups coconut milk
- 3 cups chopped tomatoes
- 1 small bunch coriander, ½ roughly chopped, ½ leaves picked
- roasted peanuts, to serve.

### Directions:

- Heat 1 tbsp of the oil in a deep frying pan over a medium heat. Brown the chicken in batches, setting aside once golden.
- Fry the garlic, chilli and ginger in the other 1 tbsp oil for 1 min. Add the garam masala and fry for 1 min more.
- Stir in the peanut butter, coconut milk and tomatoes, and bring to a simmer. Return the chicken to the pan and add the chopped coriander. Cook for 30 mins until the sauce thickens and the chicken is cooked through.
- Serve with the remaining coriander, roasted peanuts and rice, if you like.



# 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

## 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.



# Cooking with OFS

## Recipe

## Ranch Tacos



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

#### The meat

- 400g sirloin or rib-eye steak, or 2 smaller steaks
- 1/2 cup barbecue sauce
- 1/4 cup chilli sauce

#### The wrap

- pack of 8 flour tortillas

#### The red sauce

- 4 large ripe tomatoes, finely diced
- juice 1 lime
- 2 green onions, chopped
- 1 red chilli, chopped (optional)

#### The cheese

- 100g grated cheddar or to taste

#### The crunch

- shredded cabbage
- juice 1 lime.

#### The green sauce

- 1 ripe avocado, stoned and peeled
- 1/4 cup sour cream
- 1 green chilli, chopped (optional)
- juice 1 lime
- small handful chopped mint leaves
- small handful chopped coriander leaves

#### The white sauce

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3 green onions, chopped
- 1 green chilli, finely sliced (optional)
- 1 tsp ground cumin
- 1 tsp cider vinegar
- 1 tsp sugar.

### Directions:

- In a bowl, mix all the ingredients for the red sauce together with some seasoning, then do the same for the white sauce. To make the green sauce, mash the avocado, then mix with the rest of the ingredients and season. Dress the cabbage with a squeeze of lime and keep aside.
- Season the steak, and pan-fry or barbecue until cooked to your liking. Rest for 5 mins, then slice into strips and toss in the BBQ and chilli sauces.
- Warm the wraps on a barbecue or in a dry frying pan for a few secs each side. Lay out everything and let everyone make their own taco.



# 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

## Hamburger and Macaroni



For # people

4 servings



Cooking time

25 minutes

### Ingredients:

- 2 cups uncooked macaroni (use rice pasta or gluten-free pasta for gluten-free version)
- 1 Tbsp extra virgin olive oil
- 1 pound ground beef
- 1 yellow onion, chopped (or mixed chopped green onion greens and yellow onion)
- 1/2 teaspoon seasoned salt.
- Pinch chili pepper flakes(optional)
- 1/2 teaspoon oregano
- 1 large can (28 oz) of diced tomatoes
- 2 Tbsp Worcestershire sauce
- 1/4 cup chopped fresh parsley
- Salt and freshly ground black pepper to taste.

### Directions:

- Start cooking the pasta: Get a large pot of salted hot water and begin cooking the macaroni as per the directions on the macaroni package.
- Brown the beef and onions: While the water is heating and macaroni cooking, prepare the sauce. In a skillet, brown the ground beef in a tablespoon of olive oil on high heat. Stir only infrequently so that the ground beef has an opportunity to brown. When the beef has mostly browned, add the onions to the pan and toss to combine. Cook until the onions are soft, about 4-6 minutes.
- Add seasonings, tomatoes: Add the oregano, a dash of crushed red pepper(if using it) and seasoned salt. Pour in canned tomatoes, add the Worcestershire sauce and stir to combine. Simmer for 5 minutes. Add cooked pasta: Reserve a half cup of the pasta cooking water. Mix in the drained and cooked macaroni and the parsley. Cook for another 5 minutes. Add in some of the pasta water if the dish is too dry or add cream.
- Add freshly ground black pepper and salt to taste and garnish with grated cheese.