



Cooking with OFS

Recipe

Summer Rolls With Peanut Dipping Sauce



For # people

6 servings



Cooking time

1 hours and 30 minutes

Ingredients:

FOR SUMMER ROLLS:

- 3 oz. rice vermicelli noodles
- 12 large shrimp. peeled and deveined
- 1 large carrot, julienned
- 2 Persian cucumbers, julienned
- 2 cups. Napa cabbage, thinly sliced
- 1 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1/4 cup rice vinegar
- 12 large rice paper sheets
- 2 tbsp. black sesame seeds
- 12 fresh mint leaves
- 12 fresh basil leaves.

FOR PEANUT SAUCE:

- 1/2 cup smooth peanut butter
- 1 tbsp. low-sodium soy sauce
- 2 tbsp. rice vinegar
- 1 clove garlic, grated
- 1 tbsp. freshly grated ginger
- 4 tbsp. boiling water
- 1/4 cup crushed, toasted peanuts, for serving
- 1 tbsp. brown sugar.

Directions:

- Place noodles in medium heatproof bowl, cover with boiling water; let stand about 5 minutes or until just tender, drain. Using kitchen scissors, cut noodles into random lengths.
- Meanwhile, poach shrimp in salted boiling water until they just become pink and opaque. Rinse under cold water, then slice in half lengthwise.
- In a medium bowl, mix noodles, carrot, cucumber, cabbage, fish sauce, sugar, and vinegar; toss gently to combine.
- To assemble rolls, place a sheet of rice paper in medium bowl of warm water until just softened; lift sheet carefully from water, placing it on a tea-towel-covered board with a corner point facing towards you. Place some of the vegetable filling horizontally in center of sheet, top with one mint leaf, one basil leaf, 3 shrimp halves, and sesame seeds. Fold corner point facing you up over filling; roll sheet to enclose filling, folding in sides after first complete turn of roll. Repeat with remaining sheets.

FOR PEANUT SAUCE:

- Whisk peanut butter, soy sauce, vinegar, garlic, ginger, and boiling water until smooth. Top with peanuts and sesame seeds and serve alongside rolls.



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

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

Spiced Chicken Tacos



For # people

4 servings



Cooking time

30 minutes

Ingredients:

FOR THE TACOS

- 3 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breasts, cut into 1" strips
- Salt to taste
- Freshly ground black pepper
- 2 tsp. chili powder
- 2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 1/4 tsp. cayenne
- 8 corn tortillas, warmed

TOPPINGS

- Thinly sliced red onion
- Diced tomatoes
- Shredded Monterey Jack
- Diced avocados
- Fresh cilantro
- Lime wedges

Directions:

- In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes.
- Add water to the spice mixture before adding to the chicken.
- Juliened red pepper & fresh crushed garlic!
- Add spices and stir until coated, 1 minute more.
- Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.



Cooking with OFS

Recipe

Stir-fried beef and vegetable chow mein



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 350g fresh chow mein noodles or Singapore egg noodles
- 1 tablespoon peanut oil
- 1 large onion, thinly sliced
- 500g beef ground
- 2 garlic cloves, crushed
- 1 long red chilli, deseeded, thinly sliced.
- 1 tablespoon mild curry powder
- 1 large carrot, peeled, finely chopped
- 1 green pepper, finely chopped
- 1/2 cup salt reduced chicken soup
- 1/2 cup oyster sauce
- 2 cups shredded Chinese cabbage thinly sliced
- green onions, to serve.

Directions:

- Place noodles in a heatproof bowl. Cover with boiling water. Stand for 1 to 2 minutes or until tender. Using a fork, separate noodles. Drain. Refresh under cold water.
- Heat a wok over medium-high heat. Add oil. Swirl to coat. Add onion and ground beef. Cook, stirring with a wooden spoon to break up beef, for 6 to 8 minutes or until browned. Add garlic, chilli and curry powder. Stir-fry for 1 minute or until fragrant.
- Add carrot and pepper. Stir-fry for 4 minutes or until vegetables have softened. Add chicken soup, oyster sauce, noodles and cabbage. Stir-fry for 2 minutes or until heated through. Serve topped with green onion sliced.



Cooking with OFS

Recipe

Poached chicken noodle salad with toasted sesame dressing



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 1 Tbsp fresh ginger, coarsely chopped
- 2 1/2 tablespoons light soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon honey
- 1 garlic clove, crushed
- 1/4-1/2 teaspoons dried chilli flakes, to taste
- 1 1/2 tablespoons sesame seeds, toasted
- 1 tablespoon sesame oil
- 200g vermicelli bean thread noodles
- 2 Lebanese cucumbers, cut into matchsticks
- 1 large carrot, cut into matchsticks

Directions:

- Coarsely chop 2 of the shallots. Thinly slice the remaining shallots diagonally and reserve.
- Separate the coriander stems and leaves. Place the shallot, coriander stems, chicken and ginger in a saucepan and cover with cold water. Season well. Bring to the boil over high heat.
- Remove from heat. Stand, covered, for 10-12 minutes or until the chicken is cooked through. Use tongs to transfer chicken to a bowl. Set aside to cool. Shred chicken. Meanwhile, combine the soy sauce, vinegar, honey, garlic, chilli, 1 tablespoon of the sesame seeds and 3 teaspoons of the sesame oil in a jug. Whisk until the honey dissolves.
- Place the noodles in a heatproof bowl. Cover with boiling water. Stand for 3-4 minutes or until tender.
- Refresh under cold running water. Drain well. Place the noodles and remaining sesame oil in a large bowl. Toss to coat. Add the cucumber, carrot, chicken, coriander leaves, reserved shallot and three-quarters of the dressing to the noodles. Toss to combine.
- Divide among bowls. Drizzle with the remaining dressing and sprinkle with remaining sesame seeds.



Cooking with OFS

Recipe

Snow peas and red pepper salad



For # people

6 to 8 servings



Cooking time

30 minutes

Ingredients:

- ¾ lb. snow peas
- 1 lb. mushrooms, sliced
- 1 small sweet red pepper, cut into strips
- 1 Tbsp. sesame seeds 2 boneless chicken breast cut in strips.

Walnut orange dressing:

- 1 small clove of garlic, pressed
- ½ cup orange juice
- 2 tsp. Crosby's Fancy Molasses
- 3 Tbsp. cider vinegar or white wine vinegar
- 2 Tbsp. walnut oil (or olive oil)
- Pinch of salt and a few grinds of black pepper.

Directions:

- Top and string peas.
- Blanch peas in boiling water for 1 ½ to two minutes.
- Drain and rinse immediately under cold water. Dry thoroughly.
- In ungreased skillet over medium heat toast the sesame seeds until lightly browned, shaking the pan often
- Combine dressing ingredients in a jar with a tight fitting lid and shake until well combined (or whisk together in a bowl)
- Toss vegetables and chicken strips with dressing and sprinkle with the sesame seeds.
- Cook the chicken strip in a wok with a tsp oil until done and mix with vegetables.
- Serve immediately.