

Recipe

Zucchini slice fritters with avocado chilli salsa



For # people

4 to 6 servings



Cooking time

45 minutes

Ingredients:

- 2/3 cup plain flour
- 1/2 cup self-raising flour
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 2 eggs, lightly beaten
- 2/3 cup milk
- 1 1/2 cup red kidney beans, cooked
- 1/2 cup corn kernels,
- 1 small zucchini, grated
- 1/2 cup grated reduced fat cheddar
- Vegetable oil, for shallow-frying

- 1 tablespoon finely chopped fresh coriander leaves, plus extra sprigs to serve
- 1/4 cup light sour cream
- Salad leaves, to serve

AVOCADO CHILLI SALSA

- 1 large avocado, roughly chopped
- 1 long red chilli, finely chopped (optional)
- 1 tablespoon lime juice
- 2 tablespoons finely chopped fresh coriander leaves

Directions:

- Sift flours into a bowl. Stir in cumin and paprika.
- Whisk egg and milk together in a jug. Gradually whisk into flour mixture to form a thick batter.
- Mash 1/2 of the kidney beans in a bowl. Add to batter with corn, zucchini, cheddar, chopped coriander and remaining beans.
- Season with salt and pepper. Set aside for 10 minutes.
- Pour enough oil into a large frying pan to come 5mm up side of pan. Heat over medium-high heat.
- Add 1/4 cup batter to pan. Repeat 3 more times to make 4 fritters. Cook for 3 minutes each side or until browned and cooked through. Drain on paper towel. Cover to keep warm. Repeat with remaining batter to make 12 fritters.
- Meanwhile, make avocado chilli salsa. Place avocado, chilli, lime juice and coriander in a bowl. Toss gently to combine. Season with salt and pepper. Serve fritters with salsa, sour cream, salad leaves and coriander sprigs.



Cooking with OFS

Recipe

Snow peas and red pepper salad



For # people

6 to 8 servings



Cooking time

30 minutes

Ingredients:

- $\frac{3}{4}$ 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
- $\frac{1}{2}$ 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 $1\frac{1}{2}$ 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.



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

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.
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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

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

Roast vegetable and white bean enchiladas



For # people

4 servings



Cooking time

1 hours and 20
minutes

Ingredients:

- 2 tbs olive oil
- 2 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp paprika
- Pinch chilli flakes
- 1 1/2 cups tomato pasta sauce
- 1 tsp sugar
- 2 cups cannellini beans cooked
- 6 tortillas
- 1/2 cup coarsely grated cheese (such as cheddar or mozzarella)
- 1/4 cup cream or sour cream
- Fresh coriander, to serve
- 6 cups chopped in cubes mix vegetables(carrots, red onion, zucchini, or vegetables you like).

Directions:

- Preheat oven to 350F. Place mixed vegetables in a roasting pan. Drizzle with 1 tbs of the oil and sprinkle with 1 tsp of the ground coriander. Season. Toss to combine. Roast, stirring occasionally, for 40 minutes or until golden and tender. Set aside to cool.
- Meanwhile, heat remaining oil in frying pan over medium heat. Add cumin, paprika, chilli flakes and remaining coriander. Cook, stirring, for 1 minute or until aromatic. Add pasta sauce and sugar. Bring to boil. Reduce heat to low. Simmer for 3-4 minutes or until sauce thickens slightly.
- Place the vegetables in a large bowl. Rinse and drain cannellini beans and add to bowl with 1/2 cup sauce mixture. Stir to combine. Set aside.
- Increase oven to 400F. Pour the remaining sauce mixture into the base of a 22 x 35cm baking dish. Divide the vegetable mixture among tortillas and roll to enclose filling. Place, seam side down, into prepared baking dish. Combine the cheese and cream in a small bowl. Spread over the top of the enchiladas. Bake for 20 minutes or until golden. Sprinkle over fresh coriander.



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.