



Cooking with OFS

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
- 1 tablespoon finely chopped fresh coriander leaves, plus extra sprigs to serve
- Vegetable oil, for shallow-frying
- 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.Xxxxx



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 tablespoon sesame oil
- 200g vermicelli bean thread noodles
- 2 Lebanese cucumbers, cut into matchsticks
- 1 large carrot, cut into matchsticks
- 1 1/2 tablespoons sesame seeds, toasted

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

Japanese chicken burgers



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 1 large chicken breast fillet
- 1 tablespoon soy sauce
- 1 garlic clove, crushed
- 1/4 cup plain flour
- 1 egg
- 1 cup breadcrumbs
- 2 tablespoons sesame seeds
- 1 tablespoon rice wine vinegar
- 1 teaspoon sugar
- 1 carrot, peeled into ribbons
- 2 radishes, thinly sliced
- 1 cup frozen peas
- 1 1/2 tablespoons Mayonnaise
- 1 teaspoon wasabi paste
- 2 tablespoons coconut oil
- Asian salad greens, to serve
- 4 white bread rolls, split
- Mayonnaise, extra, to serve

Directions:

- Cut chicken in half horizontally, then diagonally. Combine soy and garlic in a shallow bowl. Dip chicken in soy mixture. Turn to coat.
- Place flour on a plate. Whisk egg in a shallow bowl. Combine breadcrumbs and sesame seeds on a separate plate. Dip chicken in flour, egg, then breadcrumbs mixture. Transfer to plate lined with baking paper. Place in the fridge for 5 minutes to firm.
- Meanwhile, whisk vinegar and sugar in a glass bowl. Season, then add carrot and radish. Toss to combine. Set aside to develop the flavours.
- Place peas in a heatproof bowl. Cover with boiling water. Stand for 3 minutes or until tender. Drain. Process peas, mayo and wasabi in a food processor until smooth. Season. Heat coconut oil in a non-stick frying pan over medium heat. Cook chicken, turning, for 6 minutes or until golden and cooked through.
- Divide salad greens among roll bases. Top with pickled vegies, chicken and pea mixture. Drizzle with extra mayo and top with roll tops.



Cooking with OFS

Recipe

Bulgur, Chickpea and Tomato Salad



For # people

6 servings



Cooking time

35 minutes

Ingredients:

- 1 cup bulgur
- 3 plum tomatoes, chopped
- 3 green onion, chopped
- 1 can (540ml can) rinsed drained canned chickpeas
- 2/3 cup finely chopped fresh Italian parsley.

- 4 hard cooked eggs
- 1/4 cup grated parmesan, asiago or romano cheese.

Dressing

- 3 Tbsp each lemon juice
- 3 Tbsp olive oil
- Salt and Pepper to taste.

Directions:

- In saucepan, bring 1 1/2 cups water to boil, stir in bulgur, cover and remove from heat, let stand for 20 minutes.
- Meanwhile in bowl whisk together lemon juice, oil, salt and pepper.
- In a large bowl combine bulgur, tomatoes, onions, chickpeas and parsley, drizzle with dressing and toss.
- Coarsely chop eggs, gently stir into salad.
- Garnish with parmesan cheese and serve



Cooking with OFS

Recipe

Sticky chicken drumsticks & sesame rice salad



For # people

4 servings



Cooking time

45 minutes

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.