



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.
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- Made it with tuna instead of chicken. Used green onion as garish.
- Can add crushed pecans to chicken salad.



Cooking with OFS

Recipe

Hoisin-Glazed Salmon with Broccoli and Sesame Rice



For # people

4 servings



Cooking time

35 minutes

Ingredients:

- 1 ½ cup white rice, such as jasmine or Basmati
- 1 lb. small broccoli florets, from 2 large heads
- 2 tbsp. canola oil
- Salt to taste.
- 4 6-oz. skinless salmon fillets
- 1 tbsp. hoisin sauce
- 1/4 cup sesame seeds, plus more for garnish
- 2 tbsp. rice vinegar

Directions:

- Preheat oven to 400° with a rack set in the center. Cook rice according to package directions.
- Meanwhile, toss broccoli with oil and salt on a rimmed baking sheet. Place salmon between broccoli and brush with hoisin. Roast until just opaque throughout, 12 to 15 minutes.
- Stir sesame seeds and vinegar into rice and season to taste with salt, if needed. Divide between serving bowls and top with broccoli and salmon. Sprinkle with sesame seeds and serve.



Cooking with OFS

Recipe

Chicken meatballs with noodle salad



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 400g ground chicken
- 2 garlic cloves, crushed
- 1cm piece fresh ginger, finely grated
- 1 green onion, finely chopped
- 1/3 cup dried breadcrumbs
- 2 teaspoons hoisin sauce
- 1 teaspoon soy sauce
- 2 teaspoons vegetable oil .

NOODLE SALAD

- 375g packet rice stick noodles
- 1 small cucumber
- 1 small carrot, peeled
- 1 red pepper, thinly sliced
- 1 tablespoon sweet chilli sauce.

Directions:

- Combine ground chicken, garlic, ginger, onion, breadcrumbs, hoisin sauce and soy sauce in a bowl. Season with pepper. Roll level tablespoons mixture into balls. Place on a plate. Cover with plastic wrap. Refrigerate.
- Make salad Place noodles in a heatproof bowl. Cover with boiling water. Stand for 10 minutes or until tender. Separate noodles with a fork. Drain. Refresh under cold running water. Transfer to a bowl. Using a vegetable peeler, cut cucumber and carrot into ribbons. Add cucumber, carrot, pepper and sweet chilli sauce to noodle mixture. Toss gently to combine.
- Heat oil in a large, non-stick frying pan over medium heat. Cook meatballs, turning, for 10 minutes or until cooked through. Serve with noodle salad.



Cooking with OFS

Recipe

Butternut squash curry



For # people

4 servings



Cooking time

50 minutes

Ingredients:

- 1 ½ cups brown basmati rice
- 1 tbsp olive oil
- 4 cups butternut squash, diced
- 1 red onion, diced
- 2 tbsp mild curry paste.
- 2 cups vegetable stock
- 4 large tomatoes, roughly chopped.
- 1 can(796ml) chickpeas, rinsed and drained
- 3 tbsp fat-free Greek yogurt
- small handful coriander, chopped.

Directions:

- Cook the rice in boiling salted water, as per pack instructions. Meanwhile, heat the oil in a large frying pan and cook the butternut squash for 2-3 minutes until lightly browned. Add the onion and the curry paste and fry for 3-4 minutes more.
- Pour over the stock, then cover and simmer for 15-20 minutes, or until the squash is tender. Add the tomatoes and chickpeas, then gently cook for 3-4 mins, until the tomatoes slightly soften.
- Take off the heat and stir through the yogurt and coriander. Serve with the rice and some chapattis if you like.



Cooking with OFS

Recipe

Cheesy tuna pesto pasta



For # people

4 servings



Cooking time

40 minutes

Ingredients:

- 400g penne pasta
- 2 cans tuna, in olive oil.
- 190g jar basil pesto
- 1 cup cheddar cheese, grated
- 3 cups cherry tomato, halved.

Directions:

- Boil the pasta. Meanwhile, put the tuna and its oil into a large bowl with the pesto. Mash together with a wooden spoon. Stir in a third of the cheese and all of the tomatoes. Heat the oven to broil.
- When the pasta is cooked, drain and toss through the pesto mix. Put it into a shallow baking dish and scatter with the remaining cheese. Place the dish under the broil for 3-4 mins until just melted, then serve with a green salad and garlic bread.



Cooking with OFS

Recipe

Asparagus & meatball orzo



For # people

4 servings



Cooking time

30 minutes

Ingredients:

- pack of 12 frozen meatballs
- 500g pack orzo pasta
- 1 cup grated parmesan cheese
- ½ cup chopped fresh basil.
- large bunch of asparagus, sliced in half lengthways
- 1 cup whipping cream 1 cup cherry tomatoes.

Directions:

- Heat oven to 375F. Put the meatballs on a tray lined with foil, and cook for 20 mins until cooked through.
- Meanwhile, bring a pan of salted water to the boil, add the orzo and cook for 4 mins, then add the asparagus and simmer for 4 mins more. Drain, then put it back into the pan along with the meatballs, cherry tomatoes and whipping cream and half of the parmesan cheese, mix and season well.
- Serve it hot and garnish with remaining cheese and chopped fresh basil.



Cooking with OFS

Recipe

Balsamic Grilled Steak Salad with Peaches



For # people

4 servings



Cooking time

45 minutes

Ingredients:

- 1 lb. steak, trimmed of fat and sliced very thin
- 1/4 cup balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- Salt to taste
- Freshly ground black pepper.
- 1/4 cup extra-virgin olive oil
- Juice of 1 large lemon
- 6 cups baby arugula
- 2 peaches, thinly sliced
- 1/3 cup crumbled blue cheese or feta cheese.

Directions:

- Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
- Heat a grill or oven to high.
- Grill or broil until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then then mix it with salad.
- Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
- Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.