



# Cooking with OFS

<b>Recipe</b>	<b>Zucchini slice fritters with avocado chilli salsa</b>
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 For # people	4 servings	 Cooking time	45 minutes
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## 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
  - 2 cups red kidney beans, cooked
  - 1 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
- ### AVOCADO CHILLI SALSA
- 1 large avocado, roughly chopped
  - 1 long red chilli, finely chopped
  - 1 tablespoon lime
  - 2 tablespoons finely chopped fresh coriander leaves.

## Directions:

- Sift flours into a bowl. Stir in cumin and paprika.
- Whisk egg and milk together. 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

# 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 (optiona)
- 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

# 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

## Vegetables one-pot meal



For # people

4 servings



Cooking time

1 hours

### Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 1 fennel bulb, quartered, then sliced
- 2 garlic cloves, crushed
- ½ red chilli, finely chopped
- 2 tsp fennel seed
- 2 tbsp plain flour.
- 2 cups chicken stock
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- 1 cup green bean, halved
- 1 ½ cups broad bean
- 1 ½ cups green pea
- 1 cup half and half crème
- zest 1 lemon and juice of ½ lemon
- ½ cup parsley, chopped
- ½ cup basil, chopped
- ½ red chilli, finely chopped, to serve(optional)
- crusty bread, to serve.

### Directions:

- Heat the oil in a large pan, add the onion and fennel into the pan and cook for 10-15 mins until nice and soft, then add the garlic, half the chilli and the fennel seeds. Cook for a few minutes more, moving everything around the pan now and then, to prevent the garlic from burning.
- Stir the flour into the vegetables, and cook for 1 minute, let it bubble for 1 min, give everything a good stir, then add the stock.
- Cover, then gently simmer for 30 mins. Add the green beans, broad beans and peas, then cook, uncovered, for 2 mins more. Stir in the crème , lemon zest and juice, and herbs.  
Add a little more salt and pepper if it needs it, sprinkle with the chilli, then serve with plenty of bread for soaking up the juices.



# Cooking with OFS

## Recipe

## Summer pork, fennel & beans



For # people

4 servings



Cooking time

1 hour

### Ingredients:

- 2 tbsp extra virgin olive oil
- 4 large on-the-bone pork chops.
- 2 shallots, 1 sliced, 1 finely chopped
- 2 large fennel bulbs, each cut into 8 wedges
- 1/2 cup water or vegetable stock.
- 1 lemon, 1/2 cut into wedges, 1/2 juiced
- 1 cup cherry tomatoes
- 2 cans(540ml) cannellini beans, rinsed and drained
- 1 tsp fennel seeds, lightly crushed
- 1/2 cup basil leaves chopped.

### Directions:

- Heat oven to 400 F.
- Heat 1 tbsp oil in a large ovenproof frying pan or wide flameproof casserole dish. Season the chops generously and fry over a medium-high heat for 3 mins each side until lightly golden. Remove to a plate. Add the sliced shallot and fennel to the pan and cook for 2 mins, stirring now and then. Add in the water or stock and simmer for a few secs to reduce a little. Add the lemon wedges, drizzle with the remaining oil and put in the oven to roast for 10 mins. Toss the veg gently, add the pork chops on top and roast for another 20 mins.
- Add the tomatoes to the pan and cook for 5 mins more or until the chops are cooked through, the fennel is tender and turning golden, and the tomatoes are soft.
- Meanwhile, mix the chopped shallot, the lemon juice, beans and fennel seeds. Remove the meat to a plate to rest for a few minutes, while you fold the dressed beans and basil leaves into the pan. Add the resting juices, season to taste, then serve with the pork.



# Cooking with OFS

## Recipe

## Romano bean stew



For # people

4 servings



Cooking time

1 hours and 15 minutes

### Ingredients:

- 3 cups romano beans
- 1 large potato, peeled and halved
- 2 bay leaves
- 1 sprig rosemary, plus extra fried leaves to serve
- 80g piece flat pancetta or bacon, plus extra crispy fried bacon to serve
- 2 garlic cloves, crushed
- 1 celery stick, thinly sliced
- 1 cup parmesan cheese to serve
- 2 cups crushed tomatoes
- 2 cups (500ml) chicken or vegetable stock
- 200g small pasta (ditalini or small shells)
- Pesto sauce to serve (optional)

### Directions:

- Romano beans are typically grown to be eaten fresh, if you have them in your garden they will be ready to eat now in August or use the dried Romano beans or from the can in water.
- Place the beans, 2.5L water, the potato, bay leaves, rosemary, pancetta and garlic in a large saucepan. Bring to a simmer over medium heat and cook for 45 minutes or until the beans are tender and cooked through. Remove half the beans and freeze for another meal. Discard rosemary sprig and bay leaves.
- Transfer the potato, one-third of the remaining beans and  $\frac{1}{2}$  cup (125ml) cooking liquid to a food processor and blend until smooth. Return puree to the pan with celery, Parmesan rind, tomatoes and stock. Remove the pancetta and finely chop, then return to the soup.  
Place over medium heat, bring to a simmer and cook for 20 minutes. Add pasta and cook for 6-8 minutes until al dente.  
Serve topped with crispy pancetta, fried rosemary, Parmesan and pesto.



# Cooking with OFS

**Recipe**

## Roasted summer veg & lentils pasta



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 3 courgettes, halved and sliced
- 1 large eggplant, cut into rounds then sliced
- 2 cups plum tomato, chopped
- 8 garlic cloves, skin on
- 2 tbsp olive oil, plus a drizzle
- 400g penne pasta
- 2 cups cooked green lentils
- $\frac{1}{2}$  cup parmesan cheese, grated, plus extra to serve
- $\frac{1}{2}$  cup basil leaves for garnish.

### Directions:

- Heat oven to 400F.
- Put the vegetables and garlic in a large roasting pan, toss with the oil and season. Spread out in a single layer and roast for 35 mins until tender, stirring after 20 mins.
- Meanwhile, cook the pasta following pack instructions. Reserve some of the cooking liquid, then drain. Toss in the drained pasta, cooked lentils, Parmesan cheese, roasted veg and a couple tbsps of the reserved cooking liquid. Tear in most of the basil leaves and stir. Serve sprinkled with remaining basil leaves and extra Parmesan.