

# recipe collection



**Westinghouse**

## *Now you can*

At Westinghouse, we want to make every day easy.

For over 60 years Westinghouse has helped Australian families get the family fed and their kitchens cleaner quicker, so they can get on with the good stuff. We aren't about the latest fad or impractical features, we want to provide purposeful products the whole family can use – year in, year out.

Now you can cook new and old family favourites.

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## AirFry

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# Chicken & corn fried dumplings with ginger dipping sauce

Makes approx. 60

**Prep time: 50 mins**

**Cook time: 10 mins**

## INGREDIENTS

### Dumplings

- 500g chicken mince
- 1 clove garlic, minced
- 2 inch ginger, grated
- 1 tsp chicken stock powder
- 1 tsp turmeric
- 1 kaffir lime leaves, finely chopped
- 1 celery stalk, finely chopped
- 3 spring onions finely chopped
- 1 cup frozen/canned corn
- ½ cup sweet chilli sauce

- ¼ cup water
- 2 tsp sugar
- 2 tsp salt
- 1 tbsp sesame oil
- 1 tbsp corn flour
- 2 packs of round gyoza wrappers
- Rice bran oil spray

### Dipping sauce

- 2 tbsp sweet chilli sauce
- 1 tbsp lime juice
- 1 tsp fish sauce
- 1 tsp sugar
- 1 tbsp water

## METHOD

### Dumplings

1. Using your finger, wet a 1cm ring around the edge of the wrapper.
2. Place a teaspoon of filling in the centre and fold in half, pressing firmly to seal. Make sure to force as much air out as possible.
3. Preheat oven to AirFry 220°C.
4. Spray the dumplings with rice bran oil on both sides and place evenly on basket. Cook for 10 mins.
5. Serve with lettuce, thai basil, mint and lime.

### Dipping sauce

1. Combine all ingredients well.
2. Serve with crispy dumplings.

### Westinghouse tip

- Freeze extra dumplings in an airtight container for 3 months.





# Spinach & mozzarella arancini with roast tomato sauce

Makes 22

**Prep time: 30 mins (2-3 hours cook and cool time for risotto filling)**

**Cook time: 10 mins**

**Difficulty: Easy**

## INGREDIENTS

### Spinach risotto filling

- 1 onion finely diced
- 1 tbsp oil
- 5 threads saffron, soaked in stock
- 1 litre chicken stock, hot
- 1 garlic clove, crushed
- ½ cup arborio rice (350g)
- 1 cup white wine
- 1 cup parmesan, grated
- 50g butter
- 150g baby spinach, finely chopped
- 1 tbsp pesto

### Mozzarella Balls

- 50g mozzarella, cut into 1cm cubes
- 2 eggs
- 1 egg for coating
- ⅓ cup milk
- 1 cup flour for coating
- 1 cup bread crumbs for coating
- 1 cup panko crumbs for coating
- Rice bran oil spray

### Tomato sauce

- 1 tin crushed tomatoes
- 1 punnet cherry tomatoes
- ½ cup red onion finely sliced
- ¼ cup red wine vin
- ½ cup water
- 2tbsp olive oil
- 1 tbsp brown sugar
- 10 basil leaves
- Salt and Pepper
- 100g bean sprouts
- ¼ shallot top thinly sliced

## METHOD

### Spinach risotto filling

1. Sauté the onion till just golden and sticky in oil. Add crushed garlic, stir for 1 min.
2. Add rice, stir for 3 mins. Add wine and cook off
3. Add ladles of stock, stirring the whole time, letting each ladle full cook in before adding the next.
4. Before the last 2 ladles add the spinach and pesto to cook in.
5. Finish the last 2 ladles, adding boiling water if not cooked (cooked should be soft outside, bite inside).
6. Add butter and parmesan, store and cover.
7. Allow to cool 2-3hrs before assembling arancini.

### Mozzarella Balls

1. Combine the 1 egg and milk and whisk.
2. Make ¼ cup balls and insert a mozzarella cube.
3. Dredge in flour, dip in egg and roll in crumb, spray all sides in olive oil.
4. Preheat oven to air fry 250°C.
5. AirFry till golden - 10 mins.

### Tomato sauce

Sauté onion in oil till softened, add remaining ingredients and simmer for 20 mins. Puree once cooled slightly.

Serve with tomato sauce, fresh basil leaves and parmesan.





# Chicken schnitzel with rocket salad

Serves 4

**Prep time:** 25 mins

**Cook time:** 20 mins

**Difficulty:** Easy

## INGREDIENTS

### Schnitzel

- 2 chicken breast
- $\frac{2}{3}$  cup flour
- 1 egg
- $\frac{1}{4}$  cup milk
- 1 cup panko crumbs
- 1 cup stuffing mix
- Rice Bran Oil spray

## METHOD

### Schnitzel

1. Cut through the thick end of each breast to make 4 thinner fillets.
2. Flatten further with a mallet until even and 1cm thick.
3. Whisk together the egg and milk in a bowl.
4. In a separate bowl combine the Panko crumb and the stuffing mix.
5. In a third bowl place the flour.
6. Dredge the chicken in the flour, then egg mix and finally the crumb mix.
7. Place on a lined tray and freeze until needed.
8. Lightly spray chicken with rice bran oil.
9. AirFry on 220°C for 20 mins.
10. Serve with salad and lemon.

### Rocket salad

- 1 bunch rocket
- 1 pear, finely sliced
- 2 tbsp red wine vinegar
- 1 tbsp extra virgin olive oil
- 1 tbsp honey

### Rocket salad

1. Dissolve the honey in the vinegar and add the oil.
2. Toss with the rocket and pear to serve.





# Mum's steak Diane

Serves 4

Prep time: 15 mins

Cook time: 30 mins

Difficulty: Easy

## INGREDIENTS

- 4 x 200g eye fillet
- 2 sweet potatoes, cut into chips, sprayed with rice bran oil and season
- 1 head of broccoli, cut into florets
- 1 clove garlic, crushed
- 1 tbsp olive oil
- 4 tbsp Worcestershire sauce
- 200ml thickened cream
- Rice Bran Oil spray

## METHOD

1. Preheat oven to 230°C on AirFry.
2. Arrange the sweet potato chips evenly and set a timer for 15 mins.
3. In the meantime, oil and season the steaks and sear in a heavy pan on the stovetop. Put aside.
4. After 15 mins, reduce oven to 220°C and arrange the sweet potato so that there is room for the steaks.
5. Place the steaks on and set the time for 8 mins.
6. Meanwhile, in the steak frying pan, sauté the garlic in oil for 1 min. Add the Worcestershire sauce and simmer for 3 mins before adding the cream. Simmer till combined and keep warm.
7. Remove the Steaks after four mins and allow them to rest for 4 mins.
8. While the steaks are resting, boil the kettle and blanch the broccoli florets for 2 mins, drain, oil and season.

### Westinghouse tip

- Often children do not like the complexity, spiciness, and colours of food that adults do. Make the adult extra topping and sprinkle onto the top of the soup just prior to serving.





# Sweet soy pork belly with greens and baked rice

Serves 4

**Prep time:** 15 mins

**Cook time:** 30 mins

**Difficulty:** Medium

## INGREDIENTS

### Twice cooked pork

- 1.5kg pork belly
- 2 cups water
- 2 tsp garlic powder
- 1 tbsp salt
- 1 tsp black pepper

### Baked rice

- 1 cup rice
- 3 cup chicken stock
- 1 thumb ginger, grated

- 2 tbsp fried shallots
- 2 tbsp olive oil

### Sticky sauce

- 2 tbsp brown sugar
- 1inch ginger, grated
- 4 spring onions, chopped
- 2 star anise
- 1 cinnamon stick, broken
- 4 tbsp shoaxing wine
- 1 tbsp light soy
- 2 tbsp recap manis
- ½ cup chicken stock (should be in ml)

### Greens

- 2 bunch Asian greens

## METHOD

### Pork

1. Set oven to 150°C steam bake.
2. Place pork belly skin side up with water into an oven proof dish and bake for 1.5 hrs, refilling liquid in the dish if needed.
3. Allow to cool, remove skin, then cut into 2cm pieces.
4. Preheat AirFry to 250°C with the fry basket on the 3rd level and the foil lined drip tray on the bottom level.
5. Toss in salt pepper garlic seasoning.
6. Please evenly on rack and airfare for 15 mins till crispy and golden. Toss in sticky sauce.

### Baked rice

1. Preheat oven to 200°C fan assist.
2. In an oven proof pan, sauté the rice in oil till glistening.
3. Add the ginger and fried shallots and fry until fragrant, then add stock.
4. Bake for 20-30 mins. Keep warm while cooking pork.
5. Top with green onions.

### Greens

1. Trim greens as you wish to serve them.
2. Place in a large bowl and cover with boiling water until tender, strain and serve with the rice, pork and sticky sauce.

### Sticky sauce

1. Simmer till reduced and sticky.





# Indian spiced potatoes and mint yoghurt

Serves 4

**Prep time:** 25 mins

**Cook time:** 20 mins

**Difficulty:** Easy

## INGREDIENTS

### Potatoes

- 1 kg chat potatoes
- 1 tbsp salt
- 1 head of garlic, cut in half
- ½ cup coconut oil
- 2 tsp mustard seeds (mixed)
- 1 tbsp curry powder
- ¼ cup curry leaves
- 1 tsp salt

## METHOD

### Potatoes

1. Place potatoes, 1tbsp salt and the garlic in cold water.
2. Bring to the boil and simmer for 15 mins.
3. Drain and once cool, split each potato slightly by crushing them with the palm of your hand, the back of a spoon or fork.
4. Preheat oven to 220°C AirFry (tray on level 3)
5. Over low heat (or in a microwave) melt the coconut oil with mustard seeds, curry powder and salt.
6. In a large bowl toss the potatoes with the coconut oil and the curry leaves.
7. Arrange evenly on the AirFry basket and cook for 20 mins
8. Serve with minted yoghurt and coriander.

### minted yoghurt

- ½ cup mint leaves
- 1 tbsp white wine vinegar
- 1 tsp salt
- 1 tsp sugar
- 1 tbsp + ½ cup yoghurt

### minted Yogurt

1. In a small food processor, blend the mint leaves, vinegar, sugar, salt and 1tbsp of yoghurt until finely minced.
2. Combine with remaining yoghurt by hand in a small bowl.

### Alternative recipes:

- **Lemon parmesan potatoes:** Toss potatoes in ½ cup rice bran oil, juice of 1 lemon, 2 tbsp dried oregano and a ½ cup parmesan before AirFrying. Serve with aioli.
- **Salt & Vinegar potatoes:** Toss potatoes in ½ cup rice bran oil, ¼ cup malt vinegar, 2 tablespoons salt. Allow vinegar to soak in before AirFrying. Serve with extra salt.
- **Mexican chilli potatoes:** Toss potatoes in ½c rice bran oil, 1 pack of nacho seasoning, 1 tablespoons chilli flakes, 2 tbsp salt. Serve with sour cream and guacamole.





# Crumbed buttermilk chicken wings and slaw

Serves 3-4

**Prep time: 30 mins**  
(plus overnight marinate time)

**Cook time: 25 mins**

**Difficulty: Medium**

## INGREDIENTS

### Wings

- 600ml buttermilk
- 12 chicken wings
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tbsp smoked paprika
- 1 tsp chicken stock powder
- 200 g panko crumbs

### Blue cheese dipping sauce

- 50g Blue cheese
- ¼ cup yoghurt
- ⅓ cup mayonnaise

### Slaw

- ¼ White cabbage, finely shredded
- ¼ Red cabbage, finely shredded
- 3 Carrot, julienned
- 2 tbsp olive oil
- 1 ts sugar
- 2 tbsp lime juice
- 1 ts salt
- 2tbsp Chives, finely sliced

## METHOD

### Wings

1. Trim the drumette from the wings.
2. Marinate the wings in the buttermilk overnight in the fridge.
3. Preheat oven to 220°C AirFry, with the tray on level 3.
4. Remove wings from buttermilk and allow to drip slightly on a cooling rack.
5. Combine panko crumb with remaining ingredients and toss with wings to coat.
6. Cook for 20 mins until crisp and golden.
7. Serve with blue cheese dipping sauce and slaw.

### Blue Cheese dipping sauce

1. In a small bowl, mash the blue cheese with a fork, then combine with sour cream and mayonnaise.

### Slaw

1. In a large bowl combine oil, sugar, salt and lime juice.
2. Add the cabbage and carrot and toss well to coat.
3. Sprinkle with chives.





# Apple hand pies

Serves 4

**Prep time: 20 mins**

**Cook time: 15 mins**

**Difficulty: Medium**

## INGREDIENTS

### Tart

- 5 sheets puff pastry
- 800g tinned apple pie fruit
- 1 cup sultanas
- 1 egg, beaten
- 1 tbsp icing sugar
- 1 tbsp cinnamon
- Rice Bran Oil spray

## METHOD

### Tart

1. Preheat oven to 220°C AirFry.
2. Combine apples and sultans in a bowl.
3. Cut pastry into 4x 12cm circles. Keep in fridge, only moving one at a time to fold and place back in the fridge.
4. Brush the outer edge with egg.
5. Place ¼ cup of pie filling in the centre then crimp and fold the edges to seal.
6. Score the top and brush with egg.
7. Before placing on the tray spray the underside of each pastry with rice bran oil.
8. Place up to 8 evenly on tray. Cook in catches or freeze remaining.
9. Cook for 10-15 mins till edges are golden and base is crisp.

### Crème patisserie

1. In a sauce pan bring the milk to a soft simmer, not boiling.
2. Whisk together vanilla paste, sugar, egg, egg yolks, salt, cornstarch until thick and creamy.
3. Once the milk is hot, keep whipping and slowly add half of the milk into the eggs to temper them.

### Crème patisserie

- 1 cup milk
- 4 tbsp sugar
- Pinch salt
- 2 tsp cornstarch (cornflour)
- 1 tbsp vanilla bean paste
- 2 large egg yolks
- 1 large egg (please see notes)
- 3 tbsp unsalted butter softened

4. Then add the eggs back to the milk sauce pan to continue cooking over med heat, whisking constantly until thickened (1-2 mins).
5. Lower heat and allow the custard to boil softly for a further 1-2 mins.
6. Remove from the heat and whisk in the butter.
7. Pour the custard into a bowl and cover immediately with plastic wrap pressed into the surface of the custard to prevent a skin from ming.

### Westinghouse tip

- Allow to cool completely before storing in the fridge for up to 3 days.





# Steam roast lamb shoulder, 2 ways

Serves 6, twice

**Prep time:** 40 mins

**Cook time:** 2 hours

**Difficulty:** Medium

## INGREDIENTS

### Lamb

- 2 lamb shoulder, bone in
- 8 French shallots, halved
- 1 bunch rosemary
- 300ml red wine
- 400 g crushed tomato
- 500ml beef stock
- 300 g swiss brown mushrooms
- 500 g green beans, tops trimmed
- Salt and pepper

### Garlic mash

- 1.5kg of potatoes, peeled, cut into 4cm chunks
- 1 head of garlic, cut in half
- 100g salted butter
- $\frac{2}{3}$  cup milk, warmed

### Gravy

- 50g butter
- 3 tbsp flour
- 1 cup pan juices

### Gremolata

- $\frac{2}{3}$  cup curly parsley, finely chopped
- 1 garlic clove, finely sliced
- 1 orange, zested

## METHOD

### Lamb

1. Preheat oven to 130°C steam bake.
2. In a large roasting dish, heat 1 tbsp olive oil over medium high heat.
3. Brown the skin side of the lamb till deep golden.
4. Set aside.
5. Add the French shallots flesh side down, along with the rosemary and fry for 3 mins.
6. Deglaze the pan with the red wine, then turn off heat.
7. Add the stock and tomatoes and nestle the lamb shoulders back in skin side down.
8. Season well with salt and pepper.
9. Place into the steam oven and steam roast for 2 hrs.
10. After 2 hrs, remove the pan and turn the lamb to skin side up. Change setting to 150°C steam roast and cook for a further 1hr .
11. For the last half an hour, add the mushrooms around the meat to cook in the pan.
12. The meat should be tender enough to pull from the bone with a fork.

### Garlic mash

1. Boil potatoes and garlic in heavily salted water for 20 mins and then drain.

2. Mash with the garlic (skin now removed and the milk and butter.

### Gravy

1. In a small saucepan, melt the butter over medium heat and add the flour.
2. Fry softly to make a paste, then add the pan juices, whisking till smooth.

### Gremolata

Combine the ingredients and sprinkle over dish before serving.

### For a quick winter Shepard's pie;

1. Simmer 4 peeled carrots, sliced 1 cm thick in 500ml of beef stock for 10 mins.
2. Combine with thawed lamb meat, 2 cups frozen peas and  $\frac{1}{4}$  cup flour.
3. Put pie filling into an oven proof baking dish and top with the thawed mashed potato.
4. Bake on 180°C for 40 mins until potatoes has begun to crisp and meat is bubbling.
5. Top with  $\frac{1}{2}$  cup grated parmesan and bake for a further 15 mins.
6. Serve with a side salad.

### Westinghouse tip

- You can make wontons in advance and freeze. Simply place wontons in a single layer in a freezer bag or container and freeze.





# Sticky date pudding with caramel sauce

Serves 12

**Prep time:** 30 mins

**Cook time:** 50 mins

**Difficulty:** Easy

## INGREDIENTS

### pudding

- 200g pitted dates, chopped
- 200ml boiling water
- 1 tsp bicarb soda
- 75g unsalted butter, softened
- 2 tbsp golden syrup
- 2 tbsp brown sugar

- 2 Eggs, at room temperature.
- 150g plain flour
- 2 tsp baking powder

### Caramel sauce

- 150g unsalted butter
- 200g brown sugar
- 1 tbsp golden syrup
- 200ml thickened cream

## METHOD

### pudding

1. Preheat oven to 170°C steam bake.
2. In a small boil cover the dates with the boiling water and bicarb soda. Stir and leave for 10 mins.
3. With an electric mixer, cream the butter and syrup until well mixed, add the sugar and beat out lumps.
4. Beat in one egg at a time and continue until smooth.
5. Gently add the flour and baking powder.
6. Squish the dates with a fork and add them and their liquid to the batter.
7. Pour into a greased baking tin (23x23cm)
8. Bake for 30 mins.
9. As soon as you remove from oven, pierce the cake repetitively with a skewer.
10. Pour half the warm sauce over the pudding, allowing it to soak into the holes for 20 mins.
11. Serve with more sauce and vanilla ice-cream.

### Caramel Sauce

1. In a small saucepan, place the butter, brown sugar and syrup and place over med heat.
2. Once the butter has melted, stir and melt the sugar and syrup.
3. Stir in the cream and simmer to combine.
4. Take off heat and keep warm for serving.





# Kids in the kitchen

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# Dumpling and noodle soup

Serves 4

**Prep: 25 mins**

**Cooking: 10 mins**

**Difficulty: Medium**

## INGREDIENTS

### Dumplings

- 500g of lean pork mince
- 4 shallots
- 2 garlic cloves
- 2 sprig of coriander
- 1 tsp sesame oil
- 1 tsp salt
- 1 tsp pepper
- 1 pinch powdered ginger
- 24 wonton wrappers

### Soup

- 1 x 200g packet dried egg noodles
- 2L chicken stock
- 1 tbsp soy sauce
- 1 cm piece of ginger
- 1 shallot (reserve the top)
- 2 bunches baby bok choy

### Adult extras

- 2 shiitake mushrooms (soaked for 10 min and sliced)
- 2 sprigs coriander
- 1 birds eye chili
- 100g bean sprouts
- ¼ shallot top thinly sliced

## METHOD

### Dumplings

1. Remove coriander from stalk. Finely chop coriander, garlic and shallots.
2. Place mince, sesame oil, garlic, coriander, shallots, salt, pepper and ginger in a bowl. Mix until well combined.
3. Fill a small bowl with water. Line a tray with baking paper and spray with vegetable oil.
4. Roll meat mixture into 24 even balls.
5. Moisten the edge of the wonton wrapper with water. Place a ball of the filling mixture into the center of the wonton wrapper, bring 1 corner up to meet the opposite corner, press down gently around the edges and place onto the baking paper. Repeat with the remaining mixture.

### Soup

1. Finely chop the shallot and remove the skin from the ginger.
2. Place the stock, ginger and shallot into a large stock pot, bring to a simmer for 2 mins. Remove ginger.
3. Cut baby bok choy bunches in half lengthwise and rinse well. Cut the stem into 3 pieces and the leaves into 2.
4. Add the stems and the wontons into the stock and cook for 4 mins. Add the noodles and bok choy leaves into the pot and cook for a further 4 mins.

5. Adult toppings; wash the mint and coriander, remove from stems, roughly chop into large pieces. Finely slice chili on the diagonal.
6. Serve ladles of soup, dumplings and noodles in a bowl. Top with the adult topping as desired.

### Westinghouse tip

- You can make wontons in advance and freeze. Simply place wontons in a single layer in a freezer bag or container and freeze.
- Often children do not like the complexity, spiciness, and colours of food that adults do. Make the adult extra topping and sprinkle onto the top of the soup just prior to serving.

### KIDS CAN:

- Pick the coriander sprigs off the stalks
- Stir the dumpling mixture
- Help to form the dumplings
- Older kids (10+) may also help finely chop the dumpling ingredients





# Fish tacos

Serves 4

Taco night is a fun way for everyone make their own dinner. This recipe is calculated for 3 tacos per person.

**Prep: 15 mins**

**Cooking: 25 mins**

**Difficulty: Easy**

## INGREDIENTS

- 12 small soft tacos
- 700g white fish
- 2 small avocados
- 1 tbsp lemon juice
- 100g mixed baby tomatoes
- 1 baby cos lettuce
- ¼ purple cabbage
- 8 tbsp grated cheese
- 1 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tbsp olive oil
- 4 pickles
- 2 cobs corn
- 4 tbsp aioli

## METHOD

1. Remove the coriander leaves from the stalks. Chop the coriander and set aside.
2. Slice the tomatoes in half.
3. Rinse and dry the cos lettuce. You can serve the cos whole or thinly sliced.
4. Place aioli into a serving bowl.
5. Thinly slice the pickles.
6. Remove the seeds from the avocados, slice into thin wedges.
7. Boil the corn for 5 mins until tender and set aside.
8. Dice the fish into 1.5cm chunks. Sprinkle the fish with salt, pepper, cayenne and smoked paprika. Drizzle with remaining lemon juice.
9. Place oil into a medium non-stick fry pan. Heat to a medium heat and fry the fish until golden and cooked through.
10. Heat a grill pan to high. Spray with oil and cook soft tacos for 30 seconds each side until coloured, serve on a plate. Place corn onto grill plate and allow to get some colour.
11. Place all bowls of ingredients into the middle of the table and assemble your own tacos.

## KIDS CAN:

- Pick the coriander sprigs from the stalks
- Wash and dry the lettuce
- Scoop out the avocado wedges
- Make the fish seasoning and toss the pieces of fish into the crumb
- Assemble all the ingredients on share plates
- Older children (10+) may also slice the tomato





# Ricotta gnocchi served with fresh peas, ricotta and crispy prosciutto

Serves 4

**Prep: 45 mins**

**Cooking: 45 mins**

**Difficulty: Medium**

## INGREDIENTS

### Gnocchi

- 300g waxy potatoes
- 150g ricotta cheese (medium stiffness)
- 125g plain flour
- 1 egg
- ¼ tsp nutmeg
- ½ tsp salt
- ¼ tsp pepper

- ½ cup finely grated parmesan
- Extra plain flour for dusting

### Sauce

- 100g butter
- 1 tbsp lemon juice
- 1 tbsp lemon zest
- 4 thin slices prosciutto
- 100g fresh ricotta
- 100g of peas
- 60g grated parmesan
- Salt and pepper

## METHOD

1. Place a medium saucepan of water to boil. Add 1 tsp salt.
2. Peel and quarter potatoes.
3. Place into boiling water and boil for 15-20 mins until cooked (avoid over testing the potatoes as this can make them water logged).
4. Drain potatoes and allow to cool for 5-10 mins. Mash with a potato masher or push through a sieve/ricer into a large mixing bowl.
5. Push the ricotta through a sieve/ricer into the same bowl with the potatoes. Whisk the egg in a small bowl and add to the potato mixture.
6. Add the nutmeg, salt, pepper and parmesan. Mix to combine.
7. Spray a biscuit tray with oil. Divide dough into 4. Place 1 piece of the dough onto a lightly floured surface. Using your fingertips roll into a 1.5 cm thick sausage.
8. Cut each strip into 2cm pieces. Place each piece onto a greased tray. Repeat with remaining mixture.
9. Place a medium saucepan of water to boil and add 1 tsp salt. Cook the gnocchi in batches until they begin to float (do not over crowd the pan). Remove with a slotted spoon and place onto the oiled tray. Repeat until you have no gnocchi left.

10. Sauce: finely slice the prosciutto. Place a medium pan onto a high heat and fry the prosciutto for a few mins until golden. Remove from the pan and set aside.
11. In the same pan add the butter, lemon juice and peas. Simmer for 1 minute. Turn the temperature to high. Add the gnocchi and prosciutto back to the pan and allow the gnocchi to get some colour.
12. Plate four portions of the gnocchi. Sprinkle with parmesan, dollop on the ricotta and sprinkle with lemon zest.

## KIDS CAN:

- Peel the potatoes
- Mash the potato and put through the sieve/ricer
- Push the ricotta mixture through the sieve/ricer
- Roll the gnocchi
- Using a butter knife, cut the gnocchi into shapes





# Goopy chocolate pancakes

Serves 4

**Prep: 10 mins**

**Cooking: 10 mins**

**Difficulty: Easy**

## INGREDIENTS

- 4 tbsp chocolate spread
- 250mls buttermilk
- 60g castor sugar
- 2 tsp baking powder
- 1 tsp bicarbonate soda
- 2 large eggs
- 250g plain flour

- 60g melted butter
- 1 large banana
- 2 tbsp butter

## TO SERVE

- Maple syrup
- 1 cup fresh blueberries

## METHOD

1. In a large bowl sift together the flour, sugar, baking powder and bicarbonate of soda. Whisk the eggs with the buttermilk and melted butter. Combine the dry and wet ingredients into a lumpy batter, being careful not to over mix.
2. Heat some butter in a pan over medium heat. Spoon some batter into the pan and sprinkle the top with some of the blueberries. Wait until bubbles that arise start to pop (about 30 seconds) and then carefully flip to cook on the other side.
3. Slice banana on an angle.
4. Stack on a plate and sandwich together with chocolate spread and banana and serve with lashings of maple syrup and fresh berries.





# Churros

Serves 4

**Prep: 10 mins**

**Cooking: 15 mins**

**Difficulty: Medium**

## INGREDIENTS

For this mixture you will need a strong piping bag to get the star shaped churros

### Churros

- 250ml water
- 100g salted butter
- 1 cup plain flour
- 2 eggs

### TO TOSS IN:

- 1 cup of caster sugar
- 1 tbsp of cinnamon

### FOR FRYING:

- 2L of vegetable oil

### Dulche De Leche

- 395g tin sweetened condensed milk
- 40g butter
- 1 tbsp golden syrup
- ¼ cup brown sugar

### Chocolate sauce

- 400g milk or dark chocolate melts
- ½ cup thickened cream

## METHOD

1. Place water and butter into a small saucepan, bring water to the boil.
2. Whilst the water and butter comes to the boil. Whisk the eggs and set up a bench top or stand mixer with the paddle or double hook attachment.
3. As the water has boiled, remove from the heat and add the flour. Stir until the mixture is a ball and comes off the sides. Set aside for a few mins to cool.
4. Whilst mixture is cooling make the chocolate and Dulche de Leche sauce.
5. Dulche de Leche: Place all ingredients into a small saucepan, stir until sugar dissolves and simmer on a low temperature for 6-8 mins.
6. Chocolate sauce: Place a small saucepan with 400ml of water to boil. Place chocolate and cream into a small bowl on top of the saucepan with water, stir regularly until chocolate melts.
7. Once churros mixture has cooled, place into a bowl and turn onto a slow speed. Add egg mixture slowly until well combined.
8. Place oil into a medium saucepan (it should be 6-8cm deep). Heat to approximately 160°C (you can use a temperature probe, or test the oil with a small piece of the churros mixture). It should rise to the top and bubble.
9. Whilst the oil is heating, place sugar and cinnamon into a bowl. Line a plate with paper towel.
10. Fit a piping bag with a star tube. Place half of the churros mixture into a piping bag.
11. Pipe 10cm lengths of the churros mixture into the oil (cut the churros from the piping bag with scissors). Fry for 1-2 mins (or until golden) and turn the churros.
12. Remove the churros from oil with tongs and place onto paper towel. From the paper towel, place into sugar and toss to coat churros.
13. Repeat step 9 until you have no mixture left.
14. Pour sauces into separate bowls, serve churros on a plate and allow people to dip their own churros into sauce.

## KIDS CAN:

- Toss the churros in sugar (just be careful they are not too hot)
- Older kids (10+) can help with the sauces





# Strawberry tiramisu

Serves 4

**Prep: 10 mins**

**Cooking: 20 mins**

**Difficulty: Easy**

## INGREDIENTS

- 500g strawberries
- 600ml thickened/heavy cream
- 300g mascarpone cheese
- 1 tsp vanilla bean paste
- 2 tbsp Cointreau (optional)
- 100ml orange juice
- 4 tbsp caster sugar
- 2 tbsp icing sugar plus more for serving
- 2 pieces of sponge cake (10x15cm) or 16 savoiardi biscuits

## METHOD

1. Finely chop  $\frac{3}{4}$  of the strawberries. Place chopped strawberries, orange juice and caster sugar into a small sauce pan. Simmer on a medium heat until strawberry dissolves.
2. Using a hand blender puree the mixture. Place mixture onto a brownie pan and allow to cool.
3. In a medium bowl, beat the cream until soft peaks form. Add the icing sugar, vanilla bean paste and mascarpone. Beat until well combined.
4. Get the serving tray or glasses ready
5. Cut the sponge or savoiardi to fit the serving tray or glasses. Place the sponge fingers into the strawberry mixture and allow to sit for 30 seconds each side.
6. Layer the biscuits at the bottom of each glass or tray, top with a dollop of the strawberry mixture (if making the adult version drizzle some Cointreau onto the biscuits), top with cream. Repeat to produce another layer, and until you have no more biscuits left.
7. Refrigerate for at least 2 hours.
8. Thinly slice the remaining strawberries and layer on top of tiramisu. Before serving, dust with icing sugar.

## KIDS CAN:

- Measure the ingredients
- Beat the cream and mascarpone together
- Coat the sponge with the strawberry mixture
- Arrange the strawberries
- Pipe the cream on top
- Older kids (10+) may also slice the strawberries





# Sticky chicken drumsticks with asian slaw

Serves 4

**Prep:** 15 mins + 30 mins marinating

**Cooking:** 20 mins

**Difficulty:** Easy

## INGREDIENTS

### Drumsticks

- 8 chicken drumsticks
- ¼ cup soy sauce
- ¼ cup sweet chilli sauce
- 2 cloves of garlic
- ¼ tsp mustard powder
- 1 tbsp honey
- 1 pinch salt and pepper

### Asian Slaw

- ½ wombok (Chinese cabbage)
- 1 carrot
- 2 tbsp sesame seeds
- ½ purple onion
- 4 sprigs of coriander
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 3 tsp soy sauce
- 1 clove of garlic
- 1 shallot
- 1 pinch salt and pepper

## METHOD

### Chicken drumsticks

1. Preheat oven to 180°C.
2. Finely chop garlic and place into a large bowl. Add soy sauce, sweet chilli sauce, honey, mustard powder, salt and pepper into the bowl with the garlic. Stir to combine.
3. Add chicken drumsticks to bowl and rub mixture into each drumstick.
4. Cover and refrigerate for 30 mins.
5. Line a baking tray with baking paper, place chicken drumsticks onto tray, bake for 30 mins.
6. Turn chicken drumsticks and bake for a further 15-20 mins or until cooked.

### Asian slaw

1. Wash wombok and carrot.
2. Grate carrot, finely shred wombok and thinly slice the onion. Remove coriander sprigs from stem. Toss together in a large bowl.
3. Finely chop shallot and garlic clove. In a small jug, mix shallot, sesame oil, olive oil, soy sauce and sprinkle with salt and pepper.
4. Drizzle over salad 5 mins before serving.
5. Sprinkle with sesame seeds to serve.

## KIDS CAN:

- Measure the ingredients
- Make and stir the marinade
- Rub the marinade into the chicken drumsticks
- Grate the carrot
- Remove coriander sprigs from the stalks
- Make the dressing
- Older children (10+) can also help chop the shallots and garlic





# Goopy chocolate and banana french toast

Serves 4

**Prep:** 10 mins

**Cooking:** 15 mins

**Difficulty:** Easy

## INGREDIENTS

- 4 tbsp chocolate spread
- ½ cup of cream
- 2 tbsp caster sugar
- 1 tsp vanilla bean paste
- 3 large eggs
- 1 pinch cinnamon
- 8 slices of café style white bread or brioche toast

- 1 large banana
- 2 tbsp butter

## To serve

- Maple syrup
- 1 cup fresh blueberries

## METHOD

1. Place sugar, cream, cinnamon, vanilla bean paste and eggs into a bowl. Whisk until well combined.
2. Cut banana into 3rds and each piece into 3 lengthways (you should have 9 pieces in total)
3. Place a chopping board onto the bench. Dip 1 side of the bread into the egg mixture, place the dipped side down onto a chopping board. Spread the side facing up (undipped side) with chocolate spread (all the way to the edge), place 2 slices of banana on the bread.
4. Dip another piece of bread one sided into the egg mixture, place the undipped side on top of the bananas, press down around the edges.
5. Repeat with the remaining 6 slices of bread. You should have 8 sandwiches.
6. Heat a large non-stick fry pan to a medium temperature, add 1 tbsp of butter into the pan.
7. Once the pan is hot use an egg flip to place 1 sandwich in the pan and cook for 2-3 mins until golden. Use a spatula to flip it over and cook for 2-3 mins on the other side.
8. Add a little more butter to the pan if needed and repeat step 6 for the remaining 3 sandwiches.
9. Cut in half on a plate and serve with a drizzle of maple syrup and fresh berries.

## KIDS CAN:

- Measure the ingredients and whisk the egg mixture together
- Slice the banana
- Dip and assemble the sandwiches
- Older kids (10+) may also help to fry the French toast





# Pancetta and vegetable fritters

Serves 4

**Prep: 10 mins**

**Cooking: 15 mins**

**Difficulty: Easy**

## INGREDIENTS

- 5 eggs
- 4 tbsp grated parmesan cheese.
- 2 medium zucchini
- 100g pancetta
- 1 small tin sweet corn
- 1 tbsp milk
- ¼ cup plain flour
- ¼ cup self raising flour
- 2 shallots

## Avocado salsa

- 1 avocado
- ¼ purple onion
- 80g of feta cheese
- 12 cherry tomatoes
- 1 tbsp olive oil
- ½ tbsp lemon juice
- 2 sprigs parsley

## METHOD

### Fritters

1. Grate the zucchini into a sieve over a large bowl and allow water to drain off. Pat dry with paper towel. Drain tinned corn.
2. Crack the eggs into a large bowl. Add the milk and whisk until combined.
3. Finely dice the pancetta and thinly slice the shallots.
4. Add the plain and self raising flours and grated cheese.
5. Sprinkle with salt and pepper.
6. Add the zucchini, shallots, corn and pancetta. Mix to combine.
7. Your mixture should be thick. If necessary add another tablespoon of self raising flour.
8. Place 2 tbsp of oil into a large nonstick fry pan. Allow the pan to reach a medium temperature.
9. Dollop 2 tbsp of the mixture per fritter into the pan. You should make 12 fritters in total.
10. Cook for 4 mins either side. You should notice the mixture begins to bubble around the edges. Fritters should be golden both sides.

### Smashed avocado salsa

1. Cut from the tip to the base of the avocado. Twist to separate and remove the seed.
2. Scoop out the flesh of the avocado into a medium bowl, top with lemon juice and mash with a fork.
3. Cut cherry tomatoes into quarters, dice the feta cheese and finely chop the onion and parsley. Add these to the bowl.
4. Sprinkle with salt and pepper drizzle with olive oil and toss to combine.
5. To serve, place 3 fritters on a plate with a dollop of salsa.

## KIDS CAN:

- Measure the ingredients
- Grate the zucchini
- Mix all the fritter ingredients together
- Scoop out the avocado and toss the salsa





# Beef 'n' bean nachos with all the toppings

Serves 4

**Prep: 10 mins**

**Cooking: 25 mins**

**Difficulty: Easy**

## INGREDIENTS

- 300g veal mince
- 300g beef mince
- 2 small avocados
- 8 tbsp grated cheese
- 1 tsp paprika
- 1 tsp cumin
- 2 cloves of garlic
- 2 shallots
- 1 tbsp olive oil
- 2 tsp lime juice
- 400g tin kidney beans
- 400g tin cherry tomatoes or crushed tomatoes
- 1 fresh jalapeno
- 1 tbsp tomato paste
- 4 tbsp sour cream
- 8 tortillas or 1 bag corn chips
- 1 tsp garlic powder
- 1 tsp smoky paprika

## METHOD

1. Remove the seeds from the avocados. Place the flesh into a bowl with lime juice, salt and pepper. Mash with a fork.
2. Finely chop the shallots and the garlic
3. Place half the olive oil in a medium fry pan, heat to a medium heat. Add the shallots and garlic, cook for 2-3 mins until they soften. Add the beef mince, sprinkle with salt and pepper. Use the back of a wooden spoon to break the mince continuously. Cook until golden brown.
4. Sprinkle mince with cumin and paprika and stir through the meat in fry pan. Add the tomato paste, 100ml of water and bring meat to a simmer.
5. Add the tinned tomatoes and kidney beans, stir to combine then simmer for 10-12 mins.
6. While the beans are simmering, turn the oven to 180°C fan forced. Line 3 baking trays with paper. Spray the tortillas with oil and sprinkle with garlic powder and paprika. Using kitchen scissors cut each tortilla into 10 pieces and arrange on baking trays.
7. Bake for 6-8 mins until golden.
8. Finely slice the jalapeno.
9. Divide the tortilla chips or corn chips amongst 4 plates, top with ¼ the meat mixture and ¼ of the cheese. Microwave for 45-60 seconds (or until the cheese melts).
10. Top with a dollop of sour cream, guacamole, a spoon of beans and a pinch of sliced jalapenos (if desired).

## KIDS CAN:

- Measure the ingredients
- Mash the avocado
- Combine the salsa ingredients
- Prepare the tortillas
- Assemble the plates
- Older kids (10+) may also slice the shallots and garlic





# Homemade sausage rolls and tomato sauce

Serves 4

**Prep: 10 mins**

**Cooking: 20 mins**

**Difficulty: Medium**

## INGREDIENTS

### Pastry

- 1 ¼ cups plain flour
- 125g butter
- ½ tsp salt
- 4 tbsp iced water
- Extra 1 tbsp milk for brushing

### Sausage rolls

- 400g beef mince filling
- 1 egg
- 2 sprigs parsley
- 1 piece bacon
- ½ cup bread crumbs
- 2 shallots
- 1 tsp mustard powder
- 1 small carrot
- 1 zucchini
- Salt and pepper
- 1 tbsp tomato sauce

### Tomato sauce

- 500g good quality vine ripened tomatoes (must be super ripe - or good quality tinned tomatoes)
- ¼ cup red wine vinegar
- 3 tbsp brown sugar
- Pinch of salt and pepper
- ¼ tsp Worcestershire sauce
- 1 small brown onion
- 1 tbsp olive oil

## METHOD

### Sausage rolls

1. Pre-heat oven to 200°C. Line a biscuit tray with baking paper.
2. Place butter and flour into a bowl. Rub the mixture between your index finger and thumb until mixture resembles breadcrumbs. Add a pinch of salt and pepper.
3. Add the salt and half the iced water. Mix to combine. Add a little bit of water at a time until the pastry forms a ball.
4. Knead the dough on the bench a few times until it looks smooth. Roll to 1cm flat, wrap in plastic and place into the fridge.
5. Grate the carrot using the finest side of the grater. Grate the zucchini onto a strainer, push out all of the excess liquid. Dry on paper towel.
6. Place zucchini and carrot into a bowl.
7. Whisk the egg.
8. Finely dice shallots, parsley and bacon.
9. Add all ingredients into a large bowl and mix to combine.
10. Remove pastry from the fridge. Lightly flour a rolling pin and roll pastry to 0.5cm thick with a rolling pin, trim edges to be a rectangle. Cut rectangle into 6x6cm squares.
11. Divide the filling evenly onto each piece of pastry. Place filling on one edge and roll.
12. Place onto baking tray, brush with milk and bake for 20 mins or until golden.

### Tomato sauce

1. Remove stem from the tomato and mark an X in the bottom of the tomato with a sharp knife. Fill a large bowl with boiling water. Place the tomatoes in the bowl. Place a round cake tin with a little water on top to keep tomatoes in the bowl. Allow to sit for 5 mins.
2. Drain the tomatoes and rub skin off.
3. Finely chop onion.
4. Place olive oil into a small non stick saucepan and place onto a low heat. Slowly sweat and caramelize the onions, this may take up to 20 mins.
5. Whilst onions are cooking finely dice the tomatoes.
6. Once the onions are cooked, place all remaining ingredients into the skillet and bring to the simmer. Allow to simmer for 20-25 mins, the mixture should be nice and thick.
7. Using a stick blender, blend until smooth. Strain mixture using a sieve and set aside to cool.

## KIDS CAN:

- Rub the flour and the butter together
- Roll out the dough
- Grate the vegetables and help push the liquid out of the zucchini
- Remove the parsley leaves from the stalks





# Sweet and sour pork

Serves 4

**Prep: 10 mins + 30 mins marinating**

**Cooking: 15 mins**

**Difficulty: Easy**

## INGREDIENTS

- 3 tsp cornflour
- 1 tbsp shao hsing cooking wine or sherry
- 2 tbsp soy sauce
- 2 tsp white sugar
- 1 tbsp grated ginger
- 600g pork fillet, trimmed & sliced
- 2 tbsp cornflour, extra
- 4 tbsp vegetable or peanut oil
- 1 large red capsicum, cut into 2 ½ cm cubes

- 6 green onions, cut into 4cm lengths
- 1 ½ cups (200g) chopped fresh pineapple
- Steamed long grain rice & Thai basil leaves, to serve

## Sweet and Sour Sauce

- 2 tsp cornflour
- 100ml water
- 2 tbsp white sugar
- ⅓ cup pineapple juice
- 1 chicken stock cube, crumbled
- 2 tbsp tomato sauce
- 1 tbsp soy sauce

## METHOD

1. Combine the cornflour and cooking wine in a large bowl, stir until smooth. Stir in the soy, sugar and ginger. Add pork and stir to coat. Cover and refrigerate for 30 mins if time permits.
2. Meanwhile, for the sauce, stir the cornflour with 1 tbsp of the water in a small saucepan until smooth. Stir in the remaining water. Add the sugar, pineapple juice, stock cube, tomato sauce and soy. Bring to the boil, stirring constantly over medium-high heat. Reduce heat to medium, simmer for 30 seconds. Remove from heat. Set aside.
3. Heat wok over high heat until hot. Drain any marinade from the pork (there may not be any but important the pork is not sitting in any marinade). Sprinkle the extra cornflour over the pork. Toss to coat.
4. Add 2 tbsp oil to hot wok and swirl to coat the wok. Add one-third of the pork, making sure each piece comes in contact with the hot work. Turn and cook 30 seconds until golden. Remove to a plate. Repeat with remaining pork in two batches adding more oil as required.
5. Add the capsicum, green onions and pineapple to the hot wok. Stir fry 1 minute. Return the pork to the wok and pour over the sauce. Toss to coat. Scatter over basil if using. Serve with rice.

## KIDS CAN:

- Grate the fresh ginger.
- Mix all the marinade ingredients in step 1.
- Stir the pork into the marinade then cover and put into the fridge.
- Help measure out the sauce ingredients.
- Crumble the stock cube.





# Scrambled eggs with bacon on waffles

Serves 4

Prep: 5 mins

Cook: 10 mins

Difficulty: Easy

## INGREDIENTS

- 8 frozen waffles, thawed
- 6 large free-range eggs, at room temperature
- 100ml full cream milk
- 6 slices thin streaky rindless bacon, halved crossways
- 40g butter, chopped
- Micro herbs, to garnish (optional)

## METHOD

1. Toast the waffles. Whisk the eggs and milk together (don't add salt as it will cause the protein to toughen and eggs will weep), vigorously for 2 mins. Egg should fall in a thin stream from the whisk. Allow the mixture to set for a couple mins to let the foam settle.
2. Meanwhile, cook the bacon in a medium non-stick frying pan over medium heat 2 mins each side or until golden. Transfer to a plate and cover to keep warm. Wipe the pan clean.
3. Heat the frying pan over medium heat until hot. Once the pan is hot, add the butter and swirl quickly to coat pan. As the very last of the butter is melting, add the egg mixture. Allow to cook for 1 minute until just beginning to set. Using a spatula or a flat-edged wooden spoon,

push set eggs toward centre while tilting pan to distribute uncooked egg to pan edge. Cook for a further 1 minute or until the egg is almost set. Remove from the heat immediately.

4. Spoon eggs onto toasted waffles, top with bacon and micro herbs. Season to taste.

## KIDS CAN:

- Put the waffles into the toaster and toast the waffles.
- Whisk the eggs and milk together in a bowl with a balloon whisk.
- Pour the eggs into the frying pan with adult supervision.
- Put the bacon on top of the eggs.
- Sprinkle herbs over the eggs.





# Macaroni cheese

Serves 4-6

**Prep: 15 mins**

**Cook: 40 mins**

**Difficulty: Easy**

## INGREDIENTS

- 500g macaroni
- 75g butter, chopped
- 1 garlic clove, crushed
- 4 tbsp plain flour

- 2 tbsp Dijon mustard
- 4 cups full cream milk
- 2 ½ cups grated tasty cheddar cheese
- 100g pancetta slices, chopped
- 2 cups sour dough breadcrumbs (see tip)
- ¼ cup finely grated parmesan

## METHOD

1. Preheat oven to 200°C fan forced. Lightly grease 10 cup capacity ovenproof baking dish.
2. Cook pasta in a large saucepan of boiling, salted water following packet directions until just tender. Drain well. Return to the pan.
3. Melt butter in a medium saucepan over medium heat. Add garlic. Cook, stirring for 30 seconds. Add flour. Cook, stirring, for 1 minute. Add mustard, mix well. Remove from the heat, add the milk whisking until smooth. Return to the heat, bring to boil, stirring until thickened. Stir in 1 ½ cups cheese.
4. Pour sauce over the pasta, season well. Spoon mixture into the prepared dish. Scatter with remaining cheese. Top with pancetta and breadcrumbs. Bake, for about 25-30 mins, or until golden. Scatter over the parmesan. Serve.

### Westinghouse tip

- This is a good way to use up stale bread. You will need about ¼ sourdough loaf. Cut into slices and process into crumbs.

### KIDS CAN:

- Use a pastry brush to brush the baking dish with melted butter or oil to grease the dish.
- Stir the sauce and pasta together.
- Spoon the macaroni cheese into the baking dish.
- Scatter the cheese over the macaroni.
- Scatter the pancetta and breadcrumbs over the cheese.





A top-down photograph showing several hands of different skin tones working on a wooden cutting board. The board is covered with a dusting of white flour and contains several small, crescent-shaped dumplings. A large, round, flattened piece of dough is in the center. One hand is pinching the edges of a dumpling, another is pointing towards it, and a third is resting on the board. A fourth hand is visible in the bottom right corner, holding a metal tool. The background is a plain white surface.

## Basic brilliance in the kitchen

- 59 Little jelly la mingtons
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- 69 Pulled pork sung choi bao



# Little jelly la mingtons

Makes 24

**Prep: 45 mins**

**Cooking: 30 mins**

**Difficulty: Moderate**

## INGREDIENTS

- ½ cup self-raising flour
- ½ cup plain flour
- ½ cup cornflour
- 6 eggs, at room temperature
- 1 cup caster sugar
- 6 cups desiccated coconut

## METHOD

1. Preheat oven to 160°C fan forced. Grease and line 4cm deep, 20x30cm (base) slab pan with baking paper, allowing it to overhang slightly.
2. Sift all three flours together three times to aerate. Whisk eggs and sugar in a clean, dry bowl on high speed with an electric mixer for 5 mins or until thick and pale. Sift flour mixture over egg mixture one final time, and gently fold until just combined. Gently spread sponge into the pan.
3. Bake for 28-30 mins or until light golden and sponge springs back when gently touched in the centre. Set aside to cool in the pan. Cover with a clean tea towel and set aside overnight (see tip 2).
4. Remove sponge from the pan and trim the edges. Cut into 24 4x4cm squares. Spread the coconut on a tray or large plate.
5. Tip the jelly crystals into a deep large bowl. Pour over boiling water, stir to dissolve the crystals, then stir in cold water. Refrigerate 1 hour or until it starts to thicken.

## Jelly Icing

- 2 x 85g pkt raspberry jelly crystals (see tip 1)
- 2 cups boiling water
- 1 cup cold water

6. Place 4-5 pieces of cake into the jelly, turning until well coated. Remove the cake one piece at a time, allowing excess jelly to drip back into the bowl. Roll in the coconut and place on tray to set. Repeat with the remaining cake, jelly and coconut.

## Westinghouse tips

- You can use your favourite jelly flavour or a make 2-3 different batches jelly like we have (we used raspberry and lime).
- The best la mingtons are made with day old sponge, they absorb more icing and the sponge is easier to cut.
- If you don't have time to leave the sponge overnight, pop the tray into the freezer for 2 hours, the sponge will be much easier to cut into squares if partially frozen. Stand for pieces 15 mins to thaw completely before dipping.
- For traditional chocolate la mingtons: combine 6 cups icing sugar mixture, 1 cup cocoa powder and 1½ cups boiling water. Dip one-piece cake at a time into icing, roll in coconut and sit on a wire rack to set.





# Crackle and pop cones

Makes 12

**Prep: 20 mins**

**Cooking: 5 mins**

**Difficulty: Easy**

## INGREDIENTS

- 60g (¼ cup) coconut oil
- 2 x 225g milk choc melts
- 3 ½ cups rice bubbles
- 1 ½ cups toasted muesli
- ½ cup flaked coconut, toasted
- 200g snake lollies, chopped

- 12 waffle cones
- Jelly tots sweets
- Extra milk and white choc melts, hundreds and thousands, to decorate

## METHOD

1. Spoon the coconut oil into a medium saucepan over low heat if you have Westinghouse Induction. Stir until just melted. Add the choc melts and continue stirring until melted and smooth. Transfer to a large bowl. Alternately combine the coconut oil and milk melts in a large heatproof bowl. Place the bowl over a saucepan of simmering water, stir 10 mins until melted and smooth.
2. Add the rice bubbles, muesli, coconut and sweets and mix well. Working quickly, spoon (½ cup per waffle cone) the mixture into the waffle cones to fill. Top with jelly tots. Stand upright in tall glasses to all to set.
3. To decorate, brush the outside of the cones with melted milk, white or dark choc melts, sprinkle with hundreds and thousands or sprinkles and allow to set.

### Westinghouse tips

- For chocolate dipped rim cones, dip the top of empty cones into melted milk, white or dark chocolate then dip in hundreds and thousands. Stand upright until set before filling with crackle mixture
- To present for a fete or party, pop cones into cello bags and tie with ribbon





# Salami supreme pizza scrolls

Makes 12

**Prep: 20 mins**

**Cooking: 35 mins**

**Difficulty: Moderate**

## INGREDIENTS

- ½ cup (140g tub) pizza sauce
- 1 ½ cups (120g) grated tasty cheese
- 100g thinly sliced pepperoni or mild Hungarian salami (Primo brand)
- ½ cup (80g) drained roasted red peppers, roughly chopped
- ⅓ cup pitted olives, roughly chopped
- Finely grated parmesan & small basil leaves to serve, optional

## METHOD

1. Preheat oven 180°C fan forced. Grease and line a baking tray.
2. To make dough, sift flour into a large bowl. Stir in salt. Add butter and use your fingertips to rub butter into the flour to form fine crumbs. Make a well in the centre. Add milk. Using a flat-bladed knife, gently stir until dough almost comes together. Use floured hands to bring dough together in the bowl. Turn onto a lightly floured surface. Gently knead until the base is smooth. Roll out to a 25cm x 37cm rectangle.
3. Spread pizza sauce over the dough. Top with cheese, pepperoni, capsicum and olives. Starting from one long side, roll up dough firmly, enclosing filling, to form a log. Trim ends. Cut into 12 x 3cm thick slices. Arrange 1cm apart cut side up, on baking tray.
4. Bake for 35 mins, or until golden. Sprinkle with extra parmesan and basil if you like. Serve.

## Variations

- For spinach, feta and ricotta scrolls: Replace the pizza sauce with spreadable ricotta; the pepperoni with 2 cups shredded English spinach leaves; the capsicum and olives with 100g feta, crumbled.
- For strawberry, apple and cinnamon sugar scrolls: Replace the salt in the dough with ¼ cup caster sugar; the pizza sauce with strawberry jam; the pepperoni, capsicum

## Dough

- 3 cups self-raising flour
- 1 tsp sea salt flakes
- 150g cold butter, chopped
- 1 cup milk

olives and cheese with 2 ½ cups tinned apple, chopped. After baking, drizzle scrolls with cinnamon sugar icing.

- For chocolate cheesecake scrolls: Replace the salt in the dough with ¼ cup caster sugar; the pizza sauce with nutella; the pepperoni, capsicum olives and cheese with 250g cream cheese whisked with ½ cup caster sugar and ¼ cup sour cream. After baking, drizzle scrolls with chocolate icing.

## Westinghouse tips

- **Scrolls freeze well.** Individually wrap scrolls tightly in plastic wrap and place into a snap lock bag. Freeze up to 1 month.
- **Scrolls are delicious served warm at party or as an after school snack.** To warm place a baking tray into the oven, preheat oven and tray to 180C fan forced. Place scrolls onto the hot tray and warm for 8 mins.
- **For gourmet scrolls, top warm scrolls with a dollop basil pesto, grated parmesan and extra basil leaves.**





# Spiced lamb meatball bake

Serves 4-6

**Prep: 30 mins**

**Cooking: 30 mins**

**Difficulty: Easy**

## INGREDIENTS

- 700g tomato passata
- 1 tbsp harissa
- 2 cups grated mozzarella
- 2 tbsp oregano leaves
- Greek yoghurt & chargrilled garlic bread, to serve

## Meatballs

- 3 tbsp olive oil
- 1 large brown onion, grated
- 2 garlic cloves, crushed
- 2 tbsp pine nuts, chopped
- 750g lamb mince
- 3 tsp ground cumin
- 3 tsp ground coriander
- 2 tbsp tomato paste
- ¾ cup fresh breadcrumbs
- 1 egg, lightly beaten
- 2 tbsp currants
- 2 tbsp oregano leaves, finely chopped

## METHOD

1. Preheat oven to 220°C fan forced. Lightly grease an 8-cup capacity ovenproof dish.
2. For the meatballs, heat 1 tbsp oil in a large frying pan over a medium heat. Add the onion and garlic and cook, stirring for 3 mins or until soft. Increase heat to medium-high, add pine nuts and cook 3 mins until light golden. Transfer to a bowl, set aside to cool. Add mince, spices, tomato paste, breadcrumbs, egg, currants and oregano. Season, mix until well combined. Roll mixture into balls. Place onto a plate, cover and refrigerate 30 mins if time permits.
3. Wipe the frying pan clean. Heat the remaining oil in the large frying pan over medium heat. Cook meatballs in batches, shaking the pan for 2-3 mins or until browned. Transfer meatballs to baking dish.
4. Pour the passata into the same frying pan. Stir in the harissa, and bring to the boil over high heat, simmer 5 mins until reduced slightly. Pour over the meatballs. Top with mozzarella and scatter over oregano leaves. Bake 10-15 mins until cheese melted and edges sauce bubbling.
5. Serve with yoghurt and garlic bread.

## Westinghouse tips

- The meatballs can be made up to 2 days ahead. Place in a single layer in an airtight container lined with baking paper. Cover with wrap then the lid and keep in the fridge. Alternately meatballs can be frozen at this stage too. Allow to thaw before cooking.
- You can swap the lamb mince for beef, pork or a combination of pork and veal.
- When making meatballs and meatloaf, better to use regular mince (not lean) as lean mince tends to fall apart when cooking.





# Portuguese roast chicken with sweet potato fries

Serves 6-8

**Prep:** 20 mins

**Cooking:** 65 mins

**Difficulty:** Easy

## INGREDIENTS

- 2 x 1.5kg whole fresh chicken, cleaned
- 3 tbsp olive oil
- 2 tbsp Portuguese spice blend
- 2 tsp smoked paprika
- 2 large garlic cloves, crushed
- 1 lemon, rind finely grated then halved
- 1 tbsp thyme leaves
- 800g sweet potato, scrubbed
- Steamed green beans, to serve

## METHOD

1. Place 1 chicken breast side down on a clean board. Using kitchen scissors, cut along either side of the backbone. Discard the backbone. Turn the chicken over and press down on the breastbone to flatten the chicken. Repeat with remaining chicken. Arrange chickens, breast side up in a large greased roasting pan.
2. Combine 2 tbsp of the olive oil with the spice blend, paprika, garlic, lemon rind and thyme. Juice one lemon half, stir 1 ½ tbsp into the marinade. Spoon over the chickens. Use fingertips to rub the marinade all over the chicken. Cut remaining lemon half in half and place into roasting pan with chickens.
3. Preheat oven to 200°C fan forced. Roast 55 mins or until chicken is cooked through, cover and set aside 10 mins (see tip).
4. Meanwhile, cut the sweet potato skin left on in 1cm-thick fries. Arrange on a lightly greased baking tray, drizzle with remaining oil, season well with salt and pepper. After the chickens have been in the oven for 40 mins, add sweet potato fries above the chicken and roast 15 mins. Once chicken is out of the oven, increase oven temperature to 230°C. Cook the fries further 10 mins or until golden.
5. To make the chilli oil, combine all ingredients in a blender or small processor with salt and pepper. Blend or process until smooth. Serve the chicken and fries with the chilli oil and green beans.

## Green chilli oil

- ½ cup olive oil
- 2 green chillies
- ¼ cup coriander leaves

## Westinghouse tips

- To test if the chicken is cooked, insert a skewer into the thigh and press lightly. The juices should run clear.





# Pulled pork sung choi bao

Serves 6-8

**Prep:** 20 mins

**Cooking:** 4 hours

**Difficulty:** Easy

## INGREDIENTS

- ½ tsp Chinese five spice
- 2 tbsp soy sauce
- 1.8kg pork neck (also called pork scotch fillet), trimmed
- 1 tbsp vegetable oil
- 3 garlic cloves, crushed
- 2 tbsp grated ginger
- 1 long red chilli, thinly sliced
- 1 cup chicken stock

- ½ cup rice vinegar
- ½ cup hoisin sauce
- ¼ cup drained water chestnut slices, chopped
- 2 butter lettuce, bean sprouts, thinly sliced red chilli, coriander leaves and Asian shallots, to serve

## METHOD

1. Preheat oven to 130°C fan forced. Combine brown sugar, five spice and half the soy. Rub all over the pork.
2. Heat a large flameproof casserole dish (see tip) over a medium-high heat until hot. Add the oil then the pork. Cook, turning occasionally, for about 8 mins, or until browned all over. Move the pork to a plate. Reduce heat to medium. Add the garlic, ginger and chilli, cook, stirring for 1 minute until aromatic. Add the stock, vinegar, hoisin sauce and remaining soy. Bring to simmer.
3. Return the pork to the pan. Press a piece of baking paper onto surface, then cover with the lid. Transfer to oven and cook for 3 ½ hours. Remove the pan from the oven and set aside for 30 mins. Place the pork onto a tray, then shred using a fork. Stir the water chestnuts into the shredded pork.
4. Return the pan with juices to stove top. Bring to the boil over medium-high heat. Boil 6-8 mins or until reduced by half. Pour the thickened sauce over the shredded pork, toss gently to coat.
5. To serve, place two lettuce leaves, one on top of the other into each serving bowl, top with pulled pork, sprouts, chilli, coriander and shallots.

## Alternate ways to serve the pulled pork

- Stir fry the pulled pork with mee goreng noodles, shredded carrot, beans and wombok.
- Or pile the pulled pork onto baguettes spread with mayonnaise and hoisin sauce. Add shredded snow peas, cabbage, mint leaves and chopped roasted peanuts.

## Westinghouse tips

- A flameproof casserole dish is one that can be used on the stop top and in the oven. If you don't have one, use a frying pan for step 2 then transfer sauce and pork to an ovenproof casserole with a tight-fitting lid to complete step 3. Pour pan juices back into saucepan to complete step 4.
- The best way to keep fresh ginger is to peel and place in a small clean jar. Cover with Chinese cooking wine or sweet sherry and keep in the fridge for up to 1 month. Once you have used all the ginger, use the ginger flavoured wine or sherry in marinades or salad dressings.





# The great Aussie family grocery list

- 73 Nutty chicken schnitzel with white veggie mash
- 75 Salmon spinach filo parcels with broccoli salad and garlic yoghurt dressing
- 77 Meatloaf with crunchy potatoes and salad
- 79 Sicilian chilli tuna pasta





# Nutty chicken schnitzel with white veggie mash

Serves 4

**Prep:** 20 mins

**Cooking:** 30 mins

**Difficulty:** Easy

## INGREDIENTS

### Schnitzel

- 2 cups wholegrain breadcrumbs
- ½ cup almond meal (bought or you can grind your own in your blender from raw almonds with the skin on)
- ¼ cup finely grated parmesan cheese
- 1 tbsp fresh parsley, finely chopped
- Freshly ground black pepper
- ¼ cup wholemeal plain flour
- 2 eggs

- 2 large chicken breast fillets
- Extra virgin olive oil, for shallow frying

### White Veggie Mash

- 4 medium sized coliban potatoes, scrubbed, roughly chopped
- ½ head cauliflower, roughly chopped
- 1 tbsp extra virgin olive oil
- Pinch iodised salt flakes
- Freshly ground black pepper

### To Serve

- 4 cups mixed green vegies (brussels sprouts, green peas, broccoli, beans)

## METHOD

1. In a bowl combine the breadcrumbs, almond meal, parmesan, parsley and a good grind of black pepper. Mix well and then tip out onto a plate.
2. Tip the flour into a second bowl. In another bowl, whisk the eggs with a fork.
3. Slice the chicken breasts in half (horizontally) and then, using a meat mallet, flatten the meat a little to create a schnitzel size and thickness. Dust the chicken with the flour, then dip in the egg and finally coat with the crumb. Pop in the fridge for 10 mins to firm up or until ready to cook.
4. Place a large non-stick frying pan over a medium-high heat and pour in about 1cm of olive oil. Throw in a breadcrumb to test the heat of the oil – once it sizzles nicely you are ready to cook. Fry the chicken, in batches if need be so as not to overcrowd the pan, for 3-4 mins on each side or until golden and cooked through. Transfer to a plate lined with paper towel and keep warm in a low oven until ready to serve.
5. Meanwhile, for the mash, put the potatoes into a saucepan, cover with water and a pinch of salt and bring to the boil. Lower the heat until just simmering and cook for 10 mins. Add the cauliflower and cook for a further 5 mins. Tip into a colander and drain well. Tip back into the saucepan along with the extra virgin olive oil and a good grind of black pepper. Either mash roughly with a potato masher, or puree with a stick blender. Taste and adjust seasoning if need be.
6. When you are almost ready to serve, steam or microwave the green vegies for a few mins until bright green and tender.
7. Serve the schnitzel with the mash and the greens.

### Westinghouse tips

- Cook an extra schnitzel or two and keep in the fridge to slice and use in a wrap with avocado or hummus and plenty of salad the next day for lunchboxes.





# Salmon spinach filo parcels with broccoli salad and garlic yoghurt dressing

Serves 4

**Prep:** 20 mins

**Cooking:** 30 mins

**Difficulty:** Easy

## INGREDIENTS

### Filo Parcels

- 4 cups baby spinach leaves
- 4 tbsp light cream cheese
- 1 lemon, rind finely grated, juiced
- Freshly ground black pepper
- 8 sheets of filo pastry
- 2 tbsp extra virgin olive oil
- 4 skinless salmon fillets (120-150g each)
- 1 tsp black sesame seeds (also known as Nigella seeds)

### Broccoli Salad

- 1 head broccoli, cut into bite sized florets
- 2 baby Cos lettuce, washed and shredded
- 1 Lebanese cucumber, chopped
- 1 tbsp pepitas

### Garlic Yoghurt Dressing

- ¼ cup Greek yogurt
- 2 tbsp extra virgin olive oil
- Juice of ½ lemon
- 1 tsp maple syrup

## METHOD

1. Heat the oven to 180°C. Lightly grease a large flat baking tray.
2. Wilt the spinach in the microwave for 1 minute. Squeeze out the water and finely chop. After cooling, mix with the light cream cheese, the lemon rind and 1 tbsp juice, and a good grind of black pepper.
3. Place a single sheet of filo onto a clean work surface and brush the edges lightly with extra virgin olive oil. Lay a second sheet over the top and again brush the edges with the oil. Then place a salmon fillet at one end and top with a quarter of the spinach cheese mixture. Wrap up the filo parcel to encase the salmon. Place onto the prepared baking tray and repeat with remaining filo, salmon and spinach mixture to make three more parcels.
4. Brush the top of each filo parcel with oil and sprinkle with black sesame seeds. Bake in the oven for 15 mins or until golden.
5. While the salmon is cooking, steam or microwave the broccoli for 2 mins. Drain and plunge into a bowl of icy cold water to stop the cooking process and ensure it holds its bright green colour and slightly crunchy texture. Drain well on paper towel. Place onto a bowl. Add lettuce, cucumber and pepitas.
6. In a small bowl, whisk the dressing ingredients together. Serve the salmon with salad and dressing.

### Westinghouse tips

- Any surplus dressing can be stored in the fridge for a few days.
- Keep any un-used sesame seeds and pepitas nice and fresh and reduce food waste, store them in an airtight jar in the freezer. They will keep 12 months.





# Meatloaf with crunchy potatoes and salad

Serves 4

**Prep: 20 mins**

**Cooking: 60 mins**

**Difficulty: Easy**

## INGREDIENTS

### Meatloaf

- 100g prosciutto (or streaky bacon)
- 500g lean beef mince
- 1 ½ cups fresh multigrain breadcrumbs
- 1 brown onion, grated
- 150g (6 medium) mushrooms, finely chopped
- 2 garlic cloves, crushed
- ¼ cup chopped fresh herbs like oregano, parsley or basil
- 400g can cooked brown lentils, rinsed, well drained
- 2 tbsp BBQ sauce
- 2 tbsp Worcestershire sauce
- 2 tbsp tomato sauce
- 1 egg

### Crunchy Smashed Potatoes

- 750g baby red skin potatoes
- 2 tbsp extra virgin olive oil
- Pinch iodised salt flakes
- Freshly ground black pepper

### Salad

- ½ punnet cherry tomatoes, halved
- 1 Lebanese cucumber, chopped
- ½ cup frozen green peas, thawed in boiling water or in the microwave
- 50g feta cheese, crumbled
- Handful mint or parsley leaves

### Honey and Mustard Dressing

- 3 tbsp extra virgin olive oil
- 1 small lemon, juiced
- 1 tsp Dijon mustard
- 1 tsp honey

## METHOD

1. Preheat the oven to 180°C. Lightly grease 7cm deep, 9cm x 19cm (base) loaf tin.
2. Use the prosciutto to line the base and side of the loaf tin. Combine all the meatloaf ingredients in a large bowl. Mix well. This is best done by hand (if you have kids they will love helping with this bit). Spoon into a loaf tin and press down with the back of a spoon. Fold the prosciutto over the meatloaf to cover the top. Bake for 50-55 mins or until golden and cooked through.
3. Meanwhile, put the potatoes in a saucepan, cover with cold water and bring to the boil. Boil 8-10 mins until just tender when tested with a skewer. Drain and transfer to an oven tray. Use a potato masher to crush the potatoes slightly. Drizzle with the olive oil, season.
4. After the meatloaf has been in the oven for 30 mins, place potatoes in the oven above the meatloaf. Cook together for 20 mins. Remove the meatloaf, cover and stand 10 mins. Increase oven temperature to 230°C and roast potatoes further 8-10 mins until golden and crunchy.
5. Combine all the salad ingredients in a bowl. Put

the dressing ingredients in a small jar and shake to combine. Just before serving drizzle over the salad (you won't need all this dressing and any leftovers can be kept in the jar in the pantry for 4-5 days).

6. Remove the meatloaf from the tin and cut into thick slices.
7. Serve with the crunchy potatoes and the salad.

### Westinghouse tips

- We used a 6-cup capacity loaf tin. To measure your tin, pour 6 cups of water into it and the water should come right to the top.
- You can replace the prosciutto with thin streaky bacon or pancetta.
- The leftover dressing will keep well for 4-5 days for use in another meal.





# Sicilian chilli tuna pasta

Serves 4

**Prep: 10 mins**

**Cooking: 20 mins**

**Difficulty: Easy**

## INGREDIENTS

- 400g wholegrain or high fibre spaghetti
- 4 tbsp extra virgin olive oil
- 1 red onion, finely chopped
- 3 garlic cloves, finely chopped
- 1-2 chillies, red or green, finely sliced (remove the seeds if you like less heat)
- 250g cherry tomatoes, cut in half
- 2 tbsp capers, rinsed
- 1 lemon, rind finely grated

- 425g can tuna (look for one canned in extra virgin olive oil)
- 4 cups (or 120g packet) baby rocket leaves
- Freshly ground black pepper
- 1 cup of flat leaf parsley, roughly chopped
- Lemon wedges, to serve

## METHOD

1. Bring a large saucepan of lightly salted water to the boil. Cook your pasta as per the packet instructions - this will vary according to the variety and brand, but will typically take around 15-20 mins for wholegrain.
2. Heat a frying pan over medium heat. Add the olive oil and sauté the onion, garlic and chilli 2-3 mins until softened. Add the tomatoes, capers, lemon rind and tuna. Cook staking the pan for 1-2 mins until warmed through, taking care to leave chunks of tuna.
3. Once the pasta is cooked, strain and add to the sauce. Toss until the pasta is well coated with the sauce.
4. Add the rocket, cook until just wilted. Serve sprinkled with the parsley, a grind of black pepper and lemon wedges.





# The great aussie family grocery list

This grocery list will ensure your fridge and pantry are well stocked for the work and school week. I've included all the ingredients you'll need to make my favourite five mid-week dinners, along with some suggestions for breakfast, lunches and snacks.

Simply tick off any items you don't need.



## PANTRY

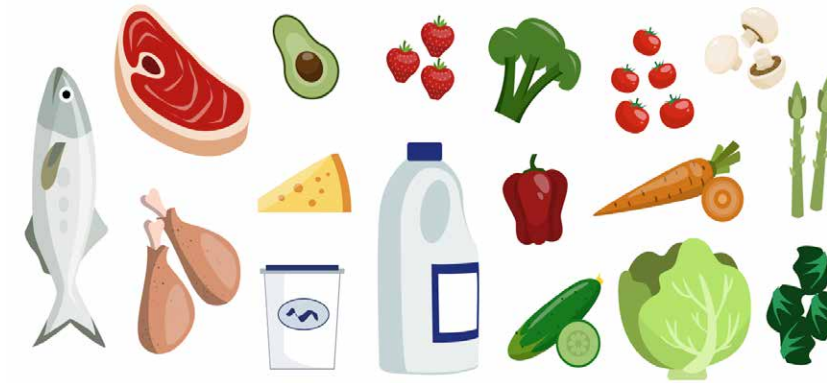
- Loaf of wholegrain bread (perhaps buy an extra one for the freezer - or buy another half way through the week)
- Arrowroot
- Can of brown lentils
- Large can tuna (look for Italian style, canned in extra virgin olive oil)
- BBQ sauce (look for reduced sugar)
- Worcestershire sauce
- Tomato sauce (look for reduced sugar)
- Bottle tamari or soy sauce
- Chinese cooking wine (alternatively sake or dry white wine)
- Extra virgin olive oil (opt for Australian for best quality and freshness)
- Bottle white wine vinegar
- Packet Shiro miso (white miso)
- Dried Italian herbs
- Black peppercorns
- Salt
- Small jar of capers
- Dijon mustard
- Honey
- Wholemeal flour
- Packet almonds in their skin (or almond meal if you don't have a food processor or blender)
- Packet black sesame seeds
- Packet pepitas
- Packet wholegrain or high fibre spaghetti
- Packet black rice (alternatively you can use brown or any wholegrain rice)
- 1 brown onion
- 2 red onions
- Bulb of garlic
- 4 medium potatoes
- Small piece of fresh ginger
- 3 lemons
- Selection of canned beans, chickpeas and lentils - great for adding to salads, pasta and grain dishes, making homemade dips and spreads such as hummus or adding to a tuna mayo sandwich filling.
- Cans of tuna, salmon and/or sardines
- Selection of dried herbs and spices
- Tea, coffee and pure cocoa powder (great for homemade hot chocolates without the added sugar).
- Selection of fresh fruit - keep in fruit bowl on the counter so as top of mind for snacks and dessert
- Selection of nuts - for snacks, sprinkling on salads, yoghurt, breakfast cereal or porridge.
- Wholegrain crackers - for snacking or lunches

### OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Wholegrain breakfast cereal and/or muesli
- Packet of wholegrain wraps
- Cans of baked beans - great for older kids to make their own jaffles as an after-school snack.

### FOR LUNCHBOXES

- Good quality muesli bars (look for minimum 4-star health star rating)
- Roasted fava beans or chickpeas
- Wholegrain popcorn
- Wholegrain snacks (look for minimum 4-star health star rating)



## FRIDGE

### VEGETABLES

- 6 mushrooms
- Fresh mint
- Fresh parsley
- Fresh tarragon (these herbs are for the meat loaf as well as the other recipes)
- 3 zucchinis
- 4 cups mixed salad leaves
- 2 punnets cherry tomatoes
- 2 Lebanese cucumbers
- 2 red capsicum
- ½ head cauliflower
- 1 parsnip
- Green vegies to serve with schnitzel e.g. broccoli, Brussels sprouts and/or asparagus
- Plus 1 head broccoli (for broccoli salad)
- Packet of spinach leaves
- 2 baby Cos lettuce
- 3 red chillies
- 120g packet rocket leaves
- Bunch bok or pak choy
- 1 bunch broccolini
- Packet bean sprouts

### OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Bag of salad leaves or a lettuce - for salad lunches, sandwiches & wraps.
- Carrots, celery, cucumber and/or capsicum - for lunchboxes or snacking with a dip.
- If you love eggs for breakfast, pick up extra spinach, mushrooms, asparagus and/or tomato to serve with them.
- 2 avocados - for toast, salads, dips, sandwiches & wraps.
- Berries - for topping cereal, muesli or porridge, and for snacks and desserts.

### MEAT AND SEAFOOD

- 1 x 500gm packet lean beef mince
- 2 chicken breasts
- 4 small salmon fillets (or 2 large ones to half)
- 2 pork fillets

### OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- An extra 2 chicken breasts - poach these in a little water, slice and then store in a sealed bag or container in the fridge for salads, sandwiches & wraps.
- Alternatively buy a whole piece of roast chicken or turkey - slice yourself with a mandolin (much cheaper and lasts longer than buying small packets of sliced meat).

### DAIRY

- Parmesan cheese
- Feta cheese
- Carton Greek yoghurt, unsweetened
- Carton light cream cheese

### OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Milk or a dairy alternative
- Block cheese - for sandwiches and snacks (sliced apple & chunk of cheese great lunchbox snack)
- Cottage cheese - great for dips or topping on crackers for a snack.

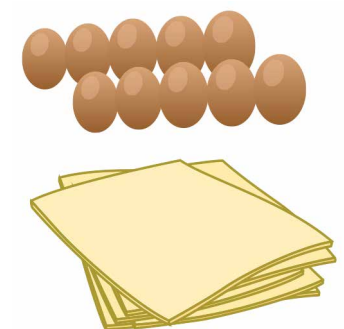


## FREEZER

- Packet of frozen green peas

### OPTIONAL INGREDIENTS FOR BREAKFASTS, LUNCHES AND SNACKS

- Frozen berries - for smoothies, or to use in place of fresh berries (cheaper, especially when berries are out of season)
- Selection of frozen vegies - microwavable packets make it easy to get more vegies into your day.



## OTHER

- Carton of eggs (make it 2 cartons if your family loves eggs for breakfast).
- Packet filo pastry (this is often found in the freezer section, but then put in your fridge at home so it is ready to use).
- Bottle of pure maple syrup

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