

East West Chicken Coleslaw

3 chicken medium skinless chicken breasts, cooked and shredded
200g wedge green cabbage (preferably Savoy)
100g wedge red cabbage
1 stick celery
1 carrot, peeled
4 spring onions, ends trimmed
50g green beans
50g snow peas, trimmed
1 cup coriander leaves
1 cup small Thai basil leaves
½ cup roasted mixed nuts

Dressing

150mls white rice vinegar
3 tbsp sweet chilli sauce
1 tbsp caster sugar
30g fresh ginger, finely shredded
Salt & pepper to taste
Serves 4 to 6

TIP:
The dry vegetable salad can be made up to a day in advance, covered and refrigerated. Add the dressing and toss just before serving.

Poach the chicken with the lemon slices gently for 8min or until tender. Drain, cool and shred into long thin strips.

Use a food processor or finely shred by hand the cabbage, celery, carrot, spring onions, beans and snow peas. Place in a mixing bowl. Add the coriander, basil, nuts and shredded chicken.

Just before serving whisk the dressing ingredients together, pour over the salad and toss. Serve immediately.



Crispy Corn Cakes with Avocado Almond Salsa

3 tbsp olive oil
1 medium onion, diced
2 sticks celery, diced
3 cobs corn, silks removed, kernels cut from cob

3 tbsp cornflour
3 tbsp fine rice flour
1 tbsp baking powder
4 large eggs
½ cup mint, chopped
½ cup flat leaf parsley
Finely grated rind 1 lime
Salt & pepper to taste

Salsa

1 small red onion, finely chopped
1 avocado, finely diced
¼ cup blanched almond, roughly chopped
1 cup small mint leaves
Juice 1 lime
1 tablespoon sweet chilli sauce
Black pepper to taste
Makes 8

TIP:
Be sure to have the oil very hot - the pancakes will be super crispy and delicious.

Heat 2 tsp oil in a frying pan. Add the onion and celery and cook for 1 to 2min. Add the corn and cook for 1min.

Sift the flours and baking powder together. Whisk the eggs until foamy and add the flour mixture, vegetables, herbs, lime rind and season well with salt & pepper.

Heat the remaining oil in the frying pan until very hot. Add ladlefuls of mixture to the pan and shallow fry on both sides until brown and crispy. Serve immediately topped with the salsa.
For the Salsa: Combine the ingredients, just before serving.

Bruschetta Style Pesto Layered Salad

8 ripe red egg tomatoes, halved lengthwise
½ fennel bulb, cut into thin wedges
Leaves from two sprigs thyme
2 good pinches caster sugar
Salt and pepper to taste
2 tbsp olive oil
8 thick slices sour dough bread stick
1 clove garlic, halved
½ cup basil leaves
100g baby bocconcini, drained & torn into pieces

Quick Pesto

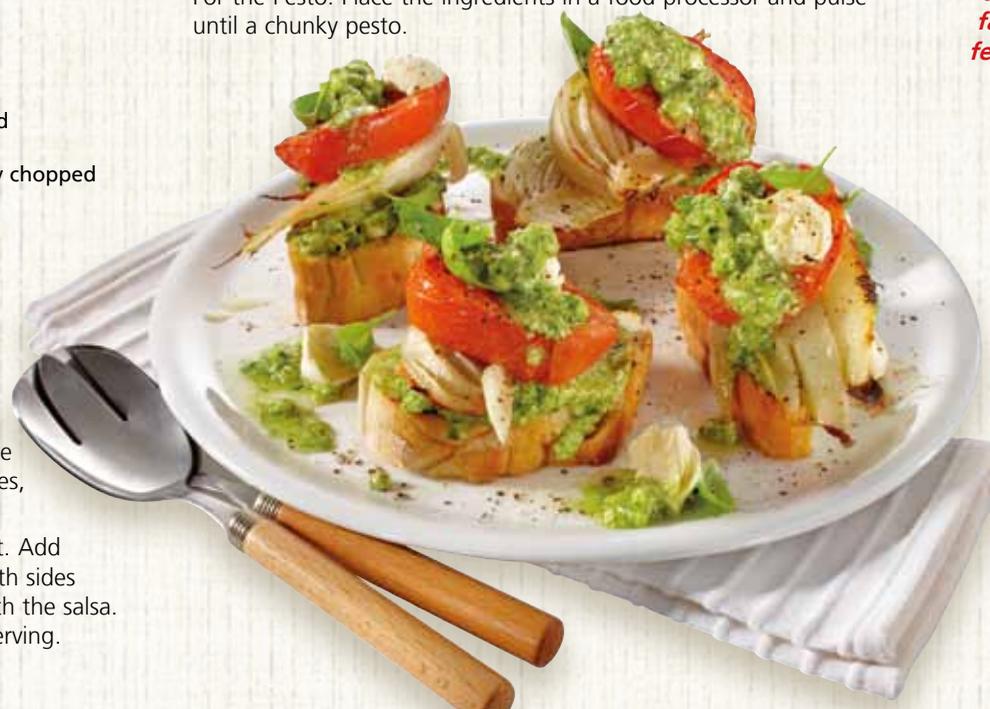
50g pinenuts, toasted
100g parmesan, roughly chopped
½ cup basil
3 tablespoons olive oil
Salt & pepper to taste
Serves 4

TIP:
Enjoy this salad as a snack, small meal or as part of a picnic meal.

Preheat oven to 220°C. Line a baking dish with baking paper. Place the tomatoes and fennel in a baking dish. Sprinkle with the thyme, sugar, salt and pepper. Roast 25min or until softened.

Toast the bread until golden on both sides and rub the garlic over the toast. Discard the used clove. Place the bread onto serving plates. Place a couple of basil leaves on each slice, then top with the fennel, tomato and a large dollop of pesto. Scatter with the bocconcini, remaining basil and season with black pepper. Serve immediately.

For the Pesto: Place the ingredients in a food processor and pulse until a chunky pesto.



Roasted Vegies with Garlic Aioli & Coriander Guacamole

2 medium carrots cut into long quarters
1 beetroot trimmed and halved
1 fennel bulb, cut into wedges
1 red capsicum, cut into thick strips
4 baby squash, cut in half
2 egg tomatoes, halved
3 tbsp olive oil
50g blanched almonds, chopped & toasted

Garlic Aioli

2 large egg yolks
2 cloves garlic
200mls light olive oil
1 tsp caster sugar
Rind 1 lime & 2 tsp lime juice
Salt flakes & freshly ground black pepper

Coriander Guacamole

4 spring onions, roughly chopped
1 large ripe avocado, roughly chopped
1 small green chilli (optional)
½ cup coriander leaves
Salt & freshly ground black pepper
Serves 4

TIP:
Serve warm or at room temperature. A fabulous colour feast that tastes good too.

Preheat the oven to 200°C. Line a large baking dish with a sheet of baking paper. Toss the vegetables with the oil and salt & pepper. Bake 30min, tossing regularly until vegetables are just golden roasted and tender.

For the Aioli: Place the egg yolks in a small food processor or blender. Add the garlic & process. While the processor is running, add the oil drop by drop until the mixture begins to thicken, then in a slow stream until a thick mayonnaise is made. Season with sugar, lime and salt & pepper.

For the Guacamole: Food process all ingredients. Serve the vegetables, scattered with the nuts and topped with the guacamole and a dollop of aioli.



Recipes by Jo Richardson

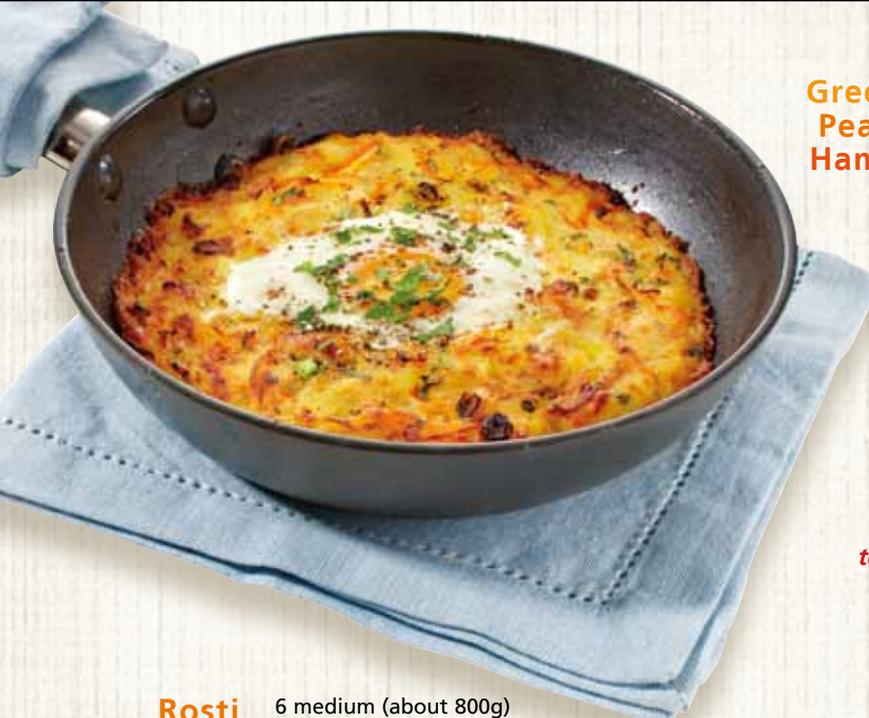
FOOD FOR BUSY PEOPLE



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Green Bean Pea & Torn Ham Fussili

500g fussili pasta
1 tbsp olive oil
20g butter
3 spring onions, chopped
150g small green beans, tailed, cut in half
Good pinch salt, freshly ground pepper and caster sugar
100g snap peas, trimmed
125mls light cream
150g double smoked ham, torn into bite-sized pieces
3 tsp finely grated lemon rind
Three sprigs thyme, leaves only
1 tsp poppy seeds
Serves 4

TIP:
Delicious served as a quick pasta meal or at room temperature as a salad.

Cook the pasta in boiling water for 8 to 10min or until just tender. Drain well, set aside and keep warm.

Heat the oil and butter gently in a large deep frying pan. Add the spring onions, green beans, salt, pepper and sugar. Cook tossing for 2min. Add the snap peas. Cover and cook 30sec.

Add the ham, cream, lemon rind and thyme. Toss well with the pasta, sprinkle with poppy seeds and serve immediately.



Rosti Pancakes with Eggs

6 medium (about 800g) brushed potatoes
3 medium (about 500g) parsnip
2 large carrots (300g)
200g cheddar cheese, coarsely grated
4 spring onions, chopped
3 tbsp olive oil
Salt & pepper to taste
4 large eggs
Fresh chopped parsley
Serves 4

TIP:
These look great served in the frying pan straight from the oven to the table.

Cook the potatoes, parsnip and carrot in boiling salted water until just tender. Drain and cool.

Coarsely grate vegetables and cheese and toss well in a large mixing bowl with the herbs, salt and pepper. Preheat the oven to 200°C. Divide the oil between 4 x 20cm small non-stick frying pans (for individual) or one large deep 30cm pan. Spread the mixture between the pan(s), spreading the mixture to the edges of the pan. Hollow out the centre leaving an indent.

Bake in the oven for about 18min. Carefully crack an egg into each hole indent and return to the oven for 6 to 8min to set the egg. Sprinkle with parsley and serve.



20 Minute Spanish Tomato Soup

TIP:
A terrific way to use up stale bread - especially good bread like sour dough or rye.

1 tbsp vegetable oil
1 large onion, chopped
1 red capsicum, chopped
2 cloves garlic, chopped
1 chorizo, sliced
½ tsp smoked paprika
¼ tsp dried chilli
¼ cup white wine
2 bay leaves, torn
500mls prepared tomato sauce
500mls vegetable stock or water
Salt & pepper to taste
2 crusty bread rolls, torn into pieces
¼ cup roughly chopped parsley and chives
Serves 6

Heat the oil in a large saucepan. Add the onion, capsicum, garlic and chorizo and spices. Cook partially covered stirring regularly for 5min.

Add the wine and bay leaf stirring well. Add the tomato sauce, stock and season with the salt and pepper. Simmer for 15min, partially covered.

Just before serving, remove the bay leaf, stir in the bread and chopped herbs. Drizzle with the extra olive oil and paprika to serve.

Mexican Tortilla Pies

2 tsp vegetable oil
1 large zucchini, diced
1 stick celery, thinly sliced
½ red capsicum, thinly sliced
50g green beans, chopped
3 spring onions, chopped
1 clove garlic, finely chopped
½ tsp paprika & ground fennel
4 wholemeal tortilla wraps
3 eggs
80mls milk
Salt & pepper to taste

TIP:
These can also be made with a gluten free option using corn tortillas. Best eaten while still warm.

Topping
¼ cup baby spinach leaves, finely shredded
½ cup finely grated cheddar cheese
½ cup coriander leaves
Serves 6

Preheat the oven to 190°C. Heat the oil in a large frying pan. Add the zucchini, celery, capsicum, beans, spring onion, garlic and spices. Cook 3min over a medium heat to just soften. Remove from the pan.

Fold one tortilla wrap into four and place the pointy end into a deep muffin pan, move one flap across to the other side to create a 'basket'. Repeat with remaining tortillas.

Divide the vegetable mixture between the tortilla baskets. Whisk together the eggs, milk and salt and pepper. Pour into the cups. Bake 15 to 20min or until golden and firm.

Serve the tortilla pies topped with spinach leaves, grated cheese and coriander leaves.



HELPFUL HINTS

Selection, Preparation & Storage

- Have a good staple of dry ingredients on hand in the pantry, this makes it easy to quickly prepare a meal.
- Staples to have on hand: white & brown rice, polenta, cous cous, olive oil & olives, canned tuna, selection of short & long pasta, canned chick peas, canned lentils, bottled tomato sauce, selection of spices & herbs and prepared tetra pak stock.
- If making a batch of mayonnaise (see roasted vegetable recipe) store remainder in a sealed container in the refrigerator for up to 5 days.
- Home made pesto can also be topped with extra olive oil and kept refrigerated for up to 5 days
- When returning home with fresh fruit & vegetables always wash (and store correctly in sealed containers or plastic bags) in the refrigerator. This not only saves time when preparing meals, but keeps the produce fresh.
- Take advantage of seasonal produce. It is always cheaper and has the best possible flavour. Planning the week's meals saves on time.... deciding on the day what's for dinner is stressful and wastes time.
- Using a food processor to chop, shred or grate saves time.
- Many leftovers make the next meal simple; cooking extra rice, pasta or roast vegetables means stuffed vegetables, fried rice and pasta bakes are ready quickly.



Jo Richardson

Jo Richardson, Culinary Consultant

Jo's style is a mixture of old fashioned 'tried and true' home economics techniques, mixed with pizzazz and fun. Her innovative touch with home style food takes ordinary ingredients and creates something extraordinary, delicious and healthy for busy families.

