

# Chef

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# midweek quick meals





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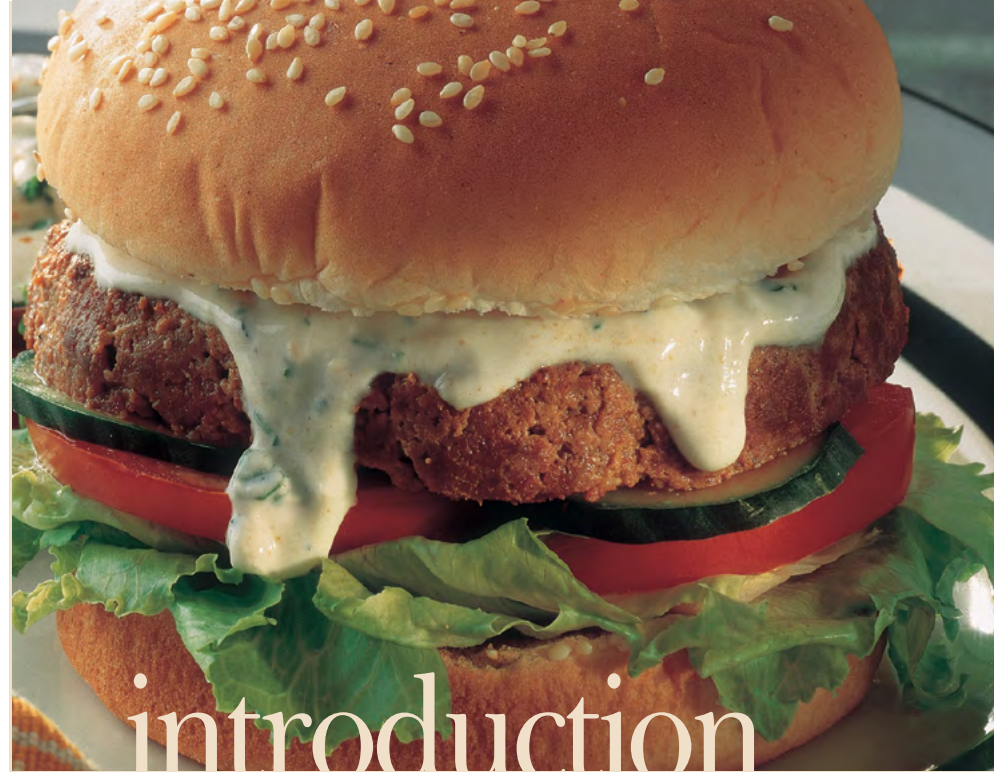
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The recipes in this book have been planned to help you prepare and serve a delicious family meal in less than an hour. Use these hints and tips for making weekday dinners savory, healthy and time efficient.



# midweek quick meals



## Did you know?

- As you are planning meals check your pantry shelves, refrigerator and freezer. Remember if you are running low on your staples replace them before you run out.
- Writing a shopping list saves time and money. Make a master list and do your shopping once a week so you don't have the bother of last-minute shopping trips and you can avoid the rush hour.
- Get to know the layout of the supermarket and write shopping list according to it. Grouping ingredients in their categories, such as meats, dairy products, canned foods and frozen foods saves backtracking.
- When possible, purchase food in the form it is used in the recipe. Ask your butcher to cut, slice or bone out cuts of meat according to the preparation requirements.
- Look for new and interesting convenience products such as sauces and dressings, prepared pastries and pastry cases, canned fruits and vegetables and dessert items.

- Buy grated cheese, bottled minced garlic, minced ginger and minced chilies. These save having to crush, chop and grate when time is short.
- Stock your freezer with leftovers. Store each portion in a container that can go straight from the freezer into the microwave, to the table and then into the dishwasher.
- Transfer frozen meat and poultry to the refrigerator the night before so that it thaws for dinner the next night.
- Collect all ingredients before starting to cook –this saves time and ensures you have everything you need.
- A food processor is the ultimate time saver in the kitchen. Ingredients can be grated, shredded, chopped, blended, mixed and pureed in a fraction of the time it takes to do it by hand.
- Instead of meal prepping complete dishes, spend your weekend preparing the basics. This way, you will be able to introduce many flavor variations during the week.



## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# layered lunch loaf

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

## ingredients

- > 1 x 450 g/15 oz round rye or wholegrain cottage loaf
- mixed sprouts layer
- > 2 teaspoons tomato paste (purée)
- > 4 tablespoons low fat natural yogurt
- > 1 teaspoon ground coriander
- > 90 g/3 oz alfalfa sprouts
- > 60 g/2 oz bean sprouts
- > 90 g/3 oz snow pea sprouts or watercress
- roast beef layer
- > 3 teaspoons French mustard
- > 4 slices lean rare roast beef
- > 4 lettuce leaves of your choice
- > ½ red pepper, chopped
- tomato salad layer
- > 2 tomatoes, sliced
- > 3 gherkins, sliced
- > ½ cucumber, sliced

## method

1. Cut bread horizontally into four even layers.
2. For sprouts layer, place tomato paste (purée), yogurt and coriander in a bowl and mix to combine. Place alfalfa sprouts, bean sprouts and snow pea sprouts or watercress on bottom layer of bread. Top with yogurt mixture and second bread layer.
3. For beef layer, spread bread with mustard, then top with roast beef, lettuce and red pepper and third bread layer.
4. For salad layer, top bread with tomatoes, gherkins and cucumber and final bread layer. Serve cut into wedges.

.....  
Serves 4

## tip from the chef

*If you are making this for a packed lunch, wrap each wedge in plastic food wrap. In place of the roast beef you could use roast lean chicken, turkey or lamb. Other attractive options are canned tuna or salmon in brine or springwater.*



# accordion sandwich



■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

## method

1. Preheat oven to 220°C/425°F/Gas 7.
2. Line baking tray with nonstick baking paper.
3. Cut cheese slices and ham slices in half. Set aside.
4. Using serrated-edged knife, cut French breadstick into 12 even slices (a). Do not cut through base of loaf.
5. Spread one side of each cut with chutney or mustard (b).
6. Place a slice of cheese and a slice of ham in each cut.
7. Place loaf on baking tray. Bake for 10-15 minutes or until cheese just melts.

## ingredients

- > 16 slices tasty cheese (mature Cheddar)
- > 6 slices ham
- > 1 long French breadstick
- > fruit chutney or mustard, according to taste

.....  
Serves 4

## junior chef says

*Accordion sandwich is delicious served with a big green salad.*



# american hot dogs

■ □ □ | Cooking time: 5 minutes - Preparation time: 5 minutes

## ingredients

- > 4 long rolls
- > butter
- > water
- > 4 frankfurters
- > ketchup, mild mustard or chutney

## method

1. Cut rolls in half lengthwise. Leave one side uncut. Spread lightly with butter. Set aside.
2. Three-quarters fill saucepan with water. Boil over a high heat.
3. Add frankfurters to saucepan. Boil for 5 minutes. Drain.
4. Place a frankfurter in each roll. Top with ketchup, mustard or chutney.

.....  
**Makes 4**



## junior chef says

*Serve hot dogs with a glass of juice or milk and a piece of fresh fruit and you'll have a complete meal.*

# hero sandwich

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

## method

1. Cut French breadstick in half lengthwise. Set aside.
2. Place mayonnaise, mustard and yogurt in bowl. Mix.
3. Spread mayonnaise mixture over cut sides of breadstick. Set aside.
4. Place lettuce leaves on bottom half of breadstick. Top with ham, beef or turkey and salami.
5. Place tomatoes and cheese on top of meat. Top with other half of breadstick.
6. Tie breadstick at intervals with string. Cut into four.

## ingredients

- > 1 long French breadstick
- > 4 tablespoons mayonnaise
- > 1 tablespoon wholegrain mustard
- > 2 tablespoons natural yogurt
- > 6 large lettuce leaves
- > 125 g/4 oz thinly sliced ham, roast beef or turkey
- > 60 g/2 oz thinly sliced salami
- > 2 thickly sliced tomatoes
- > 4 slices tasty cheese (mature Cheddar)

.....  
Serves 4

## junior chef says

*To make the sandwich crunchier, melt the cheese over the bread before assembling.*



# world's best hamburgers

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

## ingredients

- > 1 tablespoon vegetable oil
- > 6 white or brown round rolls
- > 2 large tomatoes
- > 6 large lettuce leaves
- > 6 slices of your favorite cheese
- > 3 tablespoons ketchup

## hamburger patties

- > 1 egg
- > 1 tablespoon ketchup
- > 2 slices stale bread
- > 500 g/1 lb lean beef mince
- > freshly ground black pepper

## method

1. To make patties, place egg and ketchup in bowl. Whisk.
2. Place bread in food processor or blender. Process to make breadcrumbs.
3. Add breadcrumbs and mince to bowl with egg mixture. Add black pepper to taste. Mix. Shape beef mixture into 6 patties (a).
4. Place vegetable oil in frying pan. Heat over a medium heat until hot. Add patties to pan. Cook for 4-5 minutes (b). Turn over. Cook for 4-5 minutes.
5. Cut rolls in half. Cut each tomato into 6 slices. Set aside.
6. To assemble burgers, place a lettuce leaf on bottom half of each roll. Top with a patty, a slice of cheese (c), 2 tomato slices, some ketchup and top of roll.

.....  
Makes 6



## junior chef says

*You might like to add some of the following to your hamburgers: beetroot slices, fried onion slices, a fried egg or a grilled bacon rasher.*



a



b



c

# american-style franks and beans

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

## method

1. Heat oil in a frying pan over a medium heat, add onion and cook, stirring, for 5 minutes or until golden.
2. Add frankfurters and cook, stirring, for 5 minutes longer.
3. Stir in beans, sauce and chili powder, if using, and bring to the boil. Reduce heat and simmer for 10 minutes.

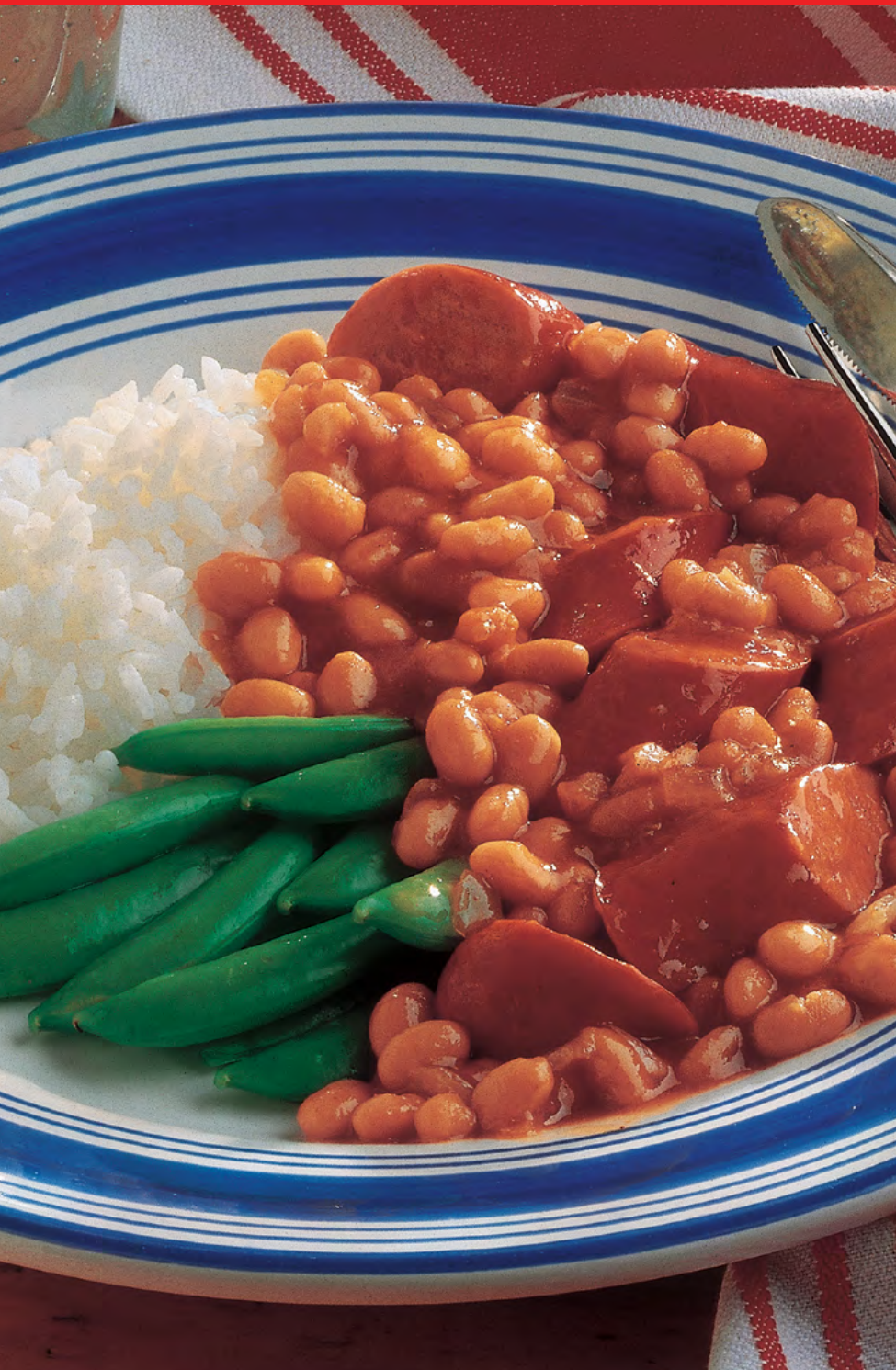
## ingredients

- > 2 tablespoons vegetable oil
- > 1 onion, diced
- > 4 Continental frankfurters, sliced
- > 2 x 440 g/14 oz canned baked beans
- > 2 tablespoons barbecue sauce
- > ½ teaspoon chili powder (optional)

.....  
Serves 4

## tip from the chef

*For a complete meal serve on a bed of boiled rice or pasta with steamed green vegetables of your choice. Frankfurters freeze well and are a great standby for those times when you haven't had time to go to the supermarket. Frankfurters can be cooked from frozen, but you will need to increase the cooking by 5-10 minutes.*



# bengal fish

## with yogurt

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

### ingredients

- > 4 large uncooked prawns, shelled, deveined and coarsely chopped
- > 2 spring onions, chopped
- > 1 large clove garlic, crushed
- > 1 small fresh red chili, seeded and finely chopped
- > ¼ cup/45 g/1½ oz natural yogurt
- > 2 tablespoons vegetable oil
- > 4 firm white fish fillets

### method

1. Place prawns, spring onions, garlic, chili and yogurt in a bowl and mix to combine. Set aside.
2. Brush a flameproof shallow dish with oil. Place fish in a single layer in the dish. Place under a preheated hot grill and cook for 4-5 minutes. Turn fish over, top with yogurt mixture and cook for 4-5 minutes longer or until fish is cooked when tested with a fork. Serve immediately.

.....  
Serves 4

### tip from the chef

*This is also a tasty way of preparing chicken breast fillets, but remember to allow extra cooking time.*



# the blta

(bacon, lettuce, tomato and avocado)



■ □ □ | Cooking time: 5 minutes - Preparation time: 10 minutes

## method

1. Grill or fry bacon for 4-5 minutes or until crisp. Drain on absorbent kitchen paper and set aside.
2. Spread each slice of toast with mayonnaise.
3. Divide lettuce, bacon, avocado and tomatoes evenly between four slices of toast. Season to taste with black pepper and top with remaining toast slices. Serve immediately.

## ingredients

- > 12 rashers bacon, rind removed
- > 8 slices white bread, toasted
- > 4 tablespoons mayonnaise
- > 4 iceberg or cos lettuce leaves
- > 1 ripe avocado, halved, stoned and sliced
- > 2 large tomatoes, cut into 12 slices
- > freshly ground black pepper

.....  
Serves 4

## tip from the chef

Try making this variation of the popular BLT (bacon, lettuce and tomato sandwich) with pastrami or ham as interesting and easy alternatives to the bacon.



# cajun

## blackened fish

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

### ingredients

- > 6 firm white fish fillets, each about 2 cm<sup>3</sup>/<sub>4</sub> in thick
- > 100 g/3½ oz unsalted butter, melted
- > 1½ tablespoons Cajun spice mix
- > 1 teaspoon paprika
- > ¼ teaspoon chili powder

### method

1. Brush each fish fillet liberally with melted butter.
2. Combine spice mix, paprika and chili powder and using your hands, rub spice mixture evenly over fillets.
3. Heat a large cast iron frying pan over a high heat until very hot. Add fish fillets and cook for 1-2 minutes each side or until fish flakes when tested with a fork. Serve immediately with any remaining melted butter.

.....  
Serves 6



### tip from the chef

*It may be necessary to cook the fish in batches for this recipe. Shelled and deveined uncooked prawns are also delicious prepared in this way.*





# chicken tacos

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

## method

1. To make filling, heat oil in a saucepan over a medium heat, add onion and cook, stirring, for 5 minutes or until onion is soft. Add garlic and cook for 1 minute longer.
2. Add chicken and cook, stirring, for 4-5 minutes or until chicken is brown and crumbly. Stir in chili powder, water, tomato paste (purée) and black pepper to taste, cover and cook, stirring occasionally, for 5 minutes. Stir in coriander.
3. Divide filling evenly between taco shells, top with lettuce, tomatoes, onion and cheese and accompany with salsa.

.....  
Serves 6

## ingredients

- > 12 taco shells, warmed
- > ½ head lettuce, shredded
- > 2 tomatoes, chopped
- > 1 red onion, finely chopped
- > 125 g/4 oz grated tasty cheese (mature Cheddar)
- > 4 tablespoons bottled tomato salsa

### chicken chili filling

- > 1 tablespoon vegetable oil
- > 1 onion, finely chopped
- > 2 cloves garlic, crushed
- > 500 g/1 lb lean minced chicken
- > 1 teaspoon Mexican chili powder
- > ½ cup/125 ml/4 fl oz water
- > 2 tablespoons tomato paste (purée)
- > freshly ground black pepper
- > 2 tablespoons chopped fresh coriander

## tip from the chef

*Lean beef or turkey mince make tasty alternatives to the chicken in this recipe. Mexican chili powder is a mixture of ground chillies and other spices such as cumin. If it is unavailable ordinary chili powder can be used but reduce the amount to suit your taste.*



# chicken tetrazzini

■ ■ □ | Cooking time: 25 minutes - Preparation time: 20 minutes

## ingredients

- > 2 cups/250 g/8 oz dried breadcrumbs
- > ½ teaspoon freshly ground black pepper
- > ½ teaspoon dried ground garlic
- > 1 egg
- > 1 tablespoon Dijon mustard
- > 2 tablespoons vegetable oil
- > 6 boneless chicken breast fillets, skinned and cut into strips
- > 6 large mushrooms, thinly sliced
- > 1 onion, diced
- > 2 tablespoons dry sherry
- > 440 g/14 oz canned condensed cream of mushroom soup
- > 1 cup/250 ml/8 fl oz milk
- > 1 teaspoon Worcestershire sauce
- > 500 g/1 lb pasta of your choice, cooked and kept warm
- > 4 tablespoons grated Parmesan cheese

## method

1. Place breadcrumbs, black pepper and ground garlic in a bowl and toss to combine.
1. Place egg and mustard in a separate bowl and whisk to combine.
1. Heat 1 tablespoon oil in a nonstick frying pan over a medium heat. Dip chicken strips into egg mixture, then toss in breadcrumb mixture to coat. Add chicken to pan and cook, stirring constantly, for 4-5 minutes or until brown. Remove chicken from pan and set aside.
1. Heat remaining oil in pan over a medium heat, add mushrooms and onion and cook, stirring, for 5 minutes. Stir in sherry and cook for 1 minute longer.
1. Stir in soup, milk and Worcestershire sauce and bring to the boil, stirring constantly. Return chicken to pan, reduce heat and simmer for 10 minutes.
1. To serve, divide pasta between serving plates, top with chicken mixture and sprinkle with Parmesan cheese.

.....  
Serves 6

## tip from the chef

*Serve with a tossed green salad or steamed vegetables of your choice. Dried ground garlic also called garlic powder is available in the spice section of supermarkets. It has a pungent taste and smell and should be used with care.*



# chili con carne



■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

## method

1. Heat a nonstick saucepan over a medium heat, add beef and cook, stirring, for 4-5 minutes or until meat is brown. Remove beef from pan and set aside.
2. Heat oil in same pan over a medium heat, add onion and cook, stirring, for 4-5 minutes or until onion is golden. Add garlic and chili powder and cook, stirring, for 1 minute.
3. Return meat to pan. Stir in tomatoes, stock and tomato paste (purée) and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 30 minutes. Add beans, cumin and black pepper to taste and cook for 5 minutes longer or until heated through.

## ingredients

- > 500 g/1 lb lean beef mince
- > 2 tablespoons vegetable oil
- > 1 onion, diced
- > 3 cloves garlic, crushed
- > 1 tablespoon chili powder or according to taste
- > 2 x 440 g/14 oz canned tomatoes, undrained and mashed
- > 1 cup/250 ml/8 fl oz beef stock
- > ¼ cup/60 ml/2 fl oz tomato paste (purée)
- > 440 g/14 oz canned red kidney beans, drained and rinsed
- > 1½ teaspoons ground cumin
- > freshly ground black pepper

.....  
Serves 4

## tip from the chef

*Keeping some mince in the freezer and cans of beans and tomatoes in the store cupboard gives you the ingredients for a healthy, nutritious meal at a moment's notice. Serve chili con carne on a bed of boiled rice accompanied by a tossed green salad.*



# chinese pork

## with spring onions

■ ■ □ | Cooking time: 10 minutes - Preparation time: 25 minutes

### ingredients

- > 500 g/1 lb pork fillet
- > 3 tablespoons vegetable oil
- > 4 spring onions, thinly sliced
- > 1 red chili, seeded and diced
- > 1 tablespoon soy sauce
- > 1 teaspoon sherry

### marinade

- > 1 tablespoon cornflour
- > 2 cloves garlic, crushed
- > 1 tablespoon soy sauce
- > 2 teaspoons sugar

### method

1. Using a sharp knife, cut pork across the grain into 5 mm/¼ in thick slices. Place pork between sheets of greaseproof paper and pound lightly to tenderize and flatten.
2. To make marinade, place cornflour, garlic, soy sauce and sugar in a bowl and mix to combine. Add pork, toss to coat and marinate at room temperature for 20 minutes.
3. Heat oil in a wok or frying pan over a high heat, add pork and stir-fry for 5 minutes or until pork is tender.
4. Add spring onions, chili, soy sauce and sherry and stir-fry for 1-2 minutes. Serve immediately.

.....  
Serves 4

### tip from the chef

*For a complete meal accompany with steamed vegetables of your choice and boiled rice or Oriental noodles.*



# curried

## pasta salad



■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

### method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and cool completely.
2. Boil, steam or microwave broccoli and carrots separately until just tender. Drain and refresh under cold running water. Drain again and place in a serving bowl. Add zucchini, red pepper, spring onions and pasta and toss to combine.
3. To make dressing, place mayonnaise, mustard, lemon juice, curry powder and black pepper to taste in a bowl and mix to combine. Spoon dressing over salad and toss to combine. Serve at room temperature.

### ingredients

- > 250 g/8 oz macaroni
- > 250 g/8 oz broccoli, cut into small florets
- > 2 carrots, cut into matchsticks
- > 2 zucchini, cut into matchsticks
- > 1 red pepper, cut into thin strips
- > 2 spring onions, thinly sliced

### curry dressing

- > 4 tablespoons mayonnaise
- > 1 tablespoon French mustard
- > 1 tablespoon lemon juice
- > ½ teaspoon curry powder
- > freshly ground black pepper

.....  
Serves 4

### tip from the chef

*This dish makes a great vegetarian main meal when served with a tossed green salad and crusty bread or serve it as an accompaniment to grilled chicken or meat.*



# italian pork

## with lemon sauce

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

### ingredients

- > flour
- > 1 teaspoon dried oregano
- > freshly ground black pepper
- > 1 egg, beaten
- > 1 tablespoon cold water
- > dried breadcrumbs
- > 8 pork schnitzels or 4 butterfly pork steaks, lightly pounded
- > vegetable oil

### lemon butter sauce

- > 2 teaspoons butter
- > 1 tablespoon lemon juice

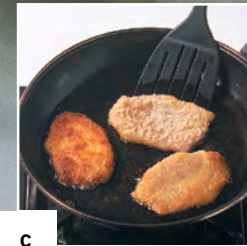
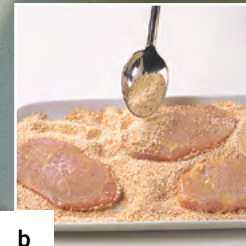
### method

1. Place flour, ½ teaspoon oregano and black pepper to taste in a shallow dish and mix to combine. Place egg, water and black pepper to taste in a separate shallow dish and whisk to combine. Place breadcrumbs and remaining oregano in a third shallow dish and mix to combine.
2. Coat pork with flour mixture (a), then dip in egg mixture and finally coat with breadcrumb mixture (b). Place coated pork on a plate lined with plastic food wrap and chill for 10-15 minutes.
3. Heat 2-3 tablespoons oil in a frying pan over a medium-high heat and cook 2-3 schnitzels at a time (c) for 3 minutes each side or cook steaks for 4 minutes each side. Remove pork from pan, set aside and keep warm.
4. To make sauce, melt butter in same pan, then stir in lemon juice (d). Spoon sauce over pork and serve immediately.

.....  
Serves 4

### tip from the chef

*When cooking the pork it is important not to crowd the pan or the meat will steam and the coating will be soggy. This is also a delicious way of cooking boneless chicken breast fillets, lightly pounded. The cooking time for chicken will be 4 minutes each side.*





# mongolian lamb

■ ■ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

## method

1. To make sauce, place cornflour in a small bowl, then stir in soy sauce, oyster sauce and stock. Set aside.
2. Heat oil in a wok or frying pan over a medium heat, add lamb and stir-fry for 3-4 minutes or until it just changes color. Remove lamb from pan and set aside.
3. Add onions to pan and stir-fry for 2-3 minutes. Add spring onions, garlic and chilies and stir-fry for 2 minutes.
4. Return lamb to pan, add sauce and cook, stirring, for 2-3 minutes or until mixture thickens slightly. Sprinkle with coriander and serve immediately.

.....  
Serves 4

## ingredients

- > 2 tablespoons vegetable oil
- > 500 g/1 lb lamb fillet, cut into paper-thin slices
- > 2 onions, cut into 8 wedges
- > 4 spring onions, chopped
- > 3 cloves garlic, crushed
- > 2 small fresh red chilies, seeded and chopped
- > 1 tablespoon chopped fresh coriander

## mongolian sauce

- > 2½ teaspoons cornflour
- > 1½ tablespoons light soy sauce
- > 1 tablespoon oyster sauce
- > ½ cup/125 ml/4 fl oz chicken stock

## tip from the chef

*When handling fresh chilies do not put your hands near your eyes or allow them to touch your lips. To avoid discomfort and burning, you might like to wear rubber gloves. Bottled minced chilies, available from supermarkets and Oriental food shops, are a convenient product that can be substituted for fresh chilies.*



# new york reuben

■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

## ingredients

- > 220 g/7 oz canned or bottled sauerkraut, drained and rinsed in cold water
- > 4 thick slices rye bread
- > 4 tablespoons Thousand Island dressing
- > 8 slices corned beef
- > 4 slices Swiss cheese

## method

1. Place sauerkraut between sheets of absorbent kitchen paper and squeeze to remove as much moisture as possible.
2. Place bread slices under a preheated hot grill and toast on one side.
3. Spread untoasted side of each bread slice with dressing, then top with a generous layer of sauerkraut, 2 slices corned beef and a slice Swiss cheese.
4. Return to grill and cook for 3-4 minutes longer or until topping is heated through and cheese melts. Serve immediately.

.....  
Serves 4

## tip from the chef

*First created by Reuben's Restaurant in New York there are now as many versions of this famous New York sandwich as there are chefs who make it.*





# noodles

## with coconut sauce

■ ■ □ | Cooking time: 20 minutes - Preparation time: 15 minutes

### method

1. Cook noodles in boiling water in a large saucepan following packet directions. Drain, rinse under hot water and place in a large serving bowl.
2. To make sauce, heat oil in a saucepan over a medium heat, add onions and cook, stirring, for 5 minutes or until onions are tender. Add garlic, coriander root, if using, chilies, curry powder, cinnamon and cardamom and cook, stirring, for 1 minute or until fragrant.
3. Stir in coconut milk, bring to simmering and simmer, uncovered, for 5 minutes. Remove pan from heat, pour sauce over hot noodles and toss to combine. Sprinkle with fresh coriander and serve immediately.

.....  
Serves 4

### ingredients

- > 500 g/1 lb fresh egg noodles
- coconut curry sauce*
- > 2 tablespoons vegetable oil
- > 2 onions, diced
- > 2 cloves garlic, crushed
- > 2 teaspoons finely chopped fresh coriander root (optional)
- > 2 small fresh red chilies, seeded and finely chopped
- > 2 teaspoons curry powder
- > ½ teaspoon ground cinnamon
- > ¼ teaspoon ground cardamom
- > 1½ cups/375 ml/12 fl oz coconut milk
- > 2 tablespoons coarsely chopped fresh coriander

### tip from the chef

*If you grow your own coriander you will have no trouble obtaining fresh coriander root and fortunately fresh coriander is usually sold with its roots still on. The heat of this dish can be adjusted by using more or less chilies.*



# pasta

## putanesca

■ □ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

### ingredients

> 500 g/1 lb linguine or thin spaghetti

#### *putanesca sauce*

- > 2 tablespoons olive oil
- > 5 cloves garlic, crushed
- > 4 x 440 g/14 oz canned peeled Italian plum tomatoes, drained and chopped
- > 6 anchovy fillets, coarsely chopped
- > 60 g/2 oz stoned black olives
- > 2 tablespoons capers, drained and chopped
- > 1 teaspoon dried oregano
- > ¼ teaspoon chili powder
- > ½ bunch parsley, coarsely chopped
- > 30 g/1 oz grated Parmesan cheese

### method

1. Cook pasta in boiling water in a large saucepan following packet directions. Drain, set aside and keep warm.
2. To make sauce, heat oil in a saucepan over a low heat, add garlic and cook, stirring, for 2 minutes. Add tomatoes and bring to the boil, then stir in anchovies, black olives, capers, oregano and chili powder and simmer for 3 minutes longer. Spoon sauce over hot pasta, sprinkle with parsley and Parmesan cheese and serve.

.....  
Serves 6



### tip from the chef

*The reserved juice from the tomatoes can be frozen and used in a casserole or soup at a later date.*



# pesto pasta

■□□ | Cooking time: 10 minutes - Preparation time: 10 minutes

## method

1. To make pesto, place basil leaves, parsley, Parmesan or Romano cheese, pine nuts or almonds, garlic and black pepper to taste in a food processor or blender and process to finely chop. With machine running, slowly add oil and continue processing to make a smooth paste.
2. Cook pasta in boiling water in a large saucepan following packet directions. Drain and divide between serving bowls, top with pesto, toss to combine and serve immediately.

.....  
Serves 4

## ingredients

> 500 g/1 lb fettuccine or other pasta of your choice

### *basil and garlic pesto*

- > 1 large bunch fresh basil
- > ½ bunch fresh parsley
- > 60 g/2 oz grated Parmesan or Romano cheese
- > 30 g/1 oz pine nuts or almonds
- > 2 large cloves garlic, quartered
- > freshly ground black pepper
- > ⅓ cup/90 ml/3 fl oz olive oil

## tip from the chef

*Spinach pesto makes a tasty alternative when fresh basil is unavailable. To make, use fresh spinach in place of the basil and add 1 teaspoon dried basil.*



# porcupines

■ ■ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

## ingredients

- > 500 g/1 lb lean beef mince
- > ¼ cup/30 g/1 oz dried breadcrumbs
- > ½ teaspoon dried ground garlic
- > ½ teaspoon paprika
- > 1 egg, beaten
- > freshly ground black pepper
- > ½ cup/100 g/3½ oz long grain rice
- > 440 g/14 oz canned tomato soup
- > ½ cup/125 ml/4 fl oz water

## method

1. Place beef, breadcrumbs, ground garlic, paprika, egg and black pepper to taste in a bowl (a) and mix well to combine. Roll mixture into 8 balls then press to form flat patties (b). Roll each pattie in rice to coat (c).
2. Place soup and water in a saucepan, add patties (d), cover and bring to simmering over a low heat. Simmer, stirring occasionally, for 30 minutes or until rice is cooked.

.....  
Serves 4

## tip from the chef

*It is important when cooking the patties that the soup mixture is barely simmering, if it is boiling the patties will fall apart. For a complete meal serve with steamed vegetables of your choice.*



a



b



c



d



# potato latkes

## with salsa fresca



a

b

c

■ □ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

### method

1. Place potatoes, onion, flour, eggs and black pepper to taste in a food processor (a) and process to finely chop potatoes and combine ingredients.
2. Heat 1 cm<sup>1</sup>/<sub>2</sub> in oil in a large frying pan over a medium heat. Cook tablespoons of potato mixture in oil for 3-4 minutes each side (b) or until golden. Drain on absorbent kitchen paper and serve immediately.
3. To make salsa, place tomatoes, coriander, chillies, lemon juice and black pepper to taste in a bowl and toss to combine (c). Stand at room temperature for at least 15 minutes before serving.

### ingredients

- > 3 large potatoes, peeled and roughly chopped
- > 1 onion, roughly chopped
- > 2 tablespoons flour
- > 2 eggs
- > freshly ground black pepper
- > vegetable oil

### salsa fresca

- > 4 large ripe tomatoes, coarsely chopped
- > 3 tablespoons finely chopped fresh coriander
- > 2 fresh green chillies, seeded and finely chopped
- > 1 tablespoon lemon juice
- > 1 teaspoon freshly ground pepper

.....  
Serves 6

### tip from the chef

*Finely chopped herbs such as parsley, dill, coriander or thyme can be added to latkes mixture to create different flavors. Salsa fresca is a tasty accompaniment to simply cooked meat and chicken dishes, as well as dishes such as ranch-style eggs.*



# spicy vegetable burgers

■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

## ingredients

- > 6 English muffins, split and toasted
- > 6 lettuce leaves
- > 6 tablespoons bottled tomato salsa or salsa fresca (page 27)

## spicy burgers

- > 440 g/14 oz canned soy beans, rinsed and drained
- > 1 cup/125 g/4 oz dried breadcrumbs
- > 1 carrot, grated
- > 1 spring onion, chopped
- > 1 tablespoon chopped fresh parsley
- > ½ teaspoon dried ground garlic
- > ½ teaspoon Cajun spice mix
- > 1 egg, beaten
- > freshly ground black pepper
- > vegetable oil

## method

1. To make burgers, place beans in a bowl and using a fork mash well. Add breadcrumbs, carrot, spring onion, parsley, ground garlic, spice mix, egg and black pepper to taste and mix well to combine.
2. Shape mixture into 6 patties. Place on a plate lined with plastic food wrap and chill for 10-15 minutes.
3. Heat 1 cm/½ in oil in a frying pan over a medium heat, add patties and cook for 3-4 minutes each side or until golden and heated through.
4. To assemble, place a lettuce leaf on bottom half of each muffin, top with a patty, a spoonful salsa and top half of muffin.

.....  
Serves 6

## tip from the chef

*Keeping a selection of bread, rolls and muffins in the freezer ensures that you always have a quick basis to an easy meal such as this one. Also remember that bread makes a quick and nutritious accompaniment to a meal.*





# SUN & moon

■□□ | Cooking time: 15 minutes - Preparation time: 10 minutes

## method

1. To make rolls, place mayonnaise, dressing and mustard in a bowl and mix to combine. Add chicken, apples, eggs, celery, spring onions and parsley. Season to taste with black pepper and toss to combine. Top bases of rolls with mixture, then place other halves on top.
2. To make croissants, place cream cheese and sour cream into a bowl and beat until smooth. Add salmon, spring onion, dill, capers and lime or lemon juice and mix to combine. Top bottom half of each croissant with mixture, then place other halves on top.

.....  
Serves 4

## ingredients

### *sunny chicken rolls*

- > ½ cup/125 ml/4 fl oz mayonnaise
- > 2 tablespoons vinaigrette dressing
- > 1 teaspoon French mustard
- > 1 cooked chicken, skinned, boned and cut into small pieces
- > 2 eating apples, peeled, cored and diced
- > 2 hard-boiled eggs, diced
- > 2 stalks celery, sliced thinly
- > 2 spring onions, shredded
- > 1 tablespoon chopped fresh parsley
- > freshly ground black pepper
- > 4 large crusty bread rolls, split

### *salmon moons*

- > 155 g/5 oz cream cheese, softened
- > ¼ cup/60 g/2 oz sour cream
- > 155 g/5 oz sliced smoked salmon, chopped
- > 1 spring onion, thinly sliced
- > 3 teaspoons chopped fresh dill
- > 2 teaspoons capers, drained and chopped
- > 2 teaspoons lime or lemon juice
- > 4 croissants, split

## tip from the chef

*For a tropical chicken filling, add 125 g/4 oz canned diced mangoes or peaches.*

*Canned red or pink salmon, drained and mashed, is a more economical alternative to the smoked salmon.*

# tandoori

## beef burgers

■ ■ □ | Cooking time: 10 minutes - Preparation time: 25 minutes

### ingredients

- > 4 wholemeal bread rolls, split and toasted
- > 4 lettuce leaves
- > 2 tomatoes, sliced
- > 8 slices cucumber

### tandoori patties

- > 500 g/1 lb lean beef mince
- > 2 cloves garlic, crushed
- > 2 tablespoons dried breadcrumbs
- > 1 egg
- > 1½ tablespoons Tandoori paste
- > 1 tablespoon soy sauce
- > vegetable oil

### spiced yogurt dressing

- > ½ cup/100 g/3½ oz natural yogurt
- > 1 tablespoon chopped fresh coriander
- > ½ teaspoon ground cumin
- > pinch chili powder

### method

1. To make dressing, place yogurt, coriander, cumin and chili powder to taste in a bowl and mix to combine. Cover and chill until required.
2. To make patties, place beef, garlic, breadcrumbs, egg, Tandoori paste and soy sauce in a bowl and mix to combine. Divide beef mixture into four portions and shape into patties.
3. Heat a little oil in a frying pan over a medium-high heat, add patties and cook for 4-5 minutes each side or until cooked to your liking.
4. Top bottom half of each roll with a lettuce leaf, some tomato slices, 2 cucumber slices, a pattie and a spoonful of dressing. Place other halves on top.

.....  
Serves 4



### tip from the chef

*These burgers are also delicious made using lamb mince in place of the beef.*



# ranch -style eggs



■ □ □ | Cooking time: 20 minutes - Preparation time: 5 minutes

## method

1. Melt butter in a heavy-based frying pan over a medium heat, add onion and cook, stirring, for 3-4 minutes or until onion is soft, but not brown. Stir in tomatoes, chili and tomato paste (a), bring to simmering and simmer, stirring occasionally, for 10 minutes.
2. Using the back of a large spoon, make 4 hollows in the tomato mixture (b). Break an egg into a cup, then carefully slide into one of the hollows (c). Repeat with remaining eggs. Cover pan and cook for 5 minutes or until egg whites are just set.
3. Season eggs with black pepper and sprinkle with cheese (d). Re-cover pan and cook for 2 minutes longer or until cheese melts and eggs are cooked to your liking. Sprinkle with coriander and serve immediately.

## ingredients

- > 30 g/1 oz butter
- > 1 small onion, thinly sliced
- > 440 g/14 oz canned tomatoes, drained and mashed
- > 1 fresh green chili, seeded and cut into thin strips
- > 2 tablespoons tomato paste (purée)
- > 4 eggs
- > freshly ground black pepper
- > 125 g/4 oz grated tasty cheese (mature Cheddar)
- > 2 tablespoons chopped fresh coriander

.....  
Serves 4



a



b



c



d

## tip from the chef

*For a complete meal serve with a tossed green salad and crusty bread or rolls. For the best results use a well-seasoned cast iron frying pan when making this dish.*

# spiced chicken sandwiches

■ ■ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

## ingredients

- > 4 boneless chicken breast fillets
- > 4 pieces Turkish (pide) bread, halved
- > 4 tomatoes, sliced

### spiced yogurt marinade

- > ½ cup/100 g/3½ oz natural yogurt
- > 4 tablespoons chopped fresh coriander
- > 2 tablespoons mild red curry paste
- > 2 tablespoons mango chutney
- > 2 tablespoons lemon juice

### cucumber raita

- > 1 cucumber
- > 1 cup/200 g/6½ oz thick natural yogurt
- > 1 clove garlic, crushed
- > 1 tablespoon lemon juice

## method

1. Preheat barbecue to a medium heat.
2. To make marinade, place yogurt, coriander, curry paste, chutney and lemon juice in a shallow dish and mix to combine. Add chicken breasts, turn to coat and marinate for 20 minutes.
3. To make raita, cut cucumber in half, lengthwise and scrape out seeds. Cut cucumber into fine slices and place in a bowl. Add yogurt, garlic and lemon juice and mix to combine. Cover and chill until ready to serve.
4. Drain chicken and cook on oiled barbecue grill for 4 minutes each side or until tender and cooked through. To serve, place chicken fillets on 4 pieces of bread, then top with tomatoes and raita and remaining pieces of bread.

.....  
Makes 4 sandwiches

## tip from the chef

*Turkish bread (pide) is a flat white leavened bread similar to Italian flatbread. It is usually baked in ovals measuring 30-40 cm/12-16 in. If Turkish bread is unavailable, country-style Italian bread, rye bread, sour dough, ciabatta or focaccia are all good alternatives for this recipe.*



# salmon and egg sandwiches



■ □ □ | Cooking time: 3 minutes - Preparation time: 5 minutes

## method

1. Place eggs, cream and chives in a bowl. Using a fork, mix until well combined.

1. Melt butter in a medium frying pan over moderate heat. Pour mixture into pan and cook, stirring occasionally, for 2-3 minutes or until eggs are scrambled.

1. Butter each slice of bread and lay a slice of smoked salmon on each, top with scrambled eggs.

## ingredients

- > 8 eggs
- > ¼ cup cream
- > 1 tablespoon chopped chives
- > 60 g/2 oz butter
- > 4 slices bread
- > butter, extra, for spreading
- > 4 slices smoked salmon

.....  
**Makes 4**

## tip from the chef

*In order to obtain a creamy texture, do not overcook egg combination.*



# tomato and ricotta panini

■ □ □ | Cooking time: 40 minutes - Preparation time: 25 minutes

## ingredients

- > 6 plum (egg or Italian) tomatoes, halved lengthwise
- > olive oil
- > 315 g/10 oz ricotta cheese, drained
- > 2 tablespoons chopped fresh basil
- > 2 teaspoons crushed black peppercorns
- > 1 tablespoon hot chili sauce
- > 4 Turkish (pide) bread rounds, split
- > 125 g/4 oz baby spinach leaves

## method

1. Place tomatoes, cut side up, on a baking tray, sprinkle with a little oil and bake at 200°C/400°F/Gas 6 for 35 minutes or until soft.
2. Place ricotta cheese, basil, black peppercorns and chili sauce in a bowl and mix to combine. Spread ricotta mixture over the bases of the bread rounds, then top with roasted tomatoes and spinach leaves and cover with bread tops. Brush sandwiches with oil, place in a preheated frying pan and cook over a low heat for 2-3 minutes each side or until golden and warmed through.

.....  
Serves 4



## tip from the chef

*Turkish bread (pide) is a flat white leavened bread similar to Italian flatbread. It is usually baked in ovals measuring 30-40 cm/12-16 in or sometimes as 10 cm/4 in rounds. If Turkish bread (pide) is unavailable, country-style Italian bread, rye bread, sour dough, ciabatta or focaccia could be used instead.*





# super steak sandwiches

■ □ □ | Cooking time: 10 minutes - Preparation time: 20 minutes

## method

1. Heat oil in a frying pan over a high heat, add onions and cook, stirring, for 2-3 minutes or until onions are soft. Push onions to side of pan, add steaks and pineapple rings and cook for 2 minutes each side or until steak is cooked to your liking.
2. Top 4 slices of toast each with a slice of cheese, 2 slices tomato, a lettuce leaf, a steak, some onions, a pineapple ring, a spoonful of tomato or barbecue sauce and remaining toast slices. Serve immediately.

## ingredients

- > 2 teaspoons vegetable oil
- > 2 onions, chopped
- > 4 small lean rump steaks
- > 4 canned pineapple rings, drained
- > 8 thick slices wholemeal bread, toasted
- > 4 slices tasty cheese (mature Cheddar)
- > 8 slices tomato
- > 4 lettuce leaves
- > tomato or barbecue sauce

.....  
Serves 4

## tip from the chef

*Steak sandwiches can also be cooked on the barbecue; rather than cooking in a frying pan cook on a lightly oiled preheated medium barbecue plate. Serve with oven fries or potatoes and coleslaw.*



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# midweek quick meals

