

Light Meals

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Maraq Digaag

Somali Chicken Lentil Soup



SERVES
6–8 people



PREP TIME
5 minutes



COOK TIME
40 minutes



INGREDIENTS

2 tablespoons oil
2 onions, cut
6 cloves garlic, cut small
1kg chicken lovely legs
3 teaspoons xawaash spice mix
(page 187)
4 cups water (1 litre)
3 teaspoons stock powder
1 cup red lentils
1 tomato, cut small
1 red capsicum, cut small
1 green capsicum, cut small
1 spring onion, cut
½ bunch coriander, cut

METHOD

1. Heat oil in a big pot. Cook onion and garlic for 3 minutes.
2. Add chicken and xawaash spice mix. Cook for 5 minutes, turning every minute or so.
3. Add water, stock powder and lentils. Stir. Bring to the boil.
4. Once boiling, add the tomato and red and green capsicum. Turn heat down to low.
5. Simmer for 20–30 minutes, until the lentils are very soft.
6. Stir well to break up the lentils to thicken the soup.
7. Add the cut coriander and spring onion when ready to serve.

NOTES

- Xawaash is a Somali spice mix of ground coriander, cumin, turmeric, chilli powder and salt. You can use any spices or curry powder at Step 2.
- Add a squeeze of lemon juice and cut green chilli, to your taste preference.
- “Suqaar” means stew, and “digaag” translates to chicken.



Ful Medames/Foul Masiir

South Sudanese Fava Bean Dip



SERVES
6 people



PREP TIME
15 minutes



COOK TIME
15 minutes



INGREDIENTS

2 cans fava beans (400g each)
1 tablespoon olive oil
½ red onion, cut
3 cloves garlic, cut small
¼ teaspoon each of pepper and salt
1 teaspoon cumin
1 teaspoon paprika
1 teaspoon stock powder
1 cup water
Juice from 1 lemon
1 handful fresh coriander, cut
1 handful parsley, cut

TO SERVE

4 hard-boiled eggs
1 tomato, cut
2 cups rocket
½ cup feta, crumbled (optional)
Wholemeal pita or flatbread

METHOD

1. Boil the eggs in water for 10 minutes. Drain and rinse under tap water.
2. Drain and rinse the fava beans.
3. Heat oil in pan with medium-high heat.
4. Add onion and cook for 2–3 minutes.
5. Add garlic and cook for 1 minute.
6. Add fava beans and cook for 1–2 minutes.
7. Add pepper, salt, cumin, paprika, stock powder and water. Turn the heat down and cook for 10 minutes, stirring sometimes, until there's not too much liquid.
8. Add lemon juice, coriander and parsley.
9. Mash the beans with a wooden spoon or a potato masher, leaving some beans, to make a chunky sauce.
10. Peel and cut the boiled eggs in quarters.
11. Serve the ful medames with eggs, cut tomato, rocket, feta and wholemeal flatbread.

NOTES

- Use dried fava beans. Soak beans overnight then cook for 1 hour until soft but not mushy.
- Ful medames is common for breakfast in Northern Africa and Arabic speaking countries. There are many different recipes.
- Serve with other salad vegetables (e.g. cucumber, radishes, capsicum, olives, pickles).



Parsley and coriander

Olive oil

Canned fava beans

Red onion

Tomato

Garlic

Lemon

Cumin

Stock powder

Rocket

Paprika

Feta

Salt and pepper

Eggs

Wholemeal pita

Salata Aswad

South Sudanese Eggplant Salad/Dip
with Peanut Butter



SERVES
8 people



PREP TIME
10 minutes



COOK TIME
25 minutes



INGREDIENTS

2 eggplants (about 300g each)
¼ teaspoon salt
Spray oil
1 red onion
2 garlic cloves
1 tablespoon tomato paste
½ red capsicum
½ green capsicum
1 teaspoon cumin
1 teaspoon paprika
2 tomatoes (or 1 can diced tomatoes)
⅓ cup smooth peanut butter

TO SERVE

1 lemon, cut into wedges
1 handful coriander
Wholemeal flatbread

METHOD

1. Cut eggplant 1cm-thick round pieces (discs). Put salt on eggplant pieces.
2. Cut onion and garlic small. Cut capsicum and tomato.
3. Spray eggplants with oil. Heat big pan with medium-high heat. Cook eggplant on each side until softened and edges are dark.
4. Repeat with all eggplant and take out of the pan.
5. Heat oil in pan. Add onion. Cook for 3 minutes or until soft.
6. Add red and green capsicum, garlic, tomato paste, cumin and paprika. Cook for 2 minutes, until capsicum softens.
7. Add tomatoes, ½ cup (125ml) water and cooked eggplant. Cook until eggplant breaks down, about 5 minutes.
8. Add peanut butter. Stir well to combine.
9. Serve warm with a squeeze of lemon, handful of coriander leaves and wholemeal flatbread.

NOTES

- Serve warm, room temperature or cold.
- The dish can be made without the capsicum or tomato for a thicker/creamier dish.
- Salata aswad can be stored in the fridge for 4 days.



Eggplant

Tomatoes

Coriander

Lemon

Peanut butter

Red onion

Tomato paste

Paprika

Garlic

Cumin

Red and green capsicum

Wholemeal flatbread

Sabuti

Zomi (Burmese Mountain) Corn and Beef Soup



SERVES
8 people



PREP TIME
10 minutes



COOK TIME
2 hours



INGREDIENTS

1.2kg beef ribs
1 packet dried corn kernels (500g)
1 teaspoon salt
Juice from 1 lemon
2 teaspoon roasted chilli flakes
1 bunch coriander, cut small

TO SERVE

Eggplant garlic chutney

METHOD

1. Soak dried corn in water for minimum 30 minutes. If possible, soak overnight for softer and faster cooking in soup.
2. Put meat and corn in a big pressure cooker (or big pot with lid which will take longer) and completely cover with water (allow about 15cm of liquid above meat and corn).
3. Bring to the boil and cook for 30 minutes in the pressure cooker. If you don't have a pressure cooker, cook in big pot for 2 hours.
4. Remove meat from the pot. Shred the meat and return to the pot, discarding the bones. Add salt, lemon juice, chilli flakes, coriander and eggplant garlic chutney.

NOTES

- Add 2 fresh corn cobs at the end. Remove husks. Steam or boil corn cobs. Cut off the kernels and add to the soup.
- Burmese roasted chilli flakes provide medium heat with a smoky, paprika like taste. You can use any chilli flakes or chilli powder.

Gua Tuai Toh

Bamboo Shoot Peanut Salad



SERVES
8 people



PREP TIME
10 minutes



COOK TIME
10 minutes

FROM BURMESE MOUNTAIN COMMUNITIES



INGREDIENTS

1kg peanuts
1kg bamboo shoots
1 bunch coriander, cut small
1–2 teaspoons chilli flakes
2 teaspoons stock powder
2 tablespoons oil

METHOD

1. Rub hands together to remove peanut red skin.
2. Dry roast peanuts in a big pan.
3. Crush peanuts in a mortar and pestle or food processor. Not too small.
4. Boil bamboo shoots for 5 minutes in salted water. Drain.
5. Shred bamboo into strips, once cool, using your hands.
6. Put bamboo strips in a big bowl. Mix with crushed peanuts, coriander, chilli, salt and oil.
7. Serve with eggplant garlic chutney and fermented tea leaf salad.

NOTES

- Buy bamboo shoots in brine from Asian supermarkets.
- Communities from the mountain regions in Myanmar, Zomi and Rakhine State love to eat spicy salads full of garlic and chilli.

Umm Mehtui

Burmese Long Melon Soup



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
15 minutes



INGREDIENTS

1 bottle/bitter gourd/long melon
1.5 litre water
2 garlic cloves, crushed
1 teaspoon black pepper
2 spring onions, cut
2 handfuls coriander, cut
1 tablespoon fish sauce
1 teaspoon salt

METHOD

1. Peel and cut bitter melon.
2. Put bitter melon in a big pot with water, garlic and pepper.
3. Bring the soup to the boil. Reduce heat. Simmer for 10 minutes.
4. Add spring onions, coriander, fish sauce and salt. Stir.
5. Serve with spicy, salty, fatty food.

NOTES

- Bitter gourd/long melon is similar to big zucchini. Other vegetables can be added (e.g. okra, snake beans, eggplant).
- Plain liquid soup/broth is commonly served with the main meal in Myanmar. It contrasts with the often spicy, flavourful dishes. Clear soup is served instead of a glass of water.



Mai Tehe Bai

Burmese Pumpkin Leaf Soup



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
15 minutes



INGREDIENTS

- 1.5 litre water
- 1 garlic clove, crushed
- 2 handfuls snake beans, trimmed and cut long
- 1 teaspoon salt
- 1 teaspoon bi-carb soda
- 1 bag of pumpkin leaves, stalks, leaves and flowers separated and cut up
- 2 long green eggplants, cut into pieces
- 2 handfuls okra, trimmed and cut in 2cm pieces

METHOD

1. Heat a big pot with the water, crushed garlic, snake beans, and salt. Bring to boil.
2. Add pumpkin stalks and bi-carb soda. Reduce heat. Cook for 3 minutes.
3. Add eggplant and okra. Cook for 5 minutes.
4. Add pumpkin flowers just before serving.

NOTES

- This plain broth is often used to contrast with spicy, salty or fatty dishes in Myanmar.
- Pumpkin leaves are commonly consumed throughout Asia and Africa. They are highly nutritious and easy to grow at home.



Mohinga Atoh/Atho

Burmese Dry Noodle Salad



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
25 minutes



INGREDIENTS

2 tablespoons vegetable oil
1 onion, sliced thin
1 teaspoon ground turmeric
1 bulb garlic, peeled and very thinly sliced
1 packet thick rice vermicelli noodles (Burmese-style)
¼ cabbage, thinly sliced (optional)
2 carrots, cut long (optional)
½ teaspoon salt
¼ cup roasted chickpea powder
1 tablespoon fish sauce
½ bunch coriander, roughly chopped
1–2 limes, juiced, plus extra for serving
1–2 teaspoons chilli flakes, plus extra for serving
1 packet Burmese crunchy pea crackers (pe kyaw), broken into pieces

METHOD

1. Heat oil in a big pan with medium heat. Add sliced onion. Mix often to stop from burning. Add ground turmeric. Fry onions until golden brown. Remove with a slotted spoon, keeping the oil in the pan. Drain crispy onions on paper towel.
2. Fry garlic in the same pan over low heat. Add a little more oil if needed. Stir often to stop from burning. Fry garlic until golden. Drain garlic on paper towel, keeping the cooking oil.
3. Boil water in big pot with a teaspoon of salt with high heat. Add noodles. Stir to separate noodles. Cook for 6–8 minutes (or follow instructions on packet). Drain and rinse under cold water once cooked. Put noodles in a big bowl. Add onion/garlic cooking oil to stop noodles from sticking together.
4. Add cabbage and carrot to cold noodles (optional). Add roasted chickpea powder and fish sauce. Mix well. The chickpea powder will help thicken the salad. Add fried onion and garlic, coriander and chilli flakes. Squeeze on some lime juice.
5. Serve noodles in bowls. Garnish with broken pieces of crunchy pea chips, extra chilli flakes and lime wedges.

NOTES

- Mohinga atho is a dry form of the national dish of Myanmar. To balance the dish, it is typically served with a clear, plain soup/broth. Buy thick rice noodles, roasted chickpea powder and crunchy pea crackers from an Asian supermarket.
- Make your own roast chickpea powder by cooking chickpea flour with medium heat in a pan, stirring constantly for 5 minutes until brown. You can add poached, pounded fish to the salad (like the fish in mohinga soup).
- Make your own pea crackers: soak 1 cup yellow split peas overnight. Drain and rinse. Mix ½ cup rice flour with 1¼ cup water and 1 teaspoon each of turmeric and salt. Mix with peas. Heat oil in a big pan. Fry in batches.

BURMESE OR ASIAN SUPERMARKET INGREDIENTS

○ 1 packet rice vermicelli



○ 1/4 cup roasted chickpea powder



○ 1 packet crunchy pea chips



Bakso

Indonesian Meatball Noodle Soup



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
30 minutes

INGREDIENTS

MEATBALLS

- 500g beef mince
- ½ teaspoon baking powder
- 1 egg
- 2 garlic cloves, minced
- 1 teaspoon beef stock powder
- ½ teaspoon pepper
- 1 tablespoon fried shallots, crushed
- 1 handful coriander leaves and stalks (optional), cut very small
- ½ cup tapioca or corn flour
- ⅓ cup ice-cold water

STOCK/SOUP BASE

- 1 bunch spring onion heads/white part
- 2 teaspoons white peppercorns (or black)
- 5 garlic cloves
- 1 tablespoon ginger
- 1 whole nutmeg (or 1 teaspoon ground)
- 3 celery sticks, sliced
- 1 cinnamon stick
- 1 star anise (optional)
- 1–2 teaspoons salt, to taste

TO SERVE

- 1 packet rice or egg noodles
- 3 bunches bok choy, sliced
- 1 bag beansprouts
- Kecap manis (sweet soy sauce)
- Chilli sauce
- Bunch of spring onion, green part, sliced
- Fried onion – 1 tablespoon/bowl



METHOD

PART 1: MAKE MEATBALLS

1. Boil a big pot of water.
2. Mix beef mince, baking powder, egg, garlic, beef stock powder, pepper, fried shallot and fresh coriander (optional) in a bowl. Gradually add small amounts of tapioca or corn flour and cold water into the mix until it's wet enough to shape into meatballs.
3. Shape meatballs using your hand, pushing meat up through your thumb and finger when making a fist and scraping off meatball with a spoon.
4. Put meatballs in the boiled water until nearly cooked, about 5–7 minutes. Take the meatballs out and put aside. Keep the boiled water for the soup.

PART 2: MAKE SOUP

5. Grind spring onion, peppercorns, garlic, ginger and nutmeg in a mortar and pestle to make a paste.
6. Put paste in the reserved boiled water. Add celery, cinnamon stick, star anise and salt. Cook for 5 minutes.
7. Put meatballs into soup. Cook for 5 more minutes.

PART 3: COOK NOODLES AND VEGETABLES TO SERVE

8. Cook noodles in a different pot of boiling water according to packet instructions.
9. Cook bok choy in boiling water for 1–2 minutes. Drain.
10. Divide cooked noodles, bok choy and beansprouts into bowls. Add sauce to your taste.
11. Pour soup and meatballs over the noodles and vegetables. Sprinkle fried onion and sliced spring onion on top before serving.

NOTES

- You can make meatballs in a food processor with ⅓ cup ice cubes instead of water. Blend until smooth.
- You can make soup base paste in a food processor. Traditionally, beef bones are boiled in a big pot with soup base ingredients for 3–4 hours. You can make the meatballs and stock in advance.
- Traditionally, firm tofu is cut into triangles and stuffed with meatball mixture, then boiled with the meatballs.

Sloppy Joes

Bolognese Burgers



INGREDIENTS

1 tablespoon olive oil
1 onion, cut small
1 carrot, peeled and grated
500g lean beef mince
1 garlic clove, cut small
150g (4–5) mushrooms, grated
1 green capsicum, cut small
1 tablespoon tomato paste
1 teaspoon stock powder
1 teaspoon dried mixed herbs
1 tablespoon tomato sauce
2 teaspoons soy sauce (optional)

TO SERVE

10 wholemeal bread rolls

OPTIONAL

10 slices cheese (or 2 cups grated)
1 bag coleslaw

METHOD

1. Heat oil in a big pan over medium-high heat. Add onion and carrot. Cook for 3 minutes.
2. Add mince. Stir for 5 minutes or until browned.
3. Add all other ingredients. Stir well to combine.
4. Cook for 30 minutes or until vegetables are soft and sauce is thickened, stirring sometimes.
5. Cut open one side of the wholemeal rolls, using your fingers or knife to gently open a pocket inside roll.
6. Add meat sauce, cheese and coleslaw to the wholemeal roll.

NOTES

- Use red capsicum instead of green. Serve with other salad vegetables (e.g. cut cucumber, red onion, tomato, lettuce).
- Use Worcestershire sauce instead of soy sauce. Add 1 teaspoon of mustard to the meat sauce.
- Meat sauce can be stored in the fridge for 3 days or frozen for 3 months.

Borani Banjan

Afghan Eggplants with Tomato and Yoghurt



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
25 minutes



INGREDIENTS

2 eggplants (about 700g)
1 teaspoon salt
2 tablespoons oil
3 cloves garlic, crushed
1 tablespoon tomato paste
1 teaspoon turmeric
½ teaspoon chilli flakes
½ teaspoon black pepper
1 can diced tomatoes (400g)

YOGHURT SAUCE

1 cup natural yoghurt
1 garlic clove, crushed

TO SERVE

2 teaspoons dried or fresh mint
Wholemeal flatbread

METHOD

1. Cut eggplant into 1cm-thick slices (round). Brush with oil (or use spray oil). Sprinkle with salt.
2. Heat big pan with high heat. Add ½ tablespoon oil. Cook as many eggplant slices that will fit flat in the pan.
3. Turn over once brown, about 2–3 minutes on each side. Remove from pan. Repeat with remaining eggplant slices.
4. Heat 1 tablespoon oil in the same pan with medium heat. Add the crushed garlic and tomato paste. Cook for 30 seconds.
5. Add the can of diced tomatoes, turmeric, chilli flakes, pepper and ½ cup of water.
6. Cook for 10 minutes, stirring sometimes, until sauce is thick.
7. Take ⅔ of the sauce out of the pan.
8. Put cooked eggplant back in the pan, layering with the tomato sauce. Put a lid on (or use a plate or wrap with foil). Cook for 10 minutes.
9. Put yoghurt and garlic in a bowl. Mix well. You can add a small amount of salt.
10. Put yoghurt sauce in the bottom of a flat dish. Put eggplant and tomato sauce on top. Serve with dried or cut fresh mint and wholemeal flatbread.

NOTES

- Eggplants and tomato sauce can be cooked up to 3 days before serving (kept in fridge). Serve fresh with the yoghurt sauce.
- The dish can be made with zucchini instead of eggplant. This is called borani kadoo.
- In Farsi, “borani” means cold yoghurt dish and “banjan” means eggplant.
- Traditionally, eggplant is fried in lots of oil. Our “banjan” are brushed with oil and cooked with only a tiny bit of oil. They still taste delicious, but there’s less fat.



Syrian Fattoush

Salad with pita bread chips



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
5 minutes



INGREDIENTS

1 wholemeal pita bread
(Lebanese style)
Spray oil (optional)
4 tomatoes
3 Lebanese cucumbers
1 bunch radishes
3 spring onions
½ bunch parsley
1 handful mint
1 garlic clove
1 tablespoon olive oil
1 teaspoon sumac
Juice from ½ lemon

METHOD

1. Turn on oven to 180°C.
2. Put pita bread on an oven tray. Spray with oil (optional).
3. Put pita in pre-heated oven for 5 minutes or until crisp. Leave to cool.
4. Cut tomatoes, cucumbers and radishes. Cut spring onion, parsley and mint small. Put vegetables and herbs in a bowl.
5. Cut garlic small.
6. Put garlic, olive oil, sumac and lemon juice in a small jar with a lid (or a small bowl).
7. Put lid on jar. Shake well. If using a bowl, mix well with a fork.
8. Put dressing on salad.
9. Break pita bread into chunks. Add to salad.

NOTES

- Add other salad vegetables (e.g. cut red capsicum, red onion).
- Traditionally, the pita bread is fried in a pan with oil. Dry roasting the pita bread in the oven gives a nice crunchy texture without the added fat.
- Sumac is a red berry ground into a spice. It has a tangy lemon taste. You can substitute sumac with lemon zest and paprika.



Shorbat Addas

Arabic Lentil Soup



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
25 minutes



INGREDIENTS

1 onion
2 carrots
2 garlic cloves
1 tablespoon olive oil
1 tablespoon tomato paste
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
1 tablespoon stock powder
6 cups water (1.5 litres)
1½ cups dried red lentils (300g)
Pepper and salt, to taste
Juice from 1 lemon
Handful of parsley and/or coriander

METHOD

1. Peel and cut onion and carrot small. Cut garlic small.
2. Rinse red lentils in water until water is clear. Drain well.
3. Heat oil in big pot with medium-high heat. Add onion and carrot. Cook for 3 minutes.
4. Add garlic, tomato paste, cumin, coriander and turmeric. Cook for 1 minute.
5. Add rinsed lentils, water and stock powder. Stir.
6. Heat until boiling. Turn heat down to low. Cook for 25–30 minutes until lentils are soft.
7. Stir soup with big spoon. Use the spoon to gently mash some of the lentils into the side of pot to thicken soup. Alternatively, take half of the soup out of the pot and blend with a blender or food processor. Return to soup.
8. Add pepper and salt to taste. Add lemon juice.
9. Cut fresh herbs. Add to soup.

NOTES

- Variations of Addas (or Adas) are common throughout Arabic-speaking countries. Somalis add their hot spice mix xawaash. Syrians add Aleppo chilli flakes and potato. Eritreans/Ethiopians add green beans, potato and berbere spice mix.
- Use other spices, e.g. curry powder, chilli powder. Add 2 cut fresh tomatoes or a can of diced tomatoes at Step 5.
- Add 1 cut potato or ½ cup rice with the lentils for a thicker soup. Add cut spinach in the last 5 minutes of cooking.
- Soup can be stored in the fridge for 3 days or frozen for 6 months.



Kachumbari or Kachumber Salad

Cucumber Tomato Salad



SERVES
4–6 people



PREP TIME
10 minutes



COOK TIME
no cook



INGREDIENTS

2 tomatoes
½ teaspoon salt
1 Lebanese cucumber
(or ½ a continental)
¼ red onion
1 handful fresh herbs
(e.g. coriander, mint or parsley)
½ lemon, juiced
1 tablespoon olive oil (optional)

METHOD

1. Cut tomatoes in quarters. Take out seeds. Cut tomato into pieces.
2. Put tomato on a plate with paper towel. Add salt.
3. Cut cucumber, red onion and herbs.
4. Put all ingredients in a bowl. Mix well.
5. Serve with any main meal.

NOTES

- Kachumbari is an East-African salad. Kachumber is an Indian salad. It is also known as Salat Aaravi (Arabic Salad), Salata Baladi (Egyptian Salad), Salat Yerakot (Vegetable Salad), Salata Falahiyeh (Palestinian Salad), and Israeli Salad.
- Cut red capsicum, spring onion and chilli can be added. Spices (e.g. sumac, zataar) can be added.
- This refreshing salad is served for breakfast, lunch or dinner in many parts of the world.



Potato Salad



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
25 minutes



INGREDIENTS

1kg small washed potatoes
4 eggs
1 bunch radish
1 cucumber
4 spring onions
1 handful parsley

DRESSING

1 cup natural yoghurt
1 tablespoon mayonnaise
1 lemon
2 teaspoons Dijon mustard
1 garlic clove

METHOD

1. Wash and cut radish, cucumber, spring onions and parsley.
2. Juice lemon. Cut garlic small. Mix dressing ingredients in a bowl.
3. Boil eggs for 8 minutes. Put in a bowl with cold water to stop them cooking.
4. Once cooled, peel and cut eggs into bite-sized pieces.
5. Boil potatoes. Cook for 10–15 minutes or until tender when poked with a fork. Remove from boiling water. Cool for 10–15 minutes.
6. Cut potatoes into big pieces. Put potatoes in a big bowl.
7. Add cucumber, radish, spring onions, parsley and eggs.
8. Pour dressing over salad. Mix well.
9. Serve on its own or as a side salad.

NOTES

- The salad will stay fresh in the fridge for up to 3 days in an airtight container or covered with wrap.
- Use other salad vegetables (e.g. cut celery, red onion, capsicum).
- Use Greek yoghurt.
- Add pepper to taste.



Eggs

Potatoes

Natural yoghurt

Mayonnaise

Mustard

Garlic

Spring onion

Parsley

Radish

Lemon

Cucumber

Potato Salad

INGREDIENTS

1kg small washed potatoes



4 eggs



1 bunch radish



1 cucumber



4 spring onions



1 handful parsley



1 cup natural yoghurt



1 tablespoon mayonnaise



1 lemon



2 teaspoons Dijon mustard



1 garlic clove



Potato Salad

METHOD



1 Wash and cut radish, cucumber, spring onions and parsley.



2 Juice lemon. Cut garlic small. Mix dressing ingredients in a bowl.



3 Boil eggs for 8 minutes. Put in a bowl with cold water to stop them cooking.



4 Once cooled, peel and cut eggs into bite-sized pieces.



5 Boil potatoes. Cook for 10–15 minutes or until tender when poked with a fork. Remove from boiling water. Cool for 10–15 minutes.



6 Cut potatoes into big pieces. Put potatoes in a big bowl.



7 Add cucumber, radish, spring onions, parsley and eggs.



8 Pour dressing over salad. Mix well to coat evenly.



9 Serve on its own or as a side salad.

Brown Rice Salad



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
10 minutes



INGREDIENTS

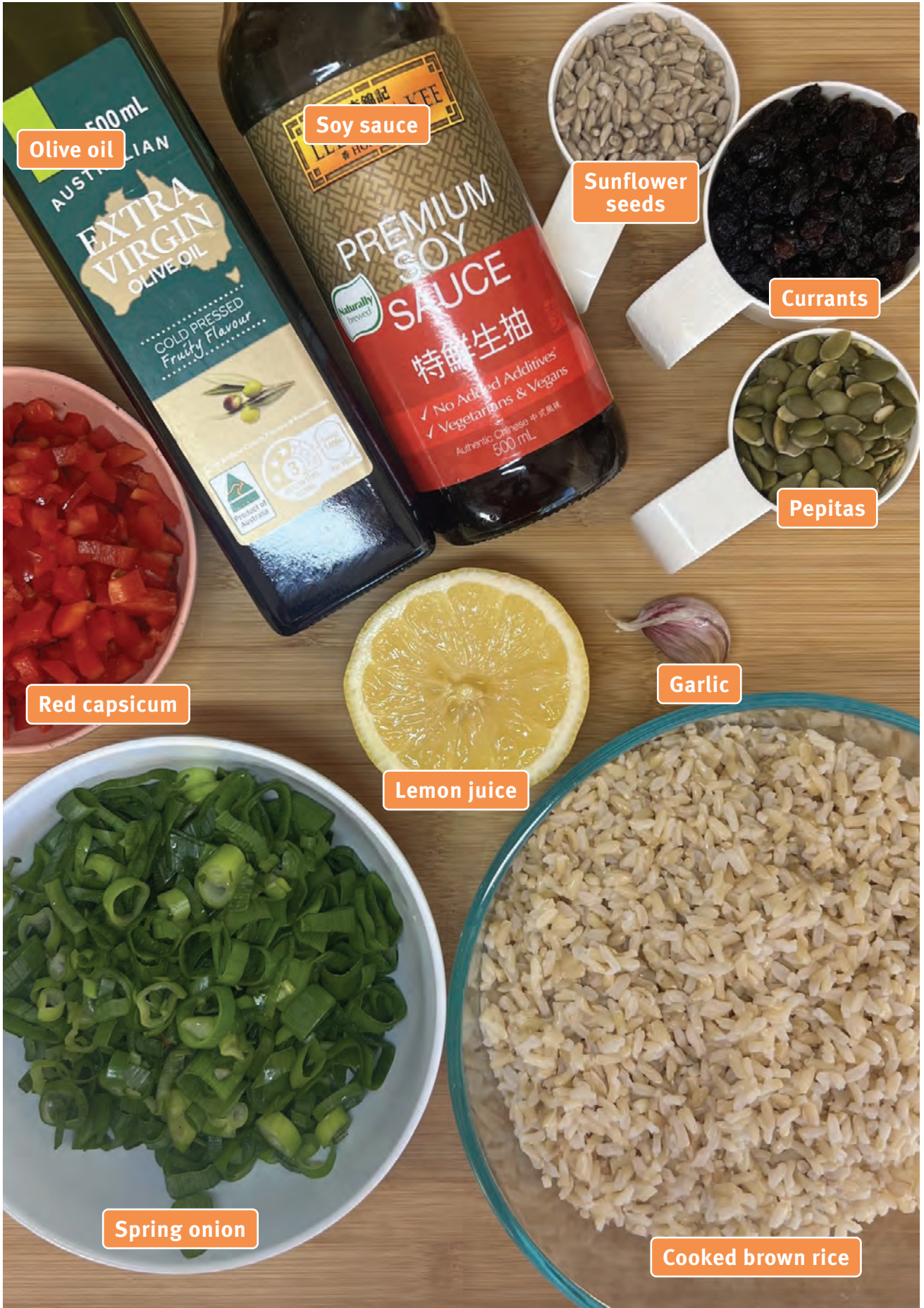
3 cups cold cooked brown rice
4 spring onions
1 red capsicum
½ cup currants
¼ cup sunflower seeds
¼ cup pepitas
1 tablespoon olive oil
2 tablespoons soy sauce
Juice from ½ lemon
1 garlic clove

METHOD

1. Cut spring onions and capsicum small.
2. Put cooked rice, spring onion, capsicum, currants, sunflower seeds and pepitas in a big bowl. Mix well.
3. Peel garlic and cut small.
4. Put olive oil, soy sauce, lemon juice and garlic in a small jar that has a lid (or a small bowl).
5. Put the lid on the jar. Shake well (or mix well in a bowl with a fork).
6. Add salad dressing to rice salad. Mix well.

NOTES

- Cook the brown rice 1 day before making the salad and leave in the fridge in a container.
- Add other salad vegetables (e.g. cut cucumber, red onion, tomato).
- Add tofu, canned chickpeas, boiled eggs, grilled halloumi or cooked chicken or other meat to make it a meal.
- Use sultanas or cut dates instead of the currants. Use any other nuts or seeds (e.g. cashews or walnuts).
- Salad can be kept in the fridge for 3 days. Not suitable to freeze.



Brown Rice Salad

INGREDIENTS

3 cups cold cooked brown rice



4 spring onions



1 red capsicum



1/2 cup currants



1/4 cup sunflower seeds



1/4 cup pepitas



1 tablespoon olive oil



2 tablespoons soy sauce



Juice from 1/2 lemon



1 garlic clove



Brown Rice Salad

METHOD



1 Cut spring onion and capsicum.



2 Put cooked rice, spring onion, capsicum, currants, sunflower seeds and pepitas in a big bowl.



3 Peel and cut or grate garlic.



4 Put olive oil, soy sauce, lemon juice and garlic in a small jar that has a lid (or a small bowl).



5 Put the lid on the jar. Shake well (or mix well in a bowl with a fork).



6 Add salad dressing to rice salad. Mix well.



Roast Pumpkin and Chickpea Salad



SERVES
4–6



PREP TIME
10 minutes



COOK TIME
30 minutes



INGREDIENTS

1 tablespoon olive oil
1kg pumpkin
400g can chickpeas
4 handfuls baby spinach
½ red onion
½ bunch coriander leaves
¼ cup pepitas (pumpkin seeds)

DRESSING

1 tablespoon olive oil
1 teaspoon honey
½ teaspoon grated ginger
Juice of ½ lemon

METHOD

1. Turn on oven to 180°C.
2. Peel and cut pumpkin into 2–3cm pieces.
3. Combine olive oil and pumpkin on a big roasting tray.
4. Cook pumpkin in oven for 30 minutes or until cooked. Leave to cool slightly.
5. Drain and rinse chickpeas with water from the tap.
6. Cut red onion thin. Cut coriander small.
7. Put pumpkin, chickpeas, spinach, red onion, coriander and pepitas in salad bowl.
8. Put olive oil, honey, ginger and lemon juice in a small jar. Put lid on jar. Shake well to combine.
9. Pour dressing gently over salad. Mix well. Serve as a main meal on its own or as a side salad.

NOTES

- You can steam or boil the pumpkin. It will be a bit softer, so be careful when mixing in the dressing.
- You can swap spinach for rocket leaves or a mix of rocket and spinach.
- **Optional:** Add 100g chopped feta to the salad.
- Instead of coriander, you can use basil or parsley. Instead of pepitas, you can use other nuts (e.g. walnuts).
- Store any leftovers in the fridge for up to 2 days.



Roast Pumpkin and Chickpea Salad

INGREDIENTS

2 tablespoons olive oil



1kg pumpkin



1 red onion



1 can chickpeas



4 handfuls baby spinach



1/2 bunch coriander



1/4 cup pepitas



1 teaspoon honey



1/2 teaspoon ginger



1/2 lemon



Roast Pumpkin and Chickpea Salad

METHOD



1 Turn on oven to 180°C.



2 Peel and cut pumpkin into 2–3cm pieces.



3 Combine olive oil and pumpkin on a big roasting tray.



4 Cook pumpkin in oven for 30 minutes or until cooked. Leave to cool slightly.



5 Drain and rinse chickpeas with water from the tap.



6 Cut red onion thin. Cut coriander small.



7 Put pumpkin, chickpeas, spinach, red onion, coriander and pepitas in a salad bowl.



8 Put olive oil, honey, ginger and lemon juice in a small jar. Put lid on jar. Shake well to combine.



9 Pour dressing gently over salad. Toss to combine. Serve as a main meal on its own or as a side salad.

Chicken Watermelon Wraps

 **MAKES**
8 wraps

 **PREP TIME**
10 minutes

 **COOK TIME**
10 minutes



INGREDIENTS

500g chicken breast fillets
(about 2 small fillets)
¼ teaspoon each of pepper and salt
Spray oil
¼ watermelon
1 bag rocket (120g)
⅓ cup natural yoghurt
1 lime
1 garlic clove
1 packet wholegrain wraps

METHOD

1. Cut chicken into small, flat pieces.
2. Put pepper and salt on chicken. Mix well.
3. Heat a big pan with high heat. Spray with oil.
4. Add chicken. Cook on both sides until brown.
5. Put chicken in a bowl. Clean pan.
6. Cut watermelon small.
7. Cut garlic small. Put yoghurt, lime and garlic in a bowl. Mix well.
8. Reheat pan. Cook wraps with no oil, for 1–2 minutes on each side.
9. Put chicken, watermelon, rocket and yoghurt sauce on each wrap.

NOTES

- Add other salad vegetables (e.g. cut cucumber, red onion, capsicum, lettuce, cabbage).
- Add herbs and spices to chicken (e.g. dried mixed herbs, paprika, chilli).
- Use tomato instead of watermelon.



Watermelon

Wholegrain wraps

Pepper and salt

Garlic

Lime

Chicken breast

Natural yoghurt

Rocket

Chicken Watermelon Wraps

INGREDIENTS

500g chicken breast fillets



1/3 cup natural yoghurt



1 bag rocket



Spray oil



1 lime



1 clove garlic



Pepper and salt



1/4 watermelon



1 packet wholegrain wraps



Chicken Watermelon Wraps

METHOD



1

Cut chicken into small pieces.



2

Put pepper and salt on chicken. Mix well.



3

Heat a big pan. Spray with oil.



4

Add chicken. Cook on both sides until brown.



5

Put chicken in a bowl. Clean pan.



6

Cut watermelon small.



7

Cut garlic small. Put yoghurt, lime and garlic in a bowl. Mix well.



8

Reheat pan. Cook a wrap with no oil, for 1–2 minutes on each side. Repeat with all wraps.



9

Put chicken, watermelon, rocket and yoghurt sauce on each wrap.

Beef and Vegetable Burgers



MAKES
12 burgers



PREP TIME
10 minutes



COOK TIME
10 minutes



INGREDIENTS

1 onion
1 carrot
4 mushrooms
1 zucchini
1 garlic clove
500g beef mince
1 egg
1 tablespoon tomato sauce
1 teaspoon stock powder
1 teaspoon dried mixed herbs
½ cup dried breadcrumbs
Oil spray, to cook

TO SERVE

12 wholemeal bread rolls

SALAD

lettuce, tomato, cucumber

Extra tomato sauce

METHOD

1. Grate onion, carrot, mushrooms and zucchini. Cut garlic small.
2. Squeeze grated zucchini with hands over a bowl or the sink.
3. Put all ingredients in a big bowl. Mix well with your hands.
4. Shape burgers into large discs, about the size of a tennis ball, flattened down.
5. Heat oil in a pan with medium-high heat. Cook burgers for 8–10 minutes, turning after 5 minutes, until brown all over and cooked through.
6. Remove cooked burgers from heat. Repeat with remaining burgers.
7. Cut bread rolls in half. Put burger, salad and tomato sauce on bottom half of each roll. Put top half of each bread roll on top.

NOTES

- Wet your hands before shaping burgers into patties.
- Use BBQ sauce instead of tomato sauce. Add other herbs and spices (e.g. paprika, chilli, parsley). Use chicken, lamb, pork or turkey mince. Use lean mince.
- Freeze raw or cooked burgers: lay flat on an oven tray until frozen. Put in sealed container. Freeze for 3 months. Cook frozen raw burgers in oven or air-fryer. Reheat frozen cooked burgers in microwave, oven or air-fryer.
- **Meatballs:** Roll mixture into golf-ball-sized balls with your hands. Serve with spaghetti and tomato pasta sauce.
- **Meatloaf:** Turn on oven to 180°C. Cook mixture in a baking loaf pan for 30 minutes. Add 2 tablespoons of BBQ sauce on top. Cook for 5 minutes more. Serve with mashed potato and vegetables.



Beef and Vegetable Burgers

INGREDIENTS

1 onion



1 carrot



4 mushrooms



1 small zucchini



500g beef mince



1 garlic clove



1 teaspoon stock powder



1 teaspoon mixed herbs



1 tablespoon tomato sauce



1 egg



½ cup dried breadcrumbs



Oil spray



Beef and Vegetable Burgers

METHOD



1 Grate onion, carrot, mushrooms and zucchini. Cut garlic small.



2 Squeeze grated zucchini with hands over a bowl or the sink.



3 Put all ingredients in a big bowl. Mix well with your hands.



4 Shape burgers into large discs, about the size of a tennis ball, flattened down.



5 Heat oil in pan with medium-high heat. Cook burgers 8 minutes, turning after 5 minutes, until cooked through.



6 Remove cooked burgers from heat. Repeat with remaining burgers.



7 Cut bread rolls in half. Put burger, salad and tomato sauce on bottom half of roll. Put top half of each bread roll on top.

MEATBALLS

Roll mixture into golf-ball-sized balls with your hands. Cook the same as burgers. Serve with spaghetti and tomato pasta sauce.



MEATLOAF

Turn on oven to 180°C. Cook mixture in a baking loaf pan for 30 minutes. Add 2 tablespoons of BBQ sauce on top. Cook for 5 minutes more. Serve with mashed potato and vegetables.

