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Pondu

Congolese Cassava Leaf Stew



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
2 hours



INGREDIENTS

500g frozen cassava leaves
300g beef or goat with bones
and/or 1 dried smoked fish
2 onions
3 spring onions
8 cloves garlic
1 green capsicum
2 long thin eggplants
(or 1 big thick)
¼ cup vegetable oil
(instead of palm oil)
1 teaspoon salt
2 teaspoons stock powder
1 scotch bonnet/habanero chilli
(optional)
⅓ cup crushed peanuts

METHOD

1. Defrost then rinse cassava leaves well with water.
2. **If using beef/goat:** put meat in a pot. Cover with water. Boil for 45 minutes.
If using dried smoked fish: Put fish in a bowl with boiling water for 30 minutes. Remove the bones from the fish and keep the flesh.
3. Blend onions, garlic, spring onions, eggplant, and green capsicum in a food processor. If you don't have a food processor, cut the vegetables as small as you can.
4. Put cassava leaves with mixed vegetables in a big pot. Cover with water. Cook on high heat.
5. Add the vegetable oil, salt and stock powder. Bring to the boil. Turn the heat down to low. Cook for 45 minutes.
6. Take meat out of pot. Cut into small pieces. Add to the cassava leaves. If using, add smoked fish and 1 whole habanero chilli. Cook for another 45 minutes – 1 hour.
7. Check the pondu regularly and add more water if it's too dry, 1 cup at a time.
8. Add crushed peanuts. Cook until thick, around 10 more minutes.
9. Serve the pondu with fufu and plantain or rice.

NOTES

- There are many regional variations to cooking pondu. You can add other vegetables: zucchini, celery, cucumber, leek.
- Traditionally, pondu is made with palm oil but we have used vegetable oil which is healthier, easier to find and better for the environment.
- You can buy frozen cassava leaves from African, Indian or Asian supermarkets.
- Many African families grow their own cassava plants along with sweet potato and pumpkin vines, for the leaves as well as the root vegetable. Cassava leaves are plucked from the stalks, rinsed well then blended.
- Cassava leaves can not be eaten raw. They must be cooked, usually boiled, for a long time.
- Whilst not a traditional pondu, you can make a green leafy stew with sweet potato leaves, pumpkin leaves or spinach.



Eggplant

Spring onion

Onion

Garlic

Cassava leaves

Green capsicum

Stock powder

Dried fish

Vegetable oil

Crushed peanuts

Beef with bones

Doro Wat

Ethiopian/Eritrean Chicken Stew



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
30 minutes



INGREDIENTS

1kg chicken drumsticks
½ cup white vinegar mixed with
1 cup of water
6 eggs
2 red onions
3 cloves garlic
1 tablespoon ginger
2 tablespoons oil
1 tablespoon tomato paste
2–3 tablespoons berbere spice mix
¼ cup water
1 teaspoon stock powder
Salt, to taste

METHOD

1. Rinse chicken. Put in a bowl with vinegar and water.
2. Boil eggs for 10 minutes, for hard boil. Peel eggshells.
3. Cut onion and garlic small. Grate ginger.
4. Heat oil in a pan with medium heat. Add onion. Cook for 10 minutes.
5. Add garlic, ginger, tomato paste and berbere spice mix. Cook for 5 minutes, adding a small amount of water if it is too dry.
6. Add chicken. Cook on both sides for 1-2 minutes.
7. Add water, stock powder and salt to the pan. Stir well.
8. Turn heat down to low. Simmer chicken for 25–30 minutes.
9. Add boiled eggs. Cook for 5 minutes.
10. Serve with injera and salad.

NOTES

- “Doro wat” means chicken stew in Amharic language.
- Doro wat is considered the national dish in Eritrea and Ethiopia.
- Use curry powder and 1 teaspoon chilli powder instead of berbere spice mix.
- Injera is a fermented spongy flatbread made from teff flour. If you can't find it, serve the stew with rice or flat bread.
- You can use a whole chicken, cut into pieces.

Eritrean / Ethiopian Vegetable Stews

(see picture on the next page)

Akakilt Aicha

INGREDIENTS

3 potatoes peeled, cubed or cut long wedges
2 tablespoons oil
1 onion, cut
2 garlic cloves, minced
2 teaspoons ginger, minced
1 teaspoon ground turmeric
2 carrots, peeled and cut
2 celery sticks, cut
½ red capsicum, cut or sliced
½ green capsicum, cut or sliced
2 handfuls beans, cut
1 teaspoon stock powder
½ cup water
1 teaspoon salt

METHOD

1. Half-cook potatoes (par-boil). Drain.
2. Heat oil in pan. Add onion and celery. Cook for 5 minutes.
3. Add garlic, ginger and turmeric. Cook for 1 minute.
4. Add carrot. Cook for 3 minutes.
5. Add potato, cabbage and capsicum. Cook for 2 minutes.
6. Add stock powder, water and salt. Cook for 5 minutes.
7. Add beans. Cook for 2 minutes.

Shiro Wat

INGREDIENTS

2 tablespoons oil
1 red onion, minced
5 garlic cloves, minced
2 tablespoons berbere spice mix
3 tomatoes, pureed
½ cup chickpea flour
1 teaspoon stock powder
2 cups water

METHOD

1. Heat oil in pan. Add onion. Cook for 5 minutes.
2. Add garlic and berbere spice mix. Cook for 1 minute.
3. Add tomatoes. Cook for 2 minutes.
4. Add chickpea flour, stock powder and water. Stir well to stop lumps.
5. Cook for 10 minutes. Add more water if it's too dry or add a small amount more chickpea flour if it's too wet.

Duba Wat

INGREDIENTS

2 tablespoons oil
1 onion, cut small
3 garlic cloves, minced
2 teaspoons ginger, minced (optional)
2 tablespoons berbere spice mix
1 teaspoon cardamom
1 tomato, pureed
1 tablespoon tomato paste
1kg pumpkin, peeled and cut
1 cup water
2 teaspoons stock powder
1 teaspoon salt

METHOD

1. Heat oil in pan. Add onion. Cook for 5 minutes.
2. Add garlic, ginger, berbere spice mix and cardamom. Cook for 1 minute.
3. Add tomato and tomato paste. Cook for 2 minutes.
4. Add pumpkin. Cook for 1 minute.
5. Add stock powder, water and salt. Cook for 10 minutes or until pumpkin is soft but not mushy.

NOTES

- Eritrean and Ethiopian cuisine is very similar, with slight variations of common vegetables due to climate differences. Vegan and vegetarian diets are very common, particularly during Eritrean Orthodox fasting periods.
- Injera is a spongy, tangy flatbread/pancake that is made from teff flour. It is used to scoop up wat (stew) so there is no need for cutlery. You can serve wat with other flatbread or rice.

Misir Wat

Ethiopian/Eritrean Red Lentil Stew



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
30 minutes



INGREDIENTS

1½ cups dry red lentils
2 tablespoons oil
1 red onion
2 cloves garlic
2 teaspoons ginger
1 tomato
1 tablespoon tomato paste
1 tablespoon berbere spice mix
3 cups water
2 teaspoons stock powder
1 teaspoon salt

METHOD

1. Rinse lentils under the tap until water is clear. Soak lentils covered with water in a bowl.
2. Cut onion, garlic, ginger and tomato small.
3. Heat oil in a pan with medium heat. Add onion. Cook for 10 minutes.
4. Add garlic, ginger, tomato, tomato paste and berbere spice mix. Cook for 5 minutes, adding a small amount of water if it is too dry.
5. Rinse and drain lentils.
6. Add lentils, 3 cups water, stock powder and salt to the pan. Stir well.
7. Turn heat to high until boiling.
8. Turn heat down to low. Simmer lentils for 10-12 minutes. The lentils should be soft but not mushy and still hold their round shape.
9. Serve with injera bread. Delicious when served with other Eritrean/Ethiopian vegetable dishes.

NOTES

- Misir wat is a common dish in Ethiopia and Eritrea. It is often enjoyed with other separate vegetable dishes with pumpkin, beans, carrot and potato.
- Misir wat tastes better after cooling in the fridge overnight. It can be frozen for 6 months.
- Injera is a spongy, tangy flatbread/pancake that is made from teff flour. It is used to scoop up the misir wat, so there is no need for cutlery. You can serve misir wat with other flatbread or rice.
- Berbere is an Ethiopian/Eritrean hot spice mix.



Red onion

Tomato

Tomato paste

Garlic and ginger

Stock powder

Red lentils

Oil

Salt

Berberé spice mix

Wan Pot

Sierra Leone Bulgar One-Pot Dish



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
20 minutes



INGREDIENTS

300g (1½ cups) bulgur
500g chicken thighs/legs, no skin
2 teaspoons stock powder
2 tablespoons coconut oil
1 tablespoon tomato paste
1 Maggi crayfish seasoning cube
1 onion, sliced
1 spring onion, cut
1 tomato, cut
1 small red capsicum, cut
½ broccoli, cut small

METHOD

1. Put chicken in a pan with enough water to cover. Add 1 teaspoon of stock powder. Boil for 6–8 minutes.
2. Rinse and drain bulgur in a rice cooker bowl (or big pot). Add 3 cups water (or no-measure method – cover with water, about 2cm higher than bulgur).
3. Add coconut oil, tomato paste and Maggi crayfish seasoning. Stir.
4. Add the cut onion, spring onion, tomato, capsicum and broccoli. Stir.
5. Take chicken from pan. Cut into pieces. Throw away the bones.
6. Add chicken and its cooking water to the bulgur. Stir well.
7. Cook for about 15–20 minutes in rice cooker. Restart device if it finishes cooking cycle before bulgur is ready. If cooking on the stove, cook on high heat until boiling then reduce heat to low for 15–20 minutes. Add a little bit more water if it is too dry.

NOTES

- Medium bulgur is preferred but you can use coarse or fine bulgur. When cooked, medium bulgur is soft but slightly chewy whereas coarse bulgur is firm and fine bulgur like thick soup or porridge. You can use couscous, rice, freekeh, quinoa or other grains instead of bulgur although cooking times will vary.
- Use other meat, fish or canned legumes. Traditionally, it is a combination of meat, chicken and seafood.
- Add other vegetables (e.g. cut carrot, spinach, zucchini). Use any oil, although coconut oil has a nice taste.
- If you can't find Maggi crayfish cube, add an extra teaspoon of stock powder.
- Add Scotch bonnet (very hot) chilli. Traditionally, Scotch bonnet chillies are added during cooking and as a garnish. These chillies are very hot so use with caution! You can substitute with birds eye chilli or chilli flakes.



Suqaar Digaag

Somali Chicken Stew



SERVES
8 people



PREP TIME
10 minutes



COOK TIME
25 minutes



INGREDIENTS

2 tablespoons oil
1kg chicken thighs, cut small
2 onions, cut
6–8 cloves garlic, cut small
3–4 carrots, peeled and cut
3–4 potatoes, peeled and cut
6 tomatoes, cut
3 capsicums (red, green, yellow), cut
1 tablespoon tomato paste
3 teaspoons xawaash spice mix
(see page 187)
2 teaspoons stock powder
½ bunch coriander, cut

TO SERVE

Somali date tamarind sauce,
flatbread or rice

METHOD

1. Heat 1 tablespoon oil in a big pan. Cook chicken in batches until brown. Remove from pan.
2. Heat remaining 1 tablespoon oil in the pan. Add onion. Cook over medium heat for 5–6 minutes, until golden.
3. Add garlic, carrots, potato, tomato and capsicum. Cook for 3–4 minutes.
4. Add tomato paste, Somali chilli chutney, Somali spice mix, chicken stock and 1 cup water.
5. Put chicken back in the pot. Bring to the boil. Simmer for 15 minutes, until potato is tender.
6. Add cut coriander.
7. Serve with date tamarind sauce, muufo (Somali flatbread), chapati or rice.

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 4.
- Add a squeeze of lemon juice and cut green chilli, to your taste preference.
- “Suqaar” means stew, and “digaag” means chicken in Somali.



Mulang e Tongpiny

South Sudanese Beef, Peanut and Spinach Stew



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
40 minutes



INGREDIENTS

1 tablespoon oil
500g lean diced beef
(gravy or casserole type)
1 red onion
3 cloves garlic
1 tablespoon tomato paste
2 teaspoons stock powder
2 cups water
1 cup peanut butter
3 tomatoes
1 bunch spinach

TO SERVE

Ugali

METHOD

1. Cut meat into pieces (you can buy it pre-cut). Cut red onion and garlic small. Wash and cut tomatoes and spinach.
2. Heat oil in pan with medium-high heat. Add beef. Brown each side, 1–2 minutes.
3. Add onion and garlic. Cook for 3 minutes.
4. Add tomato paste, stock powder and 2 cups of water. Turn the heat down once boiling. Cook for 20–30 minutes, until liquid has reduced by half.
5. Add peanut butter. Stir well.
6. Add tomato and spinach. Cook for 2 minutes, until spinach is soft and wilted.
7. Serve with ugali.

NOTES

- Use silverbeet, kale or baby spinach instead of spinach. Can use crunchy peanut butter but smooth is more common.
- Ugali is made from maize or semolina flour and water. It's like mashed potato but spongier. Serve stew with rice or kisra (South Sudanese flatbread) instead of ugali.
- Add other vegetables (e.g. sweet potato, beans, eggplant).
- “Mulang” means stew and “tongpiny” means peanut in Dinka, one of the languages in South Sudan.



Spinach

Tomato

Lean beef

Red onion

Peanut butter

Stock powder

Tomato paste

Garlic

Oil

Bamia Thabiek

South Sudanese Okra and Lamb Stew



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
1 hour



INGREDIENTS

1 tablespoon olive oil
2 onions, cut
3 garlic cloves, cut small
1kg lamb chops
2 teaspoons stock powder
1 cup water
2 tablespoons tomato paste
2 teaspoons ground cumin
2 carrots, peeled and cut
3 cups fresh okra, tip and stem cut off
1 teaspoon salt
2 handfuls dill, cut

METHOD

1. Heat oil in big pan with medium-high heat.
2. Add onions. Cook for 5–7 minutes.
3. Add lamb chops and garlic. Brown both sides of chops. Add water and stock powder. Cook for 30 minutes, until meat starts to soften.
4. Add tomato paste, ground cumin and carrots. Stir well. Cook for 5 minutes.
5. Cut bottom tip off fresh okra. Cut top of okra into a cone shape, like a pencil.
6. Add okra. If the stew is dry, add $\frac{1}{4}$ cup water. Cook for 15 minutes.
7. Add dill. Stir.
8. Serve bamia with rice.

NOTES

- Okra and meat stew is commonly served with asida (soft wheat dough similar to polenta) or kiswa (South Sudanese flatbread).
- Add chilli powder and other spices.
- Use zucchini if you can't find okra. The dish will not be the same – okra has a unique slippery texture.
- Bamia (okra stew) is common throughout Northern Africa and the Middle East.

Mohinga

Burmese Fish Noodle Soup



SERVES
8–10 people



PREP TIME
1 hour



COOK TIME
2 hours



INGREDIENTS

STOCK

- 2.5 litres water
- 3 stalks lemongrass, cut into 10cm pieces
- 1 piece ginger, unpeeled, sliced
- 1 tablespoon turmeric powder
- 2 tablespoons fish sauce
- 1½ teaspoons ground pepper
- 2 teaspoons salt
- 1 scaled and gutted white fish (about 1–1.5kg) e.g. catfish or tilapia, rubbed with salt

SOUP PASTE

- 4 garlic cloves, minced
- 2 tablespoons minced ginger
- 1 red onion, cut small
- 2 tablespoons lemongrass minced (cut small from 3 stalks)

SOUP

- 1 cup chana dal (dried split yellow peas)
- ½ cup coarse semolina
- ¼ cup roasted rice powder (or dry fry and grind ½ cup rice)
- 1 tablespoon oil
- 2 teaspoons paprika
- 1 teaspoon turmeric powder
- 1 teaspoon each salt and pepper

METHOD

PREPARATION

1. Cook the chana dal (yellow split peas) with 1½ cups water for 30 minutes in a pressure cooker. Alternatively, cook chana dal on stovetop with 3 cups of water for 2 hours, stirring sometimes.
2. Dry fry basmati rice in pan until brown. Remove from heat. Process in a spice mill to make roasted rice powder. Alternatively, buy roasted rice powder from Burmese/Asian supermarket.
3. Fry red onion in oil with 1 teaspoon turmeric powder and 1 teaspoon salt. Drain on paper towel.
4. Hard-boil the eggs. Refresh under cold water tap. Peel and cut into quarters.
5. Cook the Burmese-style rice vermicelli noodles according to the packet. Drain.
6. Arrange garnishes and noodles in separate bowls for people to serve themselves. Cover and set aside.

STOCK

7. Put water, lemongrass, ginger, turmeric powder, fish sauce, pepper and salt in a big pot. Add fish, making sure it is fully covered in the water. Cook on high heat until boiling. Change to low heat. Cook for 15 minutes. The fish is ready when the flesh pulls away easily from the bone.
8. Remove fish from stock. Leave to cool on a plate. Keep stock for the soup.
9. Pull off skin and bones from the fish. Use hands to shred the fish.

SOUP PASTE

10. Blend garlic, ginger, red onion and lemongrass in a food processor or pound with a big mortar and pestle.

continued next page

Mohinga

continued

8 French shallots (small onions),
peeled and cut in half
1 banana stem (or lotus root), cut into
thin circles
1 tablespoon palm sugar
2 tablespoons fish sauce

TO SERVE

Thick rice vermicelli noodles, cooked
and drained
8–10 hard-boiled eggs, peeled and
quartered
2 red onions, thinly sliced, then fried
with oil, salt and turmeric powder
1 packet yellow split pea chips,
crushed
½ bunch coriander, cut
2 spring onions, cut
Roasted chilli flakes, to taste
Black pepper, to taste
Fish sauce, to taste
2–3 limes, cut into wedges

SOUP

11. Soak semolina in 1 cup of water to soften. Add roasted rice powder. Leave for 10 minutes.
12. Heat oil in a pan. Add soup paste. Stir-fry for 2 minutes. Add cooked fish, turmeric powder, paprika, black pepper and salt. Cook for 2 minutes.
13. Strain the fish stock. Add the liquid to the soup pot. Bring to the boil. Add French shallots and banana stems. Reduce heat. Cook for 10 minutes.
14. Stir in the cooked mashed yellow split peas, semolina and roasted rice powder. Cook for 5 minutes. Add palm sugar and fish sauce to taste. Add more water if the soup is too thick.

ASSEMBLE

15. Pour soup into deep bowls. Add vermicelli noodles and boiled eggs. Top with fried onion, yellow split pea chips, coriander, spring onion, roasted chilli flakes, black pepper, fish sauce to taste and lime wedges.

NOTES

- Use any white, firm fish.
- Use lotus root if you can't find banana stem.
- You can buy mohinga soup mix from Burmese supermarkets.
- Freeze the soup base (end of step 14) and serve with fresh garnishes and noodles.





Aksa

Zomi Chicken Curry (from Myanmar)



SERVES
6 people



PREP TIME
15 minutes



COOK TIME
1 hour



INGREDIENTS

1.5kg chicken drumsticks and thighs
½ cup natural yoghurt
4 potatoes, peeled and cut
2 tablespoons vegetable oil
3 lemongrass stalks, cut small
1 knob ginger, ground into paste
6 cloves garlic, cut small
2 onions, cut
2 tablespoons curry powder
1 teaspoon turmeric
1 teaspoon paprika
2 stalks curry leaves (30 leaves)
8 makrut lime leaves, cut long
2 teaspoons chicken stock powder
1 teaspoon salt
400ml can coconut cream

TO SERVE

Steamed basmati rice

METHOD

1. Combine chicken and yoghurt in a bowl. Mix well. Set aside.
2. Put potatoes in a saucepan with water. Bring water to the boil. Simmer for 10 minutes. Drain when potato is nearly cooked but still a little bit firm.
3. Heat vegetable oil in a large saucepan. Add lemongrass. Fry for 3–4 minutes, until golden.
4. Add ginger paste. Fry for 1–2 minutes. Add garlic paste. Fry for 1–2 minutes.
5. Add chopped onion. Fry for 5–7 minutes, until onion has reduced in size and is golden. Add a little more oil if needed.
6. Add curry powder, turmeric and paprika. Fry for 1 minute, until fragrant.
7. Add meat, coating well to combine. Cook for 5 minutes to brown the outside of the meat.
8. Stir in curry leaves, makrut lime leaves, chicken stock and salt. If needed, add a small amount of water to just cover the meat. Bring to the boil. Simmer for 30 minutes.
9. Once the meat is tender, around 30 minutes, stir in the coconut cream and half-cooked potatoes. Taste curry sauce and adjust with a small amount of salt. Cook for 5 minutes or until the potatoes are cooked through.

NOTES

- The Zomi community are an ethnic group from the mountainous region of Myanmar bordering with India.
- Replace the chicken with other meat or seafood.
- “Parrot” brand Malaysian curry powder is recommended, but any curry powder is okay. Spices include chilli, coriander, cumin, fennel, cinnamon, turmeric, paprika and pepper.
- Serve curry with steamed vegetables. Curry can be stored in the fridge for 3 days or frozen for 3 months.



Kyet-u Chet

Burmese Tomato Turmeric Eggs



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
20 minutes



INGREDIENTS

12 eggs (1 dozen)
3 tablespoons oil
1 knob ginger, ground into paste
4 cloves garlic, cut small
1 onion, cut
3 tomatoes, cut
1 teaspoon paprika
1 teaspoon turmeric
1 tablespoon sweet soy sauce
1 tablespoon oyster sauce
1 tablespoon fish sauce
½ teaspoon salt
½ bunch coriander, cut

TO SERVE

Steamed basmati rice

METHOD

1. Boil eggs for 14 minutes, to hard boil them. Rinse in cold water. Peel.
2. Heat 2 tablespoons oil in a big pan. Add eggs. Fry until golden. Remove from pan.
3. Heat remaining 1 tablespoon oil in pan. Add ginger, garlic and onion. Stir-fry for 3 minutes.
4. Add tomatoes, paprika, turmeric, sweet soy sauce, oyster sauce and salt. Cook for 5 minutes, until the tomatoes cook down. Add a small amount of water if it's too dry.
5. Add eggs to pan and coat well. Cook for 5 minutes.
6. Add fish sauce, salt and coriander. Serve with cooked rice.

NOTES

- Use Asian cooking caramel instead of sweet soy. You can also use regular soy sauce and 1 teaspoon sugar.
- This dish is common for breakfast. You can add more chilli and a tablespoon of tamarind pulp.
- Keep the dish in the fridge for 2 days. Reheat gently on the stove, until the centre of the eggs is hot. Not suitable to freeze.



Chicken Noodle Stir-fry

with Chilli Sambal



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
10 minutes



INGREDIENTS

- 1 packet vermicelli noodles (not too thin – thickness of spaghetti)
- 1 clove garlic, cut small
- 4–5 cabbage leaves, ripped
- 2 carrots, peeled and cut thin diagonally
- 2 stalks (ribs) of celery, cut diagonally
- 2 chicken breasts (about 500g)
- 1 teaspoon sesame oil
- ½ teaspoon salt
- 1 tablespoon oil
- 1 teaspoon cornflour
- 1 bunch garlic chives, cut 5cm

TO SERVE

Chilli sambal (page 186)

METHOD

1. Soak vermicelli noodles in a bowl with water from the tap (room temperature) for 30 minutes. Drain.
2. Peel/wash and cut all vegetables.
3. Cut chicken breast as small as you can. If you have a meat cleaver (like a hammer), bash it a bit smaller, so it's like chunky mince.
4. Put chicken in a bowl. Add sesame oil and salt. Mix well.
5. Heat oil in a big pan or wok. Add chicken and garlic. Stir-fry for 3 minutes, until chicken is cooked.
6. Add carrot, cabbage and celery. Stir-fry for 1 minute. Add noodles.
7. Put cornflour in a cup with 1 tablespoon of water. Stir to make a “slurry”. Add to the noodle stir-fry.
8. Add garlic chives. Stir well.
9. Serve in bowls. Add chilli sambal to taste (about 1 tablespoon – more or less depending on chilli preference).

NOTES

- Add any other vegetables (e.g. cut onion, capsicum, zucchini).
- Use other meat or seafood (e.g. pork mince, small strips of beef, prawns).
- Use any noodles. Use chives or spring onion instead of garlic chives.
- Chilli sambal is a Malaysian condiment. Use any chilli paste or sauce.



Chicken Fried Rice

Ji Rou Chow Fan



SERVES
6 people



PREP TIME
10 minutes plus
cooling time



COOK TIME
10 minutes



INGREDIENTS

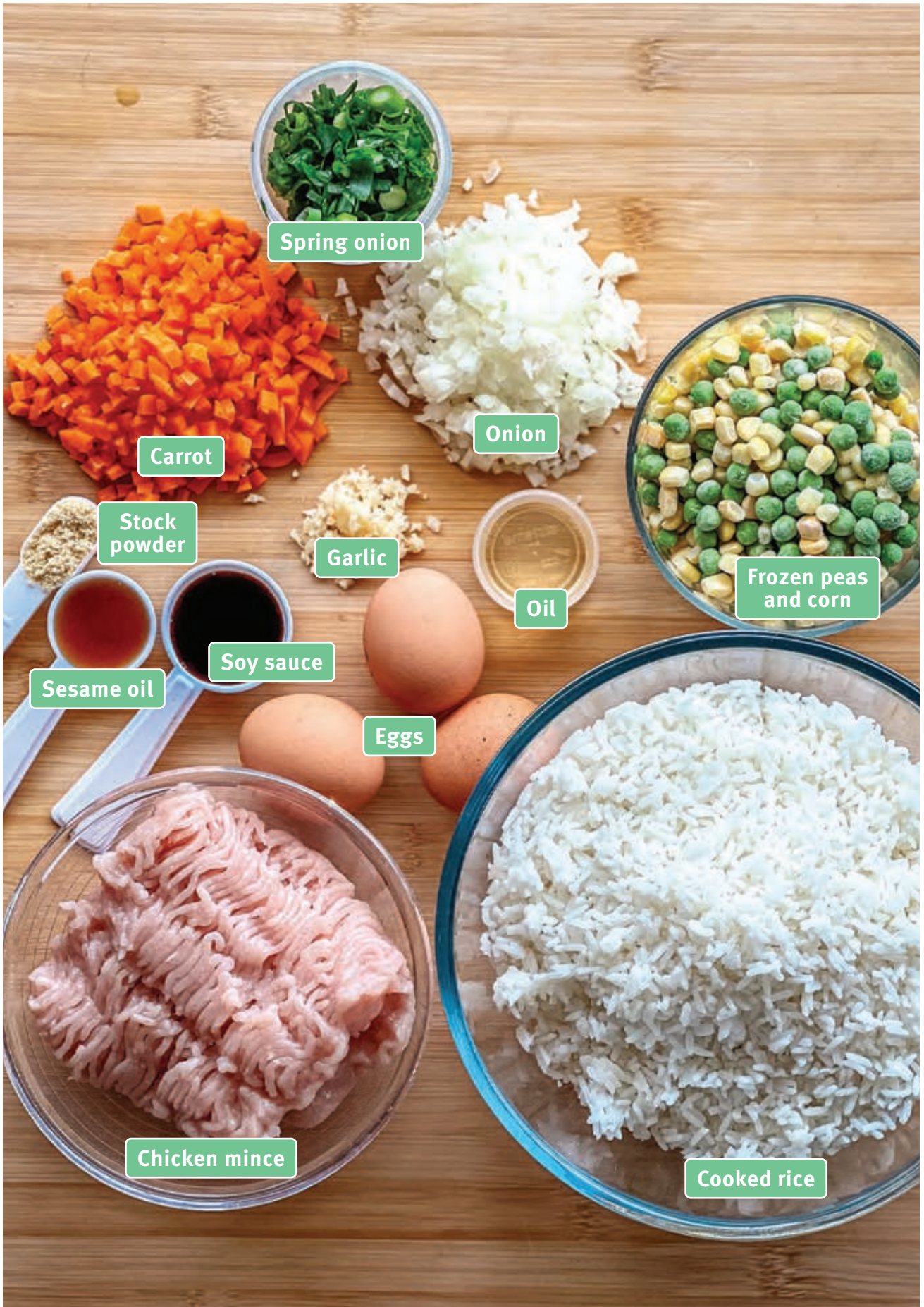
1½ cups rice (long grain best)
or 4½ cups cooked cold rice
1 onion
1 garlic clove
2 spring onions
1 carrot
500g chicken mince
1 teaspoon stock powder
2 tablespoons oil
2 cups frozen peas and corn
3 eggs
2 tablespoons soy sauce
2 teaspoons sesame oil
(1 teaspoon for chicken and
1 teaspoon for rice)
¼ teaspoon salt and white pepper

METHOD

1. Rinse rice well until water is clear. Cook rice, then spread out in a big container. Cover and put in fridge until cold (2–3 hours or overnight). You can use leftover rice.
2. Cut onion and spring onions small. Cut garlic small (or grate). Peel and cut carrot small.
3. Put chicken mince in a bowl. Add 1 teaspoon sesame oil and 1 teaspoon stock powder. Mix well.
4. Heat 1 tablespoon oil in big pan with high heat. Add chicken mince. Cook, breaking mince up until meat is white. Take chicken out of pan and put in a clean bowl.
5. Heat 1 tablespoon of oil in pan. Add onion, white part of spring onion, garlic and carrot. Stir-fry for 2 minutes.
6. Add cooked rice. Stir-fry to separate rice grains. Cook for 2 minutes.
7. Add vegetables, soy sauce and 1 teaspoon sesame oil. Stir-fry, then push to the side of the pan.
8. Crack eggs into a bowl. Mix with a fork (lightly beat). Put eggs into pan. Mix gently until cooked, then stir well with rice.
9. Add cut green part of spring onion. Season with a small amount of salt and white pepper.

NOTES

- Use any cold cooked rice, e.g. jasmine rice, brown rice, basmati rice.
- Use other vegetables, e.g. cut capsicum, mushrooms, beans, broccoli, zucchini.
- Use cut chicken breast with the onion and garlic. Add lean ham, firm tofu or peeled green prawns with vegetables.
- Fried rice can be stored in the fridge for 3 days. Reheat well in the microwave.



Chicken Fried Rice

INGREDIENTS

4 ½ cups cooked rice
(1 ½ cups uncooked)



1 onion



2 spring onions



1 clove garlic



1 carrot



500g chicken mince



2 tablespoons oil



1 teaspoon stock powder



2 cups frozen peas & corn



3 eggs



2 tablespoons soy sauce



2 teaspoons sesame oil



Chicken Fried Rice

METHOD



1 Rinse rice, then cook. Put in fridge until cold (2–3 hours or overnight). You can use leftover rice.



2 Cut onion and spring onions small. Cut garlic small (or grate). Peel and cut carrot small.



3 Put chicken mince in a bowl. Add 1 teaspoon sesame oil and 1 teaspoon stock powder. Mix well.



4 Heat oil in big pan with high heat. Add chicken mince. Cook until meat is white. Put cooked chicken in a clean bowl.



5 Heat more oil in pan. Add onion, white part of spring onion, garlic and carrot. Stir-fry for 2 minutes.



6 Add cooked rice. Stir-fry to separate rice grains. Cook for 2 minutes.



7 Add vegetables, soy sauce and sesame oil. Stir-fry. Add chicken, then push to the side of the pan.



8 Lightly beat eggs in a bowl. Put eggs into pan. Mix gently until cooked, then stir well with rice.



9 Add cut green part of spring onion. Season with a small amount of salt and white pepper.

Ashak

Afghan Herb-Filled Dumplings with Lentil Tomato Sauce



MAKES
40 dumplings



PREP TIME
50 minutes



COOK TIME
30 minutes



INGREDIENTS

DOUGH

500g plain flour
3 tablespoons oil
2 teaspoons salt
½ cup water, plus more

TOMATO LENTIL SAUCE

½ cup split yellow lentils
2 tablespoons oil
1 onion, cut
4 garlic cloves, cut small
2 tablespoons tomato paste
3 tomatoes, grated
Pepper and salt
1 teaspoon ground turmeric
2 teaspoons char marsala (page 187)

DUMPLING FILLING

3 bunches garlic chives
½ bunch coriander
1 handful mint
1 teaspoon salt
½ teaspoon chilli powder
1–2 teaspoons oil

YOGHURT SAUCE

2 cups natural yoghurt
1 teaspoon salt
2 cloves garlic, cut small

TO SERVE

2 handfuls coriander and mint, cut
2 teaspoons dried mint

METHOD

1. Mix flour, oil, salt and water in a bowl. Add more water or flour until dough forms.
2. Put dough on flour-covered bench. Knead for 8–10 minutes, until dough is soft and stretchy.
3. Make 10 small dough balls. Allow balls to rest for 30 minutes in a warm place.
4. Put lentils in a pot with water. Bring to the boil. Reduce heat. Simmer for 20 minutes
5. Heat oil in big pan. Add onion and garlic. Cook for 3–4 minutes. Add tomato paste, pepper, salt and turmeric. Cook for 2 minutes.
6. Add grated tomatoes and cooked lentils. Continue to cook for 10–15 minutes. Stir sometimes while making the dumplings.
7. Put chopped herbs, salt, chilli and oil in a bowl. Mix well.
8. Roll dough very thin on a floured surface. Cut into circles using a small bowl, cup or metal ring about the length of your hand.
9. Put 1–2 teaspoons of herbs in the centre of the dough. Fold in half to seal. Join ends together to form a flower. Press together to seal. Continue with remaining dumplings.
10. Steam dumplings for 8–10 minutes.
11. Mix yoghurt, salt and garlic in a bowl. Spoon half onto large plate. Next, add steamed dumplings, then tomato lentil sauce, then more yoghurt sauce. Garnish with chopped fresh coriander and mint. Sprinkle with dried mint.



NOTES

- Uncooked dumplings can be frozen. Spread dumplings in a single layer on a baking tray and freeze. Once frozen, put dumplings in an airtight container. Tomato lentil sauce can be made 1 day ahead. Keep in fridge.
- Char marsala is an Afghan spice mix made from cumin, cardamom, cinnamon and coriander.
- Use leeks or spring onion instead of garlic chives. Making ashak is time-consuming, but it is worth the effort!

Qurma Gulpea

Afghan Cauliflower Curry



SERVES
6 people



PREP TIME
5 minutes



COOK TIME
25 minutes



INGREDIENTS

1 tablespoon oil
1 onion
2 cloves garlic
1 teaspoon ground turmeric
2 teaspoons char marsala
(Afghan spice mix – page 187)
1 tablespoon tomato paste
1 can diced tomatoes (400g)
1 long red chilli, optional
1 head cauliflower, broken into bite-sized pieces
1 can chickpeas (400g), optional
1 cup (250ml) boiling water
Juice from ½ lemon
½ teaspoon each pepper and salt

TO SERVE

Cooked basmati rice, salad and garlic yoghurt sauce

METHOD

1. Cut onion, garlic and red chilli (optional).
2. Break or cut cauliflower into pieces.
3. Drain and rinse canned chickpeas (optional).
4. Heat oil in big pan with medium-high heat. Add onion. Cook for 2–3 minutes, until brown.
5. Add garlic, turmeric and curry powder. Cook for 1 minute, while mixing.
6. Add tomato paste, can of diced tomatoes, red chilli (optional). Cook for 10 minutes until the sauce thickens.
7. Add cauliflower pieces and canned chickpeas (optional). Stir well to coat cauliflower in tomato curry sauce.
8. Add 1 cup (250ml) of boiling water.
9. Put the lid on the pan. Cook for 10–15 minutes, until cauliflower is soft.
10. Add lemon juice, pepper and salt to taste.
11. Serve with cooked basmati rice, salad and garlic yoghurt sauce.

NOTES

- Char masala is an equal amount of cumin, cinnamon, clove and cardamom. Use any curry powder instead.
- Chickpeas are optional but add fibre and protein. Use any canned legumes, e.g. 3-bean mix, lentils, borlotti beans.
- “Qurma gulpea” is Farsi for cauliflower korma curry and is also known as qorme guhpi, golpi or golpie. There are many regional variations of the dish throughout Afghanistan.



Tepsi Baytinijan

Iraqi Baked Kofta with Eggplant and Tomato



SERVES
8–10 people



PREP TIME
50 minutes



COOK TIME
1 hour



INGREDIENTS

KOFTA

- 1 onion
- 2 garlic cloves
- 2 big handfuls parsley
- 350g beef mince
- 350g lamb mince
- 1 tablespoon baharat (7-spice) mix (page 187)
- 2 tablespoons plain flour
- Salt and pepper

TOMATO SAUCE

- 1 tablespoon olive oil
- 1 onion, cut small
- 4 garlic cloves, crushed
- 1 tablespoon baharat spice
- 2 teaspoons turmeric powder
- 1 teaspoon paprika
- ½ teaspoon pepper
- 1 tablespoon tomato paste
- 2 cans tomato puree (400g each)
- ¼ teaspoon sugar
- 1 teaspoon dried mint (optional)
- ½ cup water
- Salt and black pepper

VEGETABLES FOR LAYERING

- 2 big eggplants, cut into slices about 1.5cm thick
- Salt and black pepper

METHOD

KOFTA

1. Process onion, garlic and parsley in a food processor.
2. Add meat, spices, flour, salt and pepper. Pulse a few times to make a meat paste.
3. Put kofta in a bowl. Cover with cling wrap. Put in the fridge while preparing the rest of the dish.
4. After 30 minutes, shape kofta into flat pieces, the size of 2 fingers.
5. Cook kofta 1 minute on each side in the same pan as the eggplant, with a little bit of oil.

TOMATO SAUCE

6. Heat oil in pan. Add onion. Cook for 2–3 minutes.
7. Add spices and tomato paste. Cook for 1 minute.
8. Add pureed tomato (or 4 fresh tomatoes blended). Cook on low heat for 15 minutes until the tomato sauce becomes dark and rich, stirring sometimes.
9. Add 1 cup of water. Simmer for 10–15 more minutes until the sauce is thick and glossy.

EGGPLANT AND POTATO

10. Turn on oven to 180°C. Heat another pan with high heat.
11. Spray eggplant slices with oil. Cook eggplant in hot pan, turning after 2–3 minutes on each side. Repeat with remaining eggplant.

LAYERING

12. Spray a big oven-proof dish with oil.
13. Lay potato slices, onion rings, red capsicum slices and cooked eggplant in alternating pattern in the base of dish.

continued next page

Spray oil
 3 potatoes, half-cooked, peeled, cut into 1cm slices
 1 red capsicum, cut long
 2 onions, cut into 1cm slices

14. Put half-cooked kofta on top of vegetables. Pour tomato sauce on top of kofta.
 15. Cover dish with foil. Bake for 1 hour. Serve with basmati rice.

NOTES

- Use beef, lamb or chicken mince. It doesn't need to be both lamb and beef.
- Use a can of diced or whole tomato, blended to make tomato puree.
- Steam potato in microwave or stove until half-cooked (parboiled) for 6–8 minutes.
- Tepsi baytinijan tastes even better the next day! Keep covered in the fridge and reheat well.



Ghormeh Sabzi

Persian Beef and Herb Stew



SERVES
8 people



PREP TIME
10 minutes



COOK TIME
2 hours and
15 minutes



INGREDIENTS

2 tablespoons olive oil
1kg beef chuck steak, fat cut off
1 onion
2 cloves garlic
1 tablespoon tomato paste
2 teaspoons ground turmeric
1 teaspoon ground cumin
1 teaspoon ground cinnamon
2 tablespoons dried fenugreek leaves (optional)
3 dried limes (optional)
1 teaspoon stock powder
½ teaspoon each salt and pepper
1 can red kidney beans
1 lemon
1 bag spinach (about 3 cups)
Big handful of herbs: parsley, dill and coriander (all or any)
4 spring onions, green bit

METHOD

1. Turn on oven to 160°C.
2. Heat 1 tablespoon olive oil in a pot, medium-high heat. Use an oven-proof pot if you have one.
3. Add half of the meat and cook on all sides. Put meat in a bowl. Brown the rest in the same pan. Put meat in same bowl.
4. Heat 1 tablespoon olive oil in same pot. Slice onion. Add onion to pot. Cook for 2–3 minutes.
5. Cut garlic small. Add garlic, tomato paste, turmeric, cumin and cinnamon. Stir well.
6. Put meat back in the pot. Add 1½ cups water and stock powder.
7. Once boiling, put oven-proof pot in oven or put the meat and sauce in an oven-safe dish. Cover with a lid or Alfoil. Cook for 1½ hours.
8. Juice lemon. Cut spinach, coriander and spring onions. Drain and rinse kidney beans. Add red kidney beans, lemon juice, spinach, herbs and spring onions. Stir well. Cook for 30 minutes longer.
9. Serve with salad and rice.

NOTES

- **OPTIONAL:** It is traditional to add dried fenugreek leaves and dried limes. Buy from Middle Eastern shops. Add at Step 5.
- You can cook Ghormeh Sabzi on the stove or in the oven.
- Traditionally, the herbs and spring onions are cooked separately before being added to the stew. Buy Ghormeh Sabzi herbs, already cooked, in a can from Middle Eastern shops.
- Use lamb or chicken pieces (chicken with bones is better).
- Stew can be kept in the fridge for 3 days or frozen for 6 months.



Lamb Biryani



SERVES
8 people



PREP TIME
15 minutes plus
3 hours marinating



COOK TIME
1 hour



INGREDIENTS

ONION PASTE

6 onions, finely sliced
2 tablespoons oil
1 tablespoon natural yoghurt
1 teaspoon ground turmeric

MARINADE

1 cup natural yoghurt (200g)
1 tablespoon crushed ginger
1 tablespoon crushed garlic
(5 cloves)
2 tablespoons biriyani marsala
1 teaspoon Kashmiri chilli (or paprika)
½ teaspoon each of pepper and salt
2 long red chillies, cut small
Juice from 1 lemon
½ bunch each coriander and mint, cut

800g lamb (leg or shoulder) cut into
2cm pieces
1 tablespoon oil

RICE

2 bay leaves
1 cinnamon stick
1 star anise
6 green cardamom pods
6 cloves
1 teaspoon cumin seeds
2.5 cups basmati rice (550g)

METHOD

1. Heat oil in big pan with medium heat. Add sliced onion. Cook, turning regularly, until golden and reduced in size, around 15 minutes.
2. Put ½ cup of the onions aside. Blend remaining onions in a blender with 1 tablespoon yoghurt and 1 teaspoon ground turmeric.
3. Put marinade ingredients in a glass or ceramic bowl (not metal). Add onion paste and chopped lamb pieces. Cover and put in the fridge for minimum 3 hours or overnight.
4. Rinse rice well until water is clear. Soak rice for 30 minutes. Drain.
5. While rice is soaking, heat oil in big pan with medium-high heat. Add marinated lamb. Cook for 15–20 minutes, mixing often.
6. Heat milk on the stove until almost boiling. Add pinch of saffron and set aside.
7. Bring a big pot of water to the boil. Add bay leaves and spices to the water. It's okay if you don't have all the spices – just add what you have.
8. Add rice to boiling water. Cook for 5 minutes. Drain.
9. Heat a big heavy-based pot on medium-high heat. Add ghee. Put ⅓ of the rice in the bottom. Add half of the lamb curry. Top with chopped mint and coriander and ⅓ of the fried onions. Drizzle with 1 tablespoon of saffron milk.
10. Repeat with rice, then curry, herbs, onions and saffron milk. Finish with rice.
11. Once steam is rising from the pan, turn the heat to low and cover tightly with foil and a lid. Cook for 20–25 minutes.
12. Allow to rest for 10 minutes. Open and scatter with cashews, extra fried onions and chopped herbs.
13. Enjoy with raita (page 177) and cucumber tomato salad (page 62).

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LAYERS

¼ cup milk
1 big pinch saffron
1 tablespoon ghee or oil
½ bunch each of coriander and mint,
cut
½ cup fried/caramelised onion,
from paste
½ cup roasted cashews

NOTES

- Use chicken thighs or beef (casserole/chuck steak) instead of lamb.
- Use garam marsala or other curry powder if you don't have biriyani marsala.
- Biriyani is common in India, Pakistan and other parts of the Middle East. Each region has their own variation.
- If the curry is dry, add a little water before making the layers with the rice. The curry gravy helps cook the rice.



Pilaf/Pulau

One-Pot Chicken Lentil Rice



SERVES
4 people



PREP TIME
5 minutes



COOK TIME
40 minutes



INGREDIENTS

1½ cups basmati rice
2 tablespoons oil
4 pieces chicken thighs (500g)
1 onion
1 clove garlic
1 can lentils
1 teaspoon ground turmeric
1 teaspoon ground cumin
2½ cups water (625ml)
2 teaspoons stock powder

METHOD

1. Rinse rice well. Put rice in a bowl. Cover with water.
2. Slice onion. Cut garlic small.
3. Drain and rinse lentils.
4. Heat 1 tablespoon of oil in a big pot with medium-high heat. Add chicken. Cook on both sides for 1–2 minutes. Put chicken on a plate.
5. Heat 1 tablespoon oil in same pot. Cook onion for 15 minutes, until brown and small.
6. Add garlic, cumin and turmeric. Cook for 1 minute.
7. Drain and rinse rice again. Add rice to pot. Cook for 2 minutes. Stir so rice does not burn.
8. Add lentils, stock powder and water.
9. Put chicken in the pot once the water is boiling.
10. Cover pot with a tea towel and a lid. You can use paper towel and Alfoil. Cover tight.
11. Cook on low heat for 15 minutes.
12. Serve pilaf with salad or cooked vegetables.

NOTES

- There are many variations of pilaf.
- Top with nuts (e.g. roasted cashews, pistachios) and/or dried fruit (e.g. dates, cranberries, sultanas).
- Use other spices (e.g. cinnamon, cardamom, saffron).
- Serve with garlic yoghurt sauce.



Pilaf/Pulau

INGREDIENTS

2 tablespoons oil



1 onion



2 cloves garlic



1 teaspoon cumin



1 teaspoon turmeric



2 teaspoons stock powder



1 can lentils



4 chicken thighs



1½ cups basmati rice



Pilaf/Pulau

METHOD



1 Rinse rice well. Put rice in a bowl. Cover with water.



2 Cut onion long. Cut garlic small.



3 Drain and rinse lentils.



4 Heat 1 tablespoon of oil in a big pot with medium-high heat. Add chicken. Cook on both sides for 1–2 minutes. Put chicken on a plate.



5 Heat 1 tablespoon oil in same pot. Cook onion for 15 minutes, until brown and small.



6 Add garlic, cumin and turmeric. Cook for 1 minute.



7 Drain and rinse rice again. Add rice to pot. Cook for 2 minutes. Stir so rice does not burn.



8 Add lentils, stock powder and water.



9 Put chicken in the pot once the water is boiling.



10 Cover pot with a tea towel and a lid. You can use paper towel and Alfoil. Cover tight.



11 Cook on low heat for 15 minutes.



12 Serve pilaf with salad or cooked vegetables.

Creamy Mushroom Pasta



SERVES
4 people



PREP TIME
10 minutes



COOK TIME
12 minutes



INGREDIENTS

1 onion
300g mushrooms
2 cloves garlic
1 tablespoon olive oil
1 packet penne pasta
1 tablespoon cornflour
1 teaspoon stock powder
1 teaspoon dried mixed herbs
1 can evaporated milk (375g)
½ cup grated parmesan cheese

OPTIONAL

1 handful cut parsley
Pepper
Extra parmesan

METHOD

1. Boil water in a pot.
2. Cut onion, mushroom and garlic.
3. Heat olive oil in a pan.
4. Add mushrooms and onions. Cook for 5 minutes.
5. Add garlic. Cook for 1 minute.
6. Add pasta to boiling water. Cook for 6–8 minutes.
7. Put cornflour, stock powder, dried mixed herbs and evaporated milk in a small bowl. Mix until there are no lumps of corn flour.
8. Pour milk mixture into pan. Stir well.
9. Cook for 3–5 minutes, until sauce is thick.
10. Drain pasta, keeping a small amount of pasta water. Add pasta to the sauce. Stir well. If dry, add a small amount of pasta water.
11. Add parmesan. Stir well to combine.
12. **Optional:** add parsley, pepper and extra parmesan.

NOTES

- Add other vegetables to sauce (e.g. broccoli, capsicum, frozen peas) and fresh herbs to garnish (e.g. parsley, basil or chives).
- Add chopped chicken breast or lean ham or bacon at Step 4.
- Use any pasta (e.g. spirals, spaghetti).
- The sauce will keep fresh in the fridge for 3 days and can be frozen for 6 months.



Creamy Mushroom Pasta

INGREDIENTS

1 onion



300g mushrooms



2 cloves garlic



½ cup parmesan



1 can evaporated milk



1 tablespoon cornflour



1 teaspoon dried mixed herbs



1 teaspoon stock powder



1 packet penne pasta



1 handful parsley



Pepper



Creamy Mushroom Pasta

METHOD



1 Boil water in a pot.



2 Cut onion, mushroom and garlic.



3 Heat olive oil in a pan.



4 Add mushrooms and onions. Cook for 5 minutes.



5 Add garlic. Cook for 1 minute.



6 Add pasta to boiling water. Cook for 6–8 minutes.



7 Put cornflour, stock powder, dried mixed herbs and evaporated milk in a small bowl. Mix so no lumps.



8 Pour milk mixture into pan. Stir well.



9 Cook 3–5 minutes, until sauce is thick.



10 Add pasta to the sauce. Stir well. If dry, add a small amount of pasta water.



11 Add parmesan. Stir well to combine.



12 **Optional:** add parsley, pepper and extra parmesan.

Pumpkin and Spinach Lasagne



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
1 hour

NO PRE-COOK!



INGREDIENTS

1 can lentils (420g)
2 garlic cloves
1 bottle tomato passata (700g)
1 teaspoon dried mixed herbs
1 teaspoon stock powder
1 bag/box frozen spinach (250g),
thawed
400g pumpkin (about 1/4)
1 big tub cottage cheese (500g)
1 egg
1/3 cup milk
1/2 cup grated parmesan cheese
1 1/2 cup grated mozzarella cheese
1 box lasagne sheets (250g)

METHOD

1. Turn on oven to 180°C.
2. Drain and rinse lentils. Put in bowl. Peel garlic and cut small. Add to bowl. Add tomato passata, dried mixed herbs and stock powder. Mix well.
3. Put cottage cheese in another bowl. Add egg, milk and grated parmesan cheese. Mix well.
4. Put 1/3 cup tomato lentil sauce in bottom of oven-safe baking dish.
5. Put 2 lasagne sheets on top.
6. Add 1/3 tomato-lentil sauce, 1 handful grated mozzarella, 1 handful spinach and 2 tablespoons cheese sauce.
7. Cut off pumpkin skin and remove seeds. Cut pumpkin long and thin.
8. Cover lentil/cheese sauce with pumpkin, then more lasagne sheets.
9. Continue layers, finishing with lasagne sheets.
10. Pour cheese sauce on top. Spread evenly. Put grated cheese on top.
11. Cover loosely with Alfoil. Cook in oven for 45 minutes. Remove foil. Cook 15 more minutes.
12. Cut into squares. Enjoy with salad.

NOTES

- Use ricotta instead of cottage cheese. Use 2 cans diced tomato instead of passata.
- Use sweet potato instead of pumpkin. We used light mozzarella and milk.
- Add other vegetables (e.g. cut mushrooms cooked in olive oil, steamed broccoli).



Frozen spinach

Parmesan cheese

Milk

Egg

Cottage cheese

Pumpkin

Lentil tomato sauce

Mozzarella

Lasagne sheets

Pumpkin and Spinach Lasagne

INGREDIENTS

1 can lentils



2 garlic cloves



1 bottle passata (700ml)



1 teaspoon dried mixed herbs



1 teaspoon stock powder



1 bag frozen spinach



1/4 pumpkin



1 tub cottage cheese 500g



1/3 cup milk



1 egg



1/2 cup parmesan cheese



1 1/2 cup mozzarella cheese



1 box lasagne sheets



Pumpkin and Spinach Lasagne

METHOD



1 Turn on oven to 180°C.



2 Drain and rinse lentils. Put in bowl. Peel garlic and cut small. Add to bowl. Add tomato passata, dried mixed herbs and stock powder. Mix well.



3 Put cottage cheese in another bowl. Add egg, milk and grated parmesan cheese. Mix well.



4 Put 1/3 cup tomato-lentil sauce in bottom of oven-safe baking dish.



5 Put 2 lasagne sheets on top.



6 Add 1/3 tomato-lentil sauce, 1 handful grated mozzarella, 1 handful spinach and 2 tablespoons cheese sauce.



7 Cut off pumpkin skin and remove seeds. Cut the pumpkin long and thin.



8 Cover lentil/cheese sauce with pumpkin, then more lasagne sheets.



9 Continue layers, finishing with lasagne sheets.



10 Pour cheese sauce on top. Spread evenly. Put grated cheese on top.



11 Cover loosely with aluminium foil. Cook in oven for 45 minutes. Remove foil. Cook 15 more minutes.



12 Cut into squares. Enjoy with salad.

Beef and Vegetable Lasagne



SERVES
6–8 people



PREP TIME
1 hour



COOK TIME
1 hour



INGREDIENTS

- 1 × quantity bolognese sauce with vegetables (with 500g mince) (page 138)
- 1 × quantity light bechamel sauce (page 176)
- 1½ cups grated mozzarella cheese
- 1 box lasagne sheets (250g)

METHOD

1. Make bolognese sauce.
2. Make light bechamel sauce.
3. Turn on oven to 180°C.
4. Put ½ cup bolognese sauce in bottom of oven-safe baking dish.
5. Put 2 lasagne sheets on top.
6. Add ⅓ bolognese sauce, 1 handful grated mozzarella and ⅓ cup bechamel sauce.
7. Add another layer of lasagne sheets, then meat sauce.
8. Layer again with cheese and white sauce.
9. Continue layers, finishing with lasagne sheets.
10. Put bechamel sauce on top. Spread evenly. Put grated mozzarella cheese on top.
11. Cover loosely with aluminium foil (Alfoil). Bake in oven for 45 minutes. Remove foil. Cook 15 more minutes.
12. Cut into squares. Enjoy with salad.

NOTES

- Lasagne freezes well. Wrap baking dish with Alfoil and cling wrap. Remove cling wrap before cooking in oven.
- Add layers or thinly sliced pumpkin or sweet potato instead of lasagne sheets.
- Lasagne takes a long time to prepare. You can make the meat filling a day ahead.



Bolognese sauce with vegetables

Lasagne sheets

Bechamel (white sauce)

Mozzarella

Beef and Vegetable Lasagne

METHOD



1 Make bolognese sauce.



2 Make light bechamel sauce.



3 Turn on oven to 180°C.



4 Put ½ cup bolognese sauce in bottom of oven-safe baking dish.



5 Put 2 lasagne sheets on top.



6 Add ⅓ bolognese sauce, 1 handful grated mozzarella and ⅓ cup bechamel sauce.



7 Add another layer of lasagne sheets, then meat sauce.



8 Layer again with cheese and white sauce.



9 Continue layers, finishing with lasagne sheets.



10 Put bechamel sauce on top. Spread evenly. Put grated mozzarella cheese on top.



11 Cover loosely with aluminium foil. Bake in oven for 45 minutes. Remove foil. Cook 15 more minutes.



12 Cut into squares. Enjoy with salad.



Spaghetti Bolognese



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
40 minutes



INGREDIENTS

1 onion
1 carrot
1 zucchini
½ red capsicum (or 1 small capsicum)
150g mushrooms (4–5 mushrooms)
1 clove garlic
2 teaspoons olive oil
500g mince
1 teaspoon stock powder
2 tablespoons tomato paste
1 teaspoon dried mixed herbs
1 teaspoon soy sauce (optional)
1 can diced tomatoes (400g)
1 packet spaghetti (500g)

OPTIONAL

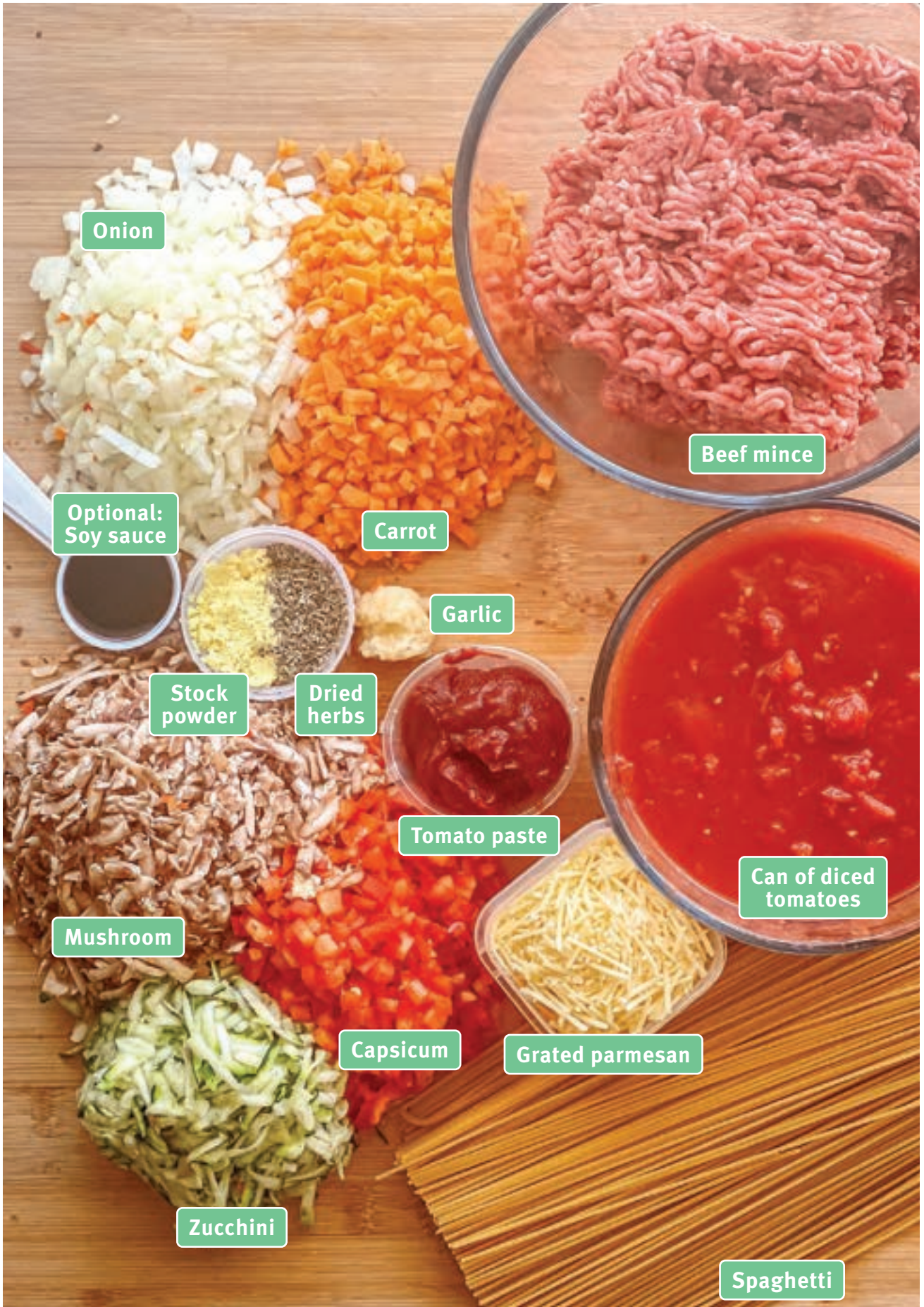
grated parmesan cheese

METHOD

1. Peel/wash and cut/grate all vegetables. Cut garlic small.
2. Heat oil in a big pan over medium-high heat. Add onion and carrot. Cook for 3 minutes.
3. Add mince. Stir for 5 minutes or until browned.
4. Add garlic, stock powder, tomato paste, mixed herbs, soy sauce (if using) and can of diced tomatoes. Stir well.
5. Add carrot, zucchini, capsicum, mushrooms and ½ cup water. Cook for 30 minutes or until vegetables are soft and sauce is thickened.
6. Cook spaghetti in a big pot with boiling water, following packet instructions until cooked. Drain.
7. The bolognese sauce is ready once the vegetables are soft and the sauce is thick.
8. Divide spaghetti between plates. Top with mince and grated parmesan (optional).

NOTES

- Add any other vegetables (e.g. frozen peas, corn, carrot mix).
- Leftover sauce can be stored in the fridge for 3 days or frozen for 6 months.
- Use zucchini noodles (zoodles) instead of spaghetti, or combine half zoodles, half spaghetti.
- Use any other pasta: spirals, penne, macaroni. Use bolognese sauce to make lasagne.



Spaghetti Bolognese

INGREDIENTS

500g beef mince



1 carrot



1 zucchini



1 packet spaghetti (500g)



1 clove garlic



1 onion



150g mushrooms (4-5)



1/2 red capsicum



Grated parmesan cheese



1 teaspoon stock powder



2 tablespoon tomato paste



1 teaspoon dried mixed herbs



1 teaspoon soy sauce



1 can diced tomatoes (400g)



Spaghetti Bolognese

METHOD



1 Peel/wash and chop/grate all vegetables. Cut garlic small.



2 Heat oil in a big pan over medium-high heat. Add onion and carrot. Cook for 3 minutes.



3 Add mince. Stir for 5 minutes or until browned.



4 Add garlic, stock powder, tomato paste, mixed herbs, soy sauce and can of diced tomatoes. Stir well.



5 Add carrot, zucchini, capsicum, mushrooms and ½ cup water. Cook for 30 minutes.



6 Cook spaghetti in a big pot with boiling water, following packet instructions until cooked. Drain.



7 The bolognese sauce is ready once the vegetables are soft and the sauce is thick.



8 Divide spaghetti between plates. Top with bolognese and grated parmesan (optional).

Homemade Pizza

with 5-Minute Dough



MAKES
1 pizza



PREP TIME
10 minutes



COOK TIME
20 minutes



INGREDIENTS

DOUGH

1 cup self-raising flour
½ cup natural yoghurt
Plain flour, for dusting

BASE

2 tablespoons tomato veggie
pizza sauce (page 178)
½ cup grated mozzarella cheese

PIZZA TOPPINGS (CHOOSE ANY)

Mushrooms, chopped
Capsicum, sliced
Red onion, sliced
Olives, sliced
Pineapple pieces
Cherry tomatoes, sliced
Broccoli pieces, cooked
Roasted pumpkin pieces
Grilled chicken pieces
Lean mince, cooked

METHOD

1. Turn on oven to 250°C.
2. Put flour and yoghurt in a bowl. Mix to form a ball.
3. Put dough on a floured surface to knead and roll.
4. Knead dough for 5–7 minutes, adding more self-raising flour if the dough is too sticky.
5. Roll dough into a pizza (circle) shape with a rolling pin.
6. Put dough on a sheet of baking paper with a bit of flour or directly onto a flat baking tray.
7. Spread pizza with 2 tablespoons of tomato pizza sauce.
8. Put mozzarella cheese on top of pizza sauce.
9. Put any toppings on top (e.g. capsicum, mushroom, red onion and olives).
10. Cook in hot oven for 15–20 minutes. Cut into slices.

NOTES

- Make your own tomato pasta sauce (see page 178) or combine vegetable tomato pasta sauce and tomato paste.
- Use wholemeal self-raising flour for more fibre.
- Use fresh herbs or salad leaves to garnish (e.g. basil, baby spinach or rocket).
- Pepperoni and cured meats are high in fat, so only use small amounts.
- Pre-cook mushrooms in a pan with a small amount of oil and garlic for 5 minutes.



Red onion

Red, green or yellow capsicum

Mushrooms

Tomato

Grated mozzarella cheese

Frozen, fresh or canned pineapple

Cooked broccoli

Cooked lean mince

Olives

Cooked mushrooms

Tomato pizza sauce

Roasted or steamed pumpkin or sweet potato

Basil

Homemade Pizza

INGREDIENTS

1 cup self-raising flour



½ cup natural yoghurt



2 tablespoons pasta sauce



2 mushrooms



½ cup grated mozzarella



2 teaspoons tomato paste



6–8 slices capsicum



6–8 slices red onion



1 handful sliced olives



Homemade Pizza

METHOD



1 Put self-raising flour and natural yoghurt in a bowl.



2 Use hands to mix flour and yoghurt.



3 Put dough on bench with flour. Knead for 6–8 minutes. Add more flour if sticky.



4 Roll into a pizza-shaped (circle) base using a rolling pin dusted with flour.



5 Spread base with tomato pizza sauce.



6 Sprinkle with mozzarella cheese.



7 Put toppings on top of cheese.



8 Put pizza in preheated hot oven (as high as it will go!).



9 After 15–20 minutes in oven, pizza is ready to eat.

Salmon Mornay Rice Bake



SERVES
4–6 people



PREP TIME
10 minutes



COOK TIME
30 minutes



INGREDIENTS

1 big can salmon (415g)
1 spring onion
3 cups cooked rice (brown or white)
Zest and juice from 1 lemon
1 teaspoon stock powder
1 teaspoon dried mixed herbs
2 cups frozen mixed vegetables
(e.g. peas, corn, capsicum)
2 cups white sauce (béchamel)
(page 176)
½ cup reduced-fat grated cheese

METHOD

1. Turn on oven to 180°C.
2. Open can of salmon and drain.
3. Cut spring onion.
4. Put salmon in a bowl with spring onion, cooked rice, zest and juice from lemon, frozen vegetables, stock powder and dried mixed herbs.
5. Mix well. Put salmon rice mix into an oven-safe baking dish.
6. Put white sauce on top. Spread evenly.
7. Put grated cheese on top.
8. Put dish in the oven. Cook for 30 minutes until top is golden.
9. Serve with steamed vegetables or salad.

NOTES

- Use canned tuna instead of salmon.
- Use any other vegetables (e.g. fresh broccoli and cauliflower, cooked).
- Optional: add 4–6 cut hard-boiled eggs before adding the white sauce (after Step 5).
- You can freeze the uncooked meal – cover with foil or cling wrap and keep for 6 months.
- Homemade white sauce is easy to make, or you can buy it in a jar at the supermarket. Homemade sauce is cheaper and healthier.



Frozen mixed vegetables

Canned salmon

White sauce

Spring onion

Lemon, juice and zest

Stock powder

Dried mixed herbs

Reduced-fat cheese, grated

Cooked rice

Salmon Mornay Rice Bake

INGREDIENTS

1 big can salmon (415g)



2 cups frozen mixed vegetables



½ cup reduced-fat cheese



1 spring onion



1 lemon



2 cups white sauce



3 cups cooked rice



1 teaspoon dried mixed herbs



1 teaspoon stock powder



Salmon Mornay Rice Bake

METHOD



1 Turn on oven to 180°C.



2 Open can of salmon and drain.



3 Cut spring onion.



4 Put cooked rice, salmon, lemon zest and juice, vegetables, spring onion, stock and herbs in a bowl.



5 Mix salmon and rice well. Put salmon rice mix into an oven-safe baking dish.



6 Put white sauce on top. Spread evenly.



7 Put grated cheese on top.



8 Put dish in the oven. Cook for 30 minutes until top is golden.



9 Serve with steamed vegetables or salad.

Cottage Pie

Beef Mince with Potato Top



SERVES
6 people



PREP TIME
30 minutes



COOK TIME
40 minutes



INGREDIENTS

1 onion
2 carrots
1 tablespoon olive oil
500g beef mince
1 clove garlic
2 teaspoons dried mixed herbs
1 tablespoon tomato paste
1 tablespoon Worcestershire sauce
1 teaspoon stock powder
1 can lentils
1 tablespoon plain flour
2 cups frozen peas and corn

TOP

4 potatoes, around 700g
½ head cauliflower, around 500g
2 teaspoons olive oil spread
⅔ cup milk
½ cup grated cheese, optional

METHOD

1. Peel and cut onion and carrots small.
2. Heat oil in pot with medium-high heat. Add onion and carrots. Cook for 3 minutes.
3. Add mince. Cook on high heat until meat is brown, around 3 minutes.
4. Cut garlic small. Add garlic, dried mixed herbs, tomato paste, Worcestershire sauce and stock powder to pot.
5. Drain and rinse can of lentils. Add to pot with 1 cup of water. Stir well.
6. Heat until boiling. Lower the heat. Cook for 20 minutes until water is gone.
7. Turn on oven to 180°C. Peel and cut potatoes big. Cut cauliflower big.
8. Put potato and cauliflower in pot. Add water, enough to cover. Cook with high heat until boiling. Lower heat. Cook for 8 minutes or until vegetables are soft.
9. Drain potato and cauliflower. Add milk and olive oil spread. Mash well until no lumps. Add grated cheese (optional). Mix well.
10. Add flour and frozen peas and corn to the meat. Mix well. Put mixture into oven-safe dish.
11. Put potato-cauliflower mash on top of meat. Spread it flat. Make indents with a fork to make a crunchy top.
12. Cook in oven for 40 minutes. Serve with cooked vegetables and tomato sauce.






NOTES

- If you use lamb mince, it is called Shepherd's Pie. Use 2 extra cans of lentils instead of beef to make the dish vegetarian.
- Add other cut vegetables (e.g. zucchini, mushrooms, capsicum) to the meat sauce when the lentils are added.
- Beef stock powder recommended, but any stock powder is ok (e.g. chicken, vegetable or Maggi seasoning).
- Substitute Worcestershire sauce with soy, BBQ, tomato or fish sauce.
- Add cut pumpkin and/or sweet potato when boiling the potatoes instead of cauliflower.



Cottage Pie

INGREDIENTS

<input type="radio"/> 1 onion	<input type="radio"/> 2 carrots	<input type="radio"/> 500g beef mince	<input type="radio"/> 1 garlic clove
			
<input type="radio"/> 1 tablespoon oil	<input type="radio"/> 2 teaspoons dried mixed herbs	<input type="radio"/> 1 teaspoon stock powder	<input type="radio"/> 1 tablespoon Worcestershire sauce
			
<input type="radio"/> 1 can lentils	<input type="radio"/> 1 tablespoon plain flour	<input type="radio"/> 1 tablespoon tomato paste	<input type="radio"/> 2 cups frozen peas & corn
			
<input type="radio"/> 4 potatoes	<input type="radio"/> 1/2 head cauliflower	<input type="radio"/> 2 teaspoons olive oil spread	<input type="radio"/> 2/3 cup milk
			
<input type="radio"/> 1/2 cup grated cheese (optional)			
			

Cottage Pie

METHOD



1 Peel and cut onion and carrots small.



2 Heat oil in pan. Add onion and carrot. Cook for 3 minutes.



3 Add mince. Cook on high heat until meat is brown, around 3 minutes.



4 Cut garlic small. Add garlic, dried herbs, tomato paste, Worcestershire sauce and stock powder to pot.



5 Drain and rinse can of lentils. Add to pot with 1 cup of water. Stir well.



6 Heat until boiling. Lower the heat. Cook for 20 minutes until water is gone.



7 Turn on oven to 180°C. Peel and cut potatoes big. Cut cauliflower big. Put potato and cauliflower in pot.



8 Add water, enough to cover. Cook with high heat until boiling. Lower heat. Cook for 8 minutes or until vegetables are soft.



9 Drain potato and cauliflower. Add milk and olive oil spread. Mash well until no lumps. Add grated cheese (optional). Mix well.



10 Add flour and frozen peas and corn to the meat. Mix well. Put mixture into oven-safe dish.



11 Put potato-cauliflower mash on top of meat. Spread it flat. Make indents with a fork to make a crunchy top.



12 Cook in oven for 40 minutes. Serve with cooked vegetables and tomato sauce.

Beef Tacos



MAKES
12 tacos



PREP TIME
10 minutes



COOK TIME
20 minutes



INGREDIENTS

1 onion
2 garlic cloves
1 carrot
1 tablespoon oil
500g lean beef mince
2 tablespoons Mexican spice mix
(page 187)
1 teaspoon stock powder
2 tablespoons tomato paste
12 taco shells or 6 tortilla wraps
3 tomatoes
½ iceberg lettuce
1 cup grated cheese
1 cup natural yoghurt

OPTIONAL

1 cup guacamole (avocado dip)
(page 12)
½ cup pickled jalapenos (or any
chilli)

METHOD

1. Turn on oven to 180°C.
2. Cut onion and garlic small. Peel and grate carrot.
3. Heat oil in a big pan with medium-high heat. Add onion, garlic and carrot. Cook for 2 minutes or until soft.
4. Add Mexican spice mix and tomato paste. Mix for 30 seconds.
5. Add mince. Cook for 5 minutes or until browned.
6. Add stock powder and ½ cup water. Cook, stirring sometimes, for 10 minutes, until sauce is thick.
7. Heat taco shells in the oven, following packet directions.
8. Cut tomatoes. Cut lettuce thin (shred).
9. At the table, serve beef mixture and tacos/tortillas with lettuce, tomato, cheese, natural yoghurt, guacamole and jalapenos (optional).

NOTES

- Add 1 grated zucchini, 4–5 grated mushrooms and ½ cut capsicum at Step 3.
- Add 1 can of 3-bean mix, red kidney beans or black beans (drained/rinsed) at Step 6, once the meat is brown.
- Make your own Mexican spice mix and guacamole (see our recipes) or buy from the shops.
- Use wholemeal tortilla wraps instead of hard-shell tacos.
- Add other salad (e.g. sliced cucumbers, radish, red onion, grated carrot) or herbs (e.g. coriander) when serving.



Beef Tacos

INGREDIENTS

500g lean beef mince



1 onion



2 cloves garlic



1 carrot



2 tablespoons Mexican spice



2 tablespoons tomato paste



1 teaspoon stock powder



12 taco shells



3 tomatoes



½ lettuce



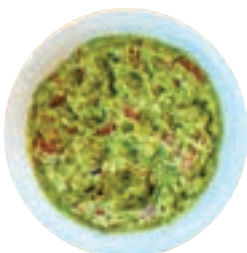
1 cup grated cheese



1 cup natural yoghurt



1 cup guacamole (optional)



½ cup jalapenos (optional)



Beef Tacos

METHOD



1 Turn on oven to 180°C.



2 Cut onion and garlic. Peel and grate carrot.



3 Heat oil in pan. Add onion, garlic and carrot. Cook for 2 minutes.



4 Add Mexican spice mix and tomato paste. Cook for 30 seconds.



5 Add mince. Cook for 5 minutes or until browned.



6 Add stock powder and ½ cup water. Cook for 10 minutes until thick.



7 Heat taco shells in the oven.



8 Cut tomatoes. Cut lettuce thin (shred).



9 Serve meat, tacos, salad, cheese, yoghurt, avocado and chilli at table.