

Sauces and Condiments

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Béchamel

Lighter White Sauce



SERVES
4–6 people



PREP TIME
10 minutes



COOK TIME
10 minutes

INGREDIENTS

2 tablespoons olive oil
2 tablespoons plain flour
2 cups reduced-fat milk
1 cup grated reduced-fat cheese
(optional)



METHOD



1

Put olive oil in pan with medium-low heat.



2

Wait for oil to heat. Add flour. Mix well to remove any lumps.



3

Cook for 2 minutes.



4

Gradually add in reduced-fat milk, $\frac{1}{4}$ cup at a time, while mixing well.



5

Keep mixing. After 4–5 minutes, the sauce will be thick and glossy.



6

To make sauce cheesy, add $\frac{1}{2}$ cup of grated reduced-fat cheese.

NOTES

- Use olive oil spread or margarine instead of olive oil.
- Add finely grated zucchini and pumpkin to the sauce and cook for 5 extra minutes.
- Use to top lasagne, or for macaroni cheese and salmon-rice bake.

Raita

Yoghurt Garlic Sauce



MAKES
1 2/3 cups



PREP TIME
10 minutes



COOK TIME
no cook



INGREDIENTS

1 Lebanese cucumber
(or 1/2 a Continental)
1 garlic clove
1/2 lemon
1/2 teaspoon salt
1 cup natural yoghurt
1/2 teaspoon honey
1/2 teaspoon ground cumin
1 handful mint
1 handful coriander (optional)

METHOD

1. Peel cucumber. Cut in half. Use a spoon to scrape out the seeds.
2. Grate the cucumber small.
3. Cut mint and coriander (optional) small.
4. Peel garlic clove and cut small. Juice lemon.
5. Put all ingredients in a bowl. Mix well.
6. Serve with biriyani, curry or other rice dishes.

NOTES

- Add 1 grated carrot to make carrot raita.
- Add 1/2 cup tahini to thicken the dish.
- It is also a delicious dip with wholemeal flatbread and cut raw vegetables. Use raita in wraps, sandwiches or kebabs.
- Keep raita covered in fridge for 4 days.
- There are variations of garlic yoghurt dips across the world, e.g. *tzatziki* (Greek), *bizbaz* (Somali), *seer moss* (Afghan).

Vegetable Pizza or Pasta Sauce



MAKES
8 wraps



PREP TIME
10 minutes



COOK TIME
35 minutes



INGREDIENTS

1 onion, cut
1 carrot, peeled and cut small
2 cloves garlic
¼ pumpkin (220g), cut
½ sweet potato, peeled and cut
4 tomatoes, cut
1 red capsicum, cut
1 zucchini, cut
5–6 mushrooms (140g), cut
1 tablespoon olive oil
2 tablespoons tomato paste
1 can diced tomatoes (400g)
1 teaspoon sugar
1 teaspoon stock powder
1 teaspoon dried mixed herbs
½ cup water

METHOD

1. Peel/wash and cut/grate all vegetables. Cut garlic small.
2. Heat olive oil in a big pan with medium-high heat.
3. Add onion, carrot and garlic. Cook for 3 minutes, until soft.
4. Add all other ingredients. Stir well. Add ½ cup of water to cover vegetables.
5. Cook on low-medium heat for 25–30 minutes, until all vegetables are cooked and the sauce is quite thick.
6. Blend with a stick blender until smooth or mix well with a wooden spoon until sauce is not too chunky.

NOTES

- Use any other vegetables your family likes (e.g. eggplant, beans, broccoli, spinach).
- Use the sauce to make pizzas by putting on the base of the pizza.
- Use other fresh or dried herbs (e.g. parsley, basil, oregano).
- The sauce will keep fresh in the fridge for 3–4 days or can be frozen for 6 months.



Vegetable Pizza or Pasta Sauce

INGREDIENTS

1 clove garlic



1 onion



1 carrot



1 zucchini



5–6 mushrooms



1 teaspoon stock powder



1 teaspoon mixed herbs



1 teaspoon sugar



¼ pumpkin



½ sweet potato



2 tablespoons tomato paste



4 tomatoes



1 red capsicum



1 can diced tomatoes (400g)



Vegetable Pizza or Pasta Sauce

METHOD



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



2 Heat olive oil in big pan with medium-high heat.



3 Add onion, carrot and garlic. Cook for 3 minutes.



4 Add all other ingredients and $\frac{1}{2}$ cup water. Stir well.



5 Cook on low-medium heat for 25–30 minutes, until vegetables are cooked and sauce is thick.



6 Blend sauce with a stick blender or mix well with a wooden spoon until sauce is less chunky.



Green Vegetable Pesto



MAKES
1½ cups



PREP TIME
10 minutes



COOK TIME
5 minutes



INGREDIENTS

1 cup broccoli
¾ cup frozen peas
2 handfuls baby spinach
1 bunch basil
½ cup roasted cashews
2 cloves garlic
Juice from 1 lemon
¼ cup grated parmesan cheese
1 tablespoon olive oil

METHOD

1. Cut broccoli into pieces. Put peas and broccoli in a microwave-safe dish. Add a little water. Steam in microwave for 2 minutes.
2. Put spinach, basil, cashews and garlic in a mortar. Pound with a pestle.
3. Add broccoli and peas. Pound until vegetables break down.
4. Add lemon juice and parmesan cheese. Gently pound to combine.
5. Stir in olive oil.

NOTES

- Other green vegetables can be added, e.g. zucchini, broad beans, kale, Asian greens.
- Cook vegetables in pot of boiling water for 2 minutes on stove instead of microwave.
- Other herbs can be added, e.g. mint, coriander, parsley.
- Other nuts can be added, e.g. pinenuts, almonds, walnuts.
- You can use a food processor or blender to make the pesto.

Coriander Chilli Chutney



MAKES
1½ cups



PREP TIME
5 minutes



COOK TIME
no cook



INGREDIENTS

1 bunch coriander
½ bunch parsley
2 cloves garlic (or more)
3 green chillies (more or less,
depending on heat preference)
½ teaspoon salt
½ cup white vinegar
1 tablespoon olive oil
1 teaspoon honey
1 handful walnuts (optional)
Juice from 1 lime (optional)
½ cup natural yoghurt (optional)

METHOD

1. Wash coriander and parsley well. Dry with paper towel.
2. Put coriander leaves and stalks and parsley leaves in a food processor.
3. Peel garlic. Add to herbs.
4. Cut the tops off the chillies. Add to herbs.
5. Add salt, vinegar, oil, honey, walnuts (optional) and lime juice (optional).
6. Blend well until sauce is thick and smooth.
7. Put sauce in a bowl. Add yoghurt to make it creamy (optional).

NOTES

- There are variations of this sauce throughout Asia, the Middle East and Africa.
- The sauce can be stored in the fridge for 7 days.
- Adding the spicy sour sauce elevates many dishes: e.g. Bolani in Afghanistan, Sambusa in Somalia, Ful Medames in South Sudan.
- Add 1–2 tablespoons to make guacamole or hummus spicy.

Mekhka Zasan Meh

Zomi Eggplant Garlic Chutney



SERVES
6 people



PREP TIME
10 minutes



COOK TIME
10 minutes



INGREDIENTS

1kg bitter green mountain eggplants
(substitute Thai eggplants,
although not as bitter)
5–6 small green chillies
6 cloves garlic, peeled and cut small
1 bunch coriander, cut small
1 teaspoon stock powder

METHOD

1. Boil eggplants in water for about 20 minutes until soft. Drain.
2. Allow to cool slightly. Remove stems.
3. Mash eggplants with chilli, garlic, coriander and stock powder. Mix well.

NOTES

- The small green bitter eggplants are unique to mountainous regions of Myanmar.
- You can substitute the small mountain eggplants with Thai eggplants although these are not as bitter.
- You can keep the stems attached after boiling. The stems are believed to balance the digestive system when eating spicy food or lots of chillies.

Shidni

Somali Date Tamarind Sauce



MAKES
1 big jar



PREP TIME
10 minutes



COOK TIME
25 minutes



INGREDIENTS

1/2 block tamarind (approx. 1 1/2 cups)
10–20 whole chillies (depending on heat preference)
1 red onion
4 cloves garlic
1 handful coriander
6–8 tomatoes
16 dates, seeds removed
1 tablespoon oil
2 tablespoons tomato paste
1 teaspoon of stock powder
2 tablespoons vinegar

METHOD

1. Soak tamarind in a bowl with boiling water.
2. Cut top off chillies. Peel and cut red onion in half. Peel garlic.
3. Put chillies, red onion, garlic, coriander, tomatoes and dates in a food processor. Blend until smooth.
4. Heat 1 tablespoon oil in a big pan. Carefully add the blended chilli and tomato mix.
5. Strain the tamarind pulp. Discard the seeds and skin.
6. Put tamarind pulp into the pan. Add tomato paste, stock powder and vinegar.
7. Once boiling, reduce heat. Cook for 30–40 minutes, stirring sometimes, until the sauce is thick.

NOTES

- Keep the sauce in a sealed container in the fridge. You can use lemon juice instead of vinegar.
- If you don't have a food processor, cut the chillies, onion, garlic, coriander and tomatoes small.
- In northern Somalia, the sauce has more tomatoes. In the south, the sauce has more tamarind and date.
- Use the versatile shidni as a condiment for Somali chicken stew, any rice dish or as a dipping sauce for sambusa (Somali samosa).

Sambal Tumis

Malaysian Sweet-Sour Chilli Paste



MAKES
1 cup



PREP TIME
10 minutes



COOK TIME
40 minutes



INGREDIENTS

1 handful dried chillies
½ packet dried anchovies
(around 250g)
2 tablespoons palm sugar (2 discs)
3 tablespoons tamarind pulp
1 tablespoon oil
4 cloves garlic
1 knob of ginger
1 red onion (or 2 French shallots)
1 tablespoon shrimp paste
(bechelan)
4 fresh long red chillies
4 makrut lime leaves (optional)

METHOD

1. Cut stems off dried chillies. Remove chilli seeds. Put dried chillies in a bowl. Cover with boiling water. Soak for 10 minutes.
2. Put dried anchovies in a bowl. Cover with boiling water. Soak for 10 minutes. Drain and pound to a paste (can use a food processor or a mortar and pestle).
3. Put palm sugar and tamarind pulp in two small bowls. Cover with small amount of boiling water to loosen.
4. Cut garlic, ginger, onion and fresh chillies very small.
5. Heat oil in pan. Add garlic, ginger and onion. Cook for 3–4 minutes.
6. Add pounded dried anchovies and shrimp paste. Cook for 1–2 minutes.
7. Add soaked dried chillies and fresh chillies.
8. Add palm sugar and tamarind pulp. Stir well.
9. Cook on low heat, stirring sometimes until thick and jammy, about 30 minutes.
10. Optional: Slice makrut lime leaves thin. Add makrut lime leaves.

NOTES

- Warning: Cooking the dried anchovies and shrimp paste can be very fishy!
- Sambal means 'chilli paste' in Malaysia. There are many types of sambals. You can buy sambal (e.g. sambal oelek) from supermarkets or Asian grocery stores.
- Use sambal to flavour stir-fries, soups and salads. Use it to flavour our Chicken Noodle Stir-Fry.
- You can store sambal in a jar in the fridge for a week or freeze it for 6 months.

Spice Mixes



EACH SPICE MIX MAKES
¾ cup (12 tablespoons)

METHOD

1. Put all the spices in a bowl. Mix well.
2. Put into a clean, dry glass jar with a lid.
3. Label the lid of the jar.
4. Store in the cupboard for 6 months.



Malaysian Curry Powder

- 1 tablespoon fennel seeds (or powder)
- 2 teaspoons black peppercorns (or freshly ground)
- 4 tablespoons coriander
- 3 tablespoons cumin
- 1 tablespoon turmeric
- 2 teaspoons cinnamon
- 2 teaspoons cardamom
- 2 teaspoons chilli powder (or flakes)
- 1 teaspoon cloves

Burmese Marsala

- 4 tablespoons cumin
- 2 tablespoons coriander
- 1 tablespoon fennel seeds (or powder)
- 1 tablespoon mustard powder
- 1 tablespoon cinnamon
- 1 tablespoon black pepper
- 2 teaspoons cardamom
- 1 teaspoon cloves
- 1 teaspoon fenugreek (called methi)
- 3 bay leaves, crushed

Somali Xawaash Spice Mix

- 4 tablespoons cumin
- 4 tablespoons coriander
- 1 tablespoon peppercorns
- 1 tablespoon cinnamon
- 2 teaspoons cardamom
- 1 teaspoon cloves
- 1 tablespoon turmeric

Afghan Char Marsala

EQUAL AMOUNTS OF EACH 4 SPICES

- 3 tablespoons cinnamon
- 3 tablespoons cardamom
- 3 tablespoons cloves
- 3 tablespoons cumin

Mexican Spice Mix

- 4 tablespoons cumin
- 2 tablespoons coriander
- 2 tablespoons oregano
- 2 tablespoons paprika
- 1 tablespoon chilli powder (or flakes)
- 2 teaspoons cinnamon
- 1 teaspoon black pepper

Ethiopian/Eritrean Berbere Spice Mix

- 4 tablespoons chilli powder
- 4 tablespoons paprika
- 2 teaspoons ginger
- 2 teaspoons cumin
- 2 teaspoons coriander
- 2 teaspoons cardamom
- 1 teaspoon fenugreek
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1 teaspoon ajwain (or thyme), optional

Middle Eastern Baharat Spice Mix

- 2 tablespoons allspice
- 2 tablespoons coriander
- 2 tablespoons cinnamon
- 2 tablespoons cumin
- 1 tablespoon paprika
- 1 tablespoon black pepper
- 2 teaspoons cardamom
- 2 teaspoons cloves
- 2 teaspoons nutmeg

NOTES

- We have used mostly dried ground spices and herbs. You can use whole spices. Toast and grind the spices in a mortar and pestle or in a spice grinder.
- If you don't have some of the spices or herbs, that's ok. Just use what you have. Spices are generally cheaper, fresher and sold in larger sizes in Indian supermarkets.
- Add more or less chilli flakes or powder, to your preference. Spice mix can be used as a 'rub' on chicken, seafood, meat or vegetables.
- Homemade spice mix has no preservatives or anti-caking agents. We don't add salt to our spice mixes. Add small amounts of salt when cooking.

Food in our Cupboard and Fridge



Vegetable stock (salt-reduced)

Stock gives food flavour but is very salty. We use salt-reduced vegetable stock powder. You can buy stock as cubes, liquid or powder. You can buy vegetable, chicken, beef or seafood stock. You can use any stock or make your own liquid stock (broth) with meat bones, onion, carrot, peppercorns and water.



Dried mixed herbs

We use dried mixed herbs for flavour instead of adding extra salt. You can use other herbs, fresh or dried.



Spices

Ground cumin, coriander, turmeric, cinnamon, and paprika or chilli are common spices that we use. Many cuisines around the world use these. We flavour our food with spices instead of lots of salt.



Curry powder

There are many different types of curry powders. All give food flavour. You can use curry powder as a substitute for other spice mixes, e.g. you can make taco mince with curry powder instead of taco seasoning.



Evaporated milk

We use canned evaporated milk to make our dishes creamy. Evaporated milk doesn't have too much fat, unlike fresh cream, which is high in fat. Instead of using evaporated milk to make a meal creamy, you can use natural yoghurt mixed with a little milk.



Canned tomatoes (diced or whole)

Canned whole tomatoes have more flavour, but canned diced tomatoes are more convenient. We use both. You can use fresh tomatoes instead.



Canned legumes and vegetables (e.g. beans, chickpeas, corn)

Canned legumes and vegetables are already cooked. Drain and rinse well before eating. Canned legumes are cheap, often around \$1 per can. They have protein and fibre and are very good for you. We keep cans in the cupboard for quick meals.



Dried legumes (e.g. split yellow peas, lentils, beans)

Dried legumes don't cost very much and last a long time in the cupboard. Many dried legumes need soaking and cooking for a long time. Legumes and beans are common all over the world.



Tomato paste

Tomato paste is a concentrated form of tomatoes. It gives food flavour but can be salty, so we only add a small amount.



Plain and self-raising flour (white and wholemeal)

We cook with both white and wholemeal flour. Sometimes we add half of each. Wholemeal flour has more fibre than white flour. Self-raising flour has baking powder added to it so the food will rise when cooked. You can make your own self-raising flour by mixing 1 cup of plain flour with 1½ teaspoons of baking powder.



Dried garlic powder

Dried garlic is used to flavour food. It can be added to homemade spice mix. We use dried garlic powder in our chicken nuggets. You can use fresh garlic or dried garlic flakes instead. Dried garlic is not as strong as fresh garlic. We keep our dried garlic in the freezer so it stays fresh for longer.



Panko breadcrumbs

We use these Japanese-style breadcrumbs because they are bigger and crunchier than regular breadcrumbs. You can use any breadcrumbs. Breadcrumbs are used to coat meat, e.g. chicken nuggets, or to help bind hamburger patties or sausage rolls.



Frozen vegetables

Frozen vegetables are just as good for you as fresh. Vegetables are picked and quickly frozen to a low temperature. They are convenient and not too expensive, especially spinach, which is much cheaper than fresh. We keep a bag of frozen mixed vegetables (peas, corn, carrot) in our freezer.



Soy sauce (salt-reduced)

We flavour our food with soy sauce. It can be added to bolognese, soup, and marinades for meat and vegetables. It is salty, so it's best not to use too much.



Tomato sauce (salt-reduced)

We use tomato sauce (ketchup) to flavour some of our food (e.g. meatballs). It has lots of sugar and salt, so it is best not to have too much.



Olive oil

We use olive oil for cooking and salad dressing. It has good fats that help keep us healthy, unlike butter or coconut oil, which are high in fats that aren't good for our hearts. Olive oil is the best choice. We shouldn't have too much of any fat, so we only cook with a little bit of olive oil.



Spray oil

We use olive oil or canola oil spray when cooking. It coats food or the pan evenly, and you don't need to use too much. If you don't have spray oil, use a small amount of olive oil instead.



Vegetable oil

You can use vegetable oil instead of olive oil. We use a neutral vegetable or grapeseed oil for baking muffins and cakes, instead of butter. Olive oil is a bit too strong for most baking.



Olive oil spread

We use olive oil spread instead of butter. Olive oil spread has healthy fats that are better for our hearts. You can use regular margarine instead.



Natural yoghurt, Greek-style

Lots of our recipes use Greek-style yoghurt, which is thick and creamy. You can also use plain natural yoghurt. Flavoured yoghurts have lots of sugar and are not as good for you. We use Greek-style yoghurt instead of sour cream, which has more fat.



Reduced-fat/light milk

Cow's milk is a very good source of calcium. Over the age of 2, we recommend reduced-fat milk because it has the same amount of calcium but a lot less saturated fat than regular milk.



Reduced-fat cheese (mozzarella, tasty, grated/block, feta)

We use reduced-fat cheese. Cheese is a good source of calcium and is great for our bones. However, it is high in saturated fat, which is not great for our hearts, so it's best not to eat too much.



Parmesan cheese

We use finely grated parmesan cheese to flavour food. It is salty and has fat in it, so we only use a little bit. You can buy it grated or as a block. It freezes well.



Lean meat

We buy lean meat or trim the white fat off before cooking. Meat is a very good source of protein, but the white fatty bits aren't good for our hearts.

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Healthy New Communities Cookbook

Or go to this link: <https://forms.office.com/r/BUccWF44u0>

Thank you

Logan's refugee communities have taught us so much about cooking with our senses and using interesting vegetables, aromatic spices and fiery chillies. Thank you to everyone who offered their time and knowledge in documenting these delicious recipes. – The Health Equity and Access Team, Metro South Health



Tashakur *Hazagari*

Lung Dum *Chin Zomi*

Mahadsanid *Somali*

Shukran *Arabic*

Ameseginalehu *Ethiopian*

Yeqenelna *Tigrinya (Eritrean)*

T&nki *Sierra Leone Krio*

Tashakkor *Dari*

Mamnun *Farsi*





Logan is a vibrant, multicultural community with amazing families cooking delicious cuisines from all around the world.

In this cookbook, refugee communities in Logan have generously shared treasured recipes that bring people together. It celebrates incredible flavours and traditions while offering fresh, healthy dishes that families can enjoy at home. This collection is a testament to the strength and vibrancy of Logan's thriving communities.

So gather your loved ones, roll up your sleeves, and get ready to explore a world of flavour from the diverse communities of Logan.