

# Healthy New Communities

A cookbook celebrating Logan's delicious multicultural cuisines



Healthy New Communities Cookbook

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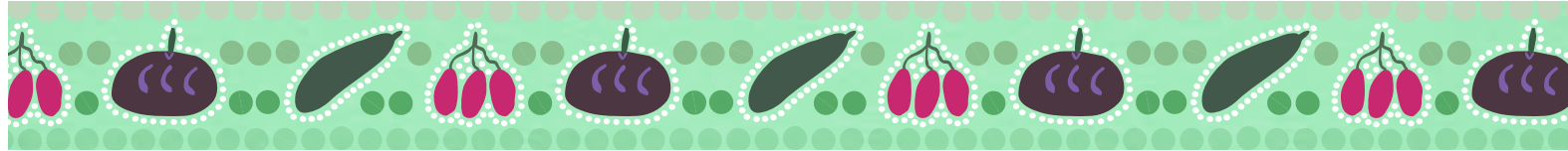
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***“The land is the mother, and we are of the land; we do not own the land, rather the land owns us. The land is our food, our culture, our spirit, and our identity.”***

Dennis Foley, a Gai-mariagal and Wiradjuri man, and Fulbright scholar



*Artwork by Tanya Saldanha for Metro South Health.*

Metro South Health recognises and pays respect to the traditional custodians of the land and waters – the Yugambeh, Quandamooka, Jaggera, Ugarapul, and Turrbal peoples – and to Elders, past, present, and emerging.



# Contents

The Beginning	iv
Cooking without a Recipe	v
Healthy Eating Tips	vi
Food Safety Tips	vii
Cooking Skills	viii
<b>Savoury Snacks</b>	<b>6</b>
<b>Light Meals</b>	<b>40</b>
<b>Main Meals</b>	<b>84</b>
<b>Sweets</b>	<b>158</b>
<b>Sauces and Condiments</b>	<b>174</b>
Food in our Cupboard and Fridge	188
Index of Recipes	190
Thank you	192

## The Beginning

The City of Logan is the epicentre of cultural diversity in South East Queensland, with each community bringing their unique flavours and culinary traditions to the table. Many refugee communities settle in Logan.

In 2021, Logan's refugee communities asked for help with cooking unfamiliar vegetables and meals their kids were asking for. This was the beginning of the Community Champions Cooking Program to promote and support healthy eating for Logan's refugee communities. Community Champions were recruited and completed training modules on healthy eating, food safety and cooking skills. The Champions have been supported to plan, shop, cook, serve and eat healthy meals with weekly cooking programs throughout the community. As well as improvements in eating healthy meals with more vegetables at home, the program enhanced social connections, employment and training opportunities and improved English language skills. The program's success is a result of the commitment and dedication of the Community Champions and the strong partnership with Logan's multicultural service providers.

Treasured recipes have been shared from Africa, Asia, the Middle East and Australia. The recipes are full of flavour, with aromatic spices, interesting vegetables and fresh herbs. Each dish tells a story, reflecting the history, traditions and creativity of its community.

Preparing, cooking and sharing cuisines cultivates a sense of belonging and creates a cultural memory. To capture this memory and as a legacy for future Community Champions, the *Healthy New Communities Cookbook* was created. This cookbook promotes cultural identity and celebrates the flavoursome cuisines of Logan refugee communities.

As well as documenting the delicious food from around the world, our cookbook includes family-friendly recipes requested by our refugee communities. These healthy, tasty recipes aim to help communities eat well, feel well and live well.



*"Cooking my food makes me happy. I remember things about my family. I love sharing my food with the other ladies. It makes my heart go very big and feel so proud when everyone eats it and tells me it's yummy." Khup*

## Cooking without a Recipe

Many people from around the world learn to cook from an early age, taught by family. They learn to cook using their senses to guide their cooking rather than by reading and following a recipe.

We had to incorporate specific measurements and serve sizes in our *Healthy New Communities* cookbook to help others replicate the delicious cuisines of Logan's refugee communities. However, we recognise that many of the dishes aren't traditionally documented into recipes and the intuitive cooking has been passed down for generations.

Cooking with what you have and trusting your instincts indicates a skilful and confident cook. Providing healthy food to your family is rewarding and satisfying. Logan's refugee families bring so many amazing skills, talent and knowledge to our community.

### Intuitive cooking

[*ad occhio*] Italian for "cooking by eye" without precise measurements.

This type of cooking uses instinct, experience, and sensory cues (taste, smell, sight, touch and sound) to create dishes, rather than strictly following recipes. It emphasises creativity and flexibility in the kitchen, allowing for adjustments based on available ingredients, equipment and personal preferences.



*"We don't measure our food. We just know what to do. Back home, we didn't use chopping boards, we cut vegetables in our hands."* Farhia



*"I cook by feel or looking at the dish and add more if it needs it. I don't use recipe for my Zomi food – my mum taught me how to cook."* Zam

## Healthy Eating Tips

- Eat a variety of foods every day. A healthy diet has vegetables, fruit, lean meat, beans, legumes, nuts, eggs, milk, yoghurt, cheese, rice, bread, pasta and other grain foods.
- Eat lots of vegetables and fruit, which keep us healthy. All vegetables and fruit provide different benefits so eat as many colours as possible.
- Choose wholegrains, like wholemeal flatbread or brown basmati rice.
- Choose low-fat milk, yoghurt and cheese.
- Cut fat off meat.
- Drink lots of water all through the day. Limit sugary drinks.
- Limit foods with too much sugar, fat and/or salt.
- Don't eat too much.



# Food Safety Tips

## Before cooking or eating

- Wash hands well with soap and water.
- Keep kitchen clean.



## Separate raw and cooked foods

- Use separate cutting boards and utensils for raw and cooked foods.
- Store raw foods separately from cooked foods in the fridge.



## Cook thoroughly

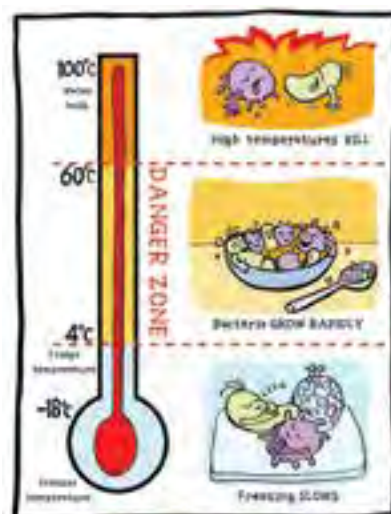
- Cook food well to kill harmful germs.
- Reheat leftovers until very hot (more than 60°C).



## Keep it cold or keep it hot

Germs spread very fast if food is kept in “temperature danger zone” of 5–60°C.

- Do not leave cooked food at room temperature for long:
  - if less than 2 hours, you can put it back in the fridge
  - between 2 and 4 hours, eat it straight away
  - after 4 hours, throw it away.
- Keep hot cooked food very hot (more than 60°C) right up to serving.
- If reheating cold food, reheat it quickly to very hot.
- Do not thaw frozen food on bench. Thaw in fridge or use microwave.
- Keep leftovers in the fridge for 2–3 days or freeze for 6 months.



## Wash fruit and vegetables

- Wash fresh fruit and vegetables under running water.
- It is safe to cook chicken without washing it first.

# Cooking Skills

How to cut onion	2
How to cut carrot	3
How to cook pasta	4
Ugali/Fufu	5

# How to cut onion



**1** Get a cutting board and a sharp knife.



**2** Cut the pointy end off the onion. Leave the root/hairy end.



**3** Cut onion in half.



**4** Peel off skin.



**5** Put flat sides of onion halves on cutting board.



**6** Put one hand on onion. Press down to hold.



**7** Use your fingers to guide knife and hold onion in place. Cut down on onion from root to tip. Do not cut root.



**8** Cut onion all the way across. Keep the root at the centre of each cut.



**9** Hold cut pieces together with fingers. Cut across onion, from tip to root.



**10** Cut 2-3 more times.



**11** Hold onion together on sides with fingers. Cut pieces from the tip to the root.



**12** Move your fingers closer to the root. Press down to stop onion from moving. Cut the rest of onion small.

# How to cut carrot



**1** Get a cutting board, vegetable peeler and a sharp knife.



**2** Peel carrot.



**3** Cut off carrot top and bottom.



**4** Cut carrot in half.



**5** Cut a small edge off one side. Turn carrot over so cut edge is on board to stop carrot moving.



**6** Cut through carrot to make thin flat slices.



**7** Stack sliced carrot, lining them up. Hold fingers on top of the pile. Cut along the carrot into long thin sticks.



**8** Bring sticks together. Use fingers to hold together tight. Cut into small pieces.



**9** Use the same method to cut carrot into small thin sticks (like matchsticks).



**10** Use the same method to make carrot sticks. Cut the pieces thicker.



**11** Use the same method to dice carrot. Use carrot stick size and cut in opposite direction.



**12** Use the same method to slice carrot into flat pieces. Good for serving with dips (e.g. hummus).

# How to cook pasta



**1** Read the pasta cooking instructions on packet. Check how long to cook pasta for.



**2** Fill a big pot with water.



**3** Heat pot on stove with high heat.



**4** Add 1 teaspoon of salt.



**5** Heat water until boiling with big bubbles.



**6** Add pasta. Stir well. You do not have to add oil to the water.



**7** Set timer.



**8** Stir every few minutes so the pasta does not stick.



**9** Take some of the pasta water out of the pot with a cup. Save the cup of water.



**10** When timer goes, taste pasta. It should be firm in centre but not hard (al dente). Drain the pasta. Do not rinse.



**11** Mix sauce and a little bit of pasta water from the cup with the pasta.



**12** Keep cooked pasta covered in the fridge for 3 days. You can freeze and reheat cooked pasta.

# Ugali/Fufu

African Staple Similar to Italian Polenta



SERVES  
6 people



PREP TIME  
10 minutes



COOK TIME  
10 minutes



## INGREDIENTS

4 cups (1 litre) water  
2 cups fine white semolina flour or  
maize meal/corn meal/polenta  
Small amount of oil

## METHOD

1. Put water in big pot. Bring to boil with high heat.
2. Turn heat to medium. Add semolina flour gradually so no lumps form. Stir constantly with a whisk until almost all semolina flour has been added.
3. Turn heat to low. Change from a whisk to a wooden spoon. Keep stirring, pushing the semolina up against the side of the pot. Knead/mix for 3–5 minutes. Add more semolina flour in small amounts. If it is too hard or dry, add a small amount of water.
4. Keep stirring until the semolina is all combined and soft/fluffy. It's a good arm workout! Remove from heat.
5. **Optional step for neat presentation:** : Put a little bit of oil in a small round bowl. Spoon a portion of ugali/fufu, about the size of your fist, into the small round bowl. Toss back and forth to form a neat round ball. Repeat with remaining balls.
6. Serve ugali/fufu with African stews – meat-, fish- or vegetable-based.

## NOTES


- There are regional variations of ugali/fufu throughout West and East Africa. Different kinds of ground flours/roots are used (e.g. dried ground cassava root is traditionally used to make fufu).
- Fine white semolina flour produces a lighter/fluffier texture than the traditional cassava flour version. Making ugali with semolina flour isn't traditional but it is faster to make and easier to source in Australia.
- The ingredients are never measured when ugali/fufu is prepared by African cooks. The amount of semolina and water is based on how many people they are feeding

# Savoury Snacks

Beetroot Dip	8
Hummus	10
Guacamole	12
Chicken Nuggets	14
Veggie Nuggets	18
Sausage Rolls	22
Vegetable Slice	26
Vegetable Sushi	30
Bolani (Afghan Bread Stuffed with Potato, Leek and Chill)	34
Sambusa (Somali Beef and Vegetable Samosa)	36
Garlic Bread	39

# Beetroot Dip

 **MAKES**  
2 cups

 **PREP TIME**  
10 minutes

 **COOK TIME**  
no cook

## INGREDIENTS

1 can baby beetroot (450g)



1 cup natural yoghurt



1 garlic clove



Juice from 1 lemon



1 teaspoon ground cumin



¼ teaspoon pepper



¼ teaspoon salt



## METHOD



**1** Open beetroot can. Drain beetroot.



**2** Cut beetroot small.



**3** Put beetroot in a bowl. Mash with a fork.



**4** Peel garlic clove. Cut or grate garlic small.



**5** Add yoghurt, garlic, lemon juice, cumin, pepper and salt to the beetroot. Mix well.



**6** Serve dip with cut vegetables, crackers or pita bread.




## NOTES

- Use 3–4 fresh beetroots, roasted for 45 minutes in pre-heated oven (180oC), then peeled, instead of canned beetroot.
- Can use canned sliced or diced beetroot. Add a can of mashed chickpeas or white beans to make beetroot hummus.
- Dip can be made in a food processor or blender. Use dip in wraps, sandwiches or kebabs.
- Keep dip covered in fridge for 4 days. Freeze dip for 3 months. Thaw well in fridge then mix well before serving.

# Hummus

 **MAKES**  
1 cup

 **PREP TIME**  
10 minutes

 **COOK TIME**  
no cook

## INGREDIENTS

- 1 garlic clove
- Juice from 1 lemon
- ½ teaspoon salt
- 1 can chickpeas (420g)
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1 tablespoon olive oil



## METHOD



**1** Drain and rinse canned chickpeas. Put in a bowl.



**2** Mash chickpeas with a potato masher. Keep mashing until there's no lumps and a paste forms.



**3** Peel garlic clove. Cut or grate garlic small.



**4** Add garlic, tahini, cumin, olive oil, salt and lemon juice to chickpeas. Mix well.



**5** If hummus is too thick, add a small amount of warm water.



**6** Serve hummus with cut vegetables, crackers or pita bread.



## NOTES

- Use 1 cup dried chickpeas, cooked with water and 1 teaspoon bicarb soda on stove for 40 minutes.
- Hummus can be made in a food processor or blender.
- Add a can of beetroot to make beetroot hummus.
- Use hummus in wraps, sandwiches or kebabs.
- Keep dip covered in fridge for 4 days or in freezer for 3 months. Mix well once defrosted.

# Guacamole

## Avocado Dip

 **MAKES**  
1 cup

 **PREP TIME**  
10 minutes

 **COOK TIME**  
no cook

### INGREDIENTS

- 1 avocado
- ¼ red onion
- 1 tomato
- 1 handful coriander
- 1 lime
- ¼ teaspoon pepper
- ¼ teaspoon salt



### METHOD



**1** Cut avocado. Remove seed and skin. Mash in a bowl with a fork.



**2** Cut red onion, tomato and coriander small. Put in bowl with avocado.



**3** Cut lime in half. Squeeze juice into the bowl.



**4** Add salt and pepper.



**5** Mix well.



**6** Enjoy guacamole with cut vegetables.



Tomato

Avocado

Coriander

Red onion

Lime

Pepper and salt

## NOTES

- Optional: add 1 teaspoon hot chilli sauce, 1 teaspoon Mexican spice mix and/or 2 tablespoons natural yoghurt to make the guacamole spicy and creamy.
- To stop the guacamole going brown, put the avocado seed in the bowl and remove just before serving.
- If you don't have onion, tomato or coriander, you can make it without them. Mash avocado with lime and salt.
- You can use lemon instead of lime.

# Chicken Nuggets



**MAKES**  
40 nuggets



**PREP TIME**  
10 minutes



**COOK TIME**  
12 minutes



## INGREDIENTS

500g chicken breast fillets  
(about 2 small fillets)  
1/3 cup natural yoghurt  
1 cup panko breadcrumbs  
1 teaspoon garlic powder  
2 tablespoons grated parmesan

## METHOD

1. Turn on oven to 180°C.
2. Cut chicken breast into small, flat pieces.
3. Put chicken and yoghurt in a bowl. Mix well.
4. Put breadcrumbs, garlic powder and parmesan into another bowl. Mix well.
5. Put yoghurt-covered chicken into breadcrumb mixture. Mix well with clean hands or a big spoon.
6. Put nuggets on oven tray lined with baking paper. Spread nuggets out so they are not touching.
7. Cook in the oven for 10 minutes.
8. Turn nuggets over. Cook for another 2–5 minutes.

## NOTES

- Add herbs and spices with the breadcrumbs (e.g. dried mixed herbs, paprika).
- Freeze uncooked nuggets: lay flat on an oven tray until frozen, then transfer to a sealed container and freeze for 3 months.
- Cold cooked nuggets can be put in a lunchbox for school. Keep them cold with an ice brick in a cooler bag.
- Cook from frozen for an extra 7 minutes.



Chicken breast

Parmesan

Garlic powder

Natural yoghurt

Panko breadcrumbs

# Chicken Nuggets

## INGREDIENTS

500g chicken breast fillets



1/3 cup natural yoghurt



1 cup panko breadcrumbs



1 teaspoon garlic powder



2 tablespoons parmesan



# Chicken Nuggets

## METHOD



**1** Turn on oven to 180°C.



**2** Cut chicken breast into small, flat pieces.



**3** Put chicken and yoghurt in a bowl. Mix well.



**4** Put breadcrumbs, garlic powder and parmesan into another bowl. Mix well.



**5** Put yoghurt-covered chicken into breadcrumb mixture. Mix well with clean hands or a big spoon.



**6** Put nuggets on oven tray lined with baking paper. Spread nuggets out so they are not touching.



**7** Cook in the oven for 10 minutes.



**8** Turn nuggets over. Cook for another 2–5 minutes.

# Veggie Nuggets



**MAKES**  
28 balls



**PREP TIME**  
20 minutes



**COOK TIME**  
20 minutes



## INGREDIENTS

- 1½ cups broccoli (about ½ a broccoli or 150g)
- 1½ cups cauliflower (about ¼ whole cauliflower or 150g)
- 2 spring onions
- ¾ cup panko breadcrumbs (60g)
- 1 cup grated cheese (90g)
- 1 egg
- 1 tablespoon vegetable oil

## TO SERVE

Homemade tzatziki (garlic yoghurt sauce – page 177)

## METHOD

1. Turn on oven to 210°C. Line a baking tray with baking paper.
2. Cut broccoli and cauliflower into pieces.
3. Cut spring onion small.
4. Boil a pot of water on the stove. Once boiling, add broccoli and cauliflower. Cook for 3 minutes.
5. Drain broccoli and cauliflower. Leave to cool on a plate lined with paper towel.
6. Cut cooked broccoli and cauliflower small.
7. Put vegetables in a bowl with spring onion, panko breadcrumbs, grated cheese, egg and oil. Mix well.
8. Roll nuggets with your hands into balls or logs.
9. Put nuggets on the lined baking tray. Cook in the oven for 10 minutes.
10. Turn the nuggets over using tongs. Cook for another 5 minutes.
11. Serve the veggie nuggets with garlic yoghurt sauce.

## NOTES

- Use other vegetables, e.g. 1 zucchini and 1 carrot, grated.
- Add herbs and spices, e.g. fresh parsley, dried mixed herbs or ground cumin.
- Nuggets can be cooked or reheated in an air-fryer. They are a great lunchbox snack.
- Store nuggets in the fridge for 3 days or freeze for 6 months.



Cauliflower

Broccoli

Egg

Grated cheese

Spring onion

Oil

Panko breadcrumbs

# Veggie Nuggets

## INGREDIENTS

1/2 broccoli



1/4 cauliflower



2 spring onions



3/4 cup panko breadcrumbs



1 cup grated cheese



1 egg



1 tablespoon oil



# Veggie Nuggets

## METHOD



**1** Turn on oven to 210°C. Line a baking tray with baking paper.



**2** Cut broccoli and cauliflower into pieces.



**3** Cut spring onion small.



**4** Boil a pot of water on the stove. Once boiling, add the broccoli and cauliflower. Cook for 3 minutes.



**5** Drain broccoli and cauliflower. Leave to cool on a plate lined with paper towel.



**6** Cut cooked broccoli and cauliflower small.



**7** Put vegetables in a bowl with spring onion, panko breadcrumbs, grated cheese, egg and oil. Mix well.



**8** Roll nuggets into balls or logs.



**9** Put nuggets on the lined baking tray. Cook for 10 minutes.



**10** Turn the nuggets over using tongs. Cook for another 5 minutes.



**11** Serve the veggie nuggets with garlic yoghurt dip.

# Sausage Rolls

with Beef and Vegetables



**MAKES**  
72 small rolls



**PREP TIME**  
20 minutes



**COOK TIME**  
40 minutes



## INGREDIENTS

1 tablespoon olive oil  
1 onion  
1 carrot  
1 zucchini  
6 mushrooms  
2 garlic cloves  
500g lean beef mince  
2 eggs  
½ cup breadcrumbs  
2 teaspoons dried mixed herbs  
1 tablespoon tomato sauce, plus extra to serve  
1 teaspoon stock powder  
6 frozen puff-pastry sheets, thawed

## METHOD

1. Turn on oven to 180°C.
2. Cut or grate onion, carrot, zucchini and mushrooms. Cut garlic small.
3. Heat olive oil in a pan with medium-high heat. Cook vegetables and garlic for 5 minutes or until soft and cooked.
4. Put cooked vegetables in a bowl. Once cool, add mince, 1 of the eggs, breadcrumbs, dried herbs, tomato sauce and stock powder. Use your hand to mix well.
5. Cut puff-pastry squares into 3 even strips.
6. Shape meat/vegetable filling into a long log shape down the middle of each pastry strip, not too thick. Ensure meat is tight and compact, without gaps.
7. Roll up each strip of pastry, finishing with the seam side down.
8. Cut each log into 4 equal lengths, or just 2 if you want full-size sausage rolls.
9. Put rolls on 2 baking trays lined with baking paper.
10. Crack egg into a small bowl. Mix egg with a fork. Brush each pastry roll with egg.
11. Cook in oven for 30 minutes, swapping tray shelves at 20 minutes, or until the pastry is golden brown.
12. Cool slightly on racks. Serve hot or warm with tomato sauce.

## NOTES

- Use other cut or grated vegetables (e.g. broccoli, beans, celery, sweet potato).
- Use other minced meat (e.g. pork, chicken, turkey, veal).
- After step 10, before cooking, you can store raw sausage rolls in the freezer and cook from frozen.
- Spinach and feta rolls: Swap mince for 1 bag of frozen spinach (defrosted) and 1 packet of feta. Add with other ingredients at Step 4.



# Sausage Rolls

## INGREDIENTS

1 tablespoon olive oil



1 onion



1 carrot



1 zucchini



6 mushrooms



2 garlic cloves



500g lean beef mince



2 eggs



1/2 cup breadcrumbs



2 teaspoons dried mixed herbs



1 tablespoon tomato sauce



1 teaspoon stock powder



6 puff-pastry sheets



# Sausage Rolls

## METHOD



**1** Turn on oven to 180°C.



**2** Cut or grate onion, carrot, zucchini and mushrooms. Cut garlic small.



**3** Heat olive oil in pan, medium-high heat. Cook vegetables and garlic for 5 minutes or until soft.



**4** Put cooked vegetables, mince, 1 of the eggs, breadcrumbs, dried herbs, tomato sauce and stock powder in a bowl. Mix well.



**5** Cut pastry squares into 3 even strips.



**6** Shape filling into a long log shape down the middle of each pastry strip, not too thick. Ensure meat is tight and compact, without gaps.



**7** Roll up each strip of pastry, finishing with the seam side down.



**8** Cut each log into 4 equal lengths, or just 2 if you want full-size sausage rolls.



**9** Place rolls on 2 baking trays lined with baking paper.



**10** Crack egg into a small bowl. Mix egg with a fork. Brush each pastry roll with egg.



**11** Cook for 30 minutes, swapping tray shelves at 20 minutes, or until the pastry is deep golden brown.



**12** Cool slightly on racks. Serve hot or warm with tomato sauce.

# Vegetable Slice



**MAKES**  
15 slices



**PREP TIME**  
10 minutes



**COOK TIME**  
30 minutes



## INGREDIENTS

2 zucchinis  
1 carrot  
1 onion  
1 can corn kernels (400g)  
5 eggs  
¼ cup (60ml) vegetable oil  
1 cup grated cheese  
1 cup self-raising flour

## METHOD

1. Turn on oven to 180°C.
2. Put baking paper in big baking tin (20 × 30cm).
3. Grate zucchini and carrot.
4. Cut onion.
5. Drain corn.
6. Squeeze liquid from zucchini with your hands.
7. Add zucchini, carrot, onion and corn to a bowl. Mix well.
8. Add eggs and oil. Mix well.
9. Add cheese and flour. Mix well.
10. Put ingredients in baking tin.
11. Cook for 30 minutes in oven, or until lightly golden and cooked through.
12. Cool slice on rack. Cut into squares.

## NOTES

- You can use lots of different vegetables for this recipe, e.g. cut capsicum, leftover roasted pumpkin, grated sweet potato, cherry tomatoes or frozen mixed vegetables.
- Keep in the fridge for up to 3 days. To freeze, cut into single-serve pieces, spread out on a tray (pieces not touching). Once frozen, put into an airtight container or ziplock bag.
- You can use a 20 × 30cm baking tin or a glass, ceramic or metal oven-safe container.
- Vegetable slice can be served hot, warm or cold. Serve with a spoon of natural yoghurt and chutney on top.



# Vegetable Slice

## INGREDIENTS

2 zucchinis



1 carrot



1 onion



1 can corn kernels



5 eggs



1/4 cup vegetable oil



1 cup grated cheese



1 cup self-raising flour



# Vegetable Slice

## METHOD



**1** Turn on oven to 180°C.



**2** Put baking paper in big baking tin (20 x 30cm).



**3** Grate zucchini and carrot.



**4** Cut onion.



**5** Drain corn.



**6** Squeeze liquid from zucchini with your hands.



**7** Put zucchini, carrot, onion and corn in a bowl. Mix well.



**8** Add eggs and oil. Mix well.



**9** Add cheese and flour. Mix well.



**10** Put ingredients in baking tin.



**11** Cook for 30 minutes in oven, or until lightly golden and cooked through.



**12** Cool slice on rack. Cut into squares.

# Vegetable Sushi



**MAKES**  
48 small rolls



**PREP TIME**  
10 minutes



**COOK TIME**  
15 minutes



## INGREDIENTS

1½ cups sushi rice  
2 tablespoons rice wine vinegar  
1 tablespoon sugar  
¼ teaspoon salt  
6 nori seaweed sheets

### FILLINGS

1 carrot  
1 cucumber  
1 avocado

### TO SERVE

Light soy sauce  
Pickled ginger (optional)  
Wasabi paste (optional)

## METHOD

1. Rinse rice with water. Drain well. Put rice and 2¼ cups water in a pan. Put lid on.
2. Turn on heat to high. Once boiling, reduce heat to low. Cook for 15 minutes.
3. Turn off heat. Leave for 5 minutes. Do not open the lid.
4. Put rice in a glass bowl. Slowly add rice wine vinegar, sugar and salt, mixing gently with a wooden spoon. Put bowl of rice in the fridge to cool.
5. Cut vegetables while rice is cooling. Peel carrot and cut long and thin. Cut cucumber thin. Cut avocado in half. Take out seed, then gently remove the skin. Cut through the avocado, then cut long.
6. Put 1 nori sheet, shiny side down, on a sushi mat. With wet hands, put rice on nori sheet, leaving 2cm at the end.
7. Put carrot, cucumber and avocado along the rice, about 2cm in from the bottom edge.
8. Roll sushi mat tightly away from you, until sushi is almost wrapped.
9. Seal top part of the nori with wet fingers.
10. Cut in half, then into smaller pieces.
11. Do it again with remaining rice, nori sheets and vegetables.
12. Serve with soy sauce, pickled ginger and wasabi.

## NOTES

- If you don't have a bamboo mat, you can roll the sushi using baking paper or a tea towel.
- You can add canned tuna, sashimi-grade raw fish, or cooked egg omelette, prawn or chicken.
- Sushi is great for school lunchboxes. Sushi can be stored in the fridge for 1 day.
- You can use white vinegar instead of rice wine vinegar.



# Vegetable Sushi

## INGREDIENTS

1½ cups sushi rice



2 tablespoons rice wine vinegar



1 tablespoon sugar



¼ teaspoon salt



6 nori seaweed sheets



1 carrot



1 cucumber



1 avocado



Light soy sauce



Pickled ginger (optional)



Wasabi paste (optional)



# Vegetable Sushi

## METHOD



**1** Rinse rice with water. Drain well. Put rice and 2¼ cups water in a pan. Put lid on.



**2** Turn on heat to high. Once boiling, reduce heat to low. Cook for 15 minutes.



**3** Turn off heat. Move the pan to cool for 5 minutes. Do not open the lid.



**4** Put rice in a glass bowl. Add vinegar, sugar and salt. Mix well. Put bowl of rice in the fridge to cool.



**5** Cut carrot, cucumber and avocado.



**6** Put nori sheet, shiny side down, on a sushi mat. With wet hands, put rice on nori sheet. Leave 2cm at the end.



**7** Put carrot, cucumber and avocado along the rice, about 2cm in from the bottom edge.



**8** Roll sushi mat tightly away from you, until sushi is almost wrapped.



**9** Seal top part of the nori with wet fingers.



**10** Cut in half, then into smaller pieces.



**11** Do it again with remaining rice, nori sheets and vegetables.



**12** Serve with soy sauce, pickled ginger and wasabi.

# Bolani

## Afghan Bread Stuffed with Potato, Leek and Chilli



MAKES  
12



PREP TIME  
45 minutes



COOK TIME  
30 minutes



### INGREDIENTS

#### DOUGH

3½ cups plain flour  
(about 500g or ½ bag)  
1 teaspoon yeast  
1 teaspoon salt  
2 tablespoons oil  
1¼ cups water (plus extra as  
needed)

#### FILLING

4–5 washed potatoes  
1 teaspoon oil  
1 onion, cut small  
2 long green chillies, cut small  
2 leeks, cut small (or 6 spring onions)  
1 big handful coriander, chopped  
½ teaspoon each pepper and salt  
1 teaspoon ground coriander  
(optional)  
½ teaspoon ground turmeric  
(optional)

#### TO COOK

2–3 tablespoons oil

### METHOD

1. Put flour, yeast and salt in a big bowl. Mix well. Add oil and water. Mix well to make a dough mixture. As the dough forms, add more water if it's too dry. If it gets too sticky, add a little more flour.
2. Put a bit of flour on the bench. Knead the dough on the bench for 5 minutes or until soft and stretchy.
3. Cover dough with a damp cloth or cling wrap. Leave to rest for 20–30 minutes.
4. Meanwhile, in a pot, cook potatoes covered in water until boiling. Cook on medium-low heat for 15 minutes.
5. Heat pan on medium-high heat. Add cut onion, chilli and leek. Cook for 2–3 minutes until softened.
6. Take potatoes out of water once cooked. Check by inserting a fork. If they're ready, the fork will insert easily. When cool enough, peel and roughly mash or grate the potato.
7. Put potato in a bowl with onion, chilli, leek, coriander, pepper, salt and ground coriander and turmeric, if using. Mix well.
8. Divide the dough into 12 balls (halve, then halve again, then divide into thirds).
9. On a floured bench, roll out one ball using a rolling pin, to make a circle 20–25cm in diameter, about 0.5cm thick (about the same thickness as a tortilla). Repeat with remaining dough balls.
10. Divide the potato-spring onion mixture into 8 portions. Spoon a portion of the filling onto half of the dough circle, leaving a 1cm border around the edge. Fold over the dough to make a half-moon shape, enclosing the filling.
11. Press out any air bubbles by lightly pressing with a flat palm. Pinch the edges firmly with your fingers to seal shut.

*continued next page*

12. Heat 1 tablespoon oil in big pan. Cook bolani for 2–3 minutes on each side, until golden. Remove from pan. Allow to rest on a cooling rack or on a large plate with paper towel.
13. Repeat with making remaining dough fillings, folding and frying.
14. Serve bolani hot with green chutney (page 183) and garlic yoghurt sauce (page 177).

## NOTES

- Bolani can be made with cooked pumpkin or lamb mince although using potato, leek and chilli is most common.
- Bolani can be baked in the oven or air-fryer, sprayed with oil.
- You can keep cooked bolani in the fridge for 2 days. Reheat in the oven.
- Bolani is delicious served with garlic yoghurt sauce (page 177) and/or chilli coriander chutney (page 183).



# Sambusa

## Somali Beef and Vegetable Sambusa



**MAKES**  
24 pieces



**PREP TIME**  
50 minutes



**COOK TIME**  
30 minutes



### INGREDIENTS

#### DOUGH

3 cups plain flour, plus extra  
¼ cup for glue

1 teaspoon salt  
2 tablespoons oil  
1 cup lukewarm water

#### FILLING

500g beef mince  
1 onion, cut small  
2 garlic cloves, cut very small  
1 teaspoon ginger, cut very small  
2 teaspoons ground coriander  
1 teaspoon ground cumin  
1 teaspoon salt  
½ teaspoon chilli powder  
2 spring onions, cut small  
1 green chilli, cut very small  
1 big handful coriander, cut small  
½ green capsicum, cut small  
½ red capsicum, cut small

Vegetable oil, for frying  
Date tamarind sauce, for dipping  
(page 185)

### METHOD

#### DOUGH

1. Put flour and salt in a big bowl. Add water and oil. Mix well to form a dough ball.
2. Put dough on floured bench. Knead for about 10 minutes. If dough is too dry and not staying together, add a bit more water. If dough is sticky and too wet, add more flour. Keep kneading.
3. Put dough back into the bowl and cover. Set aside while you make the meat filling.

#### PASTRY "GLUE" OR SLURRY

4. Put ¼ cup plain flour and ¼ cup water in a small bowl. Whisk until a glue-like texture forms. Set aside.

#### MEAT FILLING

5. Heat oil in pan with medium-high heat. Add beef mince. Cook until brown.
6. Add onion and garlic. Cook for 2–3 minutes.
7. Add ground coriander, cumin, chilli powder, salt, green chilli, coriander and capsicum. Mix well. Cook for 2–3 minutes.
8. Drain off any liquid. Put the mixture in a bowl to cool.

#### MAKING THE SAMBUSA

9. Divide dough into 6 balls. Squeeze in half to make 12 even balls, about the size of medium apples.
10. Roll each ball into a thin disc, on a floured bench. Repeat with all 12 dough balls. Put 2 flattened discs together, pressing to combine. You'll end up with 6 discs, which will make 24 sambusa.
11. Heat a big pan with medium heat. Cook 1 disc in the dry pan (no oil) for 1–2 minutes on both sides. Repeat with all discs.

*continued next page*

12. Slice each disc in half, directly down the middle, then in half again, to make 4 even quarters/triangles.
13. Pick up 1 triangle with the round/curved edge in your palm and the straight tip of the triangle between your thumb and index finger. Using your right hand, move the right side of the triangle over the left side, leaving a gap at the top. Glue down the dough. There will be a cone with a backside higher than the front side.
14. Add 1 tablespoon of filling into the cone. Tuck the front side of the cone into the backside, closing over the filling.
15. Fold the backside flap over to the frontside, gluing it down. You will have an even-sized sambusa triangle. Repeat with remaining dough triangles and filling to make 24 sambusa.

#### COOK THE SAMBUSA

16. Heat vegetable oil with medium heat, waiting until it is well-heated.
17. Cook 3–4 sambusa at a time, depending on the size of your pan, for 2 minutes on each side until a golden-brown colour.
18. Remove from the heat and cool on a paper-towel-covered plate. Repeat with remaining sambusa.
19. Serve with tamarind date sauce (page 185).

#### NOTES

- Sambusa are similar to samosas. Sambusa are usually filled with meat (beef, lamb or chicken) whilst samosas are typically filled with vegetables (potato and peas).
- Sambusa are common, particularly during Ramadam, in many Arabic-speaking regions. Our recipe is from Somalia, and there are similar sambusa throughout East Africa.
- You can reheat sambusa in the oven or air-fryer. You can freeze sambusa before or after cooking.
- Sambusa can be made using spring roll wrappers or thin tortillas – making the dough is time-consuming.



*continued next page*

# Sambusa

*continued*



# Garlic Bread



**SERVES**  
8 people



**PREP TIME**  
5 minutes



**COOK TIME**  
15 minutes

## INGREDIENTS

○ 2 tablespoons  
olive oil spread



○ 1 teaspoon dried  
herbs



○ 2 cloves garlic



○ 4 multigrain rolls



## METHOD



**1** Turn on oven to 180°C.



**2** Cut garlic small. Mix olive oil spread, garlic and herbs in a bowl.



**3** Cut bread rolls in half.



**4** Put garlic spread on top and bottom inner sides of rolls.



**5** Wrap each roll in aluminium foil (Alfoil).



**6** Cook in oven for 15 minutes.

## NOTES

- Garlic bread can be frozen before cooking. Freeze in the foil and cook from frozen. Cook for an extra 5 minutes.
- Use other varieties of wholemeal or multigrain bread (e.g. baguette). Wholemeal has more fibre and protein than white bread.

# Light Meals

<b>Maraq Digaag (Somali Chicken Lentil Soup)</b>	<b>42</b>
<b>Ful Medames/Foul Masiir (South Sudanese Fava Bean Dip)</b>	<b>44</b>
<b>Salata Aswad (South Sudanese Eggplant Salad/Dip with Peanut Butter)</b>	<b>46</b>
<b>Sabuti Zomi (Burmese Mountain Corn and Beef Soup)</b>	<b>48</b>
<b>Gua Tuai Toh (Bamboo Shoot Peanut Salad)</b>	<b>49</b>
<b>Umm Mehtui (Burmese Long Melon Soup)</b>	<b>50</b>
<b>Mai Tehe Bai (Burmese Pumpkin Leaf Soup)</b>	<b>51</b>
<b>Mohinga Atoh/Atho (Burmese Dry Noodle Salad)</b>	<b>52</b>
<b>Bakso (Indonesian Meatball Noodle Soup)</b>	<b>54</b>
<b>Sloppy Joes (Bolognese Burgers)</b>	<b>55</b>
<b>Borani Banjan (Afghan Eggplants with Tomato and Yoghurt)</b>	<b>56</b>
<b>Syrian Fattoush (Salad with pita bread chips)</b>	<b>58</b>
<b>Shorbat Addas (Arabic Lentil Soup)</b>	<b>60</b>
<b>Kachumbari or Kachumber Salad (Cucumber Tomato Salad)</b>	<b>62</b>
<b>Potato Salad</b>	<b>64</b>
<b>Brown Rice Salad</b>	<b>68</b>
<b>Roast Pumpkin and Chickpea Salad</b>	<b>72</b>
<b>Chicken Watermelon Wraps</b>	<b>76</b>
<b>Beef and Vegetable Burgers</b>	<b>80</b>

# 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).



# 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.



# 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



**MAKES**  
10 rolls



**PREP TIME**  
10 minutes



**COOK TIME**  
30 minutes



### 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.



Can of diced tomatoes

Garlic

Eggplant

Pepper and salt

Oil

Tomato paste

Turmeric

Chilli flakes

Natural yogurt

Mint

Wholemeal flatbread

# 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.



# 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.



Olive oil

Soy sauce

Sunflower seeds

Currants

Pepitas

Red capsicum

Garlic

Lemon juice

Spring onion

Cooked brown rice

# 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.



# **Main Meals**

Pondu (Congolese Cassava Leaf Stew)	86
Doro Wat (Ethiopian/Eritrean Chicken Stew)	88
Eritrean / Ethiopian Vegetable Stews	89
Misir Wat (Ethiopian/Eritrean Red Lentil Stew)	90
Wan Pot (Sierra Leone Bulgar One-Pot Dish)	92
Suqaar Digaag (Somali Chicken Stew)	94
Mulang e Tongpiny (South Sudanese Beef, Peanut and Spinach Stew)	96
Bamia Thabiek (South Sudanese Okra and Lamb Stew)	98
Mohinga (Burmese Fish Noodle Soup)	99
Aksa (Zomi Chicken Curry from Myanmar)	102
Kyet-u Chet (Burmese Tomato Turmeric Eggs)	104
Chicken Noodle Stir-fry with Chilli Sambal	106
Chicken Fried Rice (Ji Rou Chow Fan)	108
Ashak (Afghan Herb-Filled Dumplings with Lentil Tomato Sauce)	112
Qurma Gulpea (Afghan Cauliflower Curry)	114
Tepsi Baytinijan (Iraqi Baked Kofta with Eggplant and Tomato)	116
Ghormeh Sabzi (Persian Beef and Herb Stew)	118
Lamb Biryani	120
Pilaf/Pulau	122
Creamy Mushroom Pasta	126
Pumpkin and Spinach Lasagne	130
Beef and Vegetable Lasagne	134
Spaghetti Bolognese	138
Homemade Pizza	142
Salmon Mornay Rice Bake	146
Cottage Pie	150
Beef Tacos	154

# 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.



# 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

Berbere 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

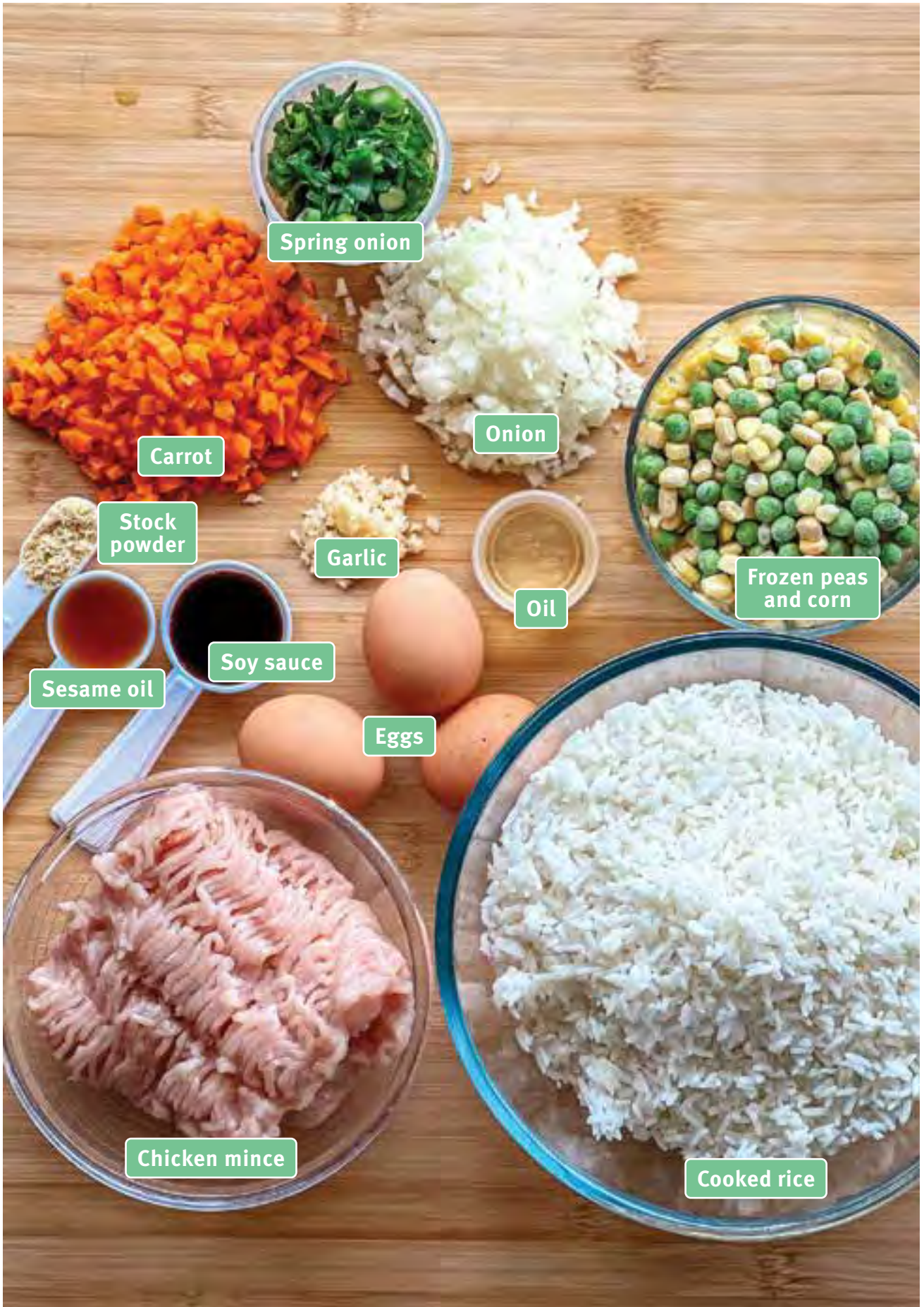
1½ cups rice (long grain best)  
or 4½ cups cooked cold rice  
1 onion  
1 garlic clove  
2 spring onions  
1 carrot  
500g chicken mince  
1 teaspoon stock powder  
2 tablespoons oil  
2 cups frozen peas and corn  
3 eggs  
2 tablespoons soy sauce  
2 teaspoons sesame oil  
(1 teaspoon for chicken and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

*continued next page*

#### LAYERS

1/4 cup milk  
1 big pinch saffron  
1 tablespoon ghee or oil  
1/2 bunch each of coriander and mint,  
cut  
1/2 cup fried/caramelised onion,  
from paste  
1/2 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  $\frac{1}{4}$ )  
1 big tub cottage cheese (500g)  
1 egg  
 $\frac{1}{3}$  cup milk  
 $\frac{1}{2}$  cup grated parmesan cheese  
 $1\frac{1}{2}$  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  $\frac{1}{3}$  cup tomato lentil sauce in bottom of oven-safe baking dish.
5. Put 2 lasagne sheets on top.
6. Add  $\frac{1}{3}$  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

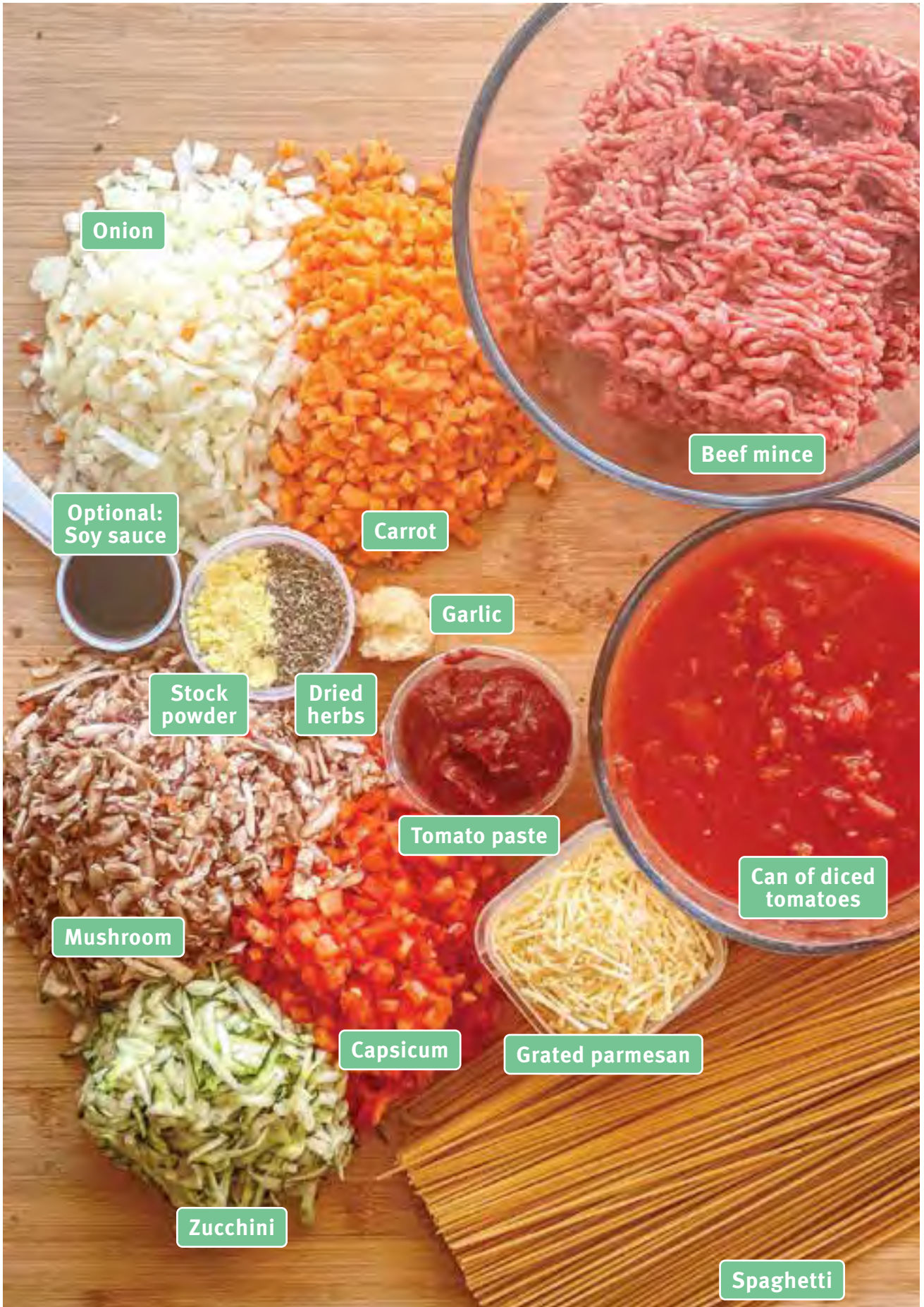
grated parmesan cheese

## 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.



# 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



1/2 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 jalapeños (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 jalapeños (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.

# Sweets

Banana Bread	160
Banana Carrot Zucchini Muffins	164
Healthy Chocolate Brownies	168
Snack Balls: 3 ways	172

# Banana Bread



**MAKES**  
1 loaf  
(10–12 slices)



**PREP TIME**  
10 minutes



**COOK TIME**  
1 hour



## INGREDIENTS

Spray oil  
1 cup pitted dates (125g)  
½ cup boiling water  
3 ripe bananas  
2 eggs  
½ cup natural yoghurt  
¼ cup vegetable oil  
2 cups wholemeal self-raising flour  
1 teaspoon ground cinnamon  
1 teaspoon bicarb soda

## METHOD

1. Turn on oven to 160°C fan-forced. Lightly spray a loaf tin (rectangle) and line with baking paper.
2. Put dates in a bowl with ½ cup boiling water. Soak for 5 minutes, then mash with a fork.
3. Peel and mash bananas with a fork in a big bowl.
4. Add eggs, yoghurt, oil and mashed dates (include any liquid). Mix well with the fork.
5. Add flour, cinnamon and bicarb soda. Gently mix to combine, but do not mix too much.
6. Put mixture into the loaf tin.
7. Cook in the oven for 60 minutes.
8. Leave on bench for 10 minutes, then take the banana bread out of the tin. Leave to cool on a rack.
9. Enjoy banana bread with a small amount of olive oil spread.

## NOTES

- Other fruit can be added: 1 cup of fresh, frozen or tinned (e.g. frozen berries, grated apple, canned peaches).
- This recipe can be made as muffins: prepare in greased muffin tins and cook for 20 minutes.
- Banana bread can be stored in the fridge for 5 days or frozen for 3 months.



# Banana Bread

## INGREDIENTS

Spray oil



1 cup dates (125g)



3 ripe bananas



2 eggs



1/2 cup natural yoghurt



1/4 cup vegetable oil



2 cups wholemeal SR flour



1 teaspoon cinnamon



1 teaspoon bicarb soda



# Banana Bread

## METHOD



**1** Turn on oven to 160°C fan-forced. Lightly spray a loaf tin (rectangle) and line with baking paper.



**2** Put dates in a bowl with ½ cup boiling water. Soak for 5 minutes, then mash with a fork.



**3** Peel and mash bananas with a fork in a big bowl.



**4** Add eggs, yoghurt, oil and mashed dates (include any liquid). Mix well with the fork.



**5** Add flour, cinnamon and bicarb soda. Gently mix to combine, but do not mix too much.



**6** Put mixture into the loaf tin.



**7** Cook in the oven for 60 minutes.



**8** Leave on bench for 10 minutes, then take the banana bread out of the tin. Leave to cool on a rack.



**9** Enjoy banana bread with a small amount of olive oil spread.

# Banana Carrot Zucchini Muffins



**MAKES**  
12 big or  
36 small muffins



**PREP TIME**  
10 minutes



**COOK TIME**  
20 minutes



## INGREDIENTS

Spray oil  
1 small carrot  
1 small zucchini  
2 ripe bananas  
2 eggs  
1 cup self-raising flour  
1 cup wholemeal self-raising flour  
¼ cup sugar  
1 teaspoon cinnamon  
½ cup natural yoghurt  
½ cup vegetable oil

## METHOD

1. Turn on oven to 160°C fan-forced (or 180°C if no fan).
2. Lightly spray a 12-hole muffin tin or put a muffin case in each hole.
3. Peel and grate carrot.
4. Grate zucchini. Use your hands to squeeze liquid out.
5. Peel and mash banana with a fork in a big bowl.
6. Put all ingredients in the bowl. Mix well.
7. Spoon mixture into muffin tin.
8. Put muffin tin in the oven. Cook for 20 minutes, or until the muffins are golden and spring back when lightly pressed.
9. Remove muffins from tin. Leave to cool on a wire rack.



## NOTES

- Other fruit can be added: 1 cup of fresh, frozen or tinned (e.g. frozen berries, grated apple, canned peaches).
- This recipe can be made as a cake: prepare in a greased cake tin and cook for 45min.
- Muffins can be stored in the fridge for up to 5 days or frozen for up to 3 months.



# Banana Carrot Zucchini Muffins

## INGREDIENTS

<input type="radio"/> Spray oil	<input type="radio"/> 1 zucchini	<input type="radio"/> 1 carrot
		
<input type="radio"/> 2 ripe bananas	<input type="radio"/> 1 cup self-raising flour	<input type="radio"/> 1 cup wholemeal SR flour
		
<input type="radio"/> 2 eggs	<input type="radio"/> 1 teaspoon cinnamon	<input type="radio"/> 1/2 cup natural yoghurt
		
<input type="radio"/> 1/4 cup sugar	<input type="radio"/> 1/2 cup vegetable oil	
		

# Banana Carrot Zucchini Muffins

## METHOD



**1** Turn on oven to 160°C fan-forced.



**2** Lightly spray a 12-hole muffin tin or put a muffin case in each hole.



**3** Peel and grate carrot.



**4** Grate zucchini. Use your hands to squeeze liquid out.



**5** Peel and mash banana with a fork in a big bowl.



**6** Put all ingredients into the bowl. Mix well.



**7** Spoon mixture into muffin tin.



**8** Put muffin tin in the oven. Cook for 20 minutes or until golden and muffins spring back when touched.



**9** Remove muffins from tin. Leave to cool on a wire rack.

# Healthy Chocolate Brownies



**MAKES**  
12 big or 36  
small squares



**PREP TIME**  
15 minutes



**COOK TIME**  
20 minutes



## INGREDIENTS

1 can black beans, drained and rinsed well  
1 egg  
1/3 cup vegetable oil  
1/3 cup grated beetroot (1 small)  
1/3 cup grated zucchini (1 small)  
1/3 cup cocoa powder  
1/3 cup self-raising flour  
1/3 cup sugar  
2 tablespoons honey (or maple syrup)  
1 teaspoon vanilla essence (optional)  
Pinch of salt  
1/3 cup dark chocolate chips, plus extra handful to put on top

## METHOD

1. Turn on oven to 160°C fan-forced (or 180°C if no fan). Line a square baking tin with baking paper.
2. Drain and rinse black beans.
3. Mash black beans, egg and oil in a mortar and pestle. Mix very well for 10 minutes until smooth, with no lumps.
4. Put well-mashed black beans in a big bowl.
5. Peel and grate beetroot. Grate zucchini. Squeeze liquid out with hands.
6. Put all ingredients in the bowl with black bean mash. Mix well.
7. Put mixture into tin. Put extra handful of chocolate chips on top.
8. Put tin in oven. Bake for 20 minutes.
9. Cool brownie in tin. Cut into small squares.

## NOTES

- You can make brownies in a food processor. Blend black beans with eggs and oil. Add all other ingredients except the chocolate chips. Blend again. Put in tin. Add chocolate chips and mix well. Scatter with extra chocolate chips.
- Use wholemeal self-raising flour instead of plain flour. If using a food processor, you can replace flour with 1/3 cup rolled oats and 1 teaspoon baking powder.
- Instead of fresh beetroot, you can use canned, drained and rinsed beetroot or pre-cooked vacuum-sealed beetroot.
- Add 1/3 cup frozen raspberries or chopped nuts (e.g. walnuts).



# Healthy Chocolate Brownies

## INGREDIENTS

1 can black beans



1 small zucchini



1 small beetroot



2 tablespoons honey



1 cup self-raising flour



1/3 cup cocoa powder



1 egg



1 teaspoon vanilla



1/3 cup chocolate chips



1/3 cup sugar



1/3 cup vegetable oil



Pinch of salt



# Healthy Chocolate Brownies

## METHOD



1

Turn on oven to 160°C fan-forced. Line a baking tin with baking paper.



2

Drain and rinse black beans.



3

Mash black beans, egg and oil in a mortar and pestle. Mix very well for 10 minutes until smooth, with no lumps.



4

Put well-mashed black beans in a big bowl.



5

Peel and grate beetroot.



6

Grate zucchini. Squeeze liquid out with hands.



7

Put all ingredients into the bowl with black bean mash. Mix well.



8

Put mixture into tin.



9

Put extra handful of chocolate chips on top.



10

Put tin in oven. Bake for 20 minutes.



11

Cool brownie in tin.



12

Cut into small squares.

# Snack Balls: 3 ways



MAKES  
24 balls



PREP TIME  
10 minutes



COOK TIME  
no cook

NO NUTS • NO FOOD PROCESSOR • NO ADDED SUGAR



## Carrot Cake

### INGREDIENTS

- 1/2 cup dried apricots
- 1/4 cup boiling water
- 2 carrots, peeled and grated
- 1 cup rolled oats
- 1/2 cup sunflower seeds
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Desiccated coconut for rolling (about 2/3 cup)

## Chocolate Cranberry

### INGREDIENTS

- 1 cup cranberries
- 1/3 cup boiling water
- 5 Weet-Bix, crushed
- 3/4 cup desiccated coconut
- 3 tablespoons cocoa powder
- Desiccated coconut for rolling (about 2/3 cup)

## Apple Pie

### INGREDIENTS

- 1 cup pitted dates
- 1/3 cup boiling water
- 1 cup rolled oats
- 1/3 cup sunflower seeds
- 1 teaspoon cinnamon
- 1/2 cup dried apple, cut small
- Desiccated coconut for rolling (about 2/3 cup)



# Snack Balls: 3 ways

## METHOD



**1** Cut dried fruit small.



**2** Soak dried fruit in boiling water for 5 minutes, until soft.



**3** Put dry ingredients in a bowl. Add soaked dried fruit, including any liquid.



**4** Mix well.



**5** Shape into balls, using wet hands.



**6** Put desiccated coconut in a dish. Roll balls in coconut.



**7** Put balls in a container. Keep in the fridge.

## NOTES

- If the mixture is too dry, add a small amount of water. If the mixture is too wet, add a small amount of oats, Weet-Bix or coconut.
- Use other cut dried fruit (e.g. sultanas, pear, mango).
- Add spices (e.g. cardamon, nutmeg, mixed spice).
- The snack balls will keep in the fridge for 5 days or they can be frozen for 3 months.

# **Sauces and Condiments**

---

Béchamel	176
Raita	177
Vegetable Pizza or Pasta Sauce	178
Coriander Chilli Chutney	183
Mekhha Zasan Meh (Zomi Eggplant Garlic Chutney)	184
Shidni (Somali Date Tamarind Sauce)	185
Sambal Tumis (Malaysian Sweet-Sour Chilli Paste)	186
Spice Mixes	187

# 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.

# Mehkha 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

½ block tamarind (approx. 1½ 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.



## 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 mixed herbs

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



## 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.



## 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.



## 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.



## 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.



## 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.



## 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.



## 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.



## 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.



### 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.

# Index of Recipes

## A

- Aksa (Zomi Chicken Curry from Myanmar) 102
- Ashak (Afghan Herb-Filled Dumplings with Lentil Tomato Sauce) 112

## B

- Bakso (Indonesian Meatball Noodle Soup) 54
- Bamia Thabiek (South Sudanese Okra and Lamb Stew) 98
- Banana Bread 160
- Banana Carrot Zucchini Muffins 164
- Béchamel (Lighter White Sauce) 176
- Beef and Vegetable Burgers 80
- Beef and Vegetable Lasagne 134
- Beef Tacos 154
- Beetroot Dip 8
- Bolani (Afghan Bread Stuffed with Potato, Leek and Chilli) 34
- Borani Banjan (Afghan Eggplants with Tomato and Yoghurt) 56
- Brown Rice Salad 68

## C

- Chicken Fried Rice (Ji Rou Chow Fan) 108
- Chicken Noodle Stir-fry with Chilli Sambal 106
- Chicken Nuggets 14
- Chicken Watermelon Wraps 76
- Coriander Chilli Chutney 183
- Cottage Pie (Beef Mince with Potato Top) 150
- Creamy Mushroom Pasta 126

## D

- Doro Wat (Ethiopian/Eritrean Chicken Stew) 88

## E

- Eritrean / Ethiopian Vegetable Stews
  - Akakilt Alichia 89
  - Duba Wat | Dubba Wat 89
  - Shiro Wat 89

## F

- Ful Medames/Foul Masiir (South Sudanese Fava Bean Dip) 44

## G

- Garlic Bread 39
- Ghormeh Sabzi (Persian Beef and Herb Stew) 118
- Green Vegetable Pesto 182

- Guacamole (Avocado Dip) 12
- Gua Tuai Toh (Bamboo Shoot Peanut Salad) 49

## H

- Healthy Chocolate Brownies 168
- Homemade Pizza 142
- Hummus 10

## K

- Kachumbari or Kachumber Salad (Cucumber Tomato Salad) 62
- Kyet-u Chet (Burmese Tomato Turmeric Eggs) 104

## L

- Lamb Biryani 120

## M

- Mai Tehe Bai (Burmese Pumpkin Leaf Soup) 51
- Maraq Digaag (Somali Chicken Lentil Soup) 42
- Mehkha Zasan Meh (Zomi Eggplant Garlic Chutney) 184
- Misir Wat (Ethiopian/Eritrean Red Lentil Stew) 90
- Mohinga Atoh/Atho (Burmese Dry Noodle Salad) 52
- Mohinga Burmese Fish Noodle Soup) 99
- Mulang e Tongpiny (South Sudanese Beef, Peanut and Spinach Stew) 96

## P

- Pilaf/Pulau (One-Pot Chicken Lentil Rice) 122
- Pondu (Congolese Cassava Leaf Stew) 86
- Potato Salad 64
- Pumpkin and Spinach Lasagne 130

## Q

- Qurma Gulpea (Afghan Cauliflower Curry) 114

## R

- Raita (Yoghurt Garlic Sauce) 177
- Roast Pumpkin and Chickpea Salad 72

## S

- Sabuti (Zomi (Burmese Mountain) Corn and Beef Soup) 48
- Salata Aswad (South Sudanese Eggplant Salad/Dip with Peanut Butter) 46

- Salmon Mornay Rice Bake 146
- Sambal Tumis (Malaysian Sweet-Sour Chilli Paste) 186
- Sambusa (Somali Beef and Vegetable Samosa) 36
- Sausage Rolls with Beef and Vegetables 22
- Shidni (Somali Date Tamarind Sauce) 185
- Shorbat Addas (Arabic Lentil Soup) 60
- Sloppy Joes (Bolognese Burgers) 55
- Snack Balls
  - Apple Pie 172
  - Carrot Cake 172
  - Chocolate Cranberry 172
- Spaghetti Bolognese 138
- Spice Mixes
  - Afghan Char Marsala 187
  - Burmese Marsala 187
  - Ethiopian/Eritrean Berbere 187
  - Malaysian Curry Powder 187
  - Mexican 187
  - Middle Eastern Baharat 187
  - Somali Xawaash Spice Mix 187
- Suqaar Digaag (Somali Chicken Stew) 94
- Syrian Fattoush (Salad with pita bread chips) 58

## T

- Tepsi Baytinijan (Iraqi Baked Kofta with Eggplant and Tomato) 116

## U

- Ugali/Fufu 5
- Umm Mehtui (Burmese Long Melon Soup) 50

## V

- Vegetable Pizza or Pasta Sauce 178
- Vegetable Slice 26
- Vegetable Sushi 30
- Veggie Nuggets 18

## W

- Wan Pot (Sierra Leone Bulgar One-Pot Dish) 92



Scan here to give feedback on the  
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.