SOFT SOLID RECIPES

[Document subtitle]

GREEK STYLE LAMB SHANKS

INGREDIENTS

- 2 teaspoons olive oil
- 6 Coles Australian Lamb Shanks
- 2 brown onions, thickly sliced
- 2 garlic cloves, crushed
- 2 teaspoons ground paprika
- 1 teaspoon dried oregano
- 1 teaspoon fennel seeds
- 1/2 teaspoon dried thyme
- 400g can diced tomatoes
- 1 1/2 cups (375ml) dry red wine
- 1 cup (250ml) beef stock
- 1 cup (160g) kalamata olives
- 2 tablespoons rosemary sprigs

METHOD

- **Step 1** Preheat oven to 140°C. Heat half the oil in a large flameproof casserole pan over medium-high heat. Cook half the lamb, turning occasionally, for 5 mins or until brown all over. Transfer to a plate. Repeat with the remaining oil and lamb.
- **Step 2** Cook the onion in the pan, stirring, for 5 mins or until the onion softens. Add the garlic, paprika, oregano, fennel and thyme and cook for 1 min or until aromatic. Return the lamb to the pan with the tomato, red wine, stock, olives and half the rosemary. Bring to a simmer. Cover. Transfer to the oven. Bake, stirring occasionally, for 2 1/2-3 hours or until the lamb is falling off the bone.
- **Step 3** Meanwhile, to make the parsnip mash, cook the parsnip and potato in a large saucepan of boiling water for 15 mins or until tender. Drain well. Return to the saucepan with the butter. Use a potato masher or fork to mash until smooth. Add the cream and stir to combine. Season to taste.

- **Step 4** Serve the lamb with parsnip mash.

https://www.taste.com.au/recipes/greek-style-slow-cooked-lamb-shanks/009xlflr?r=recipes/lambshanks&c=196c61a2-4c00-47de-94ce-f84e9d436c25/Lamb%20shanks

Chicken and Bacon Casserole

Ingredients

- 1kg **Lilydale*** Free Range Chicken Breast, diced
- 100 g bacon rashers roughly chopped
- 3 potatoes large thickly sliced
- 2 carrots sliced
- 50 g French onion soup mix
- 1 tbs mixed herbs dried
- 3/4 cup water
- 1/4 cup light cooking cream

Method

1. Brown chicken and bacon before adding to the slow cooker if you prefer. Layer potatoes and carrots on the bottom of slow cooker.
    2. Add chicken and bacon on top.
    3. Mix soup and herbs together with water.
    4. Add to slow cooker. Cook on high for 4 hours, or low for 6-8 hours.
    5. Stir through cream 10 minutes before serving.

https://www.bestrecipes.com.au/recipes/chicken-bacon-casserole-recipe/cjsv7jwv?r=easydinners/kf9ygrhp&h=easy%20dinners

Polenta-crusted vegie casserole

INGREDIENTS

- 750ml (3 cups) Massel vegetable liquid stock
- 170g (1 cup) instant polenta
- 40g (1/2 cup) parmesan, finely grated
- 2 teaspoons fresh rosemary, finely chopped
- 1 tablespoon extra virgin olive oil
- 1 brown onion, coarsely chopped
- 1 red capsicum, deseeded, coarsely chopped
- 2 garlic cloves, crushed
- 500g butternut **pumpkin**, peeled, deseeded, cut into 2cm pieces
- 400g can baby Roma or cherry tomatoes
- 2 zucchini, quartered lengthways, chopped
- 400g can cannellini beans, rinsed, drained
- 2 tablespoons parmesan, finely grated, extra

METHOD

- **Step 1** Line a 35 x 24cm baking tray with foil. Bring the stock to the boil in a large saucepan over medium heat. Add the polenta in a thin, steady stream, stirring constantly until combined. Cook, stirring, for 3 minutes or until thick. Remove from heat and stir in parmesan and rosemary. Pour into the prepared tray. Use a palette knife to spread to 1cm thick. Set aside for 30 minutes, or until set.
- **Step 2** Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes or until soft. Add the capsicum and garlic and cook, stirring, for 1 minute. Stir in the pumpkin and tomatoes. Bring to a simmer. Cook, stirring occasionally, for 8 minutes or until the pumpkin is just tender. Add the zucchini and cook for 5 minutes. Stir in the beans. Season. Transfer to a 2L (8 cup) ovenproof dish. Set aside to cool.

- **Step 3** Preheat the oven to 200C/180C fan forced. Use a 5-6cm cookie cutter to cut rounds from the polenta. Arrange over the surface of the vegetable mixture, slightly overlapping, to completely cover. Spray the top with olive oil. Sprinkle with the extra parmesan and bake for 30 minutes or until golden.

https://www.taste.com.au/recipes/polenta-crusted-vegie-casserole/vS7MFZ3u

Vegan Tofu Veggie Burgers

Ingredients

- 1/2 container firm or extra firm tofu (well-drained)
- 1 onion (diced)
- 3 green onions (diced)
- 2 tbsp. wheat germ
- 2 tbsp. flour
- 2 tbsp. garlic powder
- 2 tbsp. soy sauce
- Dash pepper
- Oil for frying

Steps to Make It
SHOW IMAGES

1. Gather ingredients.
2. First, make sure your tofu is well drained and <u>well-pressed</u>. Nobody likes a watery veggie burger, and if you leave too much moisture in the tofu, you'll have trouble forming patties.
3. Once your tofu is well pressed and drained, gently mash into small crumbles in a large bowl.
4. Add the diced onions, diced green onions, wheat germ, flour, garlic powder, soy sauce, and a dash of pepper into the bowl along with the tofu and mix to combine well.
5. Next, gently form the tofu mixture into patties, pressing everything together to form round patties about 1-inch thick. You'll probably want to use your (clean!) hands for this.
6. Fry patties in oil in a large skillet until lightly golden brown and crisp, about 5 to 6 minutes on each side.

https://www.thespruceeats.com/vegan-tofu-veggie-burgers-recipe-3377169

Vegetable tofu burgers

INGREDIENTS

- 500g firm **tofu**, drained, patted dry with paper towel
- 2 large carrots, grated
- 2 celery sticks, finely chopped
- 40g (1/4 cup) plain flour
- 1 3cm piece fresh ginger, peeled, grated
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil
- 1 tablespoon olive oil
- 60g salad leaves
- 4 large wholemeal bread rolls, split in half
- 1 medium Lebanese cucumber, thinly sliced
- Sweet chilli sauce, to serve

METHOD

- **Step 1** Coarsely grate the tofu and use your hands squeeze out any excess moisture. Place in a large bowl. Add the carrots, celery, flour, ginger, soy sauce and sesame oil. Use your hands to combine. Shape evenly into 4 large patties.
- **Step 2** Heat the olive oil in a large non-stick frying pan over medium heat. Add the patties and cook for 3-4 minutes each side or until golden and heated through.

- **Step 3** Place a few salad leaves on the bottom halves of the rolls and top with the hot patties. Top with the cucumber slices and drizzle with the sweet chilli sauce. Cover with the roll tops and serve immediately
https://www.taste.com.au/recipes/vegetable-tofu-burgers/4c131721-ff1a-4dd4-8ed8-362fd60b9563

The Best Vegetable Curry Ever

Ingredients:

- 2 Tablespoons olive oil
- 1 large yellow onion, finely diced
- 4 medium cloves garlic, minced

Spices:

- 1 Tablespoon fresh ginger, finger grated
- 1 Tablespoon. ground coriander
- 1-1/2 teaspoon. ground cumin
- 3/4 teaspoon ground turmeric
- 1/2 teaspoon. cayenne
- 1 Tablespoon. tomato paste
- 2 cups vegetable broth
- 1 cup light coconut milk
- 1 teaspoon cinnamon
- Salt and Pepper

Vegetables:

- 1 cauliflower or broccoli head, chopped into florets
- 3 medium sweet potatoes, peeled and diced or 6 red potatoes,diced
- 2 medium tomatoes, cored, seeded, and coarsely chopped (about 1-1/2 cups)
- 1 cup frozen peas
- 4 cups (handfuls) spinach, light packed
- 1.whole lime, juiced and zested
- 2 Tablespoons fresh cilantro, chopped
- Basmati rice for serving

Directions:

1. In a large pot, heat the oil over medium-high heat. Add the onion and stir/cook, until golden brown, about 2 minutes. Reduce heat to medium, add the garlic and ginger; cook, stirring, for 1 minute.. Add the coriander, cumin, turmeric, and cayenne; stir for 30 seconds. Add the tomato paste and stir until even distributed throughout the spices, about 1 minute.
2. Add the broth, coconut milk, cinnamon, 1 teaspoon salt, and 1/4 teaspoon pepper and bring to a boil. Reduce the heat to medium low or low and simmer for 10 minutes.
3. Add the cauliflower, potatoes, tomatoes, and peas. Raise the heat to medium high and return to a boil. Reduce the heat to medium low, cover, and simmer until the vegetables are tender, 20 to 25 minutes.
4. Stir in the lime juice, and zest; cook about 3 minutes more. Season to taste with salt.
5. Add 2 heaping handfuls of spinach and cook for 2 minutes until the spinach turns bright green. Serve over rice and garnish with cilantro.

https://www.layersofhappiness.com/the-best-vegetable-curry-ever/

Chilli con carne

INGREDIENTS

- 200g (1 cup) dried red kidney beans
- 1 tablespoon olive oil
- 800g beef casserole steak
- 2 red onions, halved, coarsely chopped
- 1 red capsicum, halved, deseeded, coarsely chopped
- 1 green capsicum, halved, deseeded, coarsely chopped
- 2 garlic cloves, crushed
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon sweet paprika
- 1 teaspoon ground oregano
- 2 x 400g cans diced tomatoes
- 2 teaspoons drained sliced jalapeno chillies, finely chopped
- 500ml (2 cups) water
- **Sour cream**, to serve
- Fresh coriander leaves, to serve

METHOD

- **Step 1** Place the beans in a large saucepan and cover with cold water. Bring to the boil over high heat and cook, uncovered, for 10 minutes. Set aside for 1 hour to soak. Drain.
- **Step 2** Preheat oven to 160°C. Heat half the oil in a large frying pan over high heat. Add the beef and cook for 2-3 minutes each side or until browned. Transfer to a large ovenproof dish.
- **Step 3** Heat the remaining oil in the same pan over high heat. Add the onion and combined capsicum and cook, stirring, for 5 minutes or until the onion is soft. Add garlic, cumin, ground coriander, paprika and oregano and cook, stirring, for 1 minute or until aromatic. Add the tomato, chilli and water and bring to the boil. Remove from heat. Add the beans and tomato mixture to the beef.
- **Step 4** Bake the beef mixture, covered, in oven for 2 hours or until the beef and beans are tender. Set aside for 10 minutes to cool slightly. Use tongs to transfer the beef to a clean work surface. Use 2 forks to shred the beef with the grain. Return the beef to the tomato and bean mixture and stir to combine.
- **Step 5** Meanwhile, to make the coriander & chilli corn breads, preheat oven to 200°C. Brush eight 185ml (3/4-cup) capacity Texas muffin pans with butter to lightly grease. Combine the flour, polenta, cheddar, coriander, corn and chilli in a large bowl. Whisk together the egg, milk and butter in a jug. Add to the flour mixture and use a metal spoon to stir until just combined. Divide the mixture evenly among the prepared pans. Bake for 20 minutes or until golden and a skewer inserted in the centres of the breads comes out clean.

- **Step 6** Spoon the chilli con carne among serving bowls. Top with a dollop of sour cream and fresh coriander leaves, if desired. Serve immediately with coriander & chilli corn bread.

Mediterranean salmon and prawn stew

INGREDIENTS

- 4 x 150g skinless **salmon** fillets
- 500g medium green prawns, peeled, deveined, tails intact
- 1 lemon, rind finely grated, juiced
- 1 tbs finely chopped fresh continental parsley
- 2 garlic cloves, sliced
- 1 celery stick, thinly sliced
- 1 carrot, peeled, finely chopped
- 1 small fennel, trimmed, finely chopped
- 1 leek, trimmed, halved, thinly sliced
- 400g can baby roma tomatoes
- 1 long fresh red chilli, finely sliced
- 2 tbs baby capers, drained
- 4 anchovies, drained, finely chopped
- 125ml (1/2 cup) white wine
- 750ml (3 cups) Massel vegetable stock
- Crusty bread, to serve
- Small basil leaves, to serve
- Extra lemon zest, to serve
- Extra baby capers, to serve

METHOD

- **Step 1** Place the salmon, prawns, lemon rind and parsley in a large sealable glass or plastic container.
- **Step 2** Place the garlic, celery, carrot, fennel, leek, tomatoes, chilli, capers, anchovy, wine and stock in another large sealable glass or plastic container.
- **Step 3** Freeze containers for up to 3 months or until the night before cooking. Defrost overnight in the fridge.

- **Step 4** Place the contents of the vegetable container in a large heavy-based saucepan. Bring to the boil over medium heat. Reduce heat to low and simmer for 30 minutes or until thickens slightly and vegetables are tender. Add the contents of the seafood container and cook for a further 7-10 minutes or until cooked through. Top with the extra lemon zest and extra fried capers.

https://www.taste.com.au/recipes/mediterranean-salmon-prawn-stew-recipe/mhgo6cj4

Seafood pies

INGREDIENTS

- 80g butter
- 1 leek, pale section only, thinly sliced
- 200g Swiss brown mushrooms, trimmed, thinly sliced
- 1 bunch asparagus, woody ends trimmed, cut into 2.5cm pieces
- 2 teaspoons olive oil
- 500g green **prawns**, peeled, deveined
- 400g firm white fish fillet (such as ling), cut into 2cm pieces
- 300g scallops, cleaned, halved
- 2 tablespoons chopped fresh dill
- 50g (1/3 cup) plain flour
- 125ml (1/2 cup) white wine
- 500ml (2 cups) warm milk
- 1 teaspoon Dijon mustard
- 80g (1 cup) coarsely grated vintage cheddar

METHOD

- **Step 1** To make the potato topping, place the potato in a large saucepan and cover with cold water. Cover and bring to the boil. Reduce heat to medium. Cook, partially covered, for 20 minutes or until the potato is very tender.
- **Step 2** Meanwhile, to make the filling, heat 20g of the butter in a frying pan over medium-high heat. Add the leek and mushroom. Cook, stirring occasionally, for 6 minutes or until the vegetables start to soften. Add the asparagus. Cook for 1 minute. Transfer to a large bowl. Wipe the pan clean.
- **Step 3** Heat the oil in the frying pan over medium-high heat. Add the prawns, fish and scallop. Cook, turning occasionally, for 1-2 minutes or until lightly browned. Transfer to the bowl. Add the dill and stir to combine.
- **Step 4** Melt remaining butter in a saucepan over medium heat until foaming. Remove from heat and stir in the flour. Place the pan over medium heat and cook, stirring, for 2 minutes or until the mixture is light golden. Remove from heat. Gradually add the wine and milk, whisking until smooth. Place over medium heat. Cook, stirring, until the sauce boils and thickens. Simmer for 2 minutes. Stir in the mustard and cheddar. Add the sauce to the seafood mixture. Stir until well combined.
- **Step 5** Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper. Divide the seafood mixture evenly among six 500ml (2-cup) capacity ovenproof freezerproof dishes.
- **Step 6** Drain the potato and return to the pan. Place over medium-high heat and cook, shaking the pan, for 2 minutes or until the moisture has evaporated. Remove from heat. Add the butter and mash until almost smooth.

Add the milk and stir until smooth. Use a fork to spread the potato mixture over the pies. Sprinkle with the cheddar. (To freeze, see note).

- **Step 7** Bake in oven for 20-25 minutes or until light golden. Serve.

https://www.taste.com.au/recipes/seafood-pies-3/e6772a85-fc1f-45e7-9d58-b224ea3e716b

Zucchini, sweet potato & feta frittata

INGREDIENTS

- 700g sweet potato, peeled and cut into 2-3cm cubes
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 medium **zucchini**, ends trimmed, coarsely grated
- 125g reduced fat feta, crumbled
- 1/4 cup basil leaves, shredded
- 80g baby mediterranean salad
- 6 tomatoes, quartered lengthways
- 1 onion, chopped
- 6 eggs, lightly beaten

METHOD

- **Step 1** Preheat oven to 200°C or 180°C fan. Line 2 large oven trays with non-stick baking paper. Place sweet potatoes onto one tray, drizzle with 1 tablespoon of oil and toss to coat. Spread out to a single layer. Place tomatoes on other tray, drizzle with 1 tablespoon of oil and 1 tablespoon vinegar. Season with salt and pepper to taste. Roast for 30 mins until tender and lightly browned.
- **Step 2** Heat the remaining olive oil in a 24cm (top measurement, not base of pan) non-stick frying pan. Cook the onion over medium heat for about 5 mins until soft and lightly golden. Transfer to a bowl and add the cooked sweet potato.
- **Step 3** Add zucchini, feta and basil to bowl. Season with salt and pepper to taste. Gently mix together. Spread loosely into frying pan.
- **Step 4** Pour eggs into the pan. Gently move the filling around to evenly distribute the egg. Cook over medium low heat for 8-10 mins until set underneath and on the sides.
- **Step 5** Wrap the handle of the pan in a wet cloth. Place under a moderately hot grill with surface about 8 cm from the heat source for about 5 mins until frittata is cooked on top.

- **Step 6** Remove from the heat and stand for 5 mins then invert onto a large plate. Drizzle tomatoes with the remaining vinegar. Cut frittata into wedges and serve with salad and tomatoes.

https://www.taste.com.au/recipes/zucchini-sweet-potato-feta-frittata/1cea8205-65e9-43c7-b7d1-3bbb847946d8

Bacon and egg breakfast muffins

INGREDIENTS

- 2 short-cut bacon rashers, chopped
- 50g cup **mushrooms**, thinly sliced
- 1 cup finely chopped broccoli
- 20g baby spinach leaves, shredded
- 8 Coles Australian Free Range Eggs
- 1/4 cup (60ml) milk
- 1/2 cup (60g) grated light tasty cheddar

METHOD

- **Step 1** Preheat oven to 180°C. Grease 8 holes of a 1/3-cup (80ml) non-stick muffin pan.
- **Step 2** Heat a non-stick frying pan over high heat. Add bacon and mushroom. Cook, stirring, for 2 mins or until light golden. Add the broccoli and cook, stirring, for 1 min or until just tender.
- **Step 3** Divide bacon mixture and spinach evenly among prepared holes. Whisk eggs, milk and cheddar in a jug. Season. Pour egg mixture over bacon mixture.

- **Step 4** Bake for 15-20 mins or until just set. Set aside to cool slightly before serving.

https://www.taste.com.au/recipes/bacon-egg-breakfast-muffins-recipe/r2l09yzj

Fish, zucchini and oregano casserole

INGREDIENTS

- olive oil cooking spray
- 1 brown onion, halved, thinly sliced
- 350g orange sweet potato, peeled, cut into 2cm pieces
- 2 small **zucchini**, cut into 1cm pieces
- 200g broccoli, trimmed, cut into florets
- 1 small (250g) eggplant, diced
- 800g can diced tomatoes
- 1/3 cup fresh oregano leaves
- 500g white fish fillets, cut into large pieces
- 1 small white bread stick, sliced, toasted

METHOD

- **Step 1** Heat a heavy-based saucepan over medium heat. Lightly spray with oil. Add onion and cook, stirring, for 2 minutes or until golden.
- **Step 2** Add sweet potato. Cook, stirring, for 3 minutes. Add zucchini, broccoli, eggplant, tomatoes and 1/4 cup oregano. Bring to boil.
- **Step 3** Reduce heat to low. Cover and cook for 8 to 10 minutes or until sweet potato is tender. Stir in fish. Simmer, uncovered, for 4 to 5 minutes or until fish is cooked through.

- **Step 4** Sprinkle with remaining oregano. Serve casserole with toasted bread.

https://www.taste.com.au/recipes/fish-zucchini-oregano-casserole/32277daa-1759-4ea4-b49a-72303f8fbdd2