

*myfoodbook*<sup>®</sup>  
**foodbook**

**30 MINUTE Meals**



**FAST & EASY** *recipe ideas*





# Contents

---

BREAKFAST & BRUNCH

LOVE YOUR LEFTOVERS

EASY & LIGHT

STREET EATS

30 MINUTE DINNER WINNERS



# Delicious TIME SAVERS



## Perfect **PARMESAN**

Whether you prefer it finely grated or shaved, a sprinkle or handful, parmesan cheese can transform any meal, adding a burst of flavour to a simple salad or the finishing touch to your family pasta dishes. Best of all, Perfect Italiano™ Parmesan comes in different flavour intensities from a medium strength to an extra-sharp more matured parmesan.



## ADD AN *Avo*

Double down on your food's nutrition by adding an avocado. This amazing fruit can boost the nutrition of other healthy foods, including the lycopene from red tomatoes and beta carotene from orange carrots. All the more reason you should smash an avo for dinner tonight.





## Star PERFORMER

Whether you use it at the beginning of the recipe or as a finishing touch, Western Star Spreadable adds its signature taste to any dish. Spread it on both sides of bread for the ultimate golden jaffle.

## EGGS, *easy as*

Want to boost your weeknight meals with protein and nutrients, add an egg. They contain 11 essential vitamins and minerals including iron, iodine and folate. Boil them, fry them or poach them – healthier dinners are easy as with eggs.



## STEGGLERS *for quality*



How do you make chicken schnitzel tastier and higher in protein and nutrients? Crumb it with a deliciously crisp combo of panko breadcrumbs and that superfood, quinoa. Quinoa gives the schnitzels an extra boost of protein and fibre while giving it that perfect golden crumb.

## WORD ON *the street*

Spicing up your family dinners is now even easier with the new range of Street Kitchen meal kits. Choose your flavour from Teriyaki Chicken to a traditional Pad Thai or North Indian Butter Chicken. Authentic spices and all natural ingredients means a delicious meal every time.





# *Breakfast & Brunch*

WHETHER YOU'RE UP FOR A LAZY WEEKEND OR BUSY WEEKDAY,  
START AS YOU MEAN TO GO ON WITH THESE RECIPES.



# THREE AVOCADO

## smoothies



PREP 10 MINS EACH



SERVES 2-3

---

### INGREDIENTS

#### AVOCADO BREAKFAST SMOOTHIE

1 medium banana, chopped  
1 avocado  
2 cups ice  
1 cup coconut water  
1 tablespoon honey

#### TROPICAL BREAKFAST SMOOTHIE

1 medium banana, chopped  
1 avocado  
1 cup coconut water  
1 tablespoon honey  
3 cups frozen mango pieces  
1 cup frozen pineapple pieces  
1 cup coconut milk  
Fresh mango wedges (optional)  
and desiccated coconut, to serve

#### RASPBERRY YOGHURT BREAKFAST SMOOTHIE

1 medium banana, chopped  
1 avocado  
1 cup coconut water  
1 tablespoon honey  
2 cups frozen raspberries  
¼ cup Greek yoghurt, plus extra  
to serve

### METHOD

#### AVOCADO BREAKFAST SMOOTHIE

1. Place banana, avocado, ice, coconut water and honey in a blender and blend on high speed until smooth. Pour into glasses to serve

#### TROPICAL BREAKFAST SMOOTHIE

1. Place banana, avocado, coconut water, honey, mango, pineapple and coconut milk in a blender and blend on high speed until smooth. Pour into glasses and serve topped with mango wedges and coconut if you like

#### RASPBERRY YOGHURT BREAKFAST SMOOTHIE

1. Place banana, avocado, coconut water, honey, raspberries and yoghurt in a blender and blend on high speed until smooth. Pour into glasses and top with extra yoghurt to serve

### TIP AND HINTS:

If you ever have leftover avocado, cut it into cubes and freeze in a zip-lock bag to use in smoothies.



*Tip*

.....  
This pizza will  
also make a tasty  
lunch or dinner

# EGG AND PROSCIUTTO

## *breakfast pizza*



PREP 15 MINS



COOK 15 MINS



SERVES 4

---

### INGREDIENTS

#### PIZZA DOUGH

- 1 ¼ cups warm water*
- 3 teaspoons instant dried yeast*
- 1 teaspoon caster sugar*
- 1 teaspoon sea salt flakes*
- 1 tablespoon olive oil*
- 3 cups plain flour*

#### PIZZA TOPPING

- ½ cup tomato passata*
- 1 ½ cups shredded pizza cheese*
- 30g baby spinach leaves, plus extra to serve*
- 100g shaved prosciutto*
- 8 eggs*
- ½ cup finely grated parmesan*
- Basil leaves, to serve*

### METHOD

#### PIZZA DOUGH

1. Preheat oven to 240°C/220°C fan forced. Line 2 large baking trays with baking paper
2. To make the pizza dough, whisk water, yeast, sugar, salt and olive oil in a jug. Stand in a warm place for 10 minutes or until frothy. Put flour into a large bowl. Add yeast mixture and stir until a soft dough forms. Turn onto a floured surface and knead for 5 minutes or until smooth
3. Divide dough in half and roll each half out on a floured surface to make two 26cm rounds. Transfer to prepared trays

#### PIZZA TOPPING

1. Spread pizza bases with passata, sprinkle with pizza cheese and spinach leaves. Arrange 4 prosciutto slices on top of each base to make little nests. Gently crack eggs into prosciutto nests and sprinkle with parmesan. Bake for 12-15 minutes or until golden and cooked through
  2. Serve the pizzas scattered with basil and extra spinach leaves
-



# MUSHROOM SOUFFLÉ *omelette*



**PREP 10 MINS**



**COOK 20 MINS**



**SERVES 2**

---

## INGREDIENTS

*1 tablespoon olive oil*

*400g Swiss brown mushrooms,  
sliced*

*Salt and pepper*

*4 eggs*

*2 tablespoons milk*

*¼ teaspoon table salt*

*20g melted butter*

*¼ cup crème fraîche*

*¼ cup finely grated parmesan*

*Finely grated parmesan, extra,  
to serve*

*2 tablespoons finely chopped chives*

## METHOD

1. Heat oil in a large 25cm non-stick frying pan over medium-high heat. Add the mushrooms, season with salt and pepper and cook for 6-7 minutes or until golden. Remove, cover and keep warm. Wipe out the pan
  2. Separate eggs, placing egg yolks into a small bowl and egg whites into a large bowl. Add milk to egg yolks and whisk with a fork. Using a hand beater, whisk the egg whites and the ¼ teaspoon salt until stiff peaks form
  3. Heat the frying pan over medium heat. Brush with butter to grease. Using a large metal spoon, gently fold the egg yolks into the egg whites
  4. Pour half the mixture into the pan and cook for 4-5 minutes, or until golden and the eggs are just set. Spoon over half the crème fraîche, parmesan and mushrooms and carefully fold the omelette in half. Cook for 1 minute or until almost set
  5. Transfer to a serving plate (omelette will continue cooking once removed from heat). Repeat using remaining eggs, crème fraîche, cheese and mushrooms. Sprinkle with chives, extra parmesan and pepper to serve
-

tip

This recipe is perfect  
for a big family  
weekend brunch



# EGG AND SMOKED TROUT *croissants*



PREP 10 MINS



COOK 5 MINS



SERVES 4

---

## INGREDIENTS

1 *tablespoon extra virgin olive oil*

4 *eggs*

4 *large croissants*

$\frac{1}{2}$  *cup crème fraiche*

1 *tablespoon chopped chives,*  
*plus extra to serve*

$\frac{1}{2}$  *lemon, grated zest and*  
2 *teaspoons of juice*

1 *cup watercress*

100g *smoked ocean trout slices*

*Lemon wedges, to serve*

## METHOD

1. Heat oil in a large non-stick frying pan on medium high. Crack the eggs one at a time into hot pan. Cook for 2 minutes, until the whites set and are crispy around the edges
2. Split croissants in half and place cut-side up on an oven tray lined with baking paper. Cook under grill for 30 seconds to 1 minute, until toasted and golden
3. In a small bowl, combine crème fraiche, chives, lemon zest and juice. Season with salt and pepper and mix well
4. Spread bases with crème fraiche mixture. Top with watercress, folds of trout slices and then a fried egg. Scatter with extra chives and pepper. Serve with lemon wedges and any extra crème fraiche mixture

CRACK 'EM  
WHISK 'EM  
FRY 'EM  
POACH 'EM  
STRAIN 'EM  
DRAIN 'EM  
BOIL 'EM  
OIL 'EM  
DRESS 'EM  
BREAK 'EM



**GET CRACKING AUSTRALIA!**

Eggs. Try them any way, every day. And for ideas on how your family can enjoy them a different way today, visit [australianeggs.org.au](http://australianeggs.org.au)





# *Love your leftovers*

HAVING LEFTOVERS IS LIKE MONEY IN THE BANK. USE UP SPAG BOL, HAM AND ROAST VEG IN THESE DELICIOUS MEALS.



# HAM AND EGG JAFFLE

## *with zucchini*



PREP 15 MINS



COOK 10 MINS



SERVES 4

---

### INGREDIENTS

125g (1 cup) grated zucchini

100g (1 cup) grated mozzarella

20g (½ cup) grated parmesan

150g leftover ham, chopped

¼ cup flat-leaf parsley, finely  
chopped

½ teaspoon chilli flakes

5 eggs

8 slices seeded sandwich loaf

Softened butter, to spread

Tomato relish, to serve

Baby parsley leaves, to serve

### METHOD

1. Preheat the jaffle machine according to manufacturer's instructions
  2. Place the zucchini in a colander and squeeze out all moisture. Combine zucchini, mozzarella, parmesan, ham, parsley, chilli, 1 of the eggs and salt and pepper in a medium bowl
  3. Butter one side of each slice of bread and place bread, buttered-side down. Spoon the zucchini mixture over bread and cover with remaining bread, buttered-side up
  4. Place into jaffle maker, close lid and cook for 3 minutes or until bread is golden and crisp and egg is cooked
  5. While the jaffles are cooking, heat a large non-stick frying pan over medium heat. Lightly grease and crack remaining eggs into the pan. Cook for 3 minutes or until sunny side up
  6. Serve the jaffles with fried eggs, tomato relish and baby parsley leaves
-



*Tip*

.....  
This recipe will  
also be delicious  
with leftover  
chicken

# BUBBLE AND SQUEAK TURKEY FRITTERS

*with poached eggs*



**PREP 10 MINS**



**COOK 15 MINS**



**SERVES 4**

---

## INGREDIENTS

150g leftover roast pumpkin  
200g leftover roast potato  
100g leftover roast carrot  
180g leftover shredded roast turkey  
60g (½ cup) grated cheddar  
1 teaspoon Dijon mustard  
¼ cup flat-leaf parsley, finely chopped, plus extra leaves, to serve  
1 egg, beaten  
Salt and pepper  
120g baby spinach leaves  
¼ cup flour, for dusting  
Oil, to shallow fry  
4 poached eggs  
Smoked paprika, to serve  
250g cherry tomato medley, halved  
Baby herbs, to serve

## METHOD

1. Combine pumpkin, potato and carrot in a large bowl and mash together. Add turkey, cheddar, mustard, parsley, egg, salt and pepper. Mix to combine
2. Place spinach in a colander and pour over boiling water to wilt. Squeeze out excess water and mix with the vegetables
3. Shape the veggie mixture into 4 patties about 10cm in diameter. Lightly toss in flour, shaking off excess.
4. Heat the oil in a small non-stick frying pan over medium-high heat. Cook in batches for 3 minutes each side or until golden
5. Place fritters on serving plates with the tomato and baby herbs. Top each with a poached egg and sprinkle with paprika and cracked black pepper. Serve with a light tomato and baby herb salad



# GRILLED AVOCADOS

## 2 ways



PREP 10 MINS PER FILLING



COOK 20 MINS FOR TACOS ONLY



SERVES 8

### INGREDIENTS

#### GRILLED AVOCADOS WITH TACO FILLING

*1 tablespoon olive oil, plus extra for brushing*

*1 onion, finely chopped*

*3 garlic cloves, finely chopped*

*2 teaspoons smoked paprika*

*2 teaspoons ground coriander*

*1 teaspoon ground cumin*

*500g beef mince*

*1 tablespoon tomato paste*

*400g tin diced tomatoes*

*Salt and pepper*

*4 avocados, halved*

*1 cup grated cheddar*

*1 cup shredded iceberg lettuce*

*100g heirloom cherry tomatoes, quartered*

*Sour cream, sliced green chilli and coriander, to serve*

#### HARISSA HUMMUS

*2 x 400g tins chickpeas, rinsed and drained*

*¼ cup olive oil, plus extra for brushing*

*1 tablespoon lemon juice*

*¼ cup tahini*

*Salt and pepper*

*2 teaspoons harissa paste*

*½ teaspoon sumac, plus extra to serve*

*4 avocados, halved*

*⅓ cup pomegranate seeds*

*1 cup trimmed snow pea shoots*

### METHOD

#### GRILLED AVOCADOS WITH TACO FILLING

1. Heat oil in a large frying pan over high heat. Add the onion and garlic and cook for 4-5 minutes or until golden. Add the spices and mix to combine
2. Add the mince and break it up with the back of a spoon, cooking for 5-6 minutes or until brown. Add the tomato paste, tinned tomatoes, 1/2 cup water, salt and pepper. Simmer over medium heat for 12-15 minutes or until reduced
3. Preheat a chargrill pan to high heat. Add a round piece of baking paper to the pan. Brush the avocado halves with the extra oil and chargrill the cut side for 2 minutes or until lightly charred
4. To serve, divide the mince, cheese, lettuce and tomatoes between each avocado half. Serve with sour cream, chilli and coriander

#### HARISSA HUMMUS

1. Put one tin of chickpeas, 2 tablespoons oil, lemon juice, tahini, ¼ cup water, salt and pepper in a small food processor, or use a hand-held blender, and process until combined and smooth
2. Heat remaining oil in a large non-stick frying pan over high heat. Add the remaining chickpeas, harissa and sumac and cook for 2-3 minutes, or until lightly browned and warm
3. Preheat a chargrill pan to high heat. Add a round piece of baking paper to the pan. Brush the avocado halves with the extra oil and chargrill the cut side for 2 minutes or until lightly charred
4. To serve, spoon the hummus into the centre of each avocado. Top with harissa chickpeas, pomegranate, snow pea shoots and sprinkle with extra sumac



# CHEESY BOLOGNESE

## *jaffles*



PREP 10 MINS



COOK 6-8 MINS



SERVES 4

---

### INGREDIENTS

#### BOLOGNESE JAFFLE

1 ½ cups (330g) Easy Bolognese Sauce (recipe below) or use leftovers of your own sauce

8 slices thick cut white bread or wholemeal bread

4 tablespoons (80g) Western Star Spreadable Original Soft

8 Bega Tasty Natural Cheese Slices

#### EASY BOLOGNESE SAUCE

2 tablespoons olive oil

1 small onion, finely chopped

2 cloves garlic, finely chopped

400 g lean beef mince

1 teaspoon dried oregano

2 x 400 g cans diced tomatoes

Salt and pepper, to taste

Grated Perfect Italiano Parmesan, to serve

### METHOD

#### BOLOGNESE JAFFLE

1. Preheat a jaffle maker. If using leftover Bolognese sauce, bring it to room temperature or warm slightly in your microwave
2. Spread each piece of bread on both sides with Western Star Spreadable Original Soft
3. Dividing mixture evenly, top 4 slices bread with the Bolognese sauce, spreading out leaving a 1cm border. Then, top each sandwich with 2 Bega Tasty Natural Cheese Slices, then top with remaining bread
4. Cooking in 2 batches, place Bolognese-filled bread into the jaffle maker and cook for 3-4 minutes until golden and toasted. Serve with cherry tomatoes and basil leaves, if liked

#### EASY BOLOGNESE SAUCE

1. Heat 1 tablespoon oil in a deep frying pan over medium-high heat. Add onion and garlic. Cook, stirring often for 3-4 minutes until softened. Transfer to a plate
  2. Add remaining oil and mince to pan. Cook, breaking up mince with a wooden spoon, over medium-high heat until browned
  3. Stir in onion and garlic, oregano and tomatoes. Season with salt and pepper to taste. Bring to the boil then reduce heat and simmer, partially covered and stirring occasionally, for 1 hour
  4. Enjoy this Bolognese sauce with your favourite pasta finished with grated Perfect Italiano Parmesan
-



# BACON MAC N' CHEESE

## *jaffles*



PREP 10 MINS



COOK 6-8 MINS



SERVES 4

---

### INGREDIENTS

#### BACON MAC N' CHEESE JAFFLE

*1 cup (320g) Quick & Easy Bacon Mac N' Cheese (recipe below) or use leftovers of your own recipe*

*8 slices thick cut white or wholemeal bread*

*4 tablespoons (80 g) Western Star Spreadable Original Soft*

*4 Bega Tasty Natural Cheese Slices*

#### QUICK & EASY BACON MAC N' CHEESE

*500 g macaroni pasta*

*175 g short cut bacon rashers, diced*

*1 tablespoon (20 g) Western Star Spreadable Original Soft*

*500 g Bega Tasty Grated Cheese*

*Salt and black pepper, to taste*

### METHOD

#### BACON MAC N' CHEESE JAFFLE

1. Preheat a jaffle maker. If using your own Mac N' Cheese filling, bring it to room temperature or warm slightly in your microwave
2. Spread bread on both sides with Western Star Spreadable Original Soft
3. Dividing mixture evenly, top 4 slices bread with the Mac N' Cheese, spreading out leaving a 1cm border. Top each sandwich with a Bega Tasty Natural Cheese slice and then top with the remaining bread
4. Cooking in 2 batches, place Mac N' Cheese filled bread into the jaffle maker and cook for 3-4 minutes until golden and toasted. Serve with a leafy green salad, if liked

#### QUICK & EASY BACON MAC N' CHEESE

1. Preheat oven to 200°C/180°C fan-forced. Cook the macaroni following packet directions. Drain and set aside
  2. Add bacon to a large non-stick frying pan, and dry-fry bacon over medium heat until crisp. Set aside to drain on paper towels
  3. Heat Western Star Spreadable Original Soft in the frying pan over a medium heat. Add cooked macaroni and bacon. Stir through half of the Bega Tasty Grated Cheese and stir until melted. Season with salt and pepper to taste. Stir until well combined
  4. Add mix to a baking dish and top with remaining cheese. Bake for 10 minutes until cheese is melted and golden brown. Remove from oven and allow to rest for a few minutes, then serve
-



# CHAMPION

## BUTTER – FLAVOURED OR BUTTER BLEND

Fonterra Brands  
Western Star Salted Butter





# *Easy & Light*

THESE RECIPES MAY BE EASY AND LIGHT BUT THEY ALL DELIVER  
A FULL-FLAVOUR HIT. GUARANTEED TO SATISFY.



# SESAME AVOCADO

## *and soba noodle salad*



PREP 15 MINS



COOK 10 MINS



SERVES 4

---

### INGREDIENTS

270g buckwheat soba noodles

$\frac{1}{3}$  cup store-bought roasted sesame  
Kewpie sesame dressing (see note)

2 tablespoons black sesame seeds

2 tablespoons white sesame seeds

2 large avocados, cut into wedges

2 cups shredded red cabbage

1 medium zucchini, julienned  
(see tip and hints)

200g hot smoked trout

$\frac{1}{2}$  Lebanese cucumber, thinly sliced

$\frac{1}{4}$  cup pickled ginger

2 tablespoons shredded nori

baby sprouts, to serve

### METHOD

1. Bring a large saucepan of water to the boil. Add the noodles and cook for 5-6 minutes or until cooked. Drain and run under cold water. Drain well. Place in a large bowl with half the sesame dressing and toss gently to coat
2. Place both sesame seeds on a small plate and mix together. Press one side of each wedge of avocado into the sesame seeds
3. Divide the noodles, cabbage and zucchini between bowls. Top with avocado, trout, cucumber and ginger. Drizzle with remaining dressing and scatter with the nori and sprouts

### TIP AND HINTS:

Kewpie sesame dressing is available in the Asian aisle at most supermarkets and also at Asian supermarkets. To cut the zucchini, use a julienne vegetable peeler available at Asian supermarkets, or alternatively simply cut into matchsticks using a sharp knife.

## *Top Tip*

These patties are  
also delicious  
broken up into  
a salad



# ASIAN CHICK-ADO

## *patties*



PREP 15 MINS



COOK 10 MINS



SERVES 4

---

### INGREDIENTS

#### AVOCADO CHICKEN PATTIES

500g chicken mince

3 shallots (long green onions) thinly sliced

1/3 cup dried Japanese breadcrumbs

1 egg

2 teaspoons sriracha sauce, plus extra to serve

2 tablespoons sesame seeds

1 large avocado, diced

2 teaspoons sesame oil

2 cups store-bought slaw

1/2 cup coriander leaves

1/4 cup Japanese mayonnaise

4 charcoal brioche buns, halved

#### DRESSING

1 tablespoon sesame oil

2 teaspoons soy sauce

3 teaspoons rice wine vinegar

### METHOD

#### AVOCADO CHICKEN PATTIES

1. Place the mince, shallots, breadcrumbs, egg, sriracha and sesame seeds in a large bowl and use a wooden spoon or your hands to mix well. Add the avocado and gently mix through. Shape the mixture into 4 patties, ensuring avocado is still visible
2. Heat the oil in a large frying pan over high heat. Add the burger patties and cook for 8 minutes, turning halfway, until cooked through
3. Meanwhile, make the slaw dressing
4. Spread the mayonnaise on each bun. Top with the slaw and patty. Serve with extra sriracha

#### DRESSING

1. Place oil, soy and vinegar in a large bowl and mix together. Add the slaw and coriander leaves and gently toss

### TIP AND HINTS:

Charcoal brioche buns can be found in some supermarkets and at specialty bakeries. Replace with regular brioche buns if you can't find charcoal. These patties are also delicious broken up into a salad or turned into meatballs for a party snack.

# make smoothies better smash an avo

No matter how you blend, cut, slice, dice, mix, chop, bake or freeze them, avos make everything better.





# POTATO, MOZZARELLA AND CARAMELISED *onion frittata*



PREP 15 MINS



COOK 15 MINS



SERVES 6

---

## INGREDIENTS

2 tbsps olive oil

2 onions, peeled and thinly sliced

1 tbsp brown sugar

8 eggs

50 ml milk

200 g Perfect Italiano™ Mozzarella

1 garlic clove, crushed

500 g potatoes (Desiree) peeled,  
cooked and sliced

## METHOD

1. Preheat the oven to 180°C/160°C fan forced
2. Heat ½ the oil in a large ovenproof frypan over medium heat. Add the onions and stir gently for 5 minutes or until golden. Add the sugar and continue to cook for 3-4 minutes or until caramelised. Remove from the heat and cool
3. Beat the eggs and milk in a large bowl to combine. Stir in half of the Perfect Italiano™ Mozzarella, the crushed garlic, and season with salt and pepper. Add the potato, the cooled onion, and gently toss to combine
4. Heat the remaining oil in the same ovenproof frypan (which should be wiped clean) over a low heat. Pour the frittata mixture into the pan, and then arranging the potato in an even layer. Cook for 2-3 minutes, and then sprinkle over the remaining cheese
5. Bake in the oven for 15 minutes or until set, puffed and golden. Serve the frittata warm

# tip

For extra heat  
add chopped  
jalapeno chillies  
to the salsa



# MEXICAN TURKEY RISSOLES

## *with fresh salsa*



PREP 15 MINS



COOK 15 MINS



SERVES 5

---

## INGREDIENTS

### TURKEY RISSOLES

*2-3 tablespoons vegetable oil*

*2 Corn cobs, husks peeled*

*2 x 400g packs Steggles Fresh  
Turkey Rissoles (12 rissoles in total)*

*Mexican seasoning, for sprinkling,  
if desired*

*Corn chips, to serve*

*2 avocados, peeled and diced*

*Sour cream, to serve*

*Extra coriander leaves, to serve*

*Lime cheeks, to serve*

### FRESH SALSA

*1 x 200g punnet red and yellow  
grape tomatoes, halved*

*1 continental cucumber, halved  
lengthwise, seeds removed and sliced*

*1 red capsicum, finely chopped*

*1 small red onion, finely chopped*

*¼ cup chopped coriander*

*Salt and pepper, to taste*

*Olive oil, to drizzle*

*Juice of 1 lime*

## METHOD

### TURKEY RISSOLES

1. Heat a little oil in a large frying pan and chargrill the corn cobs over a high heat for 3-5 minutes, remove and keep warm
2. Reduce heat to medium and add remaining oil to the pan. Sprinkle the rissoles with Mexican seasoning then add to the pan, cook rissoles for 7-8 minutes, turning occasionally, until cooked through

### FRESH SALSA

1. Meanwhile to make the salsa, combine the tomato, cucumber, capsicum, onion, coriander, seasonings, oil and lime juice in a bowl. Slice the corn from the cobs, add to salsa and stir to mix thoroughly
2. Place a handful of the corn chips into each serving bowl. Add the turkey rissoles, slices of avocado and a spoonful of the salsa. Finish with a dollop of sour cream and serve with extra coriander leaves and lime cheeks

### TIP AND HINTS:

Use a chunky store-bought salsa instead of making your own if you are out of time.



# CHICKEN SCHNITZEL

## *and coleslaw lettuce cups*

 **PREP 5 MINS**  **COOK 20 MINS**  **SERVES 4**

---

### INGREDIENTS

*600g tray (4) chilled Steggles Panko & Quinoa Chicken Breast Schnitzel*

*1/3 cup low-fat greek-style natural yoghurt*

*1 tablespoon lemon juice*

*2 teaspoons chopped dill*

*1 clove garlic, crushed*

*8 iceberg lettuce leaves, trimmed*

*350g packet kale slaw mix*

*3/4 cup grated tasty cheese*

*2 gherkins, sliced*

*Lemon wedges, to serve*

### METHOD

1. Preheat oven to 210°C/190°C fan forced. Place chicken on an oven tray and bake, turning halfway through cooking, for 18 minutes or until golden brown and cooked.
2. Remove from oven and rest for 5 minutes.
3. Meanwhile, whisk yoghurt, lemon juice, dill and garlic in a large bowl.
4. Place lettuce leaves in serving bowls. Cut chicken into 1cm-thick slices.
5. Fill lettuce leaves with kale slaw mix, cheese and gherkins, top with sliced chicken and drizzle with yoghurt dressing.
6. Serve chicken schnitzel cups with lemon wedges.



Try our tenders range.

You'll find them  
in the freezer  
(if you're quick).

New improved recipe. No artificial colours or flavours.  
No added preservatives.



We're Steggles for quality *time*

Not all products are available in all stores



# *Street Eats*

FOR THOSE NIGHTS WHEN YOU'RE CRAVING ASIAN FLAVOURS LIKE  
A PAD THAI, TERIYAKI CHICKEN OR BUTTER CHICKEN.



# TIKKA MASALA CHICKEN DRUMSTICKS WITH PINEAPPLE *and coconut rice*

 **PREP 5 MINS**  **COOK 25 MINS**  **SERVES 4**

---

## INGREDIENTS

8 chicken drumsticks

255g Street Kitchen Kashmiri Tikka Masala kit

2 tablespoons vegetable oil

1 cup basmati rice

225g can pineapple pieces in juice

1/3 cup toasted shredded coconut

2 long green chillies, deseeded, thinly sliced

Coriander sprigs, to serve

Extra sliced green chillies, to serve

Fresh limes, halved, to serve

## METHOD

1. Combine chicken drumsticks and garlic and ginger paste from kit in a large bowl
2. Heat oil in a large non-stick frying pan over medium heat. Add Tikka spice mix and cook for 1 minute. Add chicken drumsticks and cook for 8 minutes or until browned on all sides. Pour sauce over chicken with 1/2 cup water. Bring to the boil, reduce heat, cover and cook for 15 minutes or until cooked through
3. Meanwhile, rinse rice until water runs clear. Place into a saucepan. Drain pineapple reserving juice. Set pineapple pieces aside. Add reserved pineapple juice and 1 2/3 cups of water to the rice. Place over a high heat and bring to the boil. Simmer until craters form in rice. Reduce heat to low, cover and cook for 3 minutes. Remove pan from heat and stand for 5 minutes. Fluff rice with a fork. Stir toasted coconut, sliced green chilli and reserved pineapple through rice. Season with salt and white pepper.
4. Serve tikka masala with coconut rice and garnished with coriander, extra sliced chillies and lime halves



tip

Mix up your veggies  
and swap in  
capsicum  
and asparagus

# QUICK TERIYAKI

## *chicken*

 **PREP 15 MINS**  **COOK 15 MINS**  **SERVES 4**

---

### INGREDIENTS

*500g chicken thigh fillets, cut into large pieces*

*255g Street Kitchen Japanese Teriyaki Chicken kit*

*2 tablespoons vegetable oil*

*4 green onions, cut into 4cm pieces*

*150g sugar snap peas, trimmed*

*100g snow peas, halved lengthways diagonally*

*100g baby corn, halved lengthways*

*Noodles, to serve*

*Extra thinly sliced green onions, to serve*

### METHOD

1. Place chicken into a bowl. Add ginger and garlic paste and stir until combined
2. Heat half the oil in a wok or large frying pan over high heat. Cook chicken in batches for 5 minutes or until browned. Add green onion, peas and baby corn. Stir until combined. Add cooking sauce and cook for 2 minutes or until hot
3. Place noodles onto serving plates. Top with stir fry and extra green onion

## *Top Tip*

Cut down the prep time by buying shelled and cleaned prawns



# CHICKEN AND PRAWN

## *pad thai*

 **PREP** 15 MINS  **COOK** 15 MINS  **SERVES** 4

---

### INGREDIENTS

*375g pad Thai rice noodles*  
*2 tablespoons vegetable oil*  
*255g Street Kitchen Pad Thai kit*  
*16 green prawns, peeled, deveined*  
*500g chicken thigh fillets, diced*  
*2 eggs, whisked*  
*5 green onions, thinly sliced diagonally*  
*1 cup bean sprouts, trimmed*  
*Small red chillies, thinly sliced, to serve*  
*Thai basil, to serve*

### METHOD

1. Cook rice noodles as per packet instructions
2. Meanwhile, heat 1 tablespoon oil in a hot wok. Add chilli & onion mix and prawns and cook for 3 minutes or until just cooked. Transfer to a bowl. Add chicken and cook for 5 minutes or until browned and cooked through. Transfer to bowl with prawns.
3. Heat remaining oil. Add egg and cook for 1 minute or until just set. Add green onion and stir until combined. Return chicken, prawns and noodles to wok with Pad Thai sauce. Toss until well combined and heated through. Remove from heat and stir in finishing sauce and bean sprouts. Spoon into serving bowls and top with chilli and basil



# BUTTER CHICKEN

## skewers



PREP 10 MINS



COOK 20 MINS



SERVES 4

---

### INGREDIENTS

750g chicken tenderloins

255g Street Kitchen North Indian Butter Chicken kit

1 tablespoon vegetable oil

120g mixed salad leaves

1 avocado, diced

125g cherry tomatoes, halved

½ bunch coriander sprigs, roughly chopped

⅓ cup (80ml) olive oil

¼ cup (60ml) lime juice

Basmati rice, to serve

Lime wedges, to serve

### METHOD

1. Place chicken tenderloins into a bowl. Add garlic & ginger paste from Street Kitchen North Indian Butter Chicken kit and toss until combined. Thread tenderloins onto small bamboo skewers
  2. Heat oil in a medium non-stick frying pan over medium heat. Add spice pack and cook for 5 seconds or until aromatic. Stir in butter chicken sauce and bring to a simmer. Simmer for 10 minutes or until thickened
  3. Meanwhile, heat a chargrill pan over medium heat. Add skewers and cook for 3 minutes on each side or until golden and cooked through
  4. Toss mixed salad greens, avocado, tomato and coriander in a bowl. Whisk olive oil, lime juice, salt and pepper in a jug. Add dressing to salad just before serving
  5. Drizzle skewers with butter chicken sauce and serve with the salad, rice and lime wedges
-

# STREET KITCHEN

Our easy-to-use scratch kits gather the essence of real street cuisines, allowing you to create authentic dishes in three simple steps. All you need to do is add meat and vegetables.



THAI



JAPANESE



INDIAN



INDIAN

LEARN MORE AT [STREETKITCHEN.CO](https://streetkitchen.co)



# *30-minute Dinner Winners*

THESE ARE THE RECIPES THAT WILL BE ON HIGH ROTATION  
DURING THE WEEK FOR CLEAN PLATES ALL ROUND.



# SEARED SALMON

## *with lemon butter sauce*

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

---

### INGREDIENTS

*1 tablespoon olive oil*

*4 (about 170 g each) skinless salmon fillets*

*1 bunch broccolini, trimmed*

#### **LEMON BUTTER SAUCE**

*½ cup dry white wine*

*2 tablespoons lemon juice*

*1 egg yolk*

*Rind of 1 lemon, finely grated*

*200 g Western Star Original Salted Butter, chilled and cubed*

*1-2 tablespoons chopped fresh herbs (chives, parsley etc)*

*White pepper, to taste*

### METHOD

1. Heat the 1 tablespoon of oil in a frying pan over medium-high heat. Add the salmon and cook for 3 minutes. Turn, cover and cook for a further 3-4 minutes or until cooked through
2. Meanwhile, make the Lemon Butter Sauce. Bring wine, lemon juice and rind to the boil in a small frying pan. Simmer for 20-30 seconds until liquid is reduced by approximately half
3. Whisk egg yolk in a medium bowl for 1 minute. Gradually begin to pour reduced liquid into the egg until fully mixed. Pour the mixture back into the pan
4. Place pan over low heat, whisk in chilled butter cubes, one at a time until completely incorporated, do not boil. The sauce should be thick and creamy. Whisk in herbs and season with pepper
5. Steam the broccolini for 3 minutes or until just tender
6. Serve the salmon with the Lemon Butter Sauce poured over and the broccolini to the side

## *Top Tip*

Turkey and pork mince will also work well in this recipe



# CHICKEN AND SUN-DRIED TOMATO MEATBALLS WITH

## *creamy mustard sauce*

 **PREP 15 MINS**  **COOK 20 MINS**  **MAKES 15 MEATBALLS**

---

### INGREDIENTS

500g minced chicken  
*¼ cup firmly packed sundried tomatoes in oil, drained and finely chopped*  
*⅓ cup parsley, finely chopped*  
*¼ cup finely grated parmesan cheese*  
*¼ cup pine nuts, toasted*  
*½ cup dry breadcrumbs*  
1 egg  
2 cloves garlic, crushed  
*¼ cup water*  
60g Western Star Original Salted Butter  
1 tablespoon olive oil  
1 teaspoon plain flour  
*½ cup white wine*  
1 teaspoon Dijon mustard  
Salt and freshly ground black pepper

### METHOD

1. Combine mince, sundried tomatoes,  $\frac{1}{4}$  cup parsley, pine nuts, parmesan, breadcrumbs, egg and 1 clove garlic, season with salt and pepper. Knead the mixture with clean hands, slowly adding water and kneading between additions until incorporated. Form the mixture into small balls
2. Heat 40g butter and oil in a large non-stick frypan, panfry meatballs until browned and cooked through. Keep warm
3. Wipe excess fat from pan, add remaining butter and garlic, fry for 30 seconds, add flour and cook for another minute, add white wine and mustard, bring to the boil for 1 minute until thickened slightly then stir through remaining parsley
4. Serve meatballs with steamed vegetables and mashed potatoes, drizzled with white wine sauce



# PARMESAN CRUSTED

## *chicken tenders*

 **PREP 10 MINS**  **COOK 15 MINS**  **SERVES 4**

---

### INGREDIENTS

*1 cup panko breadcrumbs*  
*½ cup (50 g) Perfect Italiano™  
Parmesan Grated*  
*2 eggs, lightly whisked*  
*½ cup (125 ml) milk*  
*12 chicken tenderloins*  
*Olive oil spray*  
*500 g packet frozen sweet potato  
fries*  
*2 tbsps sweet chilli sauce*  
*⅔ cup (165 ml) mayonnaise*

### METHOD

1. Preheat oven to 220°C/200°C fan-forced. Line 2 oven trays with baking paper
2. Place panko breadcrumbs in a large shallow bowl. Stir in Perfect Italiano™ Parmesan. Combine egg and milk in a shallow bowl. Dip chicken in egg mixture, then breadcrumb mixture to coat. Place prepared chicken on one of the prepared trays. Spray with oil
3. Place sweet potato fries on the second tray. Bake sweet potato fries according to packet directions or until golden brown. Bake chicken for 15 minutes, turning halfway through cooking and spraying with oil, or until golden brown and cooked
4. Stir sweet chilli sauce into mayonnaise. Serve chicken with fries and sweet chilli mayonnaise

### TIP AND HINTS:

These are also great as an appetiser. Double the batch and serve with your choice of dipping sauces. Uncooked crumbed chicken can be frozen in an airtight container for up to 3 months.



# CHEESY CHICKEN, CAULIFLOWER & *broccoli rice bake*



PREP 5 MINS



COOK 25 MINS



SERVES 4-6

---

## INGREDIENTS

1 tbsp olive oil

500 g chicken breast fillets,  
cut into 2cm pieces

400 g cauliflower, cut into small  
florets, steamed

400 g broccoli, cut into florets

2 x 250 g packets microwave long  
grain white rice, cooked

2 spring onions, finely chopped

½ small capsicum, deseeded,  
finely diced

2 cups (180 g) Perfect Italiano™  
Perfect Bakes cheese

Salt & Pepper, to season

½ cup (125 ml) sour cream

½ cup (125 ml) chicken stock

1 garlic clove, crushed

## METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Grease a 3 Litre (12 cup capacity) rectangular ovenproof dish
2. Heat oil in a large non-stick fry pan over medium heat. Add the chicken and cook, stirring for 5 minutes or until browned
3. Combine chicken, cauliflower, broccoli, rice, spring onion, capsicum and 1½ cups of Perfect Italiano™ Perfect Bakes cheese in a large bowl. Season with salt and pepper as desired. Spoon into prepared dish. Whisk together the sour cream, stock and garlic in a jug. Drizzle the cream mixture over rice in dish. Smooth surface
4. Sprinkle with remaining ½ cup of Perfect Italiano™ Perfect Bakes cheese. Bake for 25 minutes or until golden brown

tip

All types of pasta  
work well with  
this dish.



# CHICKEN PESTO

## *pasta*



PREP 10 MINS



COOK 20 MINS



SERVES 4

---

### INGREDIENTS

*375 g rigatoni, cooked, drained*

*2 tbsps olive oil*

*400g chicken breast, sliced*

*½ cup Perfect Basil Pesto  
(see below)*

*Salt and pepper, to season*

*Perfect Italiano™ Extra Sharp  
Parmesan, Grated, to serve*

*Basil leaves, to serve*

### PERFECT BASIL PESTO

*⅓ cup pine nuts, toasted*

*3 cups basil leaves*

*1 garlic clove, roughly chopped*

*⅔ cup (70 g) Perfect Italiano™  
Parmesan Grated*

*⅔ cup (165 ml) olive oil*

### PASTA

1. Heat the oil in a non-stick fry pan over medium heat. Add the chicken and cook for 6-8 minutes or until the chicken is cooked through
2. Place the pasta in a large bowl and add the pesto and chicken and gently toss to coat. Season with salt and pepper as desired. Serve the chicken pesto pasta with Perfect Italiano™ Extra Sharp Parmesan and scattered with basil leaves.

### BASIL PESTO

3. Place the pine nuts, basil, garlic, Perfect Italiano™ Parmesan and olive oil in a small food processor and whizz until finely chopped.

### TIP AND HINTS:

Pesto will keep for 2-3 days in a sterilised jar in the fridge. Add an extra 1-2 cm of olive oil to cover the surface to help prevent pesto from going brown

# Know your PARMESAN

There are some meals, like spag bol, that just wouldn't be the same without a good grating of parmesan on top. Before you reach for your favourite block of Perfect Italiano Parmesan, here's a quick guide to the different flavour strengths and which meal they'll work best in.

**Buon appetito!**



## PERFECT ITALIANO PARMESAN

*Medium Flavour*

Perfect grated or shaved to add flavour to your pastas, risottos and salads. This traditional style parmesan is aged to deliver a medium strength flavour, for those who prefer a milder-style parmesan.



## PERFECT ITALIANO EXTRA SHARP PARMESAN

*Strong Flavour*

This extra sharp Parmesan is a well matured cheese with a strong, sharp flavour. Use it to add strong flavour to pasta and salad.



## PERFECT ITALIANO EXTRA STRONG ROMANO

*Extra Strong Flavour*

As the name would suggest, Perfect Italiano Romano Cheese delivers a strong, nutty flavour and an extra punch to risotto.



FOR RECIPES USING OUR PARMESAN VISIT [PERFECTITALIANO.COM.AU](http://PERFECTITALIANO.COM.AU)



*Tip*

.....  
*For an even heartier meal, serve with roast potatoes*

# CHEESY CHICKEN

## *pockets*

 **PREP 5 MINS**  **COOK 25 MINS**  **SERVES 8**

---

### INGREDIENTS

4 x Steggles Fresh Chicken Breast fillets

1 tablespoon extra virgin olive oil

100g shaved leg ham

16 semi sun-dried tomatoes, cut in half

1 cup (100g) grated mozzarella

1 tablespoon rosemary leaves

Pre-mixed salad and lemon cheeks, to serve

### METHOD

1. Preheat the oven, with a large roasting pan inside, to 220°C/200°C fan forced
2. Place chicken breast fillets on a chopping board. Using a large sharp knife, cut into thickest side of each fillet to create a pocket, being careful not to cut all the way through
3. Stuff a quarter of the ham, 4 pieces of semi-dried tomato, ¼ cup of mozzarella cheese and rosemary leaves in each chicken pocket. Secure with toothpicks
4. Arrange stuffed chicken breasts on baking paper in the preheated roasting pan and bake for 20 minutes or until cooked through. Remove from oven and allow to rest for 5 minutes
5. Meanwhile, place a pre-mixed salad of your choice in a bowl, drizzle with oil and season with salt and pepper. Toss to combine
6. Remove toothpicks from chicken
7. Serve, sliced, with the salad and lemon wedges



# TEMPURA NUGGETS

## *sushi bowl*

 **PREP 5 MINS**  **COOK 20 MINS**  **SERVES 4**

---

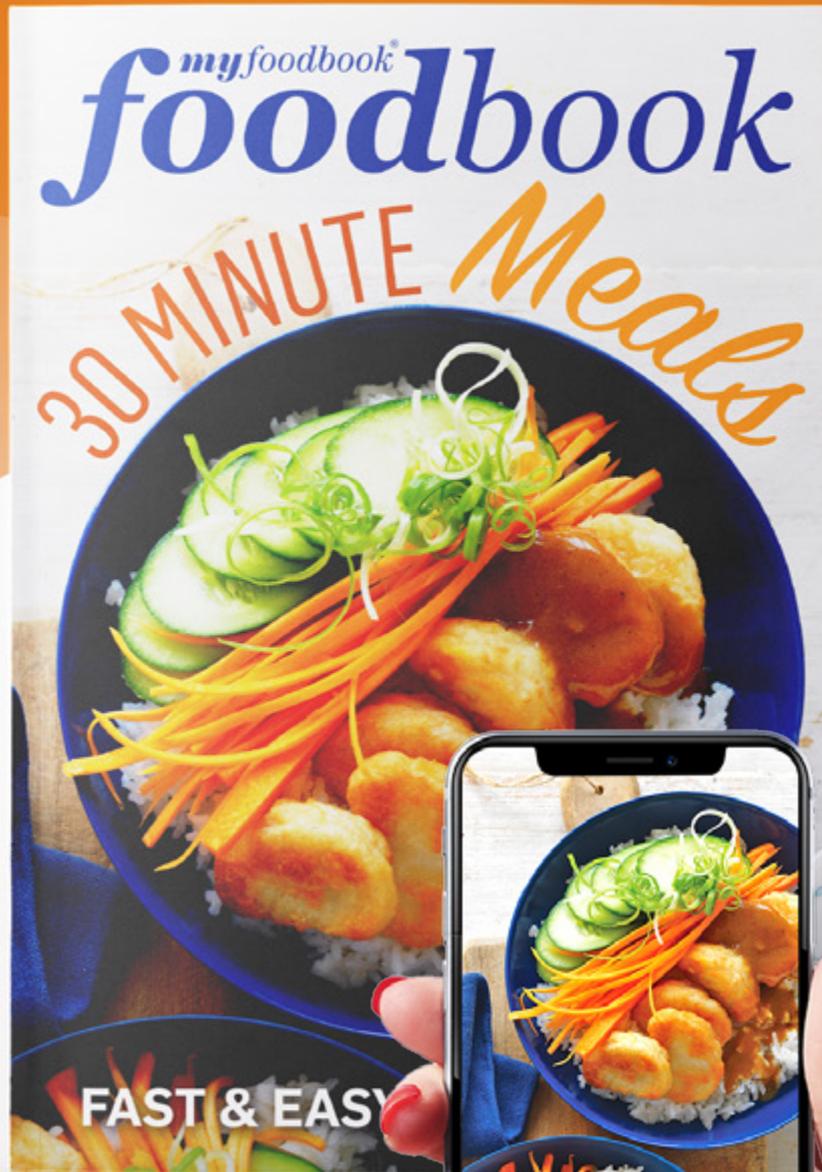
### INGREDIENTS

*400g packet frozen Steggles  
Chicken Breast Nuggets Tempura*  
*2 green onions, sliced*  
*1 tablespoon sesame oil*  
*1 tablespoon mild curry powder*  
*1 tablespoon plain flour*  
*2 tablespoons soy sauce*  
*1 cup chicken stock*  
*3 cups cooked jasmine rice, to serve*  
*1 lebanese cucumber, sliced*  
*1 large carrot, shredded into thin  
strips*

### METHOD

1. Preheat the oven to 200°C/180°C fan forced. Place chicken nuggets on an oven tray and bake for 15 minutes or until golden brown
2. Place onion in a bowl of iced water in the fridge for 10 minutes or until onion curls
3. Meanwhile, heat sesame oil in a small saucepan over medium heat. Add curry powder and flour and cook, stirring for 2 minutes or until fragrant
4. Add the soy sauce and chicken stock and cook, stirring, for 5 minutes or until sauce boils and thickens. Remove from heat
5. Spoon rice into serving bowls. Top with chicken nuggets, cucumber and carrot
6. Drizzle with katsu sauce and serve sprinkled with green onion curls

# COOK YOUR *Favourites*



SHARE WITH US

**#MYFOODBOOK**



INSTAGRAM

+



FACEBOOK



# Need more?

## GET IT FOR *FREE*



**DAILY** cooking inspiration with the latest recipes, collections and cookbooks delivered straight to your inbox daily.



**CREATE** your own recipes, choose your favourites from our cooking network and easily turn your collection into a FREE personalised eBook.



**COLLECT** your own recipes and favourite recipes from leading food brands. New recipes are added to the site each week so you'll never be stuck for inspiration!



**ORGANISE** recipes into your personalised collections and cookbooks. Save your favourite recipes into your very own cookbook library and never lose them again.



**ACCESS** recipes and cookbooks anywhere anytime, accessible on all mobile, laptop and desktop computers.



*myfoodbook*<sup>®</sup>

COOK | COLLECT | CREATE

**SUBSCRIBE**

# *myfoodbook*<sup>®</sup>

---

## COLLECTIONS



[myfoodbook.com.au](http://myfoodbook.com.au)

The content published in this booklet and on the myfoodbook site [www.myfoodbook.com.au](http://www.myfoodbook.com.au) includes the information provided by third parties, suppliers and other Site users. We are not responsible for and do not warrant any of the content published here or on the Site. Please see our Terms of Use for further information <http://myfoodbook.com.au/terms/>. You may report any content published to us via this contact email [customer.service@myfoodbook.com.au](mailto:customer.service@myfoodbook.com.au)