

myfoodbook[®]
foodbook

Global
Favourites



TRENDING FLAVOURS
from home & beyond



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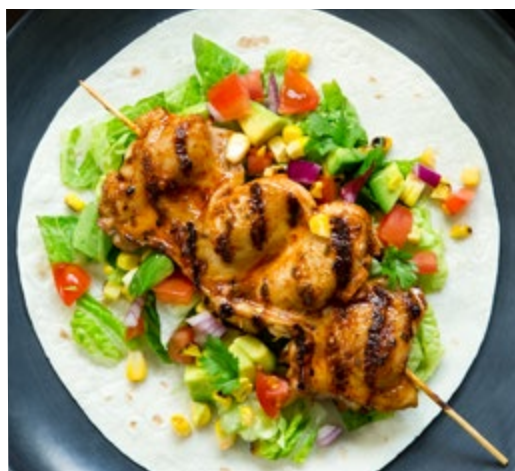
ITALIAN

ASIAN

MIDDLE EASTERN

MEXICAN

AUSTRALIAN



Favourite FLAVOURS

SMASH AN AVO!

Craving something sweet or savoury, healthy or indulgent, it's always a good time to smash an avo! Beyond just a topping for toast (though we all know just how good smashed avo on toast can be), avocados add their good fat and creamy goodness to any number of delicious dishes.



NO
MSG



Asian authenticity AT HOME

Creating authentic and delicious Asian food at home is a whole lot easier with *Passage to Asia* stir-fry sauces. From a traditional Pad Thai to a Massaman curry, you can rest assured that only natural ingredients are used and they're MSG and gluten free to boot. That's weeknight dinners sorted!



MAKING SWEET *memories*

Copha has been an essential ingredient in creating childhood favourites such as Chocolate Crackles and Rocky Road since 1933. Made from 99% coconut oil, *Copha* is an ideal cooking ingredient as it adds structural integrity to your baking without imparting its own flavour or odour, so you can savour all the fine ingredients in your dish.



WINNER WINNER *Game Farm* DINNER

Feeling inspired to cook something different? Maybe you want to spoil family and friends at your next dinner party. *Game Farm* has beautiful, restaurant-quality produce including quail and spatchcock that, combined with the recipes in this book, is super easy to make and sure to impress.



Make magic WITH FAIRY

After a busy week, it's great to know that you can rely on *Fairy Cooking Margarine* to help create magic baking moments. Tried and tested by grandmas across Australia – it's been the secret ingredient of Anzac biscuits for generations – use *Fairy* to make birthday cakes, never-fail pastries and fun family memories.



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VISIT FOODBANK.ORG.AU TO LEARN HOW THESE AND SO MANY MORE FOOD BRANDS ARE HELPING TO FIGHT HUNGER IN AUSTRALIA





Italian




IT'S THE CUISINE THAT'S BLESSED US WITH WEEKNIGHT STAPLES SUCH AS SPAG BOL, AND THAT CHEESY FRIDAY FAVOURITE, PIZZA. FIND THESE RECIPES AND MORE IN THIS CHAPTER. BUONISSIMO!



Tip

Sneak chopped carrots into the mince mixture for an extra veggie hit

LASAGNE *roll-ups*

 **PREP 20 MINS**  **COOK 50 MINS**  **MAKES 16**

Recipe uses products from brands supporting **Foodbank**

INGREDIENTS

1/3 cup olive oil
500g beef mince
1 brown onion, finely diced
2 x 400g can Ardmona Diced Tomatoes
3 garlic cloves, crushed
2 tbs Italian seasoning
8 fresh lasagne sheets, cut in half, lengthways
Salt and pepper

RICOTTA FILLING

500g ricotta
1 egg, whisked
1/3 cup flat leaf parsley, chopped, plus extra to serve
3 1/2 cups three cheese blend

METHOD

1. Preheat oven to 180°C
2. Heat 1 tablespoon of oil in a large non-stick frying pan over medium high heat. Cook mince, breaking up with a wooden spoon. Add the onion and cook, stirring until meat is brown and onions are soft
3. Add 1 can of tomatoes, the garlic and Italian seasoning. Stir the sauce over low heat, then simmer, covered, for 10 minutes
4. Meanwhile, make the Ricotta Filling
5. Before assembling the roll-ups, evenly spread remaining can of tomatoes over the base of a 6-cup ovenproof baking dish
6. Prepare the pasta by placing the lasagne sheets in a single layer on a lined baking tray
7. Spread 1/4 cup of Ricotta Filling over each of the lasagne sheets. Then spread a heaped tablespoon of the meat sauce on top
8. Roll up each filled lasagne sheet and arrange in the baking dish standing upright, nestling them together
9. Cover with any remaining meat sauce and sprinkle remaining cheese over. Carefully tent an extra long piece of aluminium foil to cover the bake, ensuring it does not touch the cheese. Bake for 30 minutes or until pasta is cooked. Remove foil and bake for a further 5 minutes to allow lasagne to turn golden and slightly crisp

RICOTTA FILLING

1. Put ricotta, egg, parsley, salt and pepper in a medium bowl. Add 3 cups of the cheese mix and stir to combine

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Tip

.....
Very finely chop
the mushrooms
to get them past
fussy eaters

MUSHROOM

spaghetti bolognese



PREP 15 MINS



COOK 45 MINS



SERVES 4

INGREDIENTS

2 tbs olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

2 tbs tomato paste

400g pork mince (see tip)

400g Button Mushrooms, sliced

2 tsp thyme leaves

800g can chopped tomatoes

400g spaghetti

$\frac{1}{4}$ cup shredded basil leaves, plus extra whole leaves, to serve

Finely grated parmesan, to serve

METHOD

1. Heat olive oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, 5 minutes or until onion softens. Add tomato paste and cook for 1 minute
2. Add mince, increase heat to medium-high and cook, stirring, for 3-4 minutes or until browned all over. Add mushrooms and thyme and cook for a further 3 minutes
3. Add tomatoes, bring to a simmer. Season to taste. Reduce heat to low, and simmer for 30 minutes or until the sauce thickens
4. Cook spaghetti in a saucepan of boiling salted water following packet instructions. Drain and set aside
5. Add drained pasta and shredded basil to the sauce, mix well. Divide pasta between serving bowls. Serve topped with parmesan and extra basil

TIPS & HINTS:

Bolognese can be made with any variety of mince, shop smart and check out the best buy of the week



Top tip

.....
For a delicious veg
only option, leave
out the chicken

OVEN-BAKED CHICKEN

& mushroom risotto



PREP 15 MINS



COOK 45 MINS



SERVES 4

INGREDIENTS

2 tbs olive oil

500g chicken thigh fillets, cut into 3cm pieces

1 brown onion, finely diced

3 garlic cloves, finely chopped

250g Swiss Brown Mushrooms, sliced

2 cups arborio rice

4 cups (1L) chicken stock

50g baby spinach leaves

½ cup grated parmesan

Lemon wedges, to serve

METHOD

1. Preheat oven to 160°C fan-forced. Heat 1 tbs oil in a large ovenproof pan over medium-high heat. Brown chicken in 2 batches. Transfer to a plate. Set aside
2. Heat remaining 1 tbs oil in the pan over medium heat. Add onion and garlic. Cook, stirring often, for 3-4 minutes or until onion softens. Toss through mushrooms. Cook for 1 minute
3. Stir in rice. Cook, stirring, for 1-2 minutes or until rice is glossy. Add stock and return chicken to pan. Stir to combine and bring to the boil. Cover and bake for 25-30 minutes or until rice is just tender and liquid has almost been absorbed. Toss through spinach. Sprinkle with parmesan. Serve with lemon wedges



SALAMI TOMATO

& ricotta pizzas

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

Recipe uses products from brands supporting **Foodbank**

INGREDIENTS

2 large Lebanese flatbreads

4 tbs tomato paste

2 x 80g packet Primo Thinly Sliced Danish Salami

100g grape or cherry tomatoes, halved

100g fresh ricotta, crumbled

Olive oil cooking spray

Rocket leaves & extra virgin olive oil, to serve

METHOD

1. Preheat oven to 200°C fan-forced. Place the flatbreads onto baking trays. Spread each with 2 tbs tomato paste
2. Dividing ingredients, top each with salami, tomato and sprinkle with ricotta. Spray with oil
3. Bake for 10 minutes or until bread is crisp. Scatter with rocket. Season. Drizzle with extra virgin olive oil and serve

You can also use pre-made pizza bases available from most major supermarkets

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CHICKEN FETTUCCINE WITH CREAMY *avocado pasta sauce*



PREP 15 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

500g chicken breast fillets
2 garlic cloves
2 Avocados
*½ bunch basil, leaves picked,
roughly chopped*
½ cup finely grated parmesan
1 lemon, finely grated rind and juice
¼ cup olive oil, plus extra to drizzle
Sea salt flakes and white pepper
500g cherry truss tomatoes
400g fettuccine pasta
*Finely grated or shaved parmesan,
to serve*
½ cup small basil leaves, to serve

METHOD

1. Place chicken into a deep frying pan and cover with cold water. Place over a medium heat and bring to a simmer. Cook for 10 minutes. Remove from heat and cool in water. Drain chicken and shred
2. Meanwhile, place garlic, avocados, basil, parmesan, lemon rind and juice and olive oil into a food processor. Season and puree until a smooth green sauce forms
3. Preheat oven to 180°C. Line a baking tray with baking paper. Place tomatoes onto tray and drizzle with oil. Season with salt and pepper. Roast for 15 minutes or until softened
4. Cook pasta in a large saucepan of salted boiling water until just tender as per packet instructions. Drain and return to saucepan. Add shredded chicken and avocado sauce to pasta. Toss until well combined. Serve pasta topped with parmesan, basil leaves and roasted tomatoes



Twist

.....
*We've given
the Italian-Aussie
parmigiana an
avolicious update!*

EASY AVOCADO

parmigiana



PREP 10 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

4 chicken breast fillets

1/3 cup plain flour

2 eggs, lightly whisked

1 cup Panko breadcrumbs

Olive oil, for shallow frying

2 tbs Dijon mustard

1 just-ripe Avocado, skin and seed removed, sliced

4 slices Swiss cheese

METHOD

1. Preheat oven to 200°C/180°C fan-forced. Grease and line a baking tray with baking paper
 2. Place 1 chicken breast between 2 sheets of baking paper. Gently flatten with a rolling pin to 1/2cm thick. Repeat with remaining chicken
 3. Coat each chicken breast in flour, shaking off the excess. Dip in egg, and press into breadcrumbs, coating both sides
 4. Add enough oil to a non-stick frying pan to shallow fry. Heat the oil then add the chicken and fry for about 2 minutes on each side or until golden
 5. Transfer to prepared tray. Evenly spread mustard over the top side of the chicken. Top with sliced avocado and then the cheese
 6. Bake for 7-8 minutes or until cheese has melted and chicken is cooked through
 7. Remove from oven and serve with a simple salad
-

COOK YOUR *Favourites*



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FACEBOOK



Asian

SPICE UP YOUR RECIPE REPERTOIRE WITH A SUPER-EASY SATAY, JAPANESE-STYLE KATSU PORK, FAST AND FABULOUS TERIYAKI NOODLES AND A TRAD PAD THAI.



Fact

.....
Passage to Asia
stir-fry sauces are all
MSG and gluten free

CHICKEN SATAY SKEWERS

with gado gado



PREP 15 MINS + MARINATING TIME



COOK 20 MINS



SERVES 4

INGREDIENTS

750g chicken thigh fillets, cut into 4cm cubes

200g Passage to Asia Satay Chicken stir-fry sauce

150g green beans, trimmed

3 cups finely shredded Savoy cabbage

1 carrot, finely shredded

1 Lebanese cucumber, thinly sliced diagonally

1 small red onion, thinly sliced

4 eggs, hard boiled, halved

Roasted peanuts, chopped, to serve

METHOD

1. Place chicken into a bowl and add Passage to Asia Satay Chicken stir-fry sauce, reserving $\frac{1}{4}$ cup to serve. Stir until well combined. Cover and marinate for 30 minutes. Thread diced chicken onto the soaked skewers
2. Meanwhile, bring a medium saucepan of water to the boil. Fill a large bowl with iced water. Cook beans for 2 minutes or until just tender. Transfer to iced water. Add cabbage to boiling water and cook for 2 minutes or until wilted. Add carrot and cook for 1 minute or until wilted. Transfer to bowl with beans.
3. Preheat oven to 180°C. Drain vegetables and place with cucumber, onion and egg onto a large platter
4. Heat a chargrill over high heat or large non-stick frying pan over medium-high heat. Line a baking tray with baking paper. Chargrill skewers for 8 minutes or until browned on all sides. Transfer to tray. Place in oven for 10 minutes or until cook through. Serve skewers with gado gado, reserved sauce, chopped peanuts

TIPS & HINTS:

You will need to pre-soak 12 small wooden skewers



TERIYAKI BEEF

noodles



PREP 10 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

2 tbs vegetable oil

500g rump steak, cut into thin strips

1 carrot, halved lengthways, thinly sliced diagonally

1 red capsicum, deseeded, thinly sliced

1 bunch broccolini, trimmed, halved lengthways, cut into thirds

100g snow peas, trimmed, halved lengthways diagonally

4 green onions, thinly sliced diagonally

200g Passage to Asia Teriyaki Chicken stir-fry sauce

450g pkt hokkien noodles, cooked, drained

Toasted sesame seeds, to serve

Extra thinly sliced green onions, to serve

METHOD

1. Heat 2 tsp oil in a wok over a high heat. Cook steak in batches, for 2 minutes or until browned, adding more oil as required. Transfer to a bowl
2. Add carrot and capsicum to wok and stir-fry for 2 minutes. Add broccolini and snow peas and toss until combined. Add 2 tbs water and cook for 2 minutes or until vegetables are just softened. Return steak to wok with green onion and Passage to Asia Teriyaki Chicken stir-fry sauce. Stir until combined. Cook for 2 minutes or until heated through. Add noodles and toss to combine. Serve topped with sesame seeds and extra green onion



Tip

.....
*Add steamed
rice for a more
substantial meal*

KATSU PORK WITH PEAR & carrot slaw



PREP 20 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

3 firm pears, quartered, cored

1 carrot

2 green onions, thinly sliced
diagonally

2 tbs pickled pink ginger, chopped

¼ cup mayonnaise

1 lime, juiced

4 heart-smart pork loin medallions

⅓ cup plain flour

1 egg

1 cup panko breadcrumbs

2 tbs vegetable oil

20g butter

200g Passage to Asia Japanese
Katsu Curry Sauce

METHOD

1. Coarsely grate pear and carrot and place in a bowl. Add onion, ginger, mayonnaise, lime juice, salt and white pepper and stir until well combined. Cover and refrigerate until required
2. Place your hand flat over a pork loin and using a sharp knife, cut through the centre from one side to the other. When almost at the other side, open pork loin out forming a thin schnitzel. Repeat with remaining pork loins
3. Place flour into a shallow bowl. Whisk egg in a shallow bowl with 1 tbs of water and place breadcrumbs into another bowl. Lightly coat schnitzels with flour, then coat with egg and breadcrumbs
4. Heat oil and butter in a large frying pan over medium heat. Cook schnitzels for 3 minutes each side or until golden and cooked through. Place Passage to Asia Japanese Katsu Curry Sauce into a small saucepan and place over a medium heat. Cook for 4 minutes or until hot. Serve schnitzel sliced and sauce spooned over with pear and carrot slaw on the side

TIPS & HINTS:

We used Kewpie mayonnaise



CHICKEN & PRAWN

pad Thai



PREP 20 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

375g pad Thai rice noodles
2 tbs vegetable oil
16 green prawns, peeled, deveined
500g chicken thigh fillets, diced
2 eggs, whisked
5 green onions, thinly sliced diagonally
225g Passage to Asia Pad Thai stir-fry sauce
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. Heat 1 tbs oil in a hot wok. Add 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 onion and stir until combined. Return chicken, prawns and noodles to wok with Passage to Asia Pad Thai stir-fry sauce. Toss until well combined and heated through. Remove from heat and stir in bean sprouts. Spoon into serving bowls and top with chilli and basil.

COOK YOUR WAY AROUND ASIA

DISCOVER WHERE ALL YOUR FAVOURITE ASIAN DISHES ORIGINATED – MAPPED OUT HERE. WITH PASSAGE TO ASIA STIR-FRY SAUCES AT YOUR FINGERTIPS, COOKING WITH ASIAN FLAVOURS HAS NEVER BEEN SO EASY, OR TASTY.



PASSAGE
To ASIA

passagefoods.com



Middle EASTERN

IT'S THE FLAVOUR OF THE YEAR FOR GOOD REASON. SPRINKLE YOUR NEXT SALAD WITH A LITTLE MOROCCAN MAGIC OR ENJOY AN AVOCADO TWIST ON TRADITIONAL HUMMUS.



SPICED SPATCHCOCK

with citrus couscous



PREP 15 MINS (PLUS MARINATING TIME)



COOK 35 MINS



SERVES 4

INGREDIENTS

SPICE MIX

½ red onion, roughly chopped

1 clove crushed garlic

1 tsp turmeric

2 tsp ground cumin

2 tsp paprika

¼ tsp each cayenne, sea salt

and freshly ground black pepper

1 tbs fresh coriander leaves

2 tbs parsley leaves

2 tbs olive oil

*4 spatchcock, backbone removed
and halved*

CITRUS COUSCOUS SALAD

1 cup instant couscous

1 cup boiling water

2 tbs extra virgin olive oil

1 small red capsicum, diced

2 tbs each of orange and lemon juice

*1 tbs preserved lemon rind, finely
chopped*

2 tbs shredded mint

½ tsp each cinnamon and nutmeg

*Greek yoghurt and extra coriander
(optional), to serve*

METHOD

SPICE MIX

1. To make the spice mix, pound all ingredients in a mortar and pestle or process until well blended
2. Coat the spatchcock with spice mix and refrigerate for a few hours so that the flavours can develop
3. Heat the barbecue to medium and oil the bars to prevent the spatchcock from sticking. Place the spatchcocks on the grill, skin-side down, and cook for about 10 minutes each side or until juices run clear when the thigh is pierced with a sharp knife. Cover with foil and set aside for a few minutes to rest

CITRUS COUSCOUS SALAD

1. Place couscous in a large bowl, pour over boiling water, cover with plastic wrap and set aside for 5 minutes. Fluff up the grains with a fork then set aside for a further 5 minutes
 2. Fluff again to break up any lumps. Stir together olive oil, capsicum, juices, preserved lemon, mint, cinnamon and nutmeg and pour over the couscous, toss to combine
 3. Pile couscous onto plates or platter, top with spatchcock and serve with yoghurt. Garnish with extra coriander if you like.
-



AVOCADO *hummus*

 **PREP 10 MINS**  **MAKES 2½ CUPS**

INGREDIENTS

400g can chickpeas, drained and rinsed

2 small garlic cloves, peeled

¼ cup firmly-packed coriander leaves

¼ cup extra virgin olive oil

2 tbs lime juice

1 tbs tahini

½ tsp ground cumin

2 ripe Avocados, seeds and skin removed, chopped

1 tbs water

Toasted pita bread, to serve

METHOD

1. In a food processor, blend chickpeas, garlic, coriander, oil and lime juice until smooth
2. Add tahini, cumin and avocados. Process again until combined, adding water if necessary for desired consistency. Season to taste
3. Serve with extra scattered chickpeas and toasted pita bread

Top with smoked paprika to give it extra spice and a smoky flavour



Tip

.....
Add shredded
roast chicken for
a hearty dinner

WARM MOROCCAN AVOCADO & ROASTED *vegetable salad*



PREP 20 MINS



COOK 30 MINS



SERVES 4

INGREDIENTS

ROASTED VEGETABLE SALAD

2 tbs olive oil

1 tsp ground cumin

1 tsp ground coriander

2 garlic cloves, crushed

750g orange sweet potato, peeled
and cut into bite-sized pieces

400g (about 2 bunches) baby Dutch
carrots, trimmed and peeled

MOROCCAN AVOCADO

2 just-ripe Avocados, halved and
deseeded

100g feta cheese, crumbled

1 tbs lemon juice

2 tsp dukkah

50g baby spinach leaves

½ pomegranate, seeds removed

Lemon wedges and warmed
flatbread, to serve

METHOD

ROASTED VEGETABLE SALAD

1. Preheat oven to 200°C/180°C fan-forced
2. Combine oil, cumin, coriander and garlic in a bowl
3. Arrange sweet potatoes and carrots in a single layer on a large baking tray lined with baking paper. Drizzle with oil mixture and toss to coat vegetables
4. Roast vegetables, turning once, for 25-30 minutes or until tender

MOROCCAN AVOCADO

1. Meanwhile scoop the avocado flesh into a bowl and add feta, lemon juice and sprinkle with dukkah. Gently toss to combine and set aside until the vegetables are cooked
 2. To serve, arrange roasted vegetables and spinach on a serving platter. Top with avocado mixture and sprinkle with pomegranate seeds. Season to taste
 3. Serve with lemon wedges and flatbread
-



MIDDLE EASTERN QUAIL & COUSCOUS SALAD WITH *garlic sauce*



PREP 20 MINS (PLUS MARINATING TIME)



COOK 20 MINS



SERVES 4

INGREDIENTS

GARLIC SAUCE

1 egg yolk
5 garlic cloves, crushed
Pinch salt
1 tbs lemon juice
100ml vegetable oil

CORIANDER SALT

2 tbs coriander seeds
1 tsp cumin seeds
1 tbs sea salt

QUAIL & COUSCOUS SALAD

400g Quail Breast Fillets
1 cup couscous
1 cup boiling water
1 Lebanese cucumber, seeds removed and diced
2 roma tomatoes, diced
½ small red onion, diced
1 x 400g can chickpeas, rinsed and drained
½ cup chopped coriander leaves
2 tbs lemon juice
2 tbs olive oil, extra for brushing

METHOD

GARLIC SAUCE

1. Place egg yolk, garlic, salt and lemon into a food processor and pulse. With the food processor running, add oil in a slow steady stream until a mayonnaise forms. Set aside

CORIANDER SALT

1. Place spices into a dry frying pan and heat over a low heat, shaking pan, until just fragrant. Add salt and heat a further 1–2 minutes. Transfer to a plate to cool completely. Grind to a fine powder in a mortar and pestle or spice grinder

QUAIL & COUSCOUS SALAD

1. Rub coriander salt into quail to cover evenly and refrigerate, uncovered, for at least 1 hour
 2. Place couscous into a bowl and pour over boiling water; stand for 5 minutes. Fluff couscous with a fork to separate grains. Stir through chopped vegetables, chickpeas and herbs and mix well. Whisk lemon juice and oil together and season. Stir through salad
 3. Heat a chargrill or barbecue plate over medium-high heat; brush quail skin with oil and cook Breast Fillets for 3 minutes each side or until cooked to your liking
 4. To serve, spoon couscous salad onto plates, top with quail and a dollop of the garlic sauce
-



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Mexican

IT'S A MEXICAN FIESTA WITH THESE DISHES ON THE MENU. START WITH FRESH FISH TACOS, ENJOY AN ENCHILADA OR FEED A CROWD WITH THE MEXICAN CHICKEN AND RICE TRAY BAKE. OLÉ!



Top Tip

Halve the amount
of chilli powder for
a milder option

MEXICAN *spatchcock*



PREP 15 MINS



COOK 10 MINS



SERVES 2

INGREDIENTS

MEXICAN SPATCHCOCK

*1 pack Game Farm deboned
spatchcock (300 - 350g)*

1 tsp chilli powder

½ tsp dried oregano

¼ tsp ground cinnamon

1 garlic clove, crushed

2 tbs lemon juice

SALSA

Chargrilled corn kernels

1 tomato, diced

1 small red onion, sliced

1 red chilli, finely chopped

Coriander leaves

Lime juice

TO SERVE

Tortillas

Guacamole

Shredded Lettuce

METHOD

MEXICAN SPATCHCOCK

1. Thread each spatchcock onto a skewer
2. Combine the spices, garlic and lemon juice and brush generously over the spatchcock
3. Heat a grillpan or frypan over medium heat and cook the spatchcock for 5 minutes on each side or until cooked through

SALSA

1. Combine salsa ingredients

TO SERVE

1. Serve the spatchcock with salsa, tortilla, lettuce and guacamole



Tip

.....
We used monkfish.
Flathead would also
work well

FANTASTIC FISH

tortillas



PREP 10 MINS



COOK 15 MINS



SERVES 4

Recipe uses products from brands supporting **Foodbank**

INGREDIENTS

CHIPOTLE LIME CREAM

2 tbs chipotle sauce

½ cup aioli

1 lime, halved

COLESLAW

4 cups shredded red cabbage

3 shallots, thinly sliced

1 large carrot, shredded

FISH TORTILLAS

⅓ cup Flour

2 tbs Old El Paso™ Taco Spice Mix

600g firm white fish fillets, cut into 15cm pieces

Olive oil, for frying

1 packet Old El Paso™ Stand 'N Stuff™ Tortillas

Coriander, to serve

1 lime, halved

METHOD

CHIPOTLE LIME CREAM

1. To make the cream sauce, combine chipotle, aioli and lime juice in a medium sized bowl. Season and whisk until combined

COLESLAW

1. In a medium bowl, add coleslaw ingredients and mix to combine

FISH TORTILLAS

1. Mix the flour with the taco spice mix and use to coat the fish pieces
2. Heat oil in a non-stick frying pan over medium-high heat. Gently fry the fish in batches, cleaning the pan in between each batch and repeat until all fish is cooked. Keep warm
3. Serve tortillas filled with coleslaw, topped with fish, chipotle cream, extra coriander and a squeeze of lime

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rock your guac!

NO MEXICAN FIESTA IS COMPLETE WITHOUT GUACAMOLE. CHOOSE FROM 3 DIFFERENT FLAVOURS: THAI FUSION, KID FRIENDLY OR HOT & FIERY.



1 kid friendly



thai fusion 2



3 hot & fiery



GUACAMOLE: 3 WAYS

PREP 10 MINS PER VARIETY SERVES 2½ CUPS PER VARIETY

INGREDIENTS

1 KID FRIENDLY GUACAMOLE

2 ripe Avocados, skin and seeds removed
1 tbs lime or lemon juice
¼ cup whole egg mayonnaise
1 small vine ripened tomato, seeds removed and finely diced
1 small garlic clove, crushed

2 THAI FUSION GUACAMOLE

2 ripe Avocados, skin and seeds removed
1 tbs lime juice or lemon juice
1 bird's eye chilli, seeds removed and finely chopped
¼ cup chopped coriander leaves
½ small red onion, finely diced

3 HOT & FIERY GUACAMOLE

2 ripe Avocados, skin and seeds removed
1 tbs lime or lemon juice
2 jalapeno chillies, seeds removed from one and finely diced, the other thinly sliced
½ small red onion, finely diced
1 tsp celery salt
3-4 drops Tabasco sauce

METHOD

1 KID FRIENDLY GUACAMOLE

Place avocados and lime or lemon juice in a medium bowl and mash with a fork. Season to taste

Add mayonnaise, garlic and three quarters of the tomato. Stir until combined

Garnish with reserved diced tomato

2 THAI FUSION GUACAMOLE

Place avocados and lime or lemon juice in a medium bowl and roughly mash with a fork. Season to taste

Stir through remaining ingredients, reserving some chilli, coriander and red onion to garnish

3 HOT & FIERY GUACAMOLE

Place avocados and lime or lemon juice in a medium bowl and mash with a fork. Season

Stir through remaining ingredients, reserving some red onion for garnish

Garnish with extra jalapeno slices, reserved red onion and micro-herbs if desired



everything's better
when you
smash an avo



australianavocados.com.au



MEXICAN CHICKEN

& rice casserole



PREP 10 MINS



COOK 35 MINS



SERVES 8

Recipe uses products from brands supporting **Foodbank**

INGREDIENTS

1 ½ cups SunRice Medium Grain White Rice
3 cups chicken stock
425g can mexibbeans
3 cups shredded roast chicken
375g jar enchilada sauce
250g tub sour cream
4 shallots, thinly sliced, plus extra for garnish
1½ cups cheese blend

METHOD

1. Preheat oven 180°C. Grease a 10 cup-capacity baking dish
2. Cook rice according to packet instructions, swapping the water for the chicken stock
3. In a medium bowl, combine cooked rice, chicken, beans, enchilada sauce, sour cream, shallots and 1 cup of the cheese. Pour into a baking dish. Cover with foil and bake for 20 minutes
4. Remove the foil and sprinkle over the remaining cheese. Return the casserole to the oven and bake for a further 5-10 minutes or until cheese is completely melted and golden
5. Top with extra shallots and serve immediately

TIPS & HINTS:

You can spice things up by adding some chopped jalapenos on top of the casserole after baking. We used Old El Paso™ Mexe-Beans and Old El Paso™ Enchilada Sauce and Devondale Three Cheese Blend in this recipe

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tip

Change it up and substitute chicken with stir-fried veggies

BAKED BEAN & CHICKEN *enchiladas*



PREP 25 MINS



COOK 25 MINS



SERVES 4

Recipe uses products from brands supporting **Foodbank**

INGREDIENTS

3 cups shredded roasted chicken
425g can SPC Baked Beans
2 cups Devondale Three
Cheese Blend
2 tbs Old El Paso™ Fajita Spice Mix
½ cup coriander, plus extra leaves
to serve
375g jar Old El Paso™ Mild Thick
'N Chunky Salsa
10 pack Old El Paso™
Regular Tortillas
Sour cream, to serve

METHOD

1. Preheat oven to 200°C. Grease and line an ovenproof baking dish
2. In a large bowl, combine chicken with baked beans, half the cheese, fajita spice mix, coriander and 1½ cups salsa
3. Divide the mixture evenly down the centre of the tortillas (approx ⅓ cup). Roll up firmly to close and place seam-side down onto prepared baking dish. Repeat until all tortillas are filled
4. Spoon remaining salsa over the tortillas and scatter over remaining cheese
5. Bake in the oven for about 20 minutes or until cheese is melted and golden brown
6. Serve with sour cream and extra coriander leaves

SUPPORT THE BRANDS THAT SUPPORT **FOODBANK**



Australian



IF FLAVOUR IS A MEMORY, THEN THESE AUSSIE CLASSICS ARE AS TRUE BLUE AS YOU CAN GET AND HOLD A SPECIAL PLACE IN OUR KITCHENS. THESE ARE 'YOU BEAUT' SWEETS AT THEIR BEST.

Tip

.....
Don't overwork the
dough as it may
result in rock
hard scones.



LEMONADE

scones



PREP 10-12 MINS



COOK 15 MINS



MAKES 12 SLICES

INGREDIENTS

LEMONADE SCONES

3 cups self-raising flour

½ tsp baking powder

1 tsp sugar

60g Copha

300ml lemonade

*Plain flour, for kneading
and rolling*

1 egg, beaten

METHOD

1. Pre-heat oven to 190°C
2. In a large bowl, combine the self-raising flour, baking powder and sugar
3. Grate the Copha over the flour. Rub the Copha into the flour until mixture resembles fine breadcrumbs
4. Make a well in the centre of the flour mixture and pour in ¾ of the lemonade. Mix to a firm but tacky dough, adding more lemonade if required
5. Turn dough out onto a lightly floured board and knead gently
6. Roll dough out to a 4cm thick circle
7. Using a floured cutter, cut out scones. Re-roll dough as required
8. Place scones onto a floured non-stick baking tray. Brush scones with beaten egg and bake in the pre-heated oven at 190°C for 12-15 minutes
9. Cool on a wire rack and serve warm

TIPS & HINTS:

If making date or sultana scones, add ½ cup of fruit and 1 beaten egg to the mixture



ANZAC

biscuits



PREP 15 MINS



COOK 12 MINS



MAKES 18 BISCUITS

INGREDIENTS

125g ($\frac{1}{2}$ block) Fairy margarine

3 tbs golden syrup

$\frac{1}{2}$ tsp bicarb soda

2 tbs hot water

150g (1 cup) plain flour, sifted

110g ($\frac{1}{2}$ cup) caster sugar

90g (1 cup) desiccated coconut

90g (1 cup) rolled oats

METHOD

1. Pre-heat oven to 150°C. Line 2 baking trays with baking paper
2. Melt Fairy and golden syrup in a small saucepan over low heat. Add the bicarb soda mixed with water
3. Combine the dry ingredients in a large mixing bowl, pour melted Fairy mixture into the centre and mix together
4. Roll heaped tablespoons of the mixture and place on the prepared trays. Flatten the mix down with the palm of your hand until approx. 1cm
5. Bake for 10–12 minutes or until golden brown. Cool on a cooling rack








ADD SULTANAS,
DRIED CRANBERRIES OR
CHOCOLATE CHIPS FOR
EXTRA GOODNESS



HONEY *joys*

 **PREP 8-10 MINS**  **COOK 15 MINS**  **MAKES 18 HONEY JOYS**

INGREDIENTS

60g Copha

2 tbs honey

1/3 cup sugar

4 cups corn flakes

METHOD

1. Pre-heat oven 150°C
2. Melt together the Copha, honey and sugar in a saucepan over low heat, stirring until the sugar has dissolved. Allow mixture to cool slightly
3. Place the corn flakes into a large mixing bowl, then pour the Copha mixture over. Mix well to coat flakes
4. Spoon the honey joy mixture into muffin trays lined with paper cases
5. Bake the honey joys in the pre-heated oven at 150°C for 10 minutes
6. Remove tray from oven and cool on a wire rack. Honey joys will firm on cooling
7. When cool, store in an airtight tin

TIPS:

These honey joys are gluten free

Tip

.....
*Mix up the flavour
by using a different
jam variety*



MELTING

moments



PREP 20 MINS



COOK 12 MINS



MAKES 10 BISCUITS

INGREDIENTS

BISCUITS

125g ($\frac{1}{2}$ block) Fairy margarine, softened

75g ($\frac{1}{2}$ cup) icing sugar, sifted

$\frac{1}{2}$ tsp vanilla essence

100g ($\frac{2}{3}$ cup) plain flour, sifted

75g ($\frac{1}{2}$ cup) cornflour, sifted

ORANGE CREAM

60g ($\frac{1}{4}$ block) Fairy margarine, softened

160g (1 cup) icing sugar, sifted

1 tsp grated orange rind

$\frac{1}{2}$ tbs orange juice

ASSEMBLY

Raspberry jam, to serve

Icing sugar, to dust

METHOD

BISCUITS

1. Preheat oven to 160°C. Line baking trays with baking paper
2. Cream Fairy, icing sugar and vanilla together until light and fluffy. Add flour and cornflour and mix well
3. Roll heaped teaspoons of mixture into balls and place on the prepared trays. Flatten with the back of a fork to make an indent
4. Bake in oven for 10-12 mins until golden

ORANGE CREAM

1. Beat Fairy until smooth. Gradually add icing sugar. Beat until light and creamy
2. Add the rind and juice, and beat until combined

ASSEMBLY

1. Sandwich 2 biscuits together with the orange filling and some raspberry jam
2. Dust with icing sugar

*For white chocolate
crackles, substitute
the cocoa powder
with milk powder
and add 200g
white chocolate*



CHOCOLATE

crackles



PREP 10 MINS (PLUS SETTING TIME)



COOK 5 MINS



MAKES 12

INGREDIENTS

250g (1 block) *Copha*

125g (1 cup) *icing sugar*

60g (½ cup) *cocoa powder*

4 cups *Rice Bubbles*

100g (1 cup) *desiccated coconut*

METHOD

1. Line a standard 12 cup muffin tray with paper cases.
2. Melt *Copha* in microwave on high or in a saucepan until fully melted. Mix *Rice Bubbles*, *icing sugar*, *cocoa powder* and *desiccated coconut* in a large bowl. Add in the melted *Copha*, and stir to combine.
3. Spoon crackle mix evenly into the prepared muffin cups. Place in fridge for 1 hour to set.



CHOCOLATE CRACKLES
AREN'T JUST FOR PARTIES,
ADD TO LUNCH BOXES FOR
A GLUTEN-FREE TREAT.



RASPBERRY

coconut slice



PREP 10 MINS



COOK 20 MINS



MAKES 12 SLICES

INGREDIENTS

BASE

125g ($\frac{1}{2}$ block) Fairy margarine, softened

110g ($\frac{1}{2}$ cup) caster sugar

1 egg

225g ($1\frac{1}{2}$ cups) self-raising flour, sifted

TOPPING

90g (1 cup) desiccated coconut

110g ($\frac{1}{2}$ cup) caster sugar

1 egg

$\frac{1}{2}$ tsp vanilla essence

2 tbs raspberry jam

METHOD

BASE

1. Preheat oven to 180°C. Line a 20cm square sandwich tin with baking paper
2. Cream Fairy and sugar together until light and fluffy. Beat in the egg and fold into the flour
3. Press the mixture into prepared tin

TOPPING

1. Combine coconut, sugar, egg and vanilla together, mix well
 2. Spread the raspberry jam over the base and spread the coconut mixture evenly over the top
 3. Place into the oven and bake for 15-20 minutes or until golden brown
 4. Cool in tin and cut into squares
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From Grandma's Kitchen



making *sweet*
memories {since 1933}



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