



EVERYDAY ORGANIC

EASY CHICKEN, BEEF, PORK & VEGETARIAN RECIPES





ORGANIC RANGE



**ORGANIC
TOMATO
SAUCE**



**ORGANIC
SWEET CHILLI
SAUCE**



**ORGANIC
BARBECUE
SAUCE**

All of Rosella's organic sauces are Australian Certified Organic and made with premium ingredients. They are vegan, gluten free, dairy free and contain no artificial colours, flavours or sweeteners.

SEE THE FULL ROSELLA RANGE AT [ROSELLA.COM.AU](https://www.rosella.com.au)



CHICKEN RECIPES







CHICKEN CHOW MEIN

Learn to make this takeaway favourite at home and you'll never order it again. Full of chow mein sauce, chicken, cabbage, stir-fried noodles and more, this satisfying meal is so easy to DIY.

PREP TIME: 15 MINUTES **COOK TIME:** 15 MINUTES **SERVES:** 6 **DIFFICULTY:** EASY

INGREDIENTS

3 tbsp Rosella Organic Sweet Chilli Sauce

2 tbsp light soy sauce

2 tbsp oyster sauce

1 tsp sesame oil

1 tsp ground white pepper

2 tsp cornflour

400g organic chicken thigh fillets, fat trimmed and thinly sliced

1 tbsp vegetable oil

2 cloves garlic, finely chopped

1 carrot, finely shredded

2 pak choy, chopped

2 cups (140g) green cabbage, finely shredded

3 green onions, cut into 2 cm long pieces, plus extra for garnish

280g chow mein noodles, rinsed and drained

¼ cup (60ml) water

2 cups (140g) bean sprouts

METHOD

1. Combine sweet chilli sauce, soy sauce, oyster sauce and sesame oil in a bowl. Stir in white pepper and cornflour and mix well.
2. Spoon 2 tbsp of the sauce into the chicken and toss to coat.
3. Heat oil in a large wok over high heat. Add garlic and cook for 10 seconds. Add chicken and stir-fry for 2-3 minutes or until golden and seared.
4. Add pak choy, cabbage, carrot and the green onions. Stir fry until vegetables have just wilted.
5. Toss through noodles, sauce and water. Stir fry for 1 minute.
6. Add bean sprouts and stir fry until mixed through. Remove from heat and serve immediately with extra sweet chilli sauce and extra green onions.

TIPS

- Chow mein noodles are available both fresh or dried. Follow packet instructions for preparation.
- Alternatively, use wheaten instant noodles and discard seasoning packet.





HONEY MUSTARD CHILLI CHICKEN

This scrumptious version of a family favourite is elevated with the addition of Rosella Organic Sweet Chilli Sauce, which adds extra flavour. This dinner is quick and easy to prepare. Serve with rice and your favourite greens.

PREP TIME: 15 MINUTES **COOK TIME:** 50 MINUTES **SERVES:** 4-6 **DIFFICULTY:** EASY

INGREDIENTS

2 tablespoons olive oil
8 chicken thigh cutlets,
skin on
Salt and pepper to taste
3 cloves garlic, chopped
3 teaspoons plain flour
2 tablespoons wholegrain
mustard
1 ½ tablespoons Dijon
mustard
1 tablespoon honey
½ cup (125ml) chicken stock
½ cup (125ml) *Rosella
Organic Sweet Chilli Sauce*
Steamed rice and green
beans, to serve

METHOD

1. Preheat oven 200°C/180°C (fan-forced). Heat oil in an ovenproof pan over medium-high heat. Brown chicken in batches for 4 minutes each side, adding more oil if required. Season to taste and transfer to a plate and set aside.
2. Add garlic and cook for 30 seconds. Stir in flour.
3. Add honey and mustards and mix well. Stir in stock and sweet chilli sauce and mix well. Bring to a simmer.
4. Return chicken to pan and spoon sauce over the top of the chicken. Transfer pan to oven and bake for 30-35 minutes. Serve with steamed rice and green beans.





CHICKEN STROGANOFF PASTA BAKE

What happens when a retro favourite and pasta bake combine? They create a new classic the whole family will want to have over and over again. The secret ingredient is Rosella Organic Tomato Sauce.

PREP TIME: 20 MINUTES **COOK TIME:** 40 MINUTES **SERVES:** 6 **DIFFICULTY:** EASY

INGREDIENTS

350g penne pasta
2 tablespoons olive oil
500g organic chicken breast fillets, sliced thickly
1 onion, finely chopped
300g white mushrooms, thickly sliced
2 teaspoons sweet paprika
1 tablespoon plain flour
½ cup (125ml) Rosella Organic Tomato Sauce
2 tablespoons Worcestershire sauce
2 teaspoons Dijon mustard
1 cup (250ml) chicken stock
1 cup (250ml) sour cream
2 cups (200g) grated cheese blend
Fresh chopped parsley to garnish
Broccolini, to serve

METHOD

1. Cook pasta in a pot of boiling water according to packet instructions. Drain and transfer to a 10-cup capacity baking dish.
2. Preheat oven 180°C (fan-forced).
3. Heat oil in a large non-stick frying pan over medium-high heat. Cook chicken until browned. Transfer to a plate and set aside.
4. Add onion and mushrooms to the same pan and cook, stirring for 5 minutes. Stir in paprika and flour and mix well.
5. Stir in tomato sauce, Worcestershire sauce, mustard and chicken stock. Simmer for 5 minutes. Return chicken to pan along with sour cream. Bring to a simmer. Pour onto pasta and mix well.
6. Top with cheese and bake for 20 minutes or until the top is golden and melted. Garnish with parsley and serve with broccolini.



PORK RECIPES





MAKE A DOUBLE
BATCH AND
FREEZE INTO
PORTIONS FOR
FUTURE MEALS.



PORK SAN CHOY BOW

Why order this restaurant favourite when you can easily make it at home?
As a bonus, it's perfect for meal-prepping. Simply make a double-batch
and freeze for easy weeknight dinners or entertaining.

PREP TIME: 15 MINUTES **COOK TIME:** 15 MINUTES **SERVES:** 6 **DIFFICULTY:** EASY

INGREDIENTS

1 tablespoon vegetable oil
1 onion, finely chopped
1 clove garlic, minced
500g organic pork mince
3cm knob ginger, finely shredded
¼ cup (185ml) Rosella Organic Sweet Chilli Sauce
⅓ cup (80ml) light soy sauce
3 teaspoons sesame oil
230g can water chestnuts, drained and finely diced
3 green onions, finely sliced
3 baby gem lettuces, leaves separated, washed and trimmed
1 carrot, finely shredded
Crushed peanuts and extra sweet chilli sauce, to serve

METHOD

1. Heat oil in a frying pan over medium-high heat. Add onion and garlic, cook for 3 minutes. Add pork and cook, breaking up the mince, for 4-5 minutes until lightly browned.
2. Add ginger, sweet chilli sauce, soy, sesame oil and water chestnuts. Mix well and simmer for 5-8 minutes or until thickened. Stir through green onions.
3. To serve, spoon pork mixture into lettuce leaves. Top with shredded carrot and crushed peanuts. Drizzle with extra sweet chilli sauce.

TIPS

- This recipe is great for meal prep. Make a double batch and freeze into portions. Label, date and freeze for up to 3 months. Defrost in the refrigerator overnight. Reheat in a frying pan or microwave until hot.
- Use mince in a stir fry with noodles, or add to an Asian-style salad mix with cucumber and sprouts for a healthy lunch.



ADJUST
COOKING TIMES
DEPENDING ON
THE THICKNESS
OF YOUR
SPARE RIBS.



AIRFRYER SMOKY BBQ PORK SPARE RIBS

The trick to sumptuous, smoky pork spare ribs is using the air fryer. You get all those deliciously sticky flavours with the bonus of an easy cook. This transforms them into an ideal midweek meal rather than weekend BBQ treat.

PREP TIME: 10 MINUTES + MARINATING TIME **COOK TIME:** 35 MINUTES

MAKES: 8 RIBS **DIFFICULTY:** EASY

INGREDIENTS

½ cup (125ml) Rosella Organic Barbecue Sauce

1 tablespoon Worcestershire sauce

1 tablespoon honey

1 chicken stock cube, crumbled

1 teaspoon garlic salt

1 teaspoon onion powder

1 teaspoon smoked paprika

⅓ cup (80ml) water

8 pork spare ribs

Grilled corn, potato wedges and green salad, to serve

METHOD

1. Combine barbecue sauce, Worcestershire sauce, honey, stock cube, garlic salt, onion powder, paprika and water in a small saucepan. Simmer for 5 minutes or until thickened. Remove and cool.
2. Pour half the sauce over spare ribs. Refrigerate and marinate overnight or use immediately.
3. Line the base of your air fryer basket with baking paper or foil. Arrange ribs into the basket in a single layer. Brush the tops with more barbecue sauce mixture. Set temperature to 160°C and timer for 25 minutes. After timer goes off, turn ribs over and brush with more sauce. Cook for a further 5-10 minutes or until golden and cooked through. Serve ribs with grilled corn on the cob, potato wedges and green salad.

TIPS

- Adjust cooking times depending on the thickness of your spare ribs. Thinner cuts will require less cooking time.
- Rib rinds will remain a little chewy. Remove rinds if preferred.
- Check the capacity of your air fryer basket. If smaller, cook spare ribs in batches and keep warm in a low 150°C oven while cooking remaining ribs.
- If you don't have an air fryer, cook on a hot BBQ for 10-15 minutes.



SUBSTITUTE
PORK BELLY
BITES WITH
ROAST BBQ
CHICKEN OR
PRAWNS.



BBQ PORK SHEET PAN PIZZA

Feed a crowd with this hearty, homemade sheet pan pizza. The smoky BBQ base is versatile, this recipe can work with pork belly bites, roast chicken or prawns.

PREP TIME: 20 MINUTES + 20 MINUTE PROVING TIME **COOK TIME:** 35 MINUTES
SERVES: 8 **DIFFICULTY:** EASY

INGREDIENTS

PIZZA BASE

- 2 teaspoons (7g sachet) dried yeast
- 1 cup (250ml) luke-warm water
- 2 teaspoons sugar
- 3 cups (450g) plain flour, plus extra to dust
- 2 teaspoons salt
- 2 tablespoons olive oil, plus extra for greasing

PORK BELLY TOPPINGS

- 400g pork belly bites
- 250ml Rosella Organic Barbecue Sauce**
- 2 cups (300g) grated pizza cheese
- ½ cup (80g) roasted capsicum, cut into strips
- 1 small red onion, sliced
- Chopped parsley for garnish (optional)

METHOD

PIZZA BASE

1. Whisk together yeast, water and sugar. Stand for 5 minutes or until frothy.
2. Place flour and salt in a large bowl. Make a well in the centre. Pour in the yeast mixture and oil. Using your hands or a spatula, mix the dough until it comes together. Turn out onto a lightly floured work surface and knead briefly until smooth.
3. Place dough in a lightly oiled bowl and cover with cling wrap. Set aside in a warm place to rise for 30 minutes or until it doubles.
4. Turn dough out onto a lightly floured surface and knead gently until smooth.
5. Roll out dough to fit onto a large 40 x 30cm greased sheet pan tray.

PORK BELLY TOPPINGS

1. Remove rind from pork belly bites and reserve. Cut bites in half. Cook in air fryer at 200°C for 10 minutes, or until crispy and golden. Remove and set aside. Dry rind well with paper towel and sprinkle with salt. Air fry rinds for 5 minutes or until crisp and golden.
2. Spread half of the barbecue sauce onto the pizza dough and sprinkle with ¾ of the cheese.
3. Scatter over pork belly and rind, capsicum and red onion. Top with remaining cheese.
4. Bake for 15-20 minutes or until crust is golden and cooked and cheese has melted. Drizzle over extra barbecue sauce and chopped parsley. Cut into squares to serve.



BEEF

RECIPES







ONE-POT PULLED BEEF BRISKET PIE

This easy one-pot pie is full of luscious, saucy slow-cooked brisket filling with a crisp puff pastry top. It's an ideal recipe for a winter family dinner.

PREP TIME: 15 MINUTES **COOK TIME:** 4 HOURS **SERVES:** 4 **DIFFICULTY:** EASY

INGREDIENTS

1.5kg brisket, trimmed and cut into three
2 tablespoons olive oil
1 onion, finely chopped
3 cloves garlic, sliced
2 sticks celery, cut into large cubes
1 carrot, cut into large cubes
1 tablespoon smoked paprika
3 teaspoons ground cumin
1 cup (250ml) red wine
 $\frac{3}{4}$ cup (185ml) Rosella Organic Tomato Sauce, plus extra to serve
2 cups (500ml) beef stock
2 sheets frozen puff pastry, thawed
1 egg, lightly beaten

METHOD

1. Preheat oven to 140°C (fan-forced).
2. Heat oil in a large ovenproof casserole dish over medium-high heat. Add brisket and sear both sides until golden and brown. Transfer to a plate and set aside.
3. Add onion, garlic, celery and carrot. Cook for 3 minutes to soften. Add spices and cook for a further minute. Stir in wine and bring to a simmer. Cook until reduced by half.
4. Add tomato sauce and stock. Return meat to pan. Cover and cook in oven for 3-3½ hours or until tender and easy to shred. Remove meat from sauce and set aside.
5. Simmer sauce on the stove top for 5-10 minutes or until reduced and thickened. Remove from heat.
6. Meanwhile, shred meat. Return shredded meat to sauce immediately and toss to coat.
7. Increase oven temperature 200°C (fan-forced).
8. Brush the top edge and one side of one sheet of pastry with beaten egg. Cut the other sheet of pastry in half, and attach one half to the top and the other half to the the side of the whole pastry sheet, overlapping by 1cm to join. It should make an "L" shape. Press together gently to stick.
9. Drape pastry over filling, tucking and crimping edges to fit the pan. Brush the top with egg and cut a slit in the centre for steam to escape. Bake for 20-25 minutes or until pastry is golden and crisp. Serve pie straight from the oven, topped with extra sauce.



ANY FLAVOURED
SAUSAGE CAN
BE USED FOR
THIS RECIPE.



BANGERS AND MASH PIE

This easy twist on bangers and mash is a hearty family dinner recipe that's freezer friendly and versatile. You can make the topping with white potatoes instead of sweet potatoes and use any of your favourite sausages too.

PREP TIME: 20 MINUTES **COOK TIME:** 1 HOUR **SERVES:** 4 **DIFFICULTY:** EASY

INGREDIENTS

SAUSAGE PIE FILLING

- 1 tbsp olive oil
- 9 good quality organic beef sausages (approx. 750g)
- 1 onion, finely sliced
- 2 cloves garlic, crushed
- 1 large stalk celery, chopped
- 1 tbsp fresh thyme leaves
- ½ cup (125ml) Rosella Organic Tomato Sauce**
- ¼ cup (60ml) Worcestershire sauce
- 1 cup (250ml) beef stock
- 3 tsp cornflour
- ¼ cup (60ml) water
- ¾ cup (90g) frozen peas

SWEET POTATO MASH

- 750g orange sweet potatoes, peeled and chopped
- 60g butter, chopped
- ⅓ cup (80ml) warmed milk
- 1¼ cups (125g) grated tasty cheddar cheese

METHOD

SAUSAGE PIE FILLING

1. Heat oil in a large frying pan over medium-high heat. Add sausages. Cook, turning regularly until brown on all sides. Remove to a plate and slice into 2cm thick diagonal slices (about 4 slices per sausage). Reserve 1 tbsp of oil and discard excess.
2. Add onion, garlic, celery and thyme, stirring for 4-5 minutes until softened. Add tomato sauce, Worcestershire sauce, stock and combined cornflour and water. Stir to combine, cover and bring to the boil. Reduce heat and simmer, uncovered, 10 minutes or until sauce has thickened. Stir in sausages and peas.

SWEET POTATO MASH

1. Meanwhile, preheat oven to 220°C/200°C (fan-forced). Cook sweet potatoes in a large saucepan of boiling water for about 15 minutes, or until tender. Drain and return to saucepan over low heat. Add butter and milk. Mash until smooth. Stir in ¾ of the cheese. Season with salt and pepper.
2. Spoon sausage mixture into 9 cup capacity ovenproof dish. Top with mashed sweet potatoes and swirl with the back of a spoon. Sprinkle over remaining cheese. Bake for 30-35 minutes, or until golden and bubbling.

TIPS

- Replace sweet potato with a floury potato such as Sebago.
- Any flavoured sausage can be used for this recipe.
- Freeze portions in airtight containers. Label and freeze for up to 1 month. Reheat in the microwave or in a warm oven.



VEGETARIAN RECIPES



A close-up photograph of a plate of golden-brown, flaky curry puffs. One puff is cut open, revealing a filling of diced vegetables and meat. A small white bowl of dark brown dipping sauce sits on the plate. The plate has a blue and white geometric pattern. The background shows a stack of more plates and a blue fringed cloth.

**CURRY PUFFS
CAN BE FROZEN
FOR UP TO
3 MONTHS.**



VEGETABLE CURRY PUFFS

These easy curry puffs also happen to be vegetarian, and they can be vegan too if you use a vegan pastry. Dip them into more Rosella Organic Sweet Chilli Sauce for that delightful Thai flavour with every bite.

PREP TIME: 30 MINUTES **COOK TIME:** 45 MINUTES **MAKES:** 25 **DIFFICULTY:** EASY

INGREDIENTS

1 tbsp oil
1 small onion, finely diced
1 clove garlic, crushed
2 tsp grated ginger
1 large potato (250g), peeled and cut into 5mm dice
1 carrot, cut into 5mm dice
3 tsp curry powder
1 tsp salt
3 tbsp Rosella Organic Sweet Chilli Sauce, plus extra to serve
 $\frac{3}{4}$ cup (185ml) organic vegetable stock or water
 $\frac{3}{4}$ cup (90g) frozen peas
5 sheets frozen puff pastry, just thawed
Beaten egg for glazing

METHOD

1. Heat oil in a frying pan over medium-high heat. Add onion, garlic and ginger and cook for 3 minutes. Add potato, carrot, curry powder and salt and cook for a further 3 minutes.
2. Stir in sweet chilli sauce and stock and bring to a simmer. Cover and reduce heat, simmer for 10-15 minutes or until vegetables are just tender. Add peas, remove from heat and season to taste. Cool completely.
3. Preheat oven to 220°C/200°C (fan-forced) and line 2 baking trays with baking paper.
4. Use a round 10cm cutter to cut out 5 circles from each pastry sheet. Spoon 2 heaped tsp of mixture into the centre of each pastry round. Fold pastry in half to enclose mixture, folding over edges to seal. Place onto prepared trays and brush with beaten egg. Repeat with remaining pastry, filling and egg.
5. Bake 15-20 minutes, swapping trays over halfway, until pastry is golden and cooked through. Cool slightly and serve warm with extra sweet chilli.

TIPS

- Store cooked curry puffs in a sealed container in the refrigerator for up to 3 days. Reheat in oven or microwave.
- Freeze uncooked curry puffs by placing between sheets of baking paper in an airtight container and freeze for up to 3 months. Brush with egg wash just before cooking. Cook from frozen and increase time by 5-10 minutes.



CAULIFLOWER
SHOULD BE
COOKED BUT
STILL RETAIN
A CRUNCHY
TEXTURE.



SWEET AND SOUR AIR FRYER CAULIFLOWER

This traditional stir-fry recipe is usually made with pork, but with just a few tweaks it becomes a delicious vegetarian dish. The air fryer crisps up the cauliflower pieces beautifully.

PREP TIME: 15 MINUTES **COOK TIME:** 15 MINUTES **SERVES:** 4 **DIFFICULTY:** EASY

INGREDIENTS

CAULIFLOWER BITES

700g cauliflower florets
(approx. 1 medium)
2 tablespoons olive oil
2 tablespoons cornflour

SWEET AND SOUR SAUCE

1 tablespoon oil
1 onion, cut into wedges
1 red capsicum, sliced
440g can pineapple pieces in natural juice
½ cup (125ml) Rosella Organic Tomato Sauce
⅓ cup (80ml) soy sauce
⅓ cup (80ml) white vinegar
½ cup (125ml) water
Steamed white rice to serve
2 teaspoons sesame seeds and sliced green onions to garnish

METHOD

CAULIFLOWER BITES

1. Steam, boil or microwave cauliflower for 5 minutes. Cauliflower should still be firm. Drain and transfer to a bowl. Toss through oil and cornflour.
2. Cook in an air fryer at 200°C for 10 min, shaking the pan halfway through.

SWEET AND SOUR SAUCE

1. Heat oil in a pan over medium-high heat. Add onion and capsicum, cook 2-3 minutes. Add pineapple and juice, tomato sauce, soy sauce, vinegar and water. Simmer for 10 minutes uncovered.
2. Add cauliflower to sauce and toss to coat. Serve immediately with steamed rice. Garnish with sesame seeds and green onion.

TIPS

- Cooking times may vary depending on make and model of air fryer.
- Cauliflower should be cooked but still retain a crunchy texture.
- If you don't have an air fryer, simply omit the air fryer step and cook cauliflower for an extra 3-4 minutes or until just tender.
- Substitute cauliflower with broccoli or even large mushrooms. Adjust cooking time to suit.



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