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|  | **Ingredients** | **steps** |
| Cow satay | * **1 kg** rump steak, cut into bite-sized chunks * **1** medium onion, finely chopped * **4** large garlic cloves, finely chopped * **100 ml** kecap manis * **2 tbsp** peanut oil * **½ tsp** sea salt * **½ tbsp** grated palm sugar * **1 tsp** ground coriander   **Peanut sauce**   * **225 g** roasted peanuts * **200 ml** hot water * peanut oil * **1** candlenut, finely chopped * **1 tsp** ground coriander * **1** medium onion, finely chopped * **3** large garlic cloves, finely chopped * **2–3** small red chillies, finely chopped * **200 ml** coconut milk * **1 tbsp** kecap manis * **½** lime, juiced * salt * grated palm sugar | * **Marinating time** 3–4 hours * **Soaking time** 1 hour * Combine the ingredients for the skewers, mixing the beef in well. Marinate in the refrigerator for 3–4 hours. * Soak some bamboo skewers in cold water for 1 hour. * To make the sauce, blend the peanuts and hot water to a smooth paste. Heat a wok over medium heat and add a splash of oil. Briefly fry the candlenuts and coriander, then add the onion, garlic and chilli and cook for 2–3 minutes until the onion softens. Add the peanut paste, coconut milk and kecap manis, stirring well until the sauce starts to simmer. Add the lime juice and season with salt and palm sugar to taste. * Thread the beef onto skewers and barbecue over medium heat. Spoon over the warm peanut sauce. |
| ***Glazed fish with choy sum*** | * 4 (about 600g) fish fillets * 1 teaspoon sesame oil * 2 tablespoons kecap manis * ¼ cup (60ml) chicken stock * 2 garlic cloves, thinly sliced * 2 bunches choy sum, trimmed * 1 tablespoon soy sauce steamed rice, to serve | * Brush fish fillets with oil. Heat a large non-stick frying pan on high. Cook fish for 1-2 minutes each side. Add kecap manis and stock and cook for 2 minutes, until sauce reduces and fish is cooked through. * Meanwhile, heat a wok on high. Stir-fry garlic, choy sum and soy sauce for 2 minutes, until wilted. * Serve fish and choy sum with steamed rice. |
| ***Teriyaki Beef Noodles*** | * 2 tablespoons 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 | * Heat 2 teaspoons 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 * Add carrots and capsicum to wok and stir fry for 2 minutes. Add broccolini and snow peas and toss until combined. Add 2 tablespoons water and cook for 2 minutes or until vegetables are just softened. Return steak to wok with green onions 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 green onion |
| ***Beef Ramen*** | * 1 tablespoon vegetable oil * 2 garlic cloves, crushed * 2cm piece ginger, peeled, grated * 1 long red chilli, deseeded, finely chopped * 1l (4 cups) chicken stock * 2 tablespoons salt-reduced soy * 2 tablespoons rice wine vinegar * 1 cob of corn, husks and silk removed * 1 bunch broccolini, trimmed, halved lengthways * 200g Swiss brown mushrooms, halved * 270g ramen noodles * 2 teaspoons vegetable oil * 400g eye fillet steak * 4 eggs * 2 green onions, thinly sliced diagonally * 1 tablespoon toasted sesame seeds * Extra sliced chilli, to serve | * Heat oil in a large deep saucepan over medium heat. Add garlic, ginger and chilli. Cook for 2 minutes or until aromatic. Add chicken stock and 3 cups of water and bring to the boil * Add corn and broccolini to stock. Cook broccolini for 2 minutes and corn for 5 minutes or until tender. Remove corn and place on a chopping board. Transfer broccolini to a bowl. Add mushrooms to stock and cook for 3 minutes. Remove with a slotted spoon to bowl with broccolini. Add noodles to stock and cook for 4 minutes. Cut kernels from corn * Meanwhile, heat a frying pan over a medium high heat. Rub oil over steak and season. Cook for 3-4 minutes each side for medium-rare. Transfer to a plate and stand for 10 minutes. Thinly slice * Bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs * Place noodles and stock into serving bowls. Top with broccolini, corn, mushrooms, beef and an egg. Sprinkle with onions, sesame seeds and chilli. Serve |
| ***Lime, Lemongrass and Chilli Chicken Stir-Fry*** | * 2 stems lemon grass, white part only, crushed and chopped * 2 tbsp lime juice * 1 tsp ground turmeric * 2 garlic cloves, peeled * 1 small red bird's eye chilli, deseeded * 2 tbsp peanut oil * 750g chicken thigh fillets, trimmed and cut into 3cm pieces * 2 green onions (shallots), trimmed and thinly sliced * 1/2 cup reduced fat coconut milk * 2 tsp sugar * 1 tbsp fish sauce * 1 bunch baby bok choy, trimmed and roughly chopped * Coriander leaves, rice noodles, lime wedges and extra sliced chilli, to serve | * Place lemon grass, lime juice, turmeric, garlic and chilli into a small food processor. Season with salt. Process until mixture forms a paste * Heat oil in a wok over high heat. Add lemon grass paste and cook, stirring for 1 minute. Add chicken and stir-fry for 3-4 minutes until almost cooked through. Reduce heat to medium-low. Add green onions, coconut milk, sugar and fish sauce. Gently simmer (do not allow to boil) for 3 minutes * Toss through bok choy until just wilted. Sprinkle with coriander leaves. Serve with rice noodles or jasmine rice, lime wedges and extra chilli |