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|  | **Ingredients** | **Steps** |
| ***Seafood Mornay*** | * 25g Western Star Original Butter * 1 carrot, peeled and chopped * 1 leek, thinly sliced * 1 zucchini, chopped * 500g good quality marinara mix * 1/2 cup white wine * 25g Western Star Butter, extra * 1/4 cup plain flour * 1 1/2 cups milk * 1 cup grated Bega Tasty Cheese * 2 tablespoons parsley, chopped * Grated rind of 1 lemon * 2 teaspoons seeded mustard * 50g Western Star Butter, extra, melted * 2 cloves garlic, crushed * 150g ciabatta bread, broken into small chunk | * Melt butter and sauté carrot for 5 minutes. Add leek and zucchini and sauté a further 5 minutes until vegetables are tender. Add seafood only and sauté for 5-10 minutes or until just cooked. Remove seafood only from pan with tongs and set aside * Deglaze pan with wine, add remaining butter and stir until melted, stir in flour and cook for 1-2 minutes. Gradually add milk stirring continuously and bring to the boil. Simmer for 2-3 minutes, stirring continuously. Stir in cheese, parsley, rind and mustard. Return seafood to pan and stir to combine. Transfer to a 2 litre ovenproof casserole dish * Combine extra butter and garlic and pour over breadcrumbs. Sprinkle breadcrumbs evenly over mornay and bake at 180°C for 10 minutes or until golden. Serve immediately |
| ***Sweet Potato Alfredo Penne*** | * 400g Sweet Potato, peeled, chopped * 1 1/2 cups milk * 375g penne * 1 tablespoon oil * 2 garlic cloves, crushed * 60g baby spinach leaves * 1/2 cup finely grated parmesan | * Preheat oven to 220°C/200°C. Place sweet potato on a baking paper lined oven tray. Drizzle with oil and bake for 15-20 minutes until tender. Puree with 1 cup milk until smooth * Meanwhile, cook pasta in a large saucepan until al dente. Drain well * Heat remaining oil in large pan and sauté garlic for 1 minute. Add puree and pasta to pan. Cook, stirring for 2 minutes until hot. Stir in remaining milk and spinach. Cook, stirring, until spinach has wilted * Remove from heat and stir in parmesan. Season to taste. Serve topped with extra parmesan |
| ***Avocado and Egg Salad*** | * 6 chopped boiled eggs * 2 tablespoons chopped chives * 2 small avocados, cut into 1cm pieces * 1/3 cu mayonnaise * 1 tablespoon lemon juice * 8 small butter lettuce leaves * Chives and micro-herbs, to serve * Salt and pepper, to season * Thick sourdough seeded bread | * In a large bowl, combine eggs, ¾ of the chives, and avocado. Stir gently * In a separate small bowl, combine the mayonnaise and lemon juice. Season with salt and pepper * Carefully stir the mayonnaise and lemon juice through the avocado mix. Season with salt and pepper * Place 2 lettuce leaves on top of each slice of bread * Spoon 2 heaped tablespoons on each slice. Top with remining chives and micro-herbs to serve |