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|  | **Ingredients** | **Steps** |
| ***Nasi Goreng Tray Bake*** | * 2 tablespoons vegetable oil * 500g chicken thigh fillet, cut into 4cm pieces * 1 brown onion, halve lengthways, thinly sliced * 2 garlic cloves, crushed * 2 tablespoons kecap manis (sweet soy sauce) * 1 tablespoon salt-reduced soy sauce * 1 tablespoon sweet chilli sauce * 1 teaspoon sambal oelek * 2 cups long-grain rice * 4 cups (1l) chicken stock * 12 medium green prawns, peeled, deveined * 4 eggs * 2 green onions, thinly sliced * 1 large Lebanese cucumber, thinly sliced diagonally * 250g cherry tomatoes, halved * 2 tablespoons roasted peanuts, roughly chopped * Coriander sprigs, to serve | * Preheat oven to 180°C. Heat oil in a large frying pan over a medium heat. Add chicken and cook for 10 minutes or until well browned. Add onion and garlic and cook for 3 minutes or until softened. Add kecap manis, soy, chilli sauce, sambal oelek and rice. Stir until well combined. Pour in stock and bring to the boil * Remove from heat. Transfer to a roasting dish and cover with foil. Bake for 20 minutes. Add prawns to rice mixture. Make 4 indentations into the rice and break an egg into each indent. Recover with foil and bake for a further 10 minutes or until the egg whites are just cooked. Stand, covered, for 10 minutes. Top with onion, cucumber, tomatoes, peanuts and coriander and serve |
| ***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 chunks | * 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 |