|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Steps** |
| ***Parmesan Crusted Chicken Tenders*** | * 1 cup panko breadcrumbs * ½ cup (50 g) Perfect Italiano™ Parmesan Grated * 2 eggs, lightly whisked * ½ cup (125 ml) milk * 12 chicken tenderloins * Cooking oil spray * 500 g packet frozen sweet potato fries * 2/3 cup (165 ml) mayonnaise * 2 tbsps. sweet chilli sauce | * Preheat oven to 220°C / 200°C fan-forced. Line 2 oven trays with baking paper * Place panko breadcrumbs in a large shallow bowl. Stir in Perfect Italiano™ Parmesan. Combine egg and milk in a shallow bowl. Dip chicken in egg mixture, then breadcrumb mixture to coat. Place prepared chicken on one of the prepared trays. Spray with oil * Place sweet potato fries on the second tray. Bake sweet potato fries according to packet directions or until golden brown. Bake chicken for 15 minutes, turning halfway through cooking and spraying with oil, or until golden brown and cooked * Stir sweet chilli sauce into mayonnaise. Serve chicken with sweet potato fries and sweet chilli mayonnaise |
| ***Chestnut and chicken meatballs*** | How to roast chestnuts   * 350g fresh chestnuts   Chestnut Chicken Meatballs   * 350g fresh chestnuts or 250g cooked and peeled chestnuts, finely chopped * 500g chicken mince * 1 small brown onion, finely grated * 2 garlic cloves, finely chopped * 1 tsp finely grated lemon zest * 1 egg, lightly beaten * 1/3 cup flat-leaf parsley leaves, finely chopped * ½ cup dry white wine * ½ cup chicken stock * 2 tbsp Dijon mustard * 200ml reduced fat sour cream * 50g baby spinach leaves * Pasta, mashed potatoes or rice, to serve | How to roast chestnuts   * Preheat oven to 200°C (180°C fan-forced) * Cut a shallow cross into the flat side of each chestnut shell. Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open. * Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath.   Chestnut Chicken Meatballs   * Combine chestnuts, chicken, onion, garlic, lemon zest, egg and parsley in a large bowl. Mix until well combined. Roll mixture into 18 meatballs. Place onto a tray, cover and chill for 20 minutes * Heat oil in a large non-stick frying pan over medium-high heat. Add meatballs and cook, turning often, for 5 minutes until evenly browned. Remove meatballs from pan and set aside * Heat oil in a large non-stick frying pan over medium-high heat. Add meatballs and cook, turning often, for 5 minutes until evenly browned. Remove meatballs from pan and set aside * Add wine to pan and cook for 1 minute. Stir in stock, mustard and sour cream until well combined. Add meatballs to pan. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 8-12 minutes until meatballs are cooked through. Toss through spinach. Season to taste. Serve with pasta, mashed potatoes or rice |
| ***Rosemary, garlic and lemon roast lamb*** | * 80 g Western Star Spreadable Original * 2.5 kg lamb leg, bone-in * 6 garlic cloves, thickly sliced * 4 rosemary springs, cut into 4cm pieces * 1/3 cup (80 ml) malt vinegar * 2 tablespoons brown sugar * 1 small lemon, halved * 4 x bunches Dutch carrots (see tips), trimmed and peeled * Sea salt and cracked black pepper, to taste | * Preheat oven to 200°C (fan forced). * Put the lamb into a large roasting dish. Spread the Western Star Spreadable evenly over the lamb. Cut 15 small slits into the lamb and press a slice of garlic and a piece of rosemary into each slit. * Put the vinegar and sugar in a small bowl and stir to combine. Pour over the lamb. * Put the lemon halves into the roasting dish and sprinkle the lot with salt and pepper. * Cover with foil and cook for 1 hour. Remove the foil, add the carrots to the roasting dish and cook for another 20-30 minutes or until golden brown and the lamb is cooked to medium (see tips) or cooked to your liking. |
| *Zucchini and Sweet Potato Lasagne* | * 3 zucchini, sliced lengthways * 2 sweet potato, peeled and sliced lengthways * 300g tomato passata sauce * 225g Perfect Italiano Perfect Bakes * 250g Perfect Italiano Ricotta * 1/2 bunch fresh basil * Salt & pepper | * Preheat oven to 170°C * Quickly grill the zucchini and sweet potato slices on each side until lightly coloured * Ladle 1/3 Napoli sauce into base of baking dish, top with a sprinkle of Perfect Italiano Perfect Bakes then layer the sliced zucchini down until base is completely covered. Lightly spread Perfect Italiano Ricotta over zucchini, then lay down the sweet potato, sprinkle with salt and pepper then repeat the process 2 more times. Finishing with remaining ricotta and cheese * Cover baking dish with foil and place in oven for 20 minutes, remove foil and continue cooking for another 15-20 minutes until golden * Remove from oven and top with torn basil leaves. Allow lasagne to sit for 5 minutes before serving |
| ***Tikka Masala chicken drumsticks with pineapple and coconut rice*** | * 8 chicken drumsticks * 255g Street Kitchen Kashmiri Tikka Masala kit * 2 tablespoons vegetable oil * 1 cup basmati rice * 225g can pineapple pieces in juice * 1/3 cup toasted shredded coconut * 2 long green chillies, deseeded, thinly sliced * Coriander sprigs, to serve * Extra sliced green chillies, to serve * Fresh limes, halved, to serve | * Combine chicken drumsticks and garlic & ginger paste from kit in a large bowl * Heat oil in a large non-stick frying pan over medium heat. Add Tikka spice mix and cook for 1 minute. Add chicken drumsticks and cook for 8 minutes or until browned on all sides. Pour sauce over chicken with ½ cup water. Bring to the boil, reduce heat, cover and cook for 15 minutes or until cooked through * Meanwhile, rinse rice until water runs clear. Place into a saucepan. Drain pineapple reserving juice. Set pineapple pieces aside. Add reserved pineapple juice and 1 2/3 cups of water to the rice. Place over a high heat and bring to the boil. Simmer until craters form in rice. Reduce heat to low, cover and cook for 3 minutes. Remove pan from heat and stand for 5 minutes. Fluff rice with a fork. Stir through toasted coconut, sliced green chilli and reserved pineapple. Season with salt and white pepper. Serve garnished with cilantro, extra sliced chillies and lime halves |