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|  | **Ingredients** | **Steps** |
| ***Korean BBQ beef bowl with kimchi and fried egg*** | * 650g scotch fillet steak * 1 tablespoon vegetable oil * Street Kitchen Korean Bulgogi beef kit * 1 red capsicum, cut into thin strips * 4 eggs * Steamed long-grain brown rice, to serve * Extra sliced green onions, to serve * Kimchi, to serve | * Thinly slice steak diagonally. Heat half the oil in a wok or frying pan over high heat. Cook steak in batches for 2 minutes or until browned. Add ginger & garlic sachet to steak and stir to coat * Add capsicum and scallions to steak and stir until combined. Cook for 2 minutes or until vegetables are just softened. Stir through sauce and cook for 2 minutes or until hot * Heat remaining oil in a frying pan over medium heat. Fry eggs for 3 minutes or until egg whites are cooked through. Spoon rice onto serving plates. Top with steak and vegetable mixture. Sprinkle with sesame seeds and extra scallion. Place an egg on top of beef and serve with kimchi |
| **Fried rice**  ***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. | * 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. 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 |
| ***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 |