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|  | **Ingredients** | **steps** |
| ***Easy Fish Pie*** | * 750g baby new potatoes, quartered * 6 eggs * 250g tub light sour cream * 3/4 cup milk * 1 tablespoon Dijon mustard * 400g skinless salmon fillet, cut into 3cm pieces * 400g skinless white fish fillet (such as ling, snapper or basa), cut into 3cm pieces * 1 cup frozen peas, thawed * 2 green onions, finely sliced * 1 tbsp chopped dill, plus extra to garnish * 6 sheets filo pastry * 60g butter, melted * Mixed greens, to serve * Lemon wedges, to serve | * Preheat oven to 200°C/180°C fan forced. Place a 10-cup capacity shallow baking dish (about 35cm x 28cm) on an oven tray to catch any spills * Place potatoes in a large saucepan and cover with cold water. Bring to the boil. Add the eggs and simmer for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of iced water. Continue cooking potatoes for 3-4 minutes, until tender. Drain well and roughly mash. Meanwhile, peel eggs and cut into quarters * In a large bowl whisk sour cream, milk and mustard together. Add potato, salmon, fish, peas, green onion and dill. Season and mix well. Spoon into dish. Tuck in egg quarters * For the topping, brush pastry sheets with butter then cut into 4 strips lengthways. Scrunch each strip into a loose ball and arrange on top of pie * Bake pie for 25-30 minutes, until topping turns golden brown and filling bubbles up around the edges. Scatter with extra dill. Serve with mixed greens and lemon wedges |
| ***Chicken Schnitzel and Coleslaw Lettuce Cups*** | * 600g tray (4) Steggles Chilled Panko & Quinoa Chicken Breast Schnitzel * 1/3 cup low-fat Greek-style natural yoghurt * 1 tablespoon lemon juice * 2 teaspoons chopped dill * 1 clove garlic, crushed * 350g packet kale slaw mix * ¾ cup grated tasty cheese * 2 gherkins, sliced * 8 iceberg lettuce leaves, trimmed * Lemon wedges, to serve | * Preheat oven to 210°C/190°C fan forced. Place chicken on an oven tray and bake, turning halfway through cooking, for 18 minutes or until golden brown and cooked. Remove from oven and rest for 5 minutes * Meanwhile, whisk yoghurt, lemon juice, dill and garlic in a large bowl * Place lettuce leaves in serving bowls. Cut chicken into 1cm-thick slices. Fill lettuce leaves with kale slaw mix, cheese and gherkins, top with sliced chicken and drizzle with yoghurt dressing * Serve chicken schnitzel cups with lemon wedges |
| ***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 |