

## CHICKEN, BACON AND MUSHROOM RISOTTO

Time: Cook 27 minutes | Serves: 4

### *Ingredients:*

- 1 thsp olive oil
- 4 mushrooms, thinly sliced
- 1 spring onion, thinly sliced
- 1 chicken breast, cut into pieces
- 3 bacon rashers, diced
- 1 clove garlic, finely chopped

- 1 cup arborio rice
- 30g butter
- 750 ml chicken stock
- 1 cup of full cream
- 2 thsp of parmesan cheese
- Chopped chives and toasted pine nuts, to serve

- 1. In a large saucepan, heat the olive oil and saute the mushrooms and spring onion for 1 minute. Remove from the pan and set aside.
- 2. Add the chicken, bacon and garlic to the pan and then for just 3-4 minutes until slightly coloured. Remove from the pan and set aside.
- Add the rice and butter to the pan and toss to combine. Toast the rice for 1-2 minutes. Add the chicken mixture and half of the chicken stock.

- 4. When the rice has absorbed the stock, add another cup and continue to simmer for another 20 minutes until the rice is tender.
- 5. Stir in the mushroom mixture, cream and parmesan, and heat for another 5 minutes.
- 6. Serve hot, with chives and toasted pine nuts.



## SLOW COOKED LAMB

Prep - 10 minutes | Cooking - 3+ hours | Serves: 4-6

### *Ingredients:*

- · Shoulder of lamb on the bone
- 1 tbsp olive oil
- 1 ½ cups chicken stock
- 10-12 garlic cloves

- ½ cup malt vinegar
- ½ cup brown sugar
- Rosemary

- In a bowl, mix the malt vinegar, half the brown sugar (% cup), 1 tbsp of olive oil, salt and pepper. Generously marinate the shoulder of lamb in the mixture, though not all of it. Leave the lamb in the fridge for 20-30 minutes.
- Remove the lamb from the fridge and leave out to warm to room temperature at least 30 minutes before cooking. Meanwhile, pre-heat the oven to 165°C

- 3. Place the lamb in a large baking dish and add the garlic cloves, the rest of the marinade, chicken stock and rosemary.
- 4. Sprinkle the lamb with the rest of the brown sugar and cover the dish in aluminium foil.
- Place in the oven to roast for 3 hours, then remove the foil and continue roasting for another 30 minutes, until the lamb is glazed.
- 6. Serve warm, and enjoy!



### FRESH TOMATO SAUCE PENNE PASTA

Serves 6-8

### *Ingredients:*

- 2 onions, finely grated
- 3 cloves garlic, finely grated
- 750g cherry tomatoes, sliced in half
- 2 bottles of passata sauce
- 2 chicken stock pots

- Olive oil
- 500g store bought pasta
- Green olives halved
- 3 sprigs of thyme.
- 1 bayleaf
- Dried chilli flakes

- ½ bunch basil finely chopped
- Salt and pepper
- Parmesan cheese, grated, for serving

- To make fresh tomato sauce, drizzle olive oil in a pan and set over medium heat. Add the onions and garlic, and cook on low heat until they're soft and colourless. Add % of the cherry tomato halves and cook for approx. 10 minutes.
- 2. Add the passata sauce, chicken stock pots, thyme and bayleaf to the pan and simmer for about 40 minutes, until the sauce is thick and reduced.
- 3. Meanwhile, cook the pasta until slightly underdone in a large pot. Drain and drizzle with olive oil.

- 4. Remove the tomato sauce mixture from the stove and pass through a sieve.
- Place a large fry pan over medium heat and drizzle with olive oil. Add the remaining cherry tomato, olive halves and chilli flakes (optional). Fry briefly, then add 2-3 cups of your tomato sauce, the chopped basil and pasta.
- 6. Toss to combine and season with salt and pepper.
- Serve with grated parmesan cheese, and package the leftover tomato sauce into containers and store in the freezer for later use.



# PULLED PORK TACO

Prep - 10 minutes | Cooking - 8 hours | Serves: 8

### Ingredients: Roast and spice rub

- 3 & 1/2 pound boneless pork shoulder roast
- 2 tablespoons vegetable oil
- 4 tablespoons chili powder
- 1 tablespoons brown sugar

- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground oregano

- 1 teaspoon cavenne
- 1/4 teaspoon cinnamon
- Tiny pinch of ground cloves

- 1. Pat roast dry with paper towels, mix together all spice rub ingredients in a small bowl, then rub over the roast. Let sit at room temperature for one hour.
- 2. Heat vegetable oil on medium high heat in a large frying pan, then placing roast in the pan and browning all sides.
- Transfer roast from pan to slow cooker, cook on low setting for 6 to 10 hours, until the pork is fall apart tender.
- Remove the roast from the slow cooker and cut. into large manageable pieces. Using two forks. pull meat apart into bite sized shreds. Return shreds to slow cooker, stirring through the roast
- Serve with warm tortillas, avocado, brown onion, shredded cabbage, sliced radishes, corriander and a lime slice.



# TARTE TATIN

### Ingredients:

- 250g puff pastry
- 6-8 dessert apples (granny smiths work well for cooking)
- 40g butter

- 65g caster sugar
- 3 tbsp water
- Vanilla ice cream to serve

- 1. Pre-heat oven to 170-200°C.
- 2. Peel, core and chop green apples into quarter pieces.
- 3. Heat the water, sugar and salt in an oven-safe pan on the stove on medium heat. Swirl until the sugar browns.
- 4. Add butter to the pan, continue swirling to prevent burning.

- 5. Add the apple pieces to the pan, stir to cover them in the mixture. Cook on stove for 15-20 minutes
- 6. Remove the pan from the heat. Allow to cool slightly, then cover the pan with puff pastry, tucking the edges into the sides of the pan.
- 7. Cook in the oven for approximately 30 minutes, until the pastry is golden-brown.
- 8. Serve warm with ice cream.



# **TOBLERONE PUFFS**

### *Ingredients:*

- 1 large Toblerone bar
- 2 full sheets Puff pastry
- Olive or sunflower oil

- 1. Pre-heat oven to 180°C. Halve your puff pastry sheet twice.
- 2. Put a toblerone triangle in the middle of the puff pastry quarter.
- 3. Fold into a little parcel (might need to stretch the pastry slightly).

- 4. Place the parcels into the freezer for approximately 10 mins to firm.
- 5. Place the puff pastry parcels onto a tray, lined with baking paper, and place it in the oven.
- 6. Bake until the pastry is golden brown and the toblerone has melted.







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