

Quick + Easy Lettuce Wrap Tacos

SERVES 4



INGREDIENTS

- 500g chicken breast, diced
- 1 tbsp smoked paprika
- 1 tbsp ground cumin
- 1 tbsp garlic powder
- 3 tbsp extra virgin olive oil
- 250g cherry tomatoes, diced
- 1/2 red onion, finely diced
- 2 avocados, diced
- 2 limes, juiced
- Salt and pepper
- 1 large Cos lettuce, leaves washed and separated
- 100g cheddar cheese, grated
- 200ml sour cream
- Coriander

METHOD

1. Place chicken in a bowl. Add spices and mix to coat well. Add oil to a large frypan and place over medium-high heat. Add chicken and cook for 4-5 minutes or until cooked through.
2. Meanwhile, place tomatoes, onion, avocado and lime juice in a bowl. Mix well and season to taste with salt and pepper.
3. To construct tacos, arrange lettuce leaves on a serving plate. Top with cheese, chicken and salsa. Garnish with sour cream and coriander. Serve and enjoy!

Grilled Seafood with Kiwi Fruit Salsa

SERVES 4



INGREDIENTS

- 12 whole king prawns
- 12 sea scallops, cleaned
- 3 cloves garlic, crushed
- 2 shallots, finely sliced
- 1 green chilli, finely chopped
- 2 limes, juice and zest
- 4 tbsp extra virgin olive oil
- Salt & pepper
- 3 kiwi fruit, peeled and diced
- 1 avocados, diced
- 1/4 red onion, finely diced
- 1/2 cup parsley, finely chopped
- 1/4 cup shallots, finely sliced
- 1 lime, juiced
- 2 tbs extra virgin olive oil
- Salt and pepper
- 1/2 cup whole egg mayonnaise
- Micro red cabbage (optional)

METHOD

1. To prepare the prawns, carefully remove the shell keeping the head and tail intact. Insert a skewer behind the head to collect the intestinal tract and pull to remove. Mix together garlic, shallots, chilli, lime juice, zest, oil and season with salt and pepper. Pour over prepared prawns and scallops to coat well.
2. In a small bowl, mix together kiwi fruit, avocado, red onion, parsley and shallots. Add lime juice and olive oil. Season to taste to salt and pepper.
3. Preheat barbecue or grill plate. Once hot cook prawns on each side for 1 minute and remove from heat. Add scallops and cook for 10-20 seconds on each side.
4. To serve, add a generous spoonful of mayonnaise to the bottom of each plate. Arrange prawns and scallops. Top with kiwifruit salsa. Sprinkle with microherbs. Serve and enjoy!

Chickpea + Cauliflower Veggie Burgers

SERVES 4



INGREDIENTS

- 1/2 head cauliflower, roughly chopped
- 1 clove garlic, chopped
- 1 red chilli, chopped
- 1 free-range egg
- 1/2 cup parmesan cheese
- 400g can chickpeas, drained and rinsed
- 1 cup wholemeal flour
- Salt and pepper
- 1/4 cup oil for frying
- 1 cup Greek yoghurt
- 1 tbsp Harissa paste
- 4 wholegrain bread rolls
- 40g softened butter
- 8 lettuce leaves
- 1 carrots, peeled into ribbons
- 1 cucumber, finely sliced
- 1/2 red onion, finely sliced
- 2 radish, finely sliced
- 1 cup fresh mint leaves
- 1 cup fresh parsley leaves
- Salt and pepper

METHOD

1. Place cauliflower, garlic, chilli, egg, parmesan cheese and chickpeas into a food processor. Blend into a thick paste. Using wet hands, shape mixture into palm-sized patties before dusting in wholemeal flour.
2. Heat oil in a large frypan over medium heat. Once oil is hot, fry patties for 2-3 minutes on each side until cooked through and golden brown. Drain on paper towel.
3. Mix together yoghurt and Harissa.
4. To construct burgers, halve and butter each bread roll. Fill rolls with lettuce, Harissa yoghurt, veggie patties, carrot, cucumber, onion, radish and fresh herbs. Serve and enjoy!

Strawberries + Cream Eton Mess

SERVES 4



INGREDIENTS

- 500g ripe strawberries, sliced
- 1 tbsp brown sugar
- 1/2 orange, juiced
- 300ml thickened cream
- 1 tbsp vanilla bean paste
- 60g store-bought meringues
- Freeze-dried strawberries [optional]

METHOD

1. Place half the strawberries into a small saucepan. Add brown sugar and 1/3 cup water. Bring to a simmer. Continue to cook for 4-5 minutes or until strawberries have broken down and sauce has reduced and thickened. Set aside to cool.
2. Place remaining strawberries into a bowl. Add orange juice and set aside to macerate.
3. To make the Chantilly cream, whip cream to soft peaks. Fold through vanilla.
4. To serve, layer strawberry sauce, macerated strawberries, Chantilly cream and broken pieces of meringue into 4 serving glasses. Top with freeze dried strawberries and serve immediately. Enjoy!