

Healthy? Banana Bread

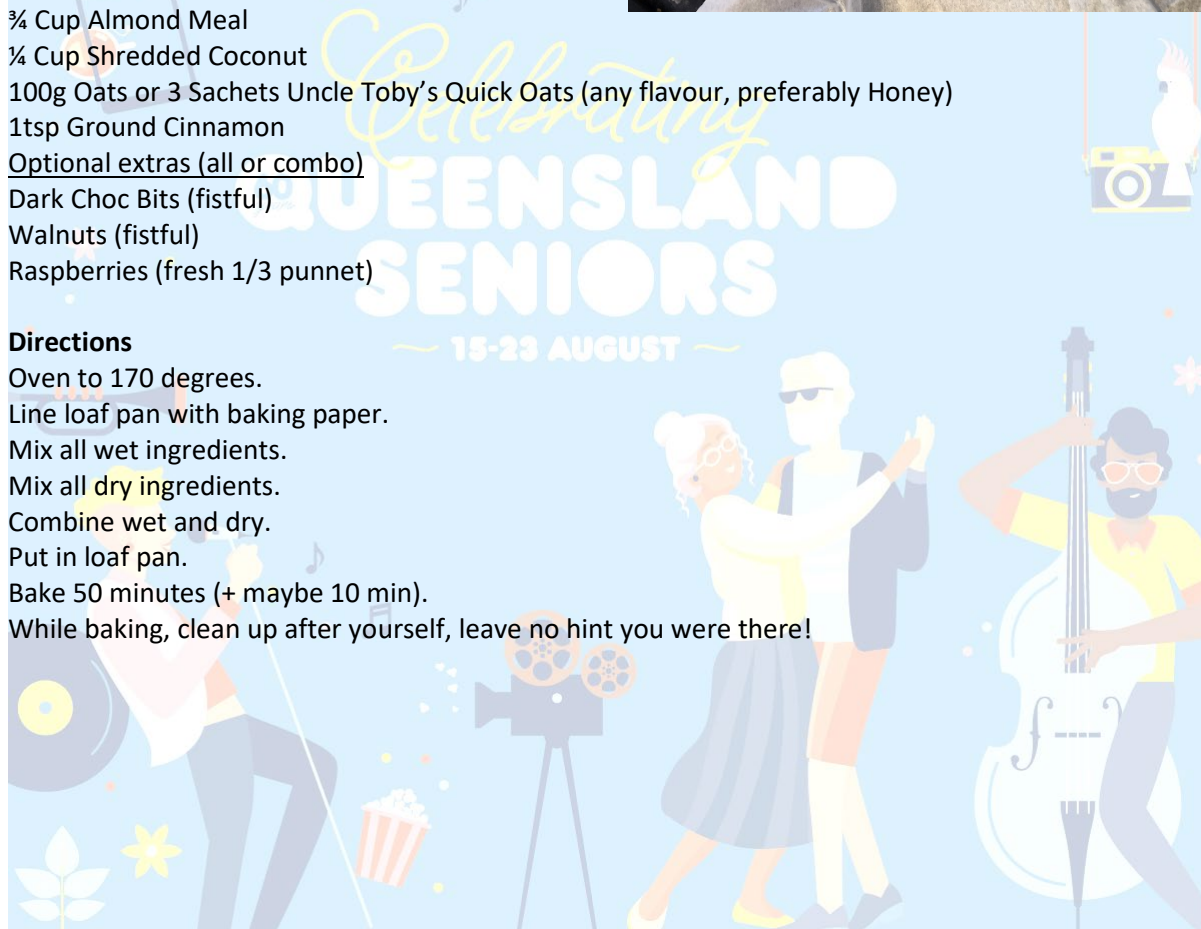
Makes 2 loaves

Ingredients

3 Large Eggs
3 Medium / Large Bananas mashed (as black and 'liquidy' as possible, without fur)
1 Tsp Vanilla extract
½ Cup Natural Greek Yoghurt (or any flavour in the fridge)
1/3 Cup Honey
¼ Cup Sunflower Oil
¼ Cup Coconut Flour
1tsp Baking Powder
½ Tsp Sea Salt
¾ Cup Almond Meal
¼ Cup Shredded Coconut
100g Oats or 3 Sachets Uncle Toby's Quick Oats (any flavour, preferably Honey)
1tsp Ground Cinnamon
Optional extras (all or combo)
Dark Choc Bits (fistful)
Walnuts (fistful)
Raspberries (fresh 1/3 punnet)

Directions

Oven to 170 degrees.
Line loaf pan with baking paper.
Mix all wet ingredients.
Mix all dry ingredients.
Combine wet and dry.
Put in loaf pan.
Bake 50 minutes (+ maybe 10 min).
While baking, clean up after yourself, leave no hint you were there!



Snack time

Ingredients

Handful M&M's flavour of your choosing
Handful raw cashews

Directions

Place all ingredients in bowl, mix to combine and enjoy!



Cheese and crackers minus the crackers

Ingredients

4 squares of vintage cheddar
4 teaspoons black swan guacamole
Cherry tomatoes

Directions

Place 1 teaspoon of guacamole on each cheese square.
Cut cherry tomatoes in half and slice 1 half on top of the guacamole.



Bean salad

Ingredients

1 small tin 4 bean mix drained and rinsed
½ corn cob or 1 small tin sweet corn drained and rinsed
¼ red onion diced
½ avocado diced
6-8 cherry tomatoes quartered
2 tablespoons coriander chopped
Half a Lebanese cucumber sliced and quartered
3 slices halloumi
Juice of a quarter of lime
Olive oil to taste

Directions

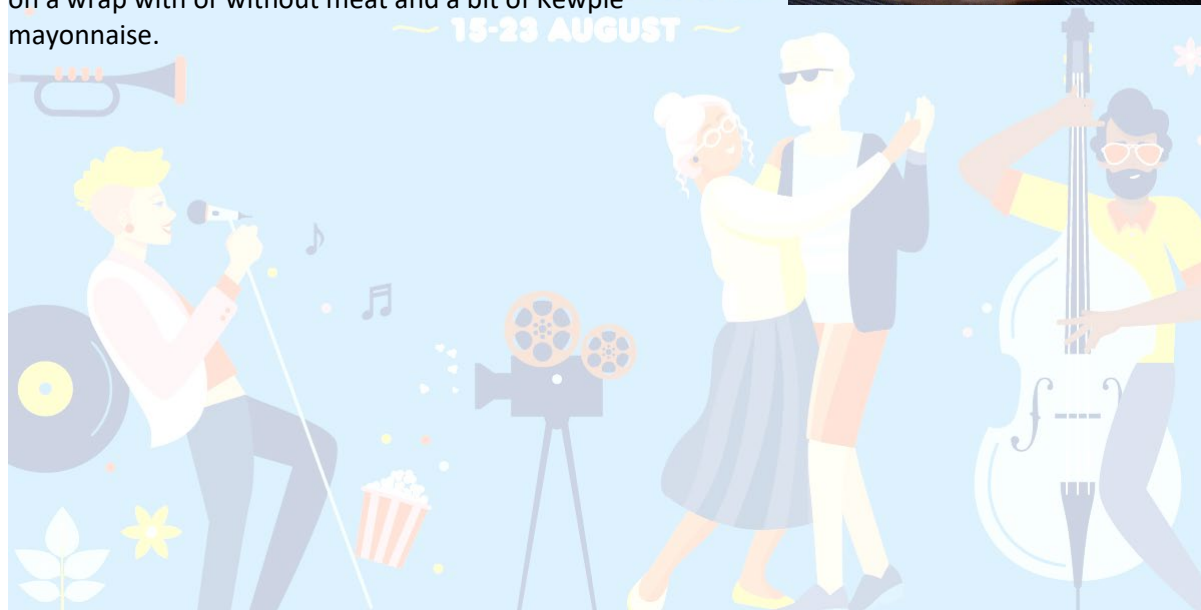
If using fresh corn, rub in a teaspoon of butter and grill or BBQ until charred.

Once charred, cut the kernels from the cob.

Fry the halloumi until browned and soft. Once cooked, cut each slice into 6-8 squares.

Place all ingredients into a bowl and combine with a spoon.

Can be eaten as a side dish or a main, you can add in some cooked meat, I like it with sliced lamb or steak. Also goes nicely on a wrap with or without meat and a bit of Kewpie mayonnaise.



Roast chicken and veggies

Ingredients

4 chicken legs
4 washed potatoes quartered
1 small sweet potato cut into small pieces
½ red capsicum sliced
4 mushrooms sliced
Handful each of green beans and snow peas

Directions

Pre heat oven to 180c.

Season chicken legs, potato and sweet potato with salt and pepper and lightly oil.

Add chicken and potatoes to a baking dish and place in the oven, cook for 40 minutes, turning occasionally.

Add the rest of the veggies to another baking dish and place in the oven once the potatoes and chicken reach the 40-minute mark.

Cook for a further 10-15 minutes until all food is cooked.



Spinach, chickpea and lemon pilaf

Recipe source: <https://hcfhealthagenda.partica.online/hcf/hcf-health-agenda-july-2019/flipbook/36/>

Ingredients

1 tbsp sunflower oil
1 red onion, peeled and finely chopped
1 tsp ground turmeric
1 tsp ground cumin
1 tsp garam masala
¼ tsp dried chilli flakes
600ml (2 ½ cups) hot vegetable stock
400g can chickpeas drained and rinsed
4 generous handfuls of spinach leaves
juice of 1 lemon
generous handful of coriander leaves
finely chopped
generous pinch of sea salt flakes
250g basmati rice



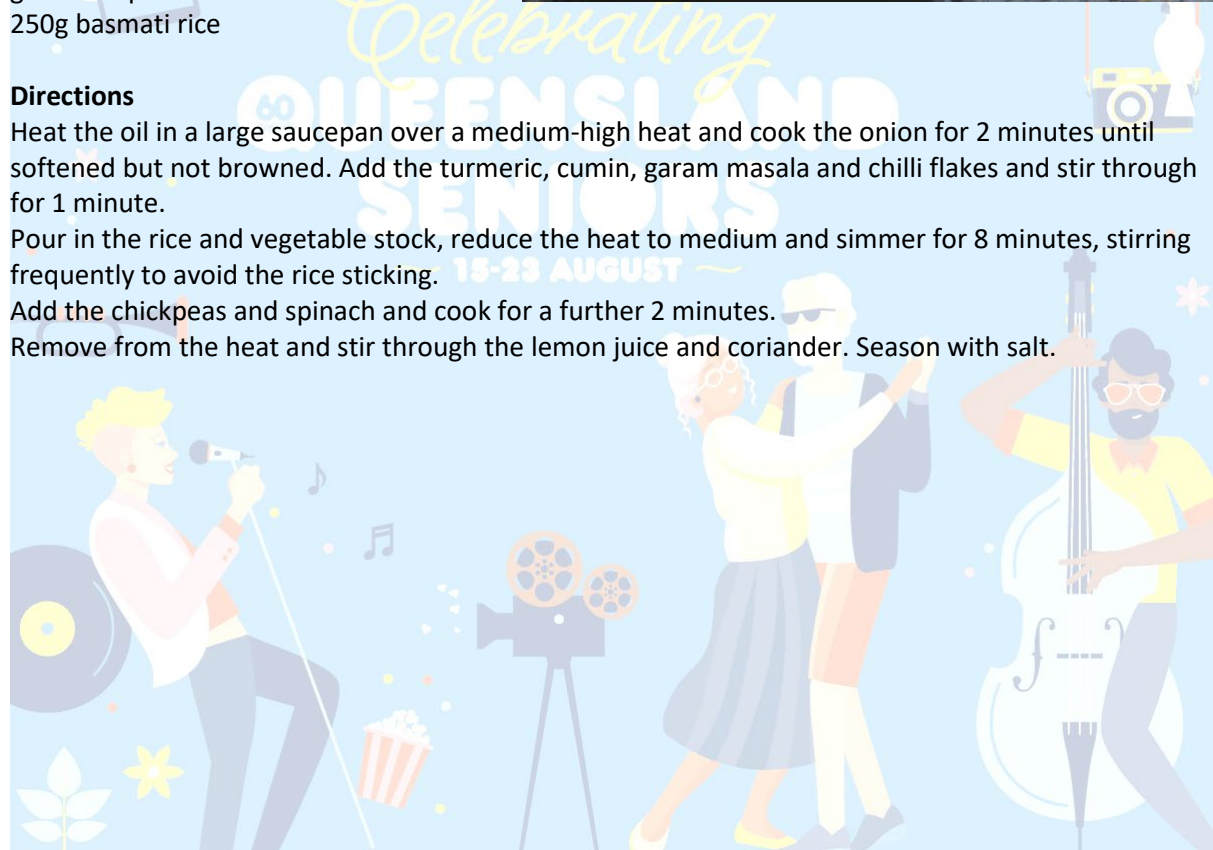
Directions

Heat the oil in a large saucepan over a medium-high heat and cook the onion for 2 minutes until softened but not browned. Add the turmeric, cumin, garam masala and chilli flakes and stir through for 1 minute.

Pour in the rice and vegetable stock, reduce the heat to medium and simmer for 8 minutes, stirring frequently to avoid the rice sticking.

Add the chickpeas and spinach and cook for a further 2 minutes.

Remove from the heat and stir through the lemon juice and coriander. Season with salt.



Curried mince

Ingredients

400g vegie mince (can also use beef or lamb mince)

3 tbsp Olive Oil

1 large brown onion diced

Curry powder to taste

1 vegie stock cube

Mixed vegies. I usually use the can mixed vegies but today had frozen corn, peas and capsicum and I added extra frozen peas and broccoli

Directions

Note: if using frozen vegies, cook the vegies cook them before putting with the mince.

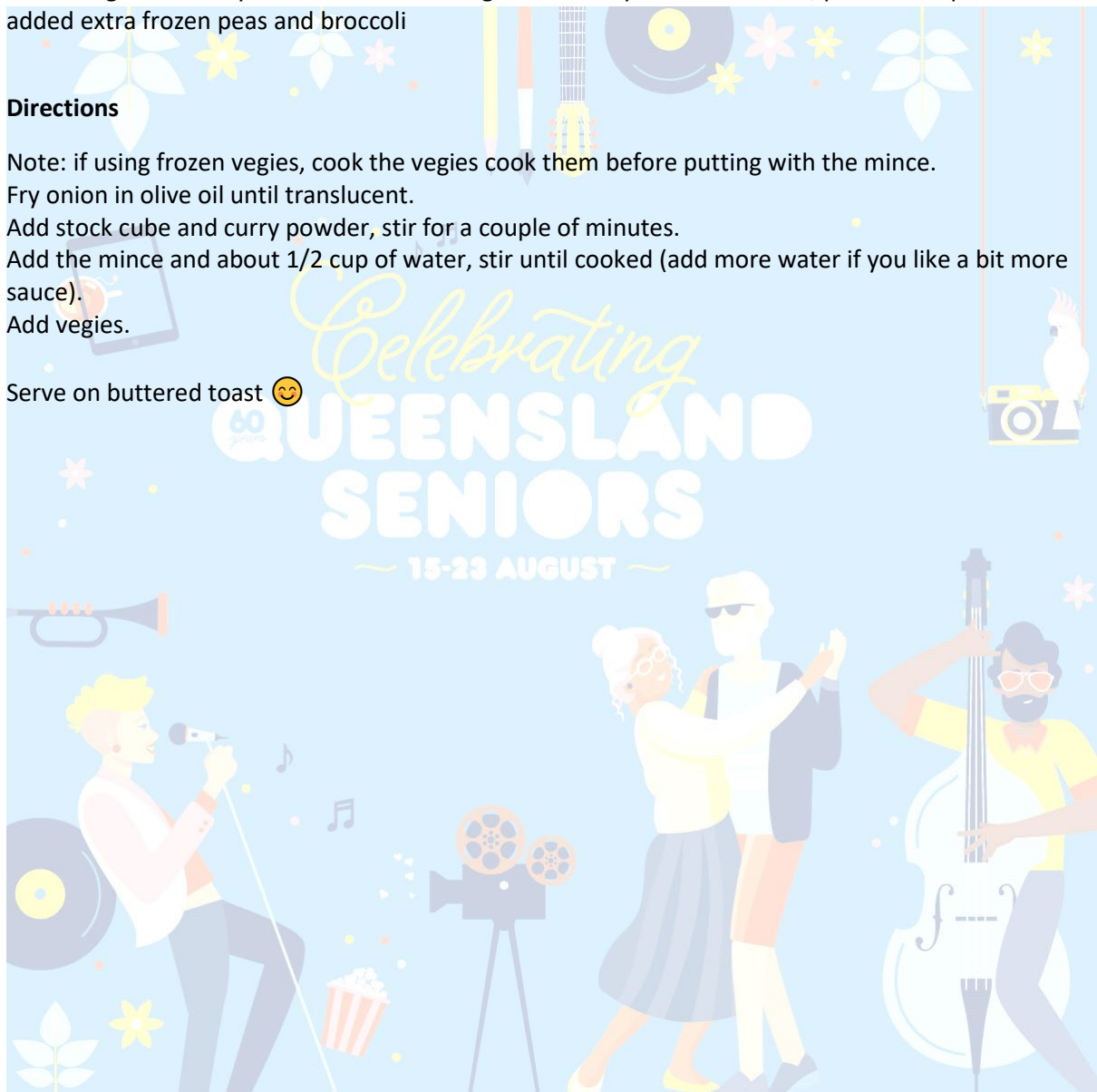
Fry onion in olive oil until translucent.

Add stock cube and curry powder, stir for a couple of minutes.

Add the mince and about 1/2 cup of water, stir until cooked (add more water if you like a bit more sauce).

Add vegies.

Serve on buttered toast 😊



Spinach dahl

Ingredients

2 tbs oil
1 large chopped onion
2 tsp cumin
2 tsp yellow mustard seeds
2.5cm piece fresh ginger, grated
3 cloves garlic
2 carrots grated
1 packet of frozen spinach
2 tsp turmeric
½ teaspoon chilli
1 tsp garam masala
1 cup red lentils
1 2/3 cups water (less ½ cup for slow cooker)
1 2/3 cups coconut cream
1 can chopped tomatoes, or 5 fresh tomatoes diced
Juice 2 limes
4 tbs chopped fresh coriander
¼ cup flaked roasted almonds

Directions

In a large pan, fry onion, garlic, ginger, mustard seeds & cumin in oil for 1 minute over a medium-high heat.

Add turmeric, chilli, garam masala and carrot and cook for 5 minutes.

Add lentil, water, coconut cream, tomatoes, spinach and season to taste.

Reduce heat and cook for 45 minutes.

Stir in lime juice and cook for 15 minutes.

Top with coriander and almonds to serve.

Slow cooker directions

Turn on slow cooker and add the onion, garlic, ginger, mustard seeds & cumin first (this doesn't cook them the way doing it in a pan would, but it is still great).

Add the other ingredients and mix it all together. If using frozen spinach, add this frozen and just give another stir as it thaws.

Cook on high for 3-4 hours, keeping an eye on it.



Banana bread – gluten and dairy free

Recipe is from Family Food cookbook by Pete Evans, page 222.

Ingredients

250ml (1 cup) coconut oil melted
(I used half this amount)
75g ($\frac{3}{4}$ cup) coconut flour
75g ($\frac{3}{4}$ cup) almond meal
1 tsp ground cinnamon
2 tsp baking soda
Pinch sea salt
5 very ripe bananas
6 eggs
 $\frac{1}{4}$ tsp vanilla powder
4.5 tbsls honey, plus extra for brushing

Directions

Preheat oven to 160c. Grease a 20cm x 12 cm loaf tin with a little coconut oil then line the base and sides with baking paper.

In a large bowl, combine the coconut flour, almond meal, cinnamon, baking soda and salt and mix well.

Place 4.5 of the bananas in a bowl and mash thoroughly. Slice the remaining half a banana diagonally into three or four pieces and set aside.

In another bowl, whisk together the eggs, vanilla and honey then stir in the mashed banana.

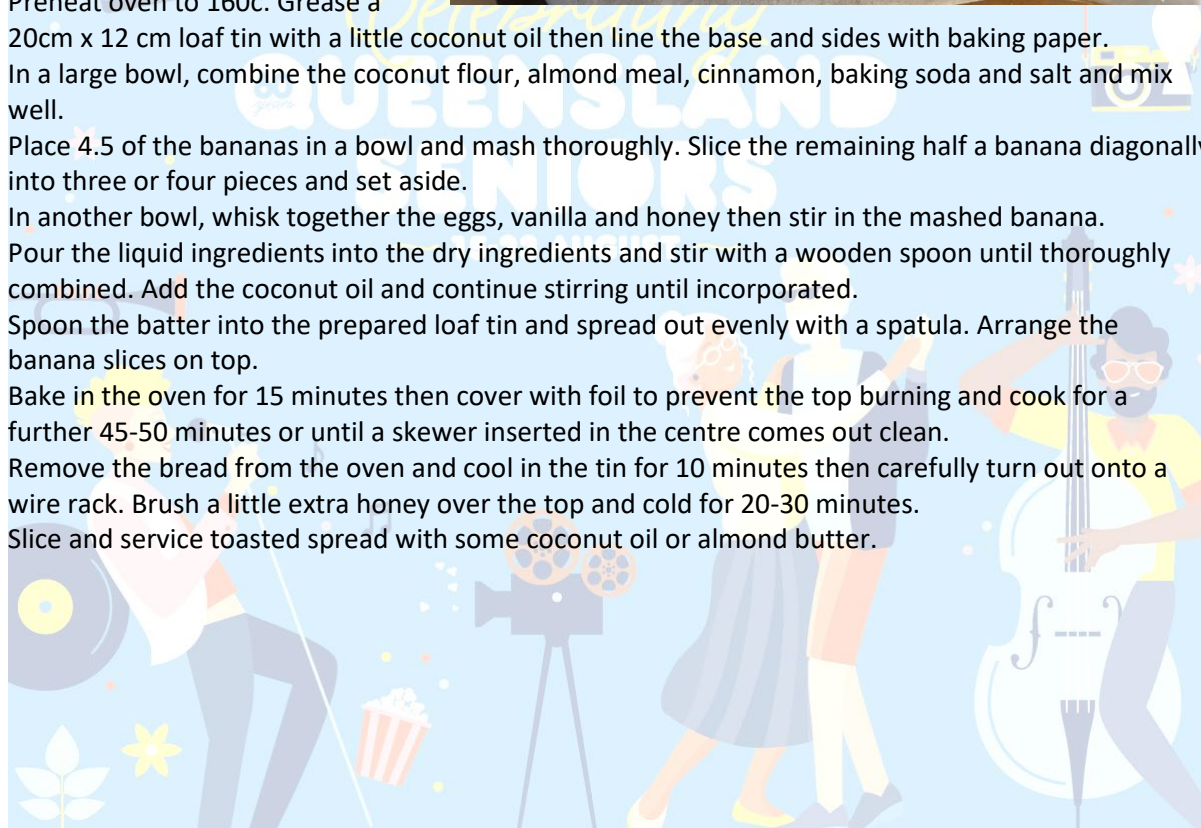
Pour the liquid ingredients into the dry ingredients and stir with a wooden spoon until thoroughly combined. Add the coconut oil and continue stirring until incorporated.

Spoon the batter into the prepared loaf tin and spread out evenly with a spatula. Arrange the banana slices on top.

Bake in the oven for 15 minutes then cover with foil to prevent the top burning and cook for a further 45-50 minutes or until a skewer inserted in the centre comes out clean.

Remove the bread from the oven and cool in the tin for 10 minutes then carefully turn out onto a wire rack. Brush a little extra honey over the top and cold for 20-30 minutes.

Slice and service toasted spread with some coconut oil or almond butter.



Teriyaki Salmon

From: <https://www.justonecookbook.com/teriyaki-salmon-recipe/>

Ingredients

2 fillets salmon
¼ tsp salt
black pepper
1 Tbsp plain flour
½ Tbsp vegetable oil
1 Tbsp unsalted butter
1 Tbsp sake*

Seasonings

1 Tbsp sake*
1 Tbsp mirin**
1 Tbsp sugar
2 Tbsp soy sauce

Directions

Combine the seasonings and mix well until the sugar is dissolved (or microwave for a few seconds).

Rinse the salmon and pat dry. Season the salmon with salt and pepper on both sides.

Sprinkle 1/2 Tbsp. of plain flour on the salmon and spread evenly. Gently remove the excess flour.

In a frying pan, add the vegetable oil and melt the butter over medium heat.

Add the salmon fillets, skin side on the bottom. Cook the salmon for 3 minutes, or until the bottom side is nicely browned, and then flip.

Add sake and cover with a lid. Steam the salmon for 3 minutes, or until its cooked through. Remove the salmon.

Add the seasonings to the pan and increase the heat. When the sauce starts to boil, add the salmon back to the pan and spoon the sauce over the salmon.

When the sauce thickens, turn off the heat. Plate the salmon and serve immediately.

*Sake or Chinese rice wine or dry sherry

**Mirin or 1 Tbsp. sake + 1 tsp. sugar



Mexican Sunday Tacos

Ingredients

Pork rashers
Dry rub or marinade
Soft tortillas
Chipolata sauce (optional)
Mesquite wood chips (optional)
1 large red chilli sliced

Salsa

2 x corn cobs (1 tin sweet corn)
Paprika – chilli powder - butter
Salt
Medium tin four beans
Coriander chopped (heaps)
1 large tomato diced
Half a red onion diced finely (to taste)
1 lime
1 Avocado diced

Direction

Marinate pork rashers or apply dry rub and leave for at least 4 hours (overnight best).
Coat corn cobs with paprika, chilli powder (easy) and salt to taste and wrap individually with alfoil adding a knob of butter to each.
Using a charcoal BBQ offers superior results.
Cook corn in alfoil along with rashers low and slow adding mesquite and covering as you go.
Uncover corn toward the end and sear till perfect.
Cut corn from cob and add to a large bowl along with all other salsa ingredients and another generous serving of coriander for serving.
Mix well and squeeze lime onto salsa prior to serving.
Slice pork rashers and place in separate serving bowl (It's not much extra work to prepare chicken wings in the same fashion and serve alongside).
Brown (char) tortillas to taste.
Serve with chipolata sauce, handfuls of coriander, sliced chilli.

Note from staff member: this recipe is my interpretation of the common taco. It was crafted over many many attempts to capture authentic vibes to accompany my Mexican Sunday holiday – a bi annual event I indulge in.



HOTTEOK (PRONOUNCED HODDUK)

Dough

Warm water (heat to 40~44°C / 105~110°F)

2 teaspoons – Yeast

2 cups – Flour

2 Tablespoons – Sugar

½ teaspoon – Salt

1 Tablespoons – Oil

Filling

¼ Cup Brown sugar

¼ Cup white sugar

½ teaspoon Cinnamon

2 Tbsp crushed Nuts (can be peanuts, walnuts, sunflower seeds...)

Hotteok Dough

In a cup, combine warm water and yeast. Stir lightly and set aside to proof for 10 to 15 minutes.

While the yeast proofs, in a large bowl, combine flour, salt and sugar then mix.

Once the yeast is ready, add it to the dry ingredients in the bowl and mix.

Knead the dough, adding the oil as you knead. Add extra flour if the dough is too sticky.

Once dough is thoroughly kneaded, press down into bowl, cover the bowl and set aside. Let the dough rise to about twice its original size. Depending on the temperature, this should be about half an hour to one hour (to speed this process up put bowl in oven on low heat).

When the dough is ready it will have a sticky consistency.

Hotteok Frying

Heat a large pan to medium heat and add a liberal amount of cooking oil.

Oil your hands lightly to prevent the dough from sticking to them.

Take a pinch of dough and form it in your hands. Make a ball and stretch, flatten into a disc shape.

Take the filling and add a spoonful to the center of the dough disc.

Grab the sides of the dough and close it into a ball, keeping the filling inside the dough.



Images from google images

Set the ball onto the frying pan and let it fry for about a minute. You can form more balls while these cook. With a spatula and/or press, flip each ball over and press them into a flat pancake. Continue to cook another minute.

Flip again and press until both sides are golden-brown.

Move to a serving dish and allow them to cool at least a couple minutes.

Note: You can also add savoury mince in the centre for a savoury Hotteok.

Chicken BLT burger

Ingredients

Pre prepared chicken burger

Butter

Lettuce

Tomato

Bacon

Avocado

Cheese

Bread roll

Directions

Cook chicken burger to packet directions.

Cook bacon.

Slap on heaps of butter, bacon, avocado, cheese, tomato and lettuce and chomp down



Note from staff member: This is a BLT burger that during COVID, my 17-year-old decided that she knew how to cook and that was all she was going to cook!!! I didn't care as long as I DIDN'T have to cook!! I'm pretty sure she made it at least 25 million times.

PESTO

Ingredients

50g fresh basil leaves

25g pine nuts or walnuts

2 cloves of garlic

large pinch of salt

freshly ground pepper

60 ml olive oil

50g freshly grated parmesan cheese

Directions

Lightly toast pine nuts if desired.

Blend/process – basil; nuts; garlic; salt & pepper and ½ oil.

Gradually add remaining oil, while processing, until thick creamy consistency

Tip into bowl and stir in cheese.



Note: When using as a pasta sauce. Use a little of the pasta water (hot) to mix with the pesto, at least a few tablespoons. The mixture will turn lighter in colour and become more fluid, making it easier to mix with the pasta. This step is important.

Hints from staff member

Mix with cottage cheese or feta for a dip.

Stuff chicken breasts and bake.

Dollop on halved tomatoes and bake.

Use instead of butter for an amazing sandwich.

ARE YOU HUNGRY YET?

SALSA DI POMODORO (tomato sauce)

Ingredients

2 x 15ml/tablespoons oil
2 x large cloves of garlic halved
1 x 400g can peeled Italian tomatoes (do not use diced, use whole – better flavour)
2 x 15ml/tablespoons tomato paste
2 x 5ml/teaspoon sugar
Salt
Pepper



Directions

Heat oil & garlic in saucepan – gently (not brown) over low heat – about 5 minutes, until oil well flavoured. Then discard garlic. (I find you have to keep taking it off the stove or else the garlic browns, which bitters the taste)

Add tomatoes and the liquid; tomato paste; sugar; salt and pepper.

Bring to boil, cover, and simmer very gently for 40 minutes, preferably longer.

Beat sauce to break large pieces. (I use a potato masher for a nice thick texture). Adjust flavours. I always use more garlic.

You need some sugar to balance acidity of tomatoes, you can start with 1 teaspoon if you prefer. Remember the sauce is always going to taste sweeter; saltier etc until it is mixed with pasta.

ALL DONE! (Makes about 300ml)

Hints:

Go nuts and throw in heaps of torn fresh basil or other fresh herbs just before you serve – Yum. Leave out most of sugar and throw in some chilli.

Fry some prawns in garlic, then sear some scallops in the same pan. Deglaze the pan with some tomato sauce. Toss those ingredients back into the sauce with some calamari rings. Now you have an amazing tomato based Marinara sauce.

Fry thick slices of zucchini, onion, red capsicum, big chunks of bacon until just cooked transfer to sauce to simmer and you have a vegetable casserole eaten by itself with crusty bread or over pasta.

Perfect pizza sauce

I usually make 4 cans of tomatoes at a time and freeze what I don't use.

Sicilian Potato Salad

Recipe from https://www.cento.com/recipes/salads/sicilian_potato_salad.php

Ingredients

4 medium potatoes
2 tbsp sea salt, plus additional for seasoning
2 tbsp capers, drained
160g pitted black olives, halved
1 tbsp dried oregano
1 pack fresh cherry tomatoes, rinsed and halved
4 celery stalks, trimmed and sliced into ½ inch slices
¼ red onion, peeled and thinly sliced
Ground black pepper to taste
3 tbsp white wine vinegar
¼ cup extra virgin olive oil



Directions

Place potatoes in a medium sized pot and cover with water. Add salt and bring to a boil until potatoes are tender, about 20 minutes. Drain potatoes and set aside to cool to room temperature. While potatoes are cooking, soak caper in cold water for 10 minutes. Drain, rinse and repeat. Once the potatoes reach room temperature, peel and quarter. In a large bowl, combine all ingredients, then place in a serving bowl or plate.

Serves 4-6



Prawn & asparagus stir fry

Recipe from the CSIRO Total Wellbeing Diet Cookbook

Ingredients

1 tsp olive oil
150g raw, shelled prawns, any type
¼ medium red onion
1 bunch asparagus, cut into thirds
½ green capsicum, chopped
½ medium zucchini, cut into half moons
½ cloved garlic, crushed or minced
1 tsp fresh ginger
2 tsp soy sauce
¼ lemon juiced
1 pinch ground pepper

Directions

Heat half the oil in a non-stick fry pan or wok over a medium-high heat. Add prawns to the pan and cook until pink. Set aside and cover to keep warm. Return the same pan to the heat and add the remaining oil. Add the onion, asparagus, capsicum, zucchini, garlic and ginger and cook for 3-4 minutes, stirring frequently.

Once vegetables are tender-crisp, return the prawns to the pan and add soy sauce. Stir until well combined. Just before service, add lemon juice and stir once more. Season to taste and service while hot.

Note from staff member: The recipe is only for one serve, but I just doubled it for my partner & I (and threw in a few more prawns for my partner!) Delicious, quick and super easy to throw together.



Zesty Lime & Ginger Pork tacos

Recipe from Hello Fresh

Ingredients

Olive oil
2 limes, juiced and zested
2 carrots, grated
4 cloves garlic, finely grated
2 knobs ginger, finely grated
1 bunch coriander, roughly chopped
16g sweet chilli sauce
1 small white cabbage, finely sliced
500g pork mince
¼ cup soy sauce
12 mini flour tortillas

Directions

In a small bowl, combine the sweet chilli sauce, the lime zest and ½ of the lime juice.

Heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the cabbage and cook for 3-4 minutes or until softened.

Remove the cabbage from the pan and place in a bowl, cover with foil to keep warm.

Return pan to medium-high heat and add a drizzle of oil. Add the mince breaking up with a wooden spoon and cook for 5-6 minutes until browned and cooked through. Add the carrot, garlic, ginger, soy sauce and the remaining lime juice and cook for a further 1-2 minutes or until fragrant.

While the mince is cooking, place the tortillas on a plate in the microwave or in a sandwich press for a few seconds or until warmed through.

Divide the tortillas between plates and top with the white cabbage and the ginger pork. Drizzle over the sweet chilli-lime sauce and sprinkle with coriander.



Happy Cooking 😊

from the team at ADA Australia