

CRISPY SKIN SALMON WITH HERB YOGURT



Courtesy Of The Australian Women's Weekly

SERVES 1 PREP + COOK TIME 20 MINUTES

INGREDIENTS

- ☐ 200g piece salmon, skin on
- ☐ 2 teaspoon extra virgin olive oil
- ☐ ¼ cup fresh flat-leaf parsley leaves, chopped finely, plus extra to serve
- ☐ ¼ cup coriander leaves, chopped finely
- ☐ 1 small garlic clove, crushed
- ☐ ¼ teaspoon chilli flakes
- ☐ ¼ teaspoon ground cumin
- ☐ ¼ teaspoon ground coriander
- ☐ 1 teaspoon lemon juice
- ☐ ¼ cup (80g) Greek yoghurt
- ☐ 125g microwave brown rice, heated

Photography By Con Poulos. Styling Amber De Florio



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- ❑ Rub salmon fillet with 1 teaspoon of the olive oil. Season all over with salt flakes.
- ❑ Cook salmon, skin-side down, in a heated frying pan or on a barbecue flat plate for 4 minutes or until the skin is crisp and browned. Turn, cook for a further minute or until done as desired. Salmon is best served a little rare in the centre.
- ❑ For the herb yoghurt, combine the parsley, fresh coriander, garlic, chilli flakes,
- ❑ ground cumin and coriander and lemon juice; mix until smooth. Stir in yoghurt and season.
- ❑ Serve salmon fillet with herb yoghurt, brown rice. Drizzle with remaining olive oil and extra parsley, if desired.
- ❑ From the Test Kitchen
- ❑ Cook the salmon in an air fryer – preheat to 200°C for 3 minutes. Rub salmon with oil, then sprinkle with salt flakes.
- ❑ Line the air fryer basket with a silicone mat, if available. Place salmon, skin-side up, in the basket; cook for 8 minutes until skin is crisp and salmon is cooked to your liking.

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SPICY PEANUT BUTTER RAMEN



SERVES 1 PREP + COOK TIME 10 MINUTES

INGREDIENTS

- ☐ 1 tablespoon crunchy peanut butter
- ☐ 1 tablespoon salt-reduced soy sauce
- ☐ 2 teaspoons gochugaru
- ☐ 1 small garlic clove, crushed
- ☐ 1 green onion, sliced thinly
- ☐ 1 teaspoon sesame oil
- ☐ 2 x 70g instant noodle cakes
- ☐ fried egg, fresh coriander leaves,
- ☐ toasted sesame seeds and chunks of sliced cucumber, to serve
- ☐ crispy chilli oil, optional, for serving

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SPICY PEANUT BUTTER RAMEN



METHOD

- ❑ Place peanut butter, soy sauce, gochugaru, garlic, green onion and sesame oil in a serving bowl; stir to combine.
- ❑ Cook instant noodle cakes following packet instructions. Using tongs, remove the noodles from the water and place directly into the serving bowl with the peanut butter mixture; toss to combine.
- ❑ Serve noodles topped with a fried egg, fresh coriander leaves, toasted sesame seeds and cucumber. Accompany with crispy chilli oil, if desired.

Note From the Test Kitchen

Gochugaru is a fermented red chilli paste used extensively in Korean cooking. It adds a touch of sweetness and a spicy kick. Adjust the heat by adding more or omitting gochugaru.

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SALT & PEPPER TOFU WITH SOBA NOODLES



SERVES 1 PREP + COOK TIME 20 MINUTES

INGREDIENTS

- ☐ 150g block medium tofu
- ☐ 90g soba noodles
- ☐ 85g asparagus, trimmed, halved lengthways
- ☐ 2 teaspoons toasted sesame oil
- ☐ 2 teaspoons rice flour
- ☐ 2 teaspoons sesame seeds
- ☐ ½ teaspoon ground white pepper
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ ¼ teaspoon sea salt
- ☐ vegetable oil, for shallow-frying
- ☐ 2 tablespoons teriyaki sauce
- ☐ 1 small Lebanese cucumber (85g), sliced thinly
- ☐ 1 small stalk green onion, sliced thinly
- ☐ ¼ teaspoon toasted sesame oil, extra, optional
- ☐ thinly sliced fresh chilli, optional



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SALT & PEPPER TOFU WITH SOBA NOODLES



METHOD

- ❑ Place tofu on a paper-towel-lined plate; cover with another sheet of paper towel. Weigh down with another plate. Stand for 10 minutes to drain.
- ❑ Meanwhile, bring a medium saucepan of water to the boil; cook noodles for 1 minute. Add asparagus to noodles; cook for a further 2 minutes or until tender. Drain; separate asparagus from noodles.
- ❑ Place sesame oil on a small plate. Combine fl our, sesame seeds, peppers and salt in a small shallow bowl or plate. Cut tofu into 12 cubes; lightly coat each cube in sesame oil, then coat in rice fl our mixture.
- ❑ Heat 1.5cm vegetable oil in a non-stick frying pan over medium heat. Shallow-fry tofu, in two batches, for 2 minutes each side or until golden.
- ❑ Meanwhile, place teriyaki sauce in same dried medium saucepan; warm over medium heat. Return noodles to pan; stir until warmed through.
- ❑ Add noodles to serving bowl. Top with cucumber, tofu, asparagus and green onion; drizzle with extra sesame oil and fresh chilli, if desired.



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CHICKEN PAPRIKASH WITH EGG NOODLES



SERVES 1 PLUS LEFT OVERS PREP + COOK TIME 40 MINUTES

INGREDIENTS

- ☐ 2 chicken Marylands
- ☐ 2 teaspoons extra virgin olive oil
- ☐ 1 medium onion (150g), sliced thinly
- ☐ 1 clove garlic, sliced thinly
- ☐ 1 teaspoon sweet paprika
- ☐ 1 teaspoon smoked paprika
- ☐ 1 tablespoon plain flour
- ☐ 1 cup (250ml) chicken stock
- ☐ ½ x 400g can cherry tomatoes
- ☐ 150g fresh egg fettuccine
- ☐ 1 tablespoon parsley leaves

Photography: Con Poulos. Styling: Michele Cranston.

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CHICKEN PAPRIKASH WITH EGG NOODLES



SERVES 1 PLUS LEFT OVERS PREP + COOK TIME 40 MINUTES

METHOD

- ❑ Cut the bone end off chicken legs with a sharp cleaver or large chef's knife (or ask your butcher to do this). Score skin-side of chicken pieces three times on the diagonal.
- ❑ Heat oil in a small frying pan over medium-high heat. Cook chicken, skin-side down, for 5 minutes or until golden brown. Turn chicken; cook for a further 5 minutes. Transfer to a plate.
- ❑ Discard all but 1 tablespoon of fat from pan; reduce heat to medium. Add onion; cook, stirring, for 2 minutes. Add garlic; cook for 2 minutes. Add paprikas and flour, season; cook, stirring continuously, for 1 minute or until paprika is fragrant.
- ❑ Add stock; whisk until smooth. Add tomatoes; bring to the boil over high heat. Return chicken to pan, skin-side up, in a single layer. Reduce heat to low-medium; cook, covered, stirring occasionally, for 25 minutes or until chicken is cooked through. Season to taste.
- ❑ Meanwhile, cook pasta in a medium saucepan of boiling salted water following packet directions until just tender; drain.
- ❑ Serve pasta and chicken paprikash sprinkled with parsley.



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