

SATAY CHICKEN

Recipe by Sally Wise

INGREDIENTS

- ❖ 750g skinless chicken breast or thigh fillets
- ❖ 1 tablespoon olive (or similar) oil
- ❖ 1 onion, finely diced
- ❖ 1½ cups mixed chopped vegetables
- ❖ 1 clove garlic, crushed
- ❖ 1 heaped tablespoon peanut butter
- ❖ 1 tablespoon tomato sauce
- ❖ 1 tablespoon Worcestershire sauce
- ❖ 1 tablespoon soy sauce
- ❖ 1½ tablespoons sweet chilli sauce
- ❖ 1 cup water or coconut milk

Hint – the 1 ½ cups vegetables could include, for example, green or red capsicum, a small zucchini or two, celery, carrot or whatever you have on hand. They should all be cut into thin strips

METHOD

Serves 4

Cut the Chicken into 1cm cubes.

Heat the oil in a frying pan or wok, then sauté the chicken and onion until the chicken changes colour.

Add the vegetables and sauté until almost tender, then add the garlic and cook one minute more.

Remove from heat, and stir in the peanut butter, tomato sauce, soy sauce, Worcestershire sauce, chilli sauce and water or coconut milk.

Return to the heat, bring back to the boil and simmer till chicken is tender and sauce reduced a little. Add salt and pepper if needed.

Serve with steamed rice, couscous or jacket potato and side salad.



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BEEF AND VEGETABLE PASTIE

Recipe by Sally Wise



INGREDIENTS

Homemade shortcrust pastry is by far the tastiest option (see recipe below) or you can substitute 3 or 4 sheets of ready rolled puff or shortcrust pastry, thawed. The recipe will make 8 to 12 pasties, depending on the size of the pastry circles.

ingredients

- ❖ 300g plain flour
- ❖ ½ teaspoon baking powder
- ❖ ½ teaspoon salt
- ❖ 150g butter, chopped
- ❖ 100ml cold water, approximately
- ❖ 1 egg yolk lightly whisked with 60ml cold water, to glaze

For the Pastie Filling

- ❖ 300g grated potatoes, peeled weight – coarsely grated
- ❖ 100g carrot, coarsely grated
- ❖ 80g swede, peeled weight - coarsely grated
- ❖ 1 large onion, peeled and coarsely grated
- ❖ 400g beef mince
- ❖ ½ cup peas ‘thawd if using frozen
- ❖ ¾ teaspoon salt
- ❖ 60g butter, diced

METHOD

Place the flour, baking powder, salt and butter in a food processor and process until the mixture resembles breadcrumbs. Turn out into a bowl and mix with the herbs and enough water to bring together to a soft dough. Pat out to a rectangle about 2cm thick. Wrap in cling film and refrigerate for 30 minutes.

Mix all the filling ingredients, except the butter, together until well combined.

To Assemble

Heat oven to 200 degrees C (fan forced). Line 2 baking trays with baking paper. If using the homemade pastry, roll out thinly (approximately 6mm thick) on a lightly floured surface, dusting the top of the pastry with a little flour also.

Using a small saucer as a guide cut out 8 to 12 rounds (pastry scraps can be re-rolled when and if necessary). Divide the filling evenly among the circles then place an equal amount of the diced butter on each.

Dampen half the edge and then fold over to enclose the filling, crimping damp side to dry.

Place on baking tray. Brush with the egg yolk/water mixture and then prick each pastie on Each side once with a fork. Bake for 10 minutes, then reduce heat to 170°C and bake for 25 minutes more.



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SWEET POTATO SLICE

Recipe by Sally Wise



INGREDIENTS

- ❖ 6 eggs
- ❖ 400g sweet potato (peeled weight), cut into 1cm pieces
- ❖ 1 onion, roughly chopped
- ❖ 1½ tablespoons chopped parsley
- ❖ 250g ham or bacon, diced
- ❖ 250g grated tasty cheese
- ❖ 150g self raising flour
- ❖ 120 ml olive oil
- ❖ 2 leaves silver beet (about 80g in total), stalks remove, and leaves sliced
- ❖ ½ to 1 teaspoon salt (according to taste)

METHOD

Heat oven to 170 degrees C. Grease a slab tin 20cm x 35cm approximately.

Place the eggs, sweet potato and onion in the bowl of a food processor and process until the sweet potato is finely chopped.

Transfer to a large bowl and mix in the remaining ingredients.

Spoon into the prepared tin, leveling out with a spoon.

Bake for 30 to 40 minutes until set. Leave to stand in tin for 10 minutes before cutting into squares to serve.



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MEATLOAF WITH TOMATO SAUCE

Recipe by Sally Wise

INGREDIENTS

- ❖ 500g beef mince
- ❖ 500g sausage mince
- ❖ 125g diced ham or bacon (optional)
- ❖ 1 egg, lightly whisked
- ❖ 1 large onion, coarsely grated
- ❖ 1 carrot, finely grated
- ❖ 1 stick celery, finely diced
- ❖ 1 tablespoon tomato sauce
- ❖ 1 tablespoon chutney
- ❖ 3 teaspoons soy sauce
- ❖ 3 teaspoons Worcestershire sauce
- ❖ 1 teaspoon salt
- ❖ 1 cup fresh breadcrumbs
- ❖ ½ teaspoons dried mixed herbs or dried thyme
- ❖ 3 teaspoons chopped parsley, optional

For the sauce

- ❖ 3 teaspoons olive oil
- ❖ 1 onion, finely diced
- ❖ 1 red or green capsicum, diced
- ❖ 1 small zucchini, diced
- ❖ 400g tin diced tomatoes or equivalent in fresh
- ❖ 3 teaspoons sweet chilli sauce
- ❖ 2 teaspoons chutney
- ❖ pinch of sugar
- ❖ ½ teaspoon salt

METHOD

Preheat oven to 170 degrees C (fan forced). Grease a loaf tin 12cm x 21cm x 8cm {deep} and line base with baking paper, grease again.

Mix all the ingredients together well, then pat into a loaf shape and place in the prepared greased tin.

Bake for one hour or until the loaf is cooked through. Allow to stand in tin for 20 minutes before turning out onto a platter.

Meanwhile, *to make the sauce*

Heat the oil in a medium saucepan and add the diced vegetables.

Sauté gently, stirring occasionally, until the vegetables are soft.

Add the remaining ingredients, bring to the boil, then reduce heat and simmer until the sauce is reduced to a good consistency for spooning over slices of the cooked meatloaf.

This can be served over slices of meatloaf. If liked, sprinkle with some grated tasty cheese or Parmesan.



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SILVERBEET AND SEMI-DRIED TOMATO RICE BAKE

Recipe by Sally Wise

INGREDIENTS

- ❖ 4 large eggs
- ❖ Pinch cayenne pepper
- ❖ 1½ teaspoons salt
- ❖ Pinch nutmeg
- ❖ 1 large onion, finely diced or coarsely grated
- ❖ 1 cup grated tasty cheese
- ❖ 2 teaspoons Worcestershire sauce
- ❖ ¼ teaspoon dried thyme
- ❖ 2 cups finely shredded silver beet (or spinach or kale)
- ❖ ½ cup chopped semi-dried tomatoes
- ❖ 1 large carrot, grated
- ❖ 1 cup milk
- ❖ 4 cups cooked rice (brown or white)

- ❖ *For the topping*
- ❖ 150g diced bacon
- ❖ 1 tablespoon melted butter

METHOD

Turn oven to 180°C. Grease a 20cm casserole dish or 18 x 28cm lasagna style dish.

Whisk the eggs lightly, then add the cayenne, salt, nutmeg, onion, grated cheese, Worcestershire sauce, thyme, silver beet or spinach, semi-dried tomatoes, carrot, milk and rice in a large bowl and mix together very well.

Pour into the prepared dish and top with the chopped bacon, then drizzle over the melted butter.

Bake in a moderate oven for about half an hour or until set. Leave to stand 10 minutes before serving.



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MACARONI BEEF CASSEROLE

Recipe by Sally Wise

INGREDIENTS

- ❖ 1 tablespoon oil
- ❖ 300g mince
- ❖ 1 large onion, diced
- ❖ 1 clove garlic, crushed
- ❖ $\frac{1}{2}$ cup diced red or green capsicum
- ❖ 1 stick celery, finely diced
- ❖ 1 carrot, finely diced
- ❖ 1 teaspoon curry powder
- ❖ **2 heaped** tablespoons tomato paste
- ❖ 2 large tablespoons tomato chutney
- ❖ 2 teaspoons soy sauce
- ❖ 2 teaspoons Worcestershire sauce
- ❖ 400g tin diced tomatoes
- ❖ 2 cups of cooked macaroni (or other pasta such as spiralli)
- ❖ 1 teaspoon salt, approximately
- ❖ $\frac{3}{4}$ cup of grated tasty.

METHOD

Preheat oven to 170 degrees C (fan forced). Grease a 20cm casserole dish or 18cm x 28cm lasagna style dish.

Heat the tablespoon of oil in a frying pan. Add the mince and cook over a medium high heat, stirring, until the meat changes colour and is well broken up.

Add the onion, capsicum, celery and carrot and cook until softened. Add the garlic and cook for one minute more

Add the curry powder and cook a further 2 minutes.

Add the tomato paste, tomatoes, soy sauce, Worcestershire, chutney, salt, pepper and water and bring back to the boil, stirring.

Add the cooked pasta and mix well. Add salt and pepper to taste.

Pour into a casserole dish or ramekins and sprinkle grated cheese over the top.

Cover with foil.

Bake at 180°C for 30 minutes. Remove foil and return to oven for five more minutes to brown the cheese a little.



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