



A BITE TO EAT

with Alice

S1 RECIPES

RECIPE	ATTRIBUTION
70's sprouts	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Amaretto almond cake	ABC Licensed
Anchovy and lemon butter	ABC Licensed
Apple and honey fritters	ABC Licensed
Apple hand pie	ABC Licensed
Aquafaba 'mini pavs' with raspberries, passionfruit coulis and cream	ABC Licensed
Avocado & broad bean bessara with poached egg & crispy pita	ABC Licensed
Baked octopus salad with potatoes and paprika	ABC Licensed
Baked spiced pumpkin pudding	ABC Licensed
Banana cupcakes with whipped miso butter	Recipe from Mary Ann's Gilligan's Island Cookbook by Dawn Wells, Ken Beck, Jim Clark, Bob Denver
Bazarek ice cream sandwiches	ABC Licensed
Beef and black bean stir fry	ABC Licensed
Bistro salad boquet with anchovy aioli	ABC Licensed
Blender beetroot brownie	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Box grater broccoli pasta	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Braised red cabbage with apple	ABC Licensed
Bubble and squeak potato fritters	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Bubbly baked camembert	ABC Licensed
Butter carrot curry	Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Butternut squash with bejewelled buckwheat stuffing	ABC Licensed
Cacio e pepe devilled eggs with crispy pancetta	ABC Licensed
Cauli chicken rissoles	ABC Licensed
Cayenne sweet potato chips	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Charred marinated artichokes with lemon	ABC Licensed

Cheat's chilli samball	ABC Licensed
Cheat's garlic roti	ABC Licensed
Cheeky lemony crab cakes	ABC Licensed
Cheerio cherry log	Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Cheese toastie	ABC Licensed
Cheesy parmesan mash	ABC Licensed
Chicken and pineapple yakitori with chilli salt	ABC Licensed
Chilli baked warm olives and almonds	ABC Licensed
Coconut chicken laksa with prawn dumplings	ABC Licensed
Coconut fish betel leaves	ABC Licensed
Coconut sago pudding with a quandong jam	ABC Licensed
Coriander tabouli with salted kale	ABC Licensed
Corination chicken satsivi	ABC Licensed
Corn and prawn fritter sliders	ABC Licensed
Corn tostada with chicken and avocado	ABC Licensed
Corned beef bonanza	ABC Licensed
Cornflake florentine bark	ABC Licensed
Creamy korean chicken ramen	Recipe from Marion's Kitchen website - https://www.marionskitchen.com/15-minute-creamy-korean-chicken-ramen/
Crispy fried snapper	ABC Licensed
Crispy sprouty leeky lentils	ABC Licensed
Crumbed asparagus with secret herbs & spices	ABC Licensed
Cucumber whack salad with crispy shallots	ABC Licensed
Early bird bircher	ABC Licensed
Easy seedy crackers	ABC Licensed
Eggplant rolls with a walnut stuffing	ABC Licensed
Enchilada	ABC Licensed
Fennel and citrus salad with smoky spring onion dressing	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Fettucine with lemon and basil pesto	Recipe from Too Easy (4th Estate Publishing) by Donna Hay
Five spice salt and pepper tofu	ABC Licensed
Flat chat chicken thighs and silverbeet	ABC Licensed
FODMAP friendly green borscht	ABC Licensed
Four ginger parsnip sticky date	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
French mustard buttered leeks	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky

Fuzzy basil cheesesticks	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Garlic pampushki	ABC Licensed
Georgian kharcho rice soup wih eggplant	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Glutinous rice balls in ginger syrup	ABC Licensed
Gnocchi a la romana with nine veg sugo	ABC Licensed
Green eggs and spam fried rice	ABC Licensed
Green mango and ruby grapefruit salad	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Hot chipatta	ABC Licensed
Hunters chicken	ABC Licensed
Jam and butter bread pudding	ABC Licensed
Kale chips	ABC Licensed
Kangaroo bolognaise	Recipe from Mark Olive's instagram
Keralan fried cauliflower	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Khachapuri - Georgian cheese boats	ABC Licensed
Lamb shank and tarragon stew	ABC Licensed
Lau's family veg	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Leafy salad with seeded mustard vinaigrette	ABC Licensed
Lemon and ricotta cake with lemon drizzle	ABC Licensed
Lemon chicken	ABC Licensed
Lemon delicious mug puddings	ABC Licensed
Lemon drop mocktail	ABC Licensed
Lemon myrtle scones with fingerlime glaze	ABC Licensed
Lemon verbena cordial	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Lemongrass and makrut lime coconut jelly	ABC Licensed
Lemongrass fish pops	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Mamma's Sicilian meatballs	Recipe from Santina Callea
Maple and ginger poached pears	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Matcha lamington cake	ABC Licensed
Matzah ball soup	ABC Licensed
Midweek bol with spaghetti and zucchini noodles	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Mini banoffee pies	ABC Licensed
Mushroom wet fry fettucini	ABC Licensed
Nachoes	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky

No sweat chicken pho	ABC Licensed
No tears onion soup	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
No wrap prawn and spinach dumplings	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Nutty road	ABC Licensed
Oladiki hotcakes with passionfruit curd	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
One pan cauli pilaf	ABC Licensed
Onion and pea bhaaji bites	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Onion tarte tartin	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Pan confit tomate	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Pea and bean tempeh stir fry	ABC Licensed
Peanut chilli oil	ABC Licensed
Porcupine sausage polpette with tomato soup	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Pork and cabbage dimmies	ABC Licensed
Pork and fennel sausage pasta	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Prawn & broccolini stir fry & prawn crackers	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Prawn head chilli oil	ABC Owned
Puffy plum muffins	Recipe from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Pumpkin gnocchi with sage, brown butter and hazelnuts	ABC Licensed
Pumpkin, sage and ricotta lasagne	ABC Licensed
Rabbit pie	Recipe from The Cook's Companion (Penguin) by Stephanie Alexander
Rainbow veg	ABC Licensed
Red curry brekky beans	ABC Licensed
Red vegetable romesco soup with garlicky toasts	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Rice paper crackers	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Roast potatoes with Jamaican jerk cheese topping	ABC Licensed
Roasted cauli harissa and yoghurt garlic sauce	ABC Licensed
Roasted fennel and spiced chickpea agrodolce salad	ABC Licensed
Roasted nuts and bolts	ABC Licensed
Roasted sweet potato with native pesto and karkalla salad	ABC Licensed
Salmon poke bowl	ABC Licensed
Scallops with saltbush and mountain pepper butter	ABC Licensed
Scallop-stuffed zucchini flowers	Recipe from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Silken tofu chocolate cheesecake	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky

Silken tofu corn chowder dip	ABC Licensed
Sour cherry and cottage cheese vareniki	ABC Licensed
Soy infused mushroom noodles	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Spinach and cheese pan pies	Recipe adapted from The Guardian 'You've Got This' d
Standing rib roast with pan jus	ABC Licensed
Steamed artichoke with lemon emulsion	ABC Licensed
Steamed chicken drummies with sizzled spring onion oil	ABC Licensed
Stir fried mussels with black bean, chilli, native karkalla and samphire	ABC Licensed
Stockmans chuck steak pie	ABC Licensed
Stone cold noodles with avocado and miso pesto	ABC Licensed
Strawberry and lime cheesecake	Recipe adapted from In Praise of Veg (Murdoch Books) by Alice Zaslavsky
Sweet potato dahl	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Tempeh larb with chilli, toasted rice and herbs	ABC Licensed
Tempura flathead with sweet potato chips	ABC Licensed
Tempura mushroom tacos with purple slaw	ABC Licensed
Thai coleslaw herb and beef skirt salad	ABC Licensed
Tomato and eggplant kasundi	ABC Licensed
Tomato omurice	ABC Licensed
Tuna mornay	ABC Licensed
Tuna tapenade with croissant	ABC Licensed
Uncle Jimmy's stir fried hokkien noodles with chicken	ABC Licensed
Uni special crepes with ice cream and maple	Recipe from 'What I Cook When Nobody's Watching (Plum) by Poh Ling Yeow
Upside down roast chook with lemony gravy	Recipe adapted from The Joy of Better Cooking (Murdoch Books) by Alice Zaslavsky
Vietnamese cold noodle salad with prawn and mango	ABC Licensed
Vietnamese egg-net vegetable omelette	ABC Licensed
Wattleseed tiramisu	ABC Licensed
Zucchini involtini	ABC Licensed