

# Curried sweet potato soup with cheesy garlic naan



## INGREDIENTS

- ❖ 1 tablespoon extra virgin olive oil
- ❖ 1 medium (150g) red onion, chopped finely
- ❖ 1 tablespoon finely grated ginger
- ❖ 750g sweet potato, peeled and coarsely grated
- ❖ 2 tablespoons tikka masala curry paste
- ❖ 1 litre vegetable stock
- ❖ 400g can lentils, rinsed and drained
- ❖ 2 cups baby spinach leaves
- ❖ 2 cloves garlic, crushed
- ❖ 1 cup (280g) yoghurt or sour cream
- ❖ 1 cup (120g) grated cheddar cheese
- ❖ 4 store bought naan breads
- ❖ coriander sprigs, to serve

## METHOD

SERVES 4 PREP + COOK TIME 40 MINUTES

Heat the oil in a large saucepan over medium heat. Cook onion and ginger, stirring, for about 5 minutes, or until softened. Add the curry paste and cook for 1 minute.

Add the sweet potato and stock and bring to a simmer. Cook, covered loosely, for 15 minutes, or until sweet potato is just tender. Add lentils and stir to combine and bring back to a simmer. Remove from heat, add the spinach and stir to wilt.

Meanwhile, combine the garlic, yoghurt and cheese in a medium bowl. Spread evenly over the naan breads and place on a baking tray. Preheat grill to medium high. Grill naan breads for 3-4 minutes or until golden and bubbling.

Divide soup between warmed bowls, serve with naan and coriander.

*Suitable to freeze.*



# Mornings

with Georgia Stynes

on 666AM and the ABC listen app



# Creamy Potato & Parsnip Soup with smoked cheddar & almond toasties



## INGREDIENTS

- ❖ 1 tablespoon extra virgin olive oil
- ❖ 2 medium leeks, white part only, sliced thinly
- ❖ 4 cloves garlic, thinly sliced
- ❖ 500g sebago potatoes, peeled and chopped
- ❖ 3 parsnips (400g), peeled and thinly sliced
- ❖ 1 litre vegetable or chicken stock
- ❖ 1 cup (240g) sour cream
- ❖ 8 thick slices white bread
- ❖ 1/3 cup (85g) almond butter
- ❖ 2 cups (240g) smoked cheddar, grated coarsely
- ❖ 125g soft unsalted butter
- ❖ 12 sage leaves

## METHOD

### SERVES 4 PREP + COOK TIME 1 HOUR

Heat oil in a large heavy-based saucepan over medium heat. Add the leek, cover with a tight-fitting lid and cook for 4 minutes or until softened but not browned. Add the garlic and cook, uncovered for 2 minutes, or until fragrant.

2 Add the potato, parsnip and stock. Bring to a simmer and cook, covered for 20 minutes, or until potato and parsnip are soft.

3 Remove from the heat, set aside to cool slightly. Using a hand-held stick blender, blend until smooth. Return the pan to medium heat and stir in the sour cream. Keep warm.

4 Meanwhile, lay half the bread on a clean bench. Spread with almond butter and sprinkle with cheese. Sandwich with remaining bread. Spread both sides of the sandwiches thinly with some of the softened butter. Pan fry the sandwiches in a medium heated frying pan, in batches, until golden brown on both sides and cheese has melted. Keep warm.

5 Add the remaining butter to the same frypan and cook over medium heat for 1 to 2 minutes or until starting to turn nut brown. Add sage leaves and cook for a further 30 seconds, or until crisp.

6 Divide hot soup between warmed bowls. Drizzle with sage butter mixture. Cut sandwiches into fingers and serve.

*Suitable to freeze.*



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Recipe courtesy of AWW



## INGREDIENTS

- ❖ 800g chicken thighs, trimmed and halved
- ❖ 2 tablespoons extra virgin olive oil
- ❖ 2 tablespoons plain flour
- ❖ 2 medium (240g) carrots, sliced thickly
- ❖ 2 stalks celery, sliced thinly
- ❖ 1 medium (300g) leek, trimmed and sliced thinly
- ❖ 1/2 cup (125ml) white wine
- ❖ 2 tablespoons Dijon mustard
- ❖ 1 sprig fresh bay leaves
- ❖ 2 sprigs thyme
- ❖ 1 litre hot chicken stock
- ❖ 200g green beans, trimmed and cut into 3cm lengths
- ❖ 1/2 cup (60g) frozen peas, thawed
- ❖ 300ml thickened cream
- ❖ 2 sheets puff pastry
- ❖ 1 egg, lightly beaten
- ❖ 1/4 cup finely chopped parsley

# Slow cooker chicken pot pie

## METHOD

### SERVES 4 TO 6 PREP + COOK TIME 3 HOURS

1 Preheat the slow cooker to hot on the searing setting (or use a frying pan). Dust chicken in seasoned flour. Add the oil to the cooker, cook the chicken, in batches, for about 5 minutes, turning, until golden. Remove from slow cooker and set aside.

2 Add the carrot, celery and leek; cook, stirring, until starting to soften. Add the wine, mustard, bay and thyme; stir to combine. Add the hot stock and return the chicken to the slow cooker. Cover with the lid and cook on high for 2½ hours, or until the chicken is very tender.

3 Remove the thyme and bay leaves and discard. Using two forks, break up the chicken into smaller pieces. Add the green beans, peas and cream. Cook, uncovered, for 30 minutes or until beans are tender.

4 Meanwhile, preheat oven to 220°C (200°C fan-forced). Using an 8cm round cutter, cut 12 circles from each pastry sheet. Press two circles on top of each other. Using a fork, crimp the edges. Place on a large oven tray lined with non-stick baking paper. Brush with egg, sprinkle with pepper. Bake for 15 minutes, or until golden and puffed.

5 Divide soup between warmed bowls, sprinkle with parsley and serve with puff pastry croutons.

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## INGREDIENTS

- ❖ 600g gravy beef, fat trimmed and cut into 3cm pieces
- ❖ 1 tablespoon extra virgin olive oil
- ❖ 1 medium (200g) brown onion, finely chopped
- ❖ 4 cloves garlic, sliced thinly
- ❖ 2 celery sticks, sliced thinly
- ❖ 1 carrot, peeled, chopped finely
- ❖ 1 small (200g) fennel bulb, trimmed, chopped finely
- ❖ 1 tablespoon tomato paste
- ❖ 1 sprig fresh bay leaves
- ❖ 1 litre beef stock
- ❖ 2 x 400g cans chopped tomatoes
- ❖ 200g cavalo nero, trimmed, shredded
- ❖ 1 zucchini, sliced thinly
- ❖ basil leaves and finely grated parmesan, to serve

### GRILLED CHEESE PIZZA DIPPERS

- ❖ 2 x 250g pizza dough, divided into 4
- ❖ 1 1/2 cups (180g) grated pizza cheese
- ❖ 1 tablespoon thyme leaves
- ❖ 1 tablespoon extra virgin olive oil

## Hearty beef minestrone with grilled cheese pizza dippers

### METHOD

#### SERVES 4 PREP + COOK TIME 2 HOURS

1 Season the beef with salt and freshly ground black pepper. Heat half the oil in a large heavy-based saucepan over medium-high heat. Cook beef, in batches, for 5 minutes or until browned. Transfer to a plate, set aside.

2 Heat the remaining oil in the pan. Add onion, garlic, celery, carrot and fennel and cook, over medium heat, for 5 minutes or until vegetables begin to soften. Add tomato paste, bay leaves, stock, canned tomatoes and 1 cup of water and bring to the boil. Return meat to pan; reduce the heat to low. Cover and cook for 1 hour 30 minutes or until meat is tender.

3 **GRILLED CHEESE PIZZA DIPPERS** Meanwhile, divide each dough ball into 4 equal pieces and roll into balls. Set aside loosely covered to come to room temperature and rise for 30 minutes. Preheat oven to 240°C (220°C fan-forced). Press out into 10cm round pizzas and place on a medium baking paper-lined oven tray. Sprinkle with cheese and thyme; drizzle with olive oil. Bake for 10-12 minutes or until golden and bubbling.

4 Add the cavalo nero and zucchini, cook for 10 minutes, until just tender.

5 Divide soup between warmed bowls; top with basil leaves and parmesan and serve with pizza dippers.

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## INGREDIENTS

- ❖ 1 tablespoon sesame oil
- ❖ 4 eschalots, chopped finely
- ❖ 4 cloves garlic, crushed
- ❖ 1 tablespoon finely grated ginger
- ❖ 6 ears of corn, kernels removed
- ❖ 750ml vegetable or chicken stock
- ❖ 400g can coconut cream
- ❖ toasted flaked coconut, sliced green chilli, green onions, to serve

## PRAWN TOASTS

- ❖ 200g peeled uncooked prawns
- ❖ 1 clove garlic, crushed
- ❖ 1 teaspoon finely grated ginger
- ❖ 1 egg white
- ❖ 1 teaspoon caster sugar
- ❖ 1 teaspoon soy sauce
- ❖ 2 teaspoons green onions, sliced thinly
- ❖ 4 slices white bread, crusts removed
- ❖ 100g black and white sesame seeds
- ❖ vegetable oil for shallow frying

## Sweet corn & coconut soup with prawn toasts

### METHOD

SERVES 4 PREP + COOK TIME 35 MINUTES

1 Heat sesame oil in a large saucepan over medium heat. Add eschalot, garlic and ginger and cook for 4-6 minutes, or until fragrant and soft. Add the corn and cook for 2 minutes.

2 Add stock and most of the coconut cream (reserving 1/4 cup for serving). Bring to a simmer then reduce heat to low, cook, covered loosely, for 20 minutes, or until corn is tender and soup has thickened slightly.

3 PRAWN TOASTS Meanwhile, place prawns, garlic, ginger, egg white, sugar and soy in a food processor and process until a chunky paste. Add spring onion and pulse to combine. Spread the prawn mixture over the bread, taking it right to the edges of the bread. Place sesame seeds onto a plate. Press bread, prawn side down in seeds to coat.

4 Heat 3cm of oil in a large frying pan over medium heat. Carefully add the toasts, prawn side down. Cook for 2-3 minutes. Turn and cook for a further 2 minutes, or until golden and prawns are cooked. Cut in half on the diagonal.

5 Divide soup between warmed bowls. Top with reserved coconut milk, flaked coconut, green chilli, green onion and serve with prawn toasts.

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