



  
Kawana  
SHOPPINGWORLD

# *Foods that Warm the Soul*

MY COMMUNITY COOKBOOK

# The heart of your home

If your home had a heart, where would it be? We recently asked our team this question and the response was unanimous:  
My kitchen.

Gone are the days when it was an afterthought, a space limited to preparing food. Today our kitchens are a place where our family and friends debrief over dinner and learn about each other's day. Occasionally we find refuge with a cup of tea. We've had the unavoidable "can I see you in the kitchen?" chat and it's also where we've had some messy baking attempts!

With the kitchen in mind, we want to give you a glimpse of our heart beyond our stores. By sharing recipes that bring us comfort and joy, we hope to stay connected with our wonderful community.

Bon appétit!

♥ Kawana Shoppingworld

# What's Cookin' Good Lookin'?



TRIPLE CHOCO FUDGE COOKIES



PRAWNS IN COCONUT BROTH



BEEF & GUINNESS COTTAGE PIE

- 04 Vanilla Fudge Proats
- 06 Smoothie Bowl
- 08 Super-Simple Brioche Buns
- 10 Wedge Salad w/ Bacon & Blue Cheese
- 12 Mac & Cheese Toastie
- 14 Chorizo & Potato Frittata
- 16 Lunchbox Pizza Muffins
- 18 Veggie Sausage Rolls
- 20 Italian Quiche w/ Zucchini, Leak & Bacon
- 22 Cauliflower Bake
- 24 Baked Salmon w/ cheese & spinach filling

- 26 Vegan Fable Tacos
- 29 Veg Spaghetti Bolognese
- 32 Prawns in Coconut Broth
- 34 Thai Style Grilled Pork
- 36 Granddad's Shanghai Dumplings
- 38 Shumai Pork Dumplings
- 40 Karaage Japanese Fried Chicken
- 42 Steamed Eggplant & Mushrooms
- 44 Beef & Guinness Cottage Pies
- 46 Turkey Chilli Con Carne
- 48 Buffalo Chicken Dip
- 50 Easy Naan Bread
- 53 Oreo Truffles
- 55 Cake Pops

- 59 Banana Nutella Sausage Rolls
- 61 Amydalota Cookies
- 63 Choc Fudge Cookies
- 65 Coconut Macarons
- 67 Monte Carlos
- 69 Epic (Easy) Ice Cream Cake
- 72 Lemon & Yoghurt Cake
- 74 Rocky Road Brownies
- 76 Passionfruit Slice
- 78 Choc-chicpea Banana Slice
- 80 Fudge Brownies
- 82 GF Bread Pudding
- 84 Mulled Wine Pear Tart

# Vanilla Fudge Proats (Protein + Oats)



Serves: 3

Prep Time: 10 mins

Set Time: 4 hours

Total Time: 4 hours & 10 mins

*"Nutritious and tasty."*

By: Morlife on behalf of

Maree Taylor from Healthy Living

Kawana

## Ingredients:

3 cups traditional oats

4 cups unsweetened almond milk

1 teaspoon vanilla extract

2 scoops Morlife Plantiful Protein Vanilla Fudge

1 teaspoon Morlife Organic Chia Seeds

Optional toppings: almond butter, sliced banana, cocoa nibs, hemp seeds etc.

TIP: Healthy Living sells the Morlife range!

## Method:

- Place all ingredients, excluding toppings, into a large bowl and mix until combined.
- Put the top on the container and place in the refrigerator for at least 4 hours or overnight to let the ingredients soak and expand.
- Finally, add in the coconut yoghurt and the rest of the toppings when ready to eat.
- Store in refrigerator for up to 5 days.

# Smoothie Bowl



Makes: 1 bowl

Total Time: 3- 5 mins

By: Scott Gooding from  
The Good Place and Scott  
Gooding Project

## Ingredients:

1/4 frozen banana

200ml coconut cream

Handful of ice

1-2 tablespoons vanilla protein powder

1 teaspoon maca

1 tablespoon coconut oil

1 tablespoon tahini

Handful of frozen blueberries

Sprinkle for toppings: nuts, seeds, buckwheat, cocoa nibs, chia seeds

## Method:

- Throw all the ingredients into a blender and process for 10-20 seconds or until processed.

**Tip:** The longer you blitz, the more friction will be created, resulting in a thinner smoothie.

- Top with some nuts, seeds, buckwheat, cacao nibs, nuts etc.

Enjoy!

# Super-simple brioche buns



Makes: 12 buns

Cook Time: 20 mins

*"So easy to make and the kids love them!"*

By: Kathy Sideris

## Ingredients:

200 grams unsalted butter, at room temperature plus extra to serve

2 tablespoons caster sugar

1 teaspoon salt

4 eggs, at room temperature

500g "00" plain white flour

1 sachet (7g) dried yeast

200ml milk



## Method:

- Using an electric mixer, beat the butter, sugar, salt and 3 eggs in a bowl until combined but not smooth.
- Stir in flour, yeast and milk to form a sticky dough.
- Transfer to a lightly oiled bowl. Cover with plastic wrap. Chill overnight.
  
- Preheat oven to 190°C or 170°C fan- forced.
- Grease a 12-hole 1/3 cup-capacity muffin pan.
- Stand dough at room temperature for 5 minutes.
- Using floured hands, shape dough into 12 balls.
- Place in prepared pan.
- Beat remaining egg and use to brush tops of dough.
- Bake for 20 mins, until golden and brioche buns sound hollow when tapped.
- Turn out onto a wire rack.
- Serve warm with extra butter.

# Wedge Salad with Bacon and Blue Cheese



Serves: 1

Total Time: 30 mins

*"This is a recipe I learned from my father. The best thing about this recipe is it is relatively healthy but absolutely jam packed with flavour..."*

By: Anton Goss

## Ingredients:

- 1 chicken breast
- Salt and pepper
- Garlic, to your taste
- Olive oil
- 1/2 lemon, juiced
- 2 slices bacon, cubed
- 1 iceberg lettuce, cut into 2 inch wedges
- 1-2 tomatoes, cut into wedges
- 1 red onion, sliced
- 20 grams blue cheese
- Blue cheese salad dressing
- Croutons, store bought or made from fried bread cubes

## Method:

- Toss chicken with salt, pepper, garlic, olive oil and lemon juice.
- Grill chicken for 20-30 minutes on medium-high or until cooked through.
- Meanwhile, fry bacon in pan until crispy.
- Place lettuce, tomato, onion, sliced chicken and bacon onto a serving platter.
- Top with blue cheese, croutons and drizzle blue cheese dressing.

# Mac and Cheese Toastie



Serves: 2

Total Time: 15 mins

By: *Bakers Delight*

*Kawana Shoppingworld*

## Ingredients:

4 slices Bakers Delight Hi-Fibre Lo-GI Loaf

20 grams salted butter

2 serves of packet mac & cheese, or homemade

3/4 cup grated cheese (we used a mix of mozzarella, parmesan and gouda)

Flaky salt to serve

## Method:

- Make the mac & cheese to packet instructions and cool slightly.
- Heat a large cast iron frying pan over medium heat.
- Spread one side of both bread slices with butter.
- Top the two sides without butter with the mac & cheese and grated cheese.
- Top with the remaining two bread slices, buttered side up.
- Cook sandwiches in the frying pan for 4 minutes each side, or until golden.
- Cut in half and sprinkle with flaky salt to serve.

**Tip:** To change the texture of the toastie, try using a jaffle or toasted sandwich press!

# Chorizo & Potato Frittata



Serves: 4

Prep Time: 10 mins

Cook Time: 10-20 mins

Total Time: 30 mins

*"Easy!!!"*

By: Amanda Valentine

## Ingredients:

6 eggs

1 large potato, chopped

200g chorizo, sliced

1 red capsicum, chopped

1/2 onion, roughly chopped

1 teaspoon garlic (minced or fresh)

Dash of cream

1/2 cup of grated cheese

Salt and pepper to taste

## Method:

- Preheat oven to 180°C.
- Parboil chopped potato in saucepan.
- Chop chorizo and onion and fry in saucepan.
- Add crushed garlic, chopped capsicum and parboiled potato.
- Whisk eggs and add to the fry pan.

**Tip:** Use a fry pan that can be used in the oven. Alternatively transfer all ingredients to a baking dish.

- Season with salt and pepper and top with grated cheese.
- Cook for 10 - 20 minutes or until frittata is golden brown.

# Pizza Lunchbox Muffins



Makes: 12 muffins

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

*"It's yummy and better than sandwiches in kids lunchbox!"*

By: Therasa Lear

## Ingredients:

2 cups self raising flour  
100 grams melted butter  
1 cup full cream milk  
1 cup shredded cheese  
100 grams ham, chopped  
100 grams salami, sliced  
1/2 zucchini  
Handful broccoli  
2 large eggs  
Dried herbs  
2 tablespoons garlic, crushed  
Salt & pepper



## Method:

- Use food processor to combine milk, broccoli and zucchini until blended smooth.
- Place self raising flour into large bowl and add milk/veg mixture.
- Add melted butter and 2 eggs and mix well.
- Add cheese, garlic, dried herbs, ham, salami and salt and pepper, then mix well.
- Once combined, pour into muffin baking tins that has been sprayed with canola cooking spray and then bake in moderate oven.
- Cook until golden brown and cooked through.

**Tip:** For extra flavour add a little shredded cheese and herbs to the top of each muffin before baking.

# Hidden Veggie Sausage Rolls



Serves: 6

Prep Time: 30 mins

Cook Time: 40 mins

*"Great taste, easy to make  
and healthy with the  
hidden veggies"*

By: Joanne Calcara

## Ingredients:

- 1 kg sausage mince
- 3 cups grated carrot
- 3 cups grated potato
- 1 cup finely chopped onion
- 1 clove crushed garlic
- ½ teaspoon salt
- 1 teaspoon white pepper
- 1 cup breadcrumbs
- 2 sheets of puff pastry
- 1 egg combined with a little milk to make a glaze
- sesame seeds
- 1/2 cup sesame seeds
- Fresh tomato sauce

## Method:

- Preheat oven to 160°C.
- Grate and chop all vegetables.
- Combine all filling ingredients well in a bowl.
- Divide each pastry sheet in two. Down the middle of each half lay a thick ribbon of the meat mix, and roll up, ensuring that the join is underneath.
- Cut to desired length.
- Brush with egg wash, sprinkle with sesame seeds and bake until golden brown for approx 40 minutes.
- Serve with fresh tomato sauce.

# Italian Quiche Zucchini, Leak and Bacon



Serves: 6

Total Time: 50 mins

*"Because it smells like  
home in Italy"*

By: Stefania Peracchi

## Ingredients:

Puff pastry

3 medium eggs

100 grams Parmigiana Reggiano

50 grams bacon

1 big leek

500 grams zucchini

Salt & Pepper

Parsley

Onions

## Method:

- To prepare the Italian quiche, preheat the oven at at 190°C

### Starting the filling:

- Remove the beard and the green part of leek.
- Remove the first outer layers, then cut into thin slices.

### Switch to bacon:

- Cut them into thin slices.
- In a pan, heat the oil and add finely chopped onion and leeks, then increase heat for few moments, then add zucchini.
- Stir occasionally and cook over medium heat for about 10 minutes, then add the small cubed pieces of bacon to the pan.
- When cooked, season with salt, pepper and with a little chopped parsley. Turn off the heat and leave aside in a bowl to let it cool.
- In a bowl beat the eggs and add the Parmigiana Reggiano finely grated and finally pour the mixture into the bowl with warm vegetables and bacon. Mix together well.
- Take the puff pastry and roll it on a round baking tray 22cm diameter, approximately.
- With a fork make some small holes on the pastry, and then pour the filling. Fold the protruding part of the pastry inwards, grate some extra Parmigiana on top and then bake in a preheated oven at 190°C for about 50 minutes. Once cooked, take out your quiche and let it cool a few minutes before enjoying it hot.

# Cauliflower Bake



Serves: 4

Total Time: 50 mins

*"Easy to make and tastes sensational. I always get asked for the recipe from those who tried it."*

By: Connie Kim

## Ingredients:

1 whole cauliflower  
300 grams tomato paste  
1 tablespoon harissa  
Chilli, chopped (optional)  
Whole chillies (optional)  
200 grams melted butter  
Olive oil

## Method:

- Preheat oven to 220°C.
- Bring water to boil. Simmer whole cauliflower for 3 minutes.
- Drain and cut into wedges. Use the florets and leaves.
- Mix harissa and melted butter in a small bowl, season with salt and pepper. Add chilli (retaining some), if using.
- Massage harissa mixture into cauliflower. Place cauliflower on a baking pan.
- Drizzle cauliflower with olive oil and scatter whole chillies on top, if using.
- Bake for 50 minutes. Turn halfway through the cooking process, to char evenly on both sides.
- Serve and enjoy!

# Baked Salmon with Cheese & Spinach filling



Makes: 4 servings

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

*"Delicious and healthy!"*

By: Heidi Leeding

## Ingredients:

4 salmon fillets, skin on  
500g packet cream cheese  
1 cup mozzarella cheese  
1/2 cup parmesan cheese  
1 cup of spinach (fresh or frozen)  
1/2 teaspoon garlic powder  
Salt & pepper to taste  
Olive oil  
1 tablespoon lemon juice  
2 tablespoons butter



## Method:

- Cut salmon fillet down the middle to make a pocket for stuffing.
- Add salt and pepper, oil and butter to salmon and rub it in.
- To make filling, add all cheeses, chopped spinach and garlic powder - mix together well until creamy.
- Spoon mixture into salmon until filled and place into hot non-stick fry pan skin down.
- Turn salmon once skin is crispy and cook for another couple of minutes.
- Squeeze lemon onto salmon whilst cooking.
- When cooked, set aside to rest for couple of minutes.
- Serve with salad or your choice of sides.

# Vegan Fable Tacos



Makes: 12 tacos

Cook Time: 30 mins

*"This is a super fast, easy, healthy, crowd-pleaser (even our 1 and 3 year old loves them) and it's vegan - good for the environment and good for you! "*

By: Michael Fox

## Ingredients:

500g Fable - Plant Based Braised Beef (available at Woolworths)

12 soft taco tortillas

Habanero sauce

2 limes

1 lemon

Half small or quarter large red cabbage

3 corn cobs

1 red onion

1 spring onion

1-2 large avocado

Handful coriander

Olive oil

Salt

Tablespoon vegan butter, optional

## Method:

### Cabbage salad

Red cabbage, lemon juice, salt to taste.

- Slice cabbage into fine shreds, sprinkle with salt and add generous squeeze of lemon juice. Lightly massage cabbage and set aside.

**Tip:** Do this first to allow time for the cabbage to soften.

### Charred corn

3 corn cobs, 1 tbsp, olive oil, knob of butter, salt.

- Set corn into a pot of a boiling water for 5-7 minute and strain.
- Heat a lashing of olive oil and butter in pan and add corn. Turning as the sides brown.

**Optional:** If you're able, you can finish them by charring the corn in the flames over the stove.

- Sprinkle charred corn liberally with sea salt.

### Tomato Salsa

3 firm medium sized tomatoes, diced 1/2 red onion, finely diced, 1 spring onion, sliced handful of coriander, finely chopped, lime juice, sea salt, 1/2 tbsp olive oil.

- Combine all ingredients. Add salt and lime juice to taste.

## Method:

### Guacamole

1-2 large avocado, 1/2 red onion, finely diced handful of coriander, squeeze of lemon juice salt, to taste, lashing of olive oil.

- Combine all ingredients.
- ‘Mush’ to desired consistency.
- Salt and lemon juice to taste.

### Getting ready to plate up

- Right before serving, heat up a pan with a tablespoon of olive oil.
- Add Fable and fry until browned, with crispy edges.
- Transfer to a serving bowl.
- In the same pan, without oil, heat the taco shells cooking for 30 seconds each side.
- Alternatively, you can heat them directly over the flames of your stove.

### Assembly time, Señor(ita)!

- Start with a thin bed of cabbage salad, add Fable, top with tomato salsa and a dollop of the guacamole. Drizzle with habanero sauce.

Happy days!

# Veg Spaghetti Bolognese



Serves: 4-6 people

Prep Time: 15 minutes

Cook Time: 45 mins

Total Time: 1 hour

*"Family favourite! Best part, no arguments at dinner table over kids eating their veggies!"*

By: Delia Sanchez

## Ingredients:

Olive oil

150 grams of grass fed beef mince or free range pork

1 large brown onion, diced

3 cloves of garlic, diced or crushed

1 large carrot, coarsely grated

1 zucchini, coarsely grated

1 can of diced tomatoes (buy 2 cans just in case you need extra sauce)

1 tablespoon of dried or fresh herbs (to taste)

Salt & pepper

500 grams spaghetti

Grated cheddar or parmesan cheese

## Method:

- Heat up large fry pan and add a drizzle of olive oil, add onion and cook on medium/high heat for 3-4 minutes or until translucent.
- Add garlic and mince and cook through, breaking down any big chunks. **Tip:** Add a pinch of salt when adding meat.
- Add carrot and zucchini and cook for 4-5 minutes.
- Add tinned tomatoes and turn heat up a little for sauce to reach high temperature again.
- Add herbs, salt, pepper and mix around.
- Turn the heat to medium/low and cook for 15-20 minutes or longer.
- Whilst sauce is cooking, cook pasta in boiling water and follow packet instructions.

**Tip:** Check sauce consistency, if it looks to dry add extra tinned tomatoes, if it looks too runny cook for longer.

- Serve approx 75g-100g pasta and add sauce over the top.
- Optional: sprinkle herbs and cheese over warm sauce.

I'm not like others...  
I know what I want  
for dinner.

I've been thinking  
about it since lunch.

# Prawns in Coconut Broth



Makes: 2 servings

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

*"Full of flavour!"*

By: Scott Gooding from  
The Good Place and Scott  
Gooding Project

## Ingredients:

- 1 tablespoon coconut oil
- 1/2 red onion, finely chopped
- 2 garlic cloves, chopped
- 2-3 small red chilli, chopped (deseeded if needed)
- 1 teaspoon mustard seeds
- 1 teaspoon tumeric
- 1-2 tablespoons fish sauce
- 12 large green prawns, peeled
- 1 green capsicum, thinly sliced
- 3 zucchini, julienne
- 200ml coconut cream
- 100ml water or fish stock
- Pinch chill flakes



## Method:

- Chop ingredients per directions in ingredients.
- Heat the coconut oil in fry pan on medium heat.
- Add the onion, garlic and chilli and cook for 2-3 minutes.
- Add the mustard seeds and turmeric and cook for further 2-3 minutes.
- Add in the coconut cream.
- Add water or fish stock.
- Add fish sauce and let simmer for 5 minutes before adding the capsicum, zucchini and prawns.
- Cook until the prawns turn from translucent to opaque approx 5-6 minutes (low-medium heat).

# Thai Style Grilled Pork



Serves: 2

Cook Time: 30 mins

*"I love this recipe because it's so simple to make and an absolute flavour hit!"*

By: King Leong

## Ingredients:

### Pork Marinade

4 coriander roots, scraped  
2 garlic cloves, finely chopped  
1 lemongrass, white part only, finely chopped  
1 teaspoon coarsely ground white pepper  
20 grams light palm sugar, crushed  
1 tablespoon fish sauce  
1 tablespoon dark soy sauce  
1 tablespoon oyster sauce  
400 grams of pork loin or pork neck

### Nahm Jim Dipping Sauce

2 teaspoon roasted glutinous rice powder  
1 teaspoon dried chilli powder  
80ml fish sauce (1/3 cup)  
20 grams light palm sugar (crushed)  
3 teaspoons white sugar  
6 tablespoons tamarind juice  
1/4 wedge of lime juice  
Coriander leaves

## Method:

- Process coriander, garlic, lemongrass and pepper in a small food processor until finely chopped, add palm sugar, fish sauce, soy sauce and oyster sauce, then transfer to a container with pork loin, turn to coat and refrigerate to marinate (ideally, overnight).
- Meanwhile for Nahm Jim dipping sauce, add all ingredients above, adjust seasoning to taste (should taste hot, sour and salty) and stir to combine.
- Preheat a char-grill pan to medium-high heat. Add pork and turn occasionally until charred and cooked through (15-20 minutes). Slice and serve with Nahm Jim dipping sauce.

# Granddad's Shanghai Dumplings



Makes: 20 dumplings

Prep Time: 2-3 hours

Cook Time: 30 mins

*"Granddad used to make this every second weekend when we were kids. It's a juicy pork bun with a crispy base, he used to make it when friends visited or when we had pot lunches at school, and everyone loved it! It tastes delicious but this recipe is also full of fond childhood memories"*

By: Joy Shi

## Ingredients:

### Meat filling

250 grams pork mince (don't use the lean one!)  
1 egg  
3 dried shiitake mushrooms, roughly chopped  
1/2 cup spring onions, chopped  
1 1/2 tablespoons oyster sauce  
2 tablespoons Shaoxing wine  
2 tablespoons light soy sauce  
1 teaspoon sugar  
2 teaspoons ginger, finely chopped

### Dough

2 cups flour  
1 cup water  
3 grams yeast  
1/4 teaspoon sugar  
1/4 teaspoon baking powder  
1 tablespoon cooking oil

### To serve

Sesame seeds  
Spring onion

## Method:

- To make the dough, mix flour, yeast and sugar together. Add warm water and oil gradually. Mix with chopsticks/ fork until no more loose flour can be seen. Turn onto a floured surface and knead the dough until it is relatively smooth (if using a stand mixer, knead on low speed for about 8 - 10 minutes).
- Place into an oiled bowl for first proof and cover with wet cloth. Let it rest until it doubles in size (around 2 hours in a warm room).
- To make the filling, place all filling ingredients in a bowl and mix together in one direction continuously for 5 minutes or until it comes together. If it's a bit dry, add some water.
- To roll out the dough, take dough out of bowl and knead on floured surface. Roll it into a ball and make a hole in the middle to form a donut like shape. Cut into 20 equal pieces.
- Roll each dough piece into a round ball, press down to flatten and then roll each piece flat.
- To fold the bao, hold dough in the palm of your hand and scoop some filling into the middle (don't scoop too much). Then gradually fold the edges in and pinch the dough with thumb and index finger until bao is completely sealed. Continue with remaining dough and mixture.
- Once you have made the baos, rest for 15 minutes.
- Heat up some oil in a pan and place the baos in face down (the crease should be facing down).
- When the bottom starts to golden, pour in water and then cover with lid immediately.
- Uncover lid when water evaporates. Sprinkle with sesame seeds and spring onions.
- Serve with your favourite dressing!

# Shumai (pork dumplings)



Serves: 2

Cook Time: 45 mins

*"It tastes like the ones at yum cha restaurants!"*

By: Amanda Lim

## Ingredients:

80 grams of prawn meat, coarsely chopped  
2-3 Chinese wood ear mushroom, finely chopped  
200 grams of pork belly, coarsely chopped  
1/2 teaspoon ground white pepper  
1 teaspoon Shaoxing wine  
1 teaspoon sesame oil  
1 teaspoon caster sugar  
2 teaspoon oyster sauce  
1/2 teaspoon cornflour  
1/2 teaspoon of salt  
8 wonton skins

## Method:

- Remove prawns from their shells and de-vein them, lightly rinse under some water.
- Marinate the prawn meat with half a cup of baking soda for 20 mins. Rinse thoroughly then pat dry.
- Marinate the prawns with 1 teaspoon of salt for 5 minutes. Wash away the salt under running water until the water runs clear.

**Note:** Marinating is essential to make the prawns plump and crunchy.

- Pat dry and chop them up into 1cm bits.
- Combine all the ingredients together and pound on a mortar and pestle repeatedly until it forms a bouncy mass - much like a burger patty. Now the filling is ready.
- Place the filling on the center of wonton skin.
- Bring each side up and use water as glue to press the folds of the skin together to form 4 sides.
- Squeeze at the waist, and press the meat down with a metal spoon to compress it from the top.
- Flatten the base of the Shumai so that it can stand on its own.
- Line a steamer with steamer paper and steam over high heat, with the lid on for 12-15 minutes.
- Make a dipping sauce with: 4 tablespoons of soy sauce, 1 tablespoon of sesame oil, and 1 tablespoon of sugar.
- Add chilli sauce (sriracha) to the dipping sauce if desired. Enjoy!

# Karadage (Japanese fried chicken)



Serves: 4

Prep Time: 35 mins

Cook Time: 20 mins

*"Easy and delicious, the batter is light and not messy to make. It can be a snack or served as a main course. Always a crowd-pleaser for kids and adults alike!"*

By: Vivian Xie

## Ingredients:

650 grams or 4-6 pieces of boneless chicken thigh  
Salt and pepper  
2-3 tablespoons potato starch  
2 tablespoons plain flour  
Vegetable oil for deep frying  
1 clove garlic, minced  
1/2 tablespoon soy sauce  
1/2 tablespoon sake (can substitute with dry sherry)  
1/2 teaspoon sesame oil  
Kewpie mayonnaise  
Wedge of lemon to serve



## Method:

- Cut the chicken thigh into 5cm pieces and season with salt and pepper.
- In a large bowl, add minced garlic, soy sauce, sake and sesame oil to mix.
- Add the chicken to the bowl and mix until evenly coated.
- Cover and refrigerate for 30 min to marinate.
- Pour enough oil to a pot (at least 3-4cm deep to shallow fry) and heat oil to 160°C on medium heat.

**Tip:** If you sprinkle a little flour in, it will sizzle, that's when you know the oil is ready.

- On a tray, prepare potato starch in one pile and flour in a separate pile.
- Lightly dredge each chicken piece in the flour and dust off the excess. Then dredge the floured chicken in the potato starch.
- Once the oil is hot enough, gently submerge each chicken piece to the oil. Don't overcrowd the pot otherwise the temperature will drop too much and the chicken will end up absorbing too much oil and be soggy instead of crispy.
- The chicken will be fried twice. For the first fry, leave in for about 90 seconds until the chicken is a light golden colour, remove and transfer to a wire rack to drain excess oil.

**Note:** If the colour changes too quickly, it means the oil is too hot.

- For the second fry, turn the heat up to medium-high heat. Add the chicken for about 45 seconds or until the skin is crispy and has a nice golden colour. Transfer to a wire rack.
- Serve the chicken hot with a wedge of lemon and Kewpie mayonnaise.

# Steamed eggplant, Enoki mushroom with sweet soy and garlic dressing



Serves: 4

Total Time: 30 mins

*"Its a very quick and easy healthy meal for weekdays, the sweet soy dressing matches well with a big bowl of steamed rice!"*

By: Jason Chin

## Ingredients:

1 large eggplant

Large handful of Enoki mushroom washed and chopped in half

1 tablespoon finely sliced spring onions

2 tablespoons finely chopped coriander

A pinch of ground white pepper

2 tablespoon boiling hot olive oil

### Soy and Garlic Dressing

1 tablespoon white vinegar or rice vinegar

3 garlic cloves, finely diced

1 tablespoon brown sugar

1 tablespoon light soy sauce

1 teaspoon oyster sauce

1 tablespoon sesame oil

## Method:

- Peel the eggplant and cut lengthways into 1.5cm x 1.5cm strips.
- Soak eggplant strips in water and sprinkle with salt for 5 mins, this will prevent eggplant from browning. Wash, drain and pat dry after 5 minutes.
- Meanwhile, make soy and garlic dressing by placing the dressing ingredients in a small bowl and stirring well.
- Arrange eggplant in one layer on a heatproof plate that will fit inside a steamer basket. Place plate inside steamer, position over a deep saucepan or wok of boiling water and steam, covered, for 8 minutes or until eggplant is just tender when pierced with a knife.
- Carefully remove plate from steamer and drain the excess water out and allow eggplant to cool slightly
- Use a small pan, turn on heat and put 2 tablespoons of olive oil and heat up until smoking hot.
- To serve, arrange eggplant on a platter and spoon over soy dressing. Sprinkle with sliced spring onions, coriander and pepper. Then pour the hot oil over and you should hear sizzling sound.
- Serve hot with rice immediately and enjoy!

# Beef & Guinness Cottage Pie



Serves: 6

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

*"...because it's my twist on an Irish classic using Guinness in the pie. Most of all it reminds me of home!"*

By: Gavin Sutherland

## Ingredients:

### Pie Mix

- 1 kg Peter Augustus mince beef
- 2 cloves garlic, crushed
- 1 brown onion, diced
- 2 carrots, diced
- 1 red chilli, diced
- 2 tablespoons tomato paste
- 250ml beef stock
- 440ml Guinness, can
- 2 sprigs of thyme
- 1 bay leaf
- 4 tablespoon flour
- 2 tablespoon Worcestershire sauce
- Salt & pepper
- 1 star anise
- 2 tablespoons olive oil

### Potato Topping

- 1.3 kg potatoes, peeled & chopped
- 2 tablespoons chives, chopped
- 100 grams butter
- 100 grams cheddar cheese grated
- 150ml cream

## Method:

- Preheat oven to 180°C.
  - Fry onion, carrots, garlic and chili in olive oil for 4-5 minutes or until soft.
  - Add mince beef and cook until browned, breaking it up as you do it.
  - Mix 4 tablespoons flour with 100ml Guinness and set aside.
  - Add remaining Guinness, thyme, bay leaf, star anise, beef stock, Worcestershire sauce and beef stock to pot. Once simmering stir in the Guinness and flour mixture.
  - Cook on medium heat (at a simmer) for 20-30 minutes, stirring occasionally.
- Tip:** You want to reduce the cooking liquid until it's a gravy like thickness.
- Once reduced to your liking set pie aside to cool a little and then place into an oven proof pie dish.

### Potatoes

- Chop potatoes to equal sized pieces and boil in heavily salted water until soft enough to mash, this will take approx. 15 minutes.
- Drain potatoes and allow them to steam for a minute to remove moisture.
- Add butter, cream and 8 grams of grated cheddar cheese and chives. Stir to combine.

### Assembly

- Once pie mix has cooled sufficiently spoon the potatoes over the top and spread out. Using a fork, make rough bits on the top of potatoes.

**Note:** This helps give you those delicious brown crusty bits.

- Sprinkle remainder of the grated cheese on top and bake in oven for 25 - 30 minutes at 180°C.

# Turkey Chilli Con Carne



Serves: 4

Total Time: 30 mins

*"It's quick, light, healthy and beautifully warming for a cold winters day"*

By: Keely Langshaw

## Ingredients:

11 tablespoon coconut oil  
1 onion, diced  
1 red capsicum, diced  
2 tsp garlic, minced  
500 g turkey mince  
1/8 teaspoon chilli powder  
1/4 teaspoon onion powder  
1 teaspoon dried thyme  
1 teaspoon turmeric  
1 teaspoon dried oregano

2 large tomatoes diced  
1 cup chicken or vegetable stock  
140 grams tomato paste  
400 grams can red kidney beans, rinsed and drained  
Salt and pepper, to taste  
Natural coconut yoghurt & shallots to serve

## Method:

- Heat the oil in a large pan or pot on medium heat.
- Add the onion, capsicum and garlic and cook for 5 minutes, stirring occasionally.
- Increase the heat to high and cook the mince for 5 minutes, breaking up any lumps with a wooden spoon.
- Add the herbs, tomatoes, stock and tomato paste and bring to the boil.
- Reduce heat and simmer for 20 minutes, stirring occasionally.
- Add the kidney beans and season with salt and pepper.
- Heat through for 5 minutes before serving.
- Top with a dollop of natural coconut yoghurt and shallots.

# Buffalo Chicken Dip



Serves: 8-10

Total Time: 20-25 mins

*"This Buffalo Chicken Dip is a sure crowd-pleaser and so easy to make!"*

By: Melanie Hodge

## Ingredients:

- 250 grams cream cheese block, softened
- 2 cups Mozzarella cheese (you can also use Colby or Jack Cheese)
- 2 cups cooked chicken, shredded
- 1/2 cup Franks Red Hot Sauce
- 1/2 cup ranch or blue cheese salad dressing
- 1/4 cup spring onions, sliced
- Celery and carrot sticks or tortilla chips to serve



## Method:

- Preheat oven to 180°C.
- Mix shredded chicken, cream cheese, Franks Red Hot Sauce and salad dressing sauce together in a bowl.
- Place mixture in a baking dish and sprinkle with cheese.
- Bake uncovered for 20 - 25 minutes or until cheese has melted.
- Sprinkle spring onions on top and serve hot with celery, carrot and/or tortilla chips.

# Kelsey's Easy Naan Bread



Makes: 4

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

*"Easy to make & delicious!"*

By: Kelsey Chippendale from  
Kawana Shoppingworld

## Ingredients:

1 cup self raising flour

1/2 cup greek-style yoghurt

Pinch of salt

Minced garlic

1 1/2 cups of cheese

1 tablespoon butter

Fresh or dried herbs of your choice (optional)

## Method:

- Mix flour and greek-style yoghurt together and kneed lightly until dough forms a ball.
- Dust flour onto clean bench and place dough onto surface. Divide into 4 portions.
- Take a portion of dough and roll out as thinly as possible.
- On one half of the dough, spread on minced garlic lightly and salt to taste. Sprinkle cheese on top of garlic and then fold dough over so you have semi circle shape.
- Roll out dough as thinly as possible without cheese mixture breaking through.
- Add a knob of butter into non-stick fry pan and cook the bread on medium heat until both sides are golden brown.
- Once naan has been cooked to your liking, eat immediately with curry or place in over as you cook the additional naans.

**Tip:** This dough works well as thick crust pizza base! Skip the cheese and garlic part, and pan fry on one side, then add toppings and place into oven.

If we're not meant to  
have midnight snacks,  
why is there a light in  
the fridge?



# Chloe's Amazing Oreo Truffles



Makes: 36 truffles

Prep Time: 45 mins

Cook Time: 5 mins

Total Time: 50 mins

*"Oreo's, cream cheese and chocolate... point made!"*

By: Chloe Nevin

## Ingredients:

250 grams Philadelphia Cream Cheese block, softened

250 grams Oreo Classic, crushed

225 grams Cadbury Milk Chocolate Melts

## Method:

- Combine the Philadelphia and Oreo crumb and mix well.
- Roll 2 teaspoon amounts into balls, place on a paper lined tray and refrigerate until firm.
- Melt the chocolate in a microwave safe plastic bowl on 50% power. Begin with 20 second bursts then reduce to shorter bursts as the chocolate melts, stirring well between each burst of power.
- Only microwave until 75% of the chocolate has melted then continue stirring until smooth.
- Using 2 forks coat each ball in the chocolate, allow the excess to run off then place onto a paper lined tray.
- Once the chocolate has set at room temperature, store in an airtight container, refrigerated, until required.

# Cake-pops



Makes: 40 pops

Prep Time: 2 hours

Cook Time: 36 mins

Total Time: Up to 3 hours

*"Because... SPRINKLES!"*

By: Lyla Chrzescijanski

## Ingredients:

1 2/3 cups (208g) all-purpose flour (spoon & leveled)

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 cup (115g; 1 stick) unsalted butter, softened to room temperature

1 cup (200g) granulated sugar

1 large egg, at room temperature

2 teaspoons pure vanilla extract

1 cup (240ml) whole milk (or buttermilk)

## Frosting:

7 tablespoons (100 grams) unsalted butter, softened to room temperature  
1 3/4 cups (210 grams) icing sugar  
2–3 teaspoons heavy cream or milk  
1 teaspoon pure vanilla extract

## Coating:

1.1kg candy melts or choc coating of your choice  
Sprinkles to decorate

## Method

- Preheat oven to 177°C. Grease a 9-inch spring-form pan

### Make the cake

- Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside.
  - Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together in a large bowl until creamed, about 2 minutes.
  - Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and sides of the bowl as needed.
  - With the mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick.
  - Pour the batter evenly into the prepared pan. Bake for 30 - 36 minutes or until a toothpick inserted in the center comes out clean.
- Tip:** If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top.
- Allow the cake to cool completely in the pan set on a wire rack.



### Make the frosting

- With a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed until creamy, for about 2 minutes.
- Add confectioners sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes.
- Crumble the cooled cake into the bowl on top of the frosting. Make sure there are no large lumps.
- Turn the mixer on low and beat the frosting and cake crumbles together until combined.
- Measure 1 tablespoon of moist cake mixture and roll into a ball.
- Place balls on a lined baking sheet.
- Refrigerate for 2 hours or freeze for 1 hour.
- Re-roll the chilled balls to smooth out, if needed. Place back into the fridge as you'll only work with a couple at a time.
- Melt the coating in a 2-cup liquid measuring cup (best for dunking!). You can use a double boiler or microwave.

### Coat the cake balls

- Remove only 2-3 cake balls from the refrigerator at a time.
- Dip a lollipop stick about 1/2 inch into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball.
- Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick.
- Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off.
- Decorate the top with sprinkles and place upright into a styrofoam block or box (as explained above).
- Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping!
- Coating will set within an hour. Store cake pops in the refrigerator for up to 1 week.

"Our kitchen runs on love,  
laughter and a whole lot  
of sprinkles!"

- Lyla



# Sweet Banana & Nutella Sausage Rolls



Serves: 6

Total Time: 40 mins

*"The kids love this treat!"*

By: Robert Smith,

Centre Manager at Kawana

Shoppingworld

## Ingredients:

1 375 g sheet butter puff pastry

2 large bananas, peeled

8 tablespoon Nutella (or peanut butter)

1 egg, lightly whisked

Cinnamon & sea salt for sprinkling

## Method:

- Preheat your oven to 190°C.
- Thaw the pastry as per packet instructions.
- Slice the pastry in half.
- Spread 3-4 tablespoons of Nutella in a line in the centre of each piece of pastry.
- Place a banana on top of the Nutella on each piece of pastry.
- Roll up and seal the pastry by gently pressing down where the pastry joins.
- Slice the pastry rolls into 2-inch slices and place the slices onto a paper-lined baking tray.
- Brush the slices with the whisked egg and sprinkle with cinnamon and sea salt.
- Bake at 190°C for 20 minutes.
- Remove from the oven and set aside to cool for 20 - 30 minutes.
- Serve dusted with icing sugar, or with yoghurt swirled with Nutella, or caramel for dipping.

# Amygdalota (Greek Almond Cookies)



Makes: 12 cookies

Total Time: 15 - 20 mins

*"It's so easy that my husband makes it :-)"*

By: Nicole Imberger

## Ingredients:

4 cups almond flour

1 cup sugar

1 tablespoon lemon zest

1 tablespoon vanilla

A pinch of salt

4 large egg whites

Flaked almonds

## Method:

- Turn oven to 180°C.
- Combine all the dry ingredients and lemon zest.
- Combine the egg whites and vanilla and beat until frothy.
- Pour together and mix.
- Make golf ball sized balls.
- Sprinkle with almond flakes and lightly press to make a cookie shape and bake for 15 mins until golden brown.

# Triple Choc Fudge Cookies



Makes: 12 cookies

Cook Time: 10-15mins

*"It's quick, easy but oh so delicious!"*

By: Jane Pegg

## Ingredients:

125 grams softened butter  
1 teaspoon vanilla extract  
1 1/4 cups firmly packed brown sugar  
1 egg  
1 cup plain flour  
1/4 cup self raising flour  
1 teaspoon bicarbonate soda  
1/3 cup Dutch cocoa  
1/2 cup dark choc melts, cut in half  
1/2 cup milk choc chips  
1/2 cup white choc chips

## Method:

- Preheat oven to 160°C.
  - Line baking trays with baking paper.
  - Beat together butter, vanilla, brown sugar and egg until smooth and creamy.
  - Sift in flour, bicarb soda and cocoa.
  - Mix until just combined.
  - Stir through chocolate pieces.
  - Roll into golf ball sized balls and place on lined tray, ensuring space between cookies to expand.
  - Bake for 10-15 minutes.
  - They will have a 'cracked' appearance to the top.
- Tip:** Be careful not to over cook so they stay chewy and fudgy.
- Cool on the tray for 10 mins then transfer to a cooling rack.



# Coconut Macaroons



Makes: 12 -15

Prep Time: 5 mins

Cook Time: Until slightly brown

Total Time: Up to 30 mins

*"Quick, easy and very delicious!"*

By: Glenys McDonald

## Ingredients:

1 can of sweetened condensed milk

1 packet of desiccated coconut

1 tablespoon of vanilla essence

## Method:

- Preheat oven to 160°C.
- In a bowl pour the coconut and condensed milk.
- Pour in the vanilla essence and mix thoroughly.
- Place into a greased pan mounds of the mixture. Use a little bit of milk to keep mixture moist and not sticking to fingers.
- Cook until slightly brown.
- Serve and enjoy!

# Deb's Monte Carlos



Makes: 25 biscuits

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

*"My FAVOURITE!"*

By: Debbie McMurtie

from OPSM

## Ingredients:

185 grams butter  
1/2 cup brown sugar, firmly packed  
1 egg  
1 teaspoon vanilla  
1 1/4 cups self-raising flour  
3/4 cup plain flour  
1/2 cup of coconut  
Raspberry jam

## Filling

60 grams butter  
1/4 cup of icing sugar  
1/2 teaspoon vanilla  
2 teaspoon milk

## Method:

- Preheat oven to 180°C
- Cream butter and sugar until light and fluffy, add egg and vanilla and beat well.
- Add sifted dry ingredients and coconut, mix well.
- Roll teaspoons of mixture into balls, shape into ovals and place on lightly greased oven tray. Rough surface with back of fork.
- Bake in moderate oven 10-15 minutes or until golden brown.
- Remove from oven and allow to cool on wire rack.
- Put teaspoon of jam and teaspoon of filling in centre of half the biscuits. Top with remaining halves, press together lightly.

**Filling:** Cream butter and sifted icing sugar until light and fluffy, add vanilla, gradually add milk, beat well.

# Epic (easy) Ice Cream Cake



## To assemble

1 deep 20cm cake tin with a removable base  
2 strips of acetate (flexible plastic paper) or flexible cardboard, each piece 60cm long and 20cm tall

## To decorate

Waffle cones  
Mini meringues  
Sprinkles  
Lollies

Serves: 6

Total Time: 40 mins

By: The Barrett Family from  
Kawana Shoppingworld

## Ingredients

### Shortbread sprinkle crumb

570 grams shortbread biscuits, crushed  
200 grams white chocolate  
3 tablespoons coconut oil  
3 tablespoons sprinkles

### Chocolate crunch layer

275 grams Oreo cookies, crushed  
100 grams dark chocolate  
3 tablespoon coconut oil

### Ice cream layers

3 litres store bought vanilla ice cream  
500ml store bought strawberry or raspberry sorbet

### White chocolate glaze (optional)

200 grams white chocolate  
2 tablespoons coconut oil

# Method

## Shortbread sprinkle crumb

- Place the crushed shortbread into a medium sized mixing bowl.
- Melt 200 grams white chocolate and 3 tablespoon coconut oil together and add to the crushed shortbread, stir to combine.
- Add the sprinkles, stir to combine and set aside.

## Chocolate crunch layer

- Place the crushed Oreo's into a medium sized mixing bowl.
- Melt 200 grams dark chocolate and 3 tablespoon coconut oil together and add to the crushed Oreo's, stir to combine and set aside.

## To assemble

- Line the base of a 20cm round deep and loose based cake tin (or cake tin of your choice) with baking paper.
- To support the cake while its freezing, use the two pieces of clear plastic sheet (acetate) or thick cardboard to make the tin taller by placing it around the inside edges of the cake tin, they should overlap most of the way around so there are no gaps.
- Place  $\frac{3}{4}$  of the shortbread sprinkle mixture into the bottom of the prepared cake tin, press down the mixture and spread it out evenly.
- Add  $\frac{1}{3}$  of the vanilla ice cream, and spread evenly with the back of a spoon
- Add the rest of the shortbread sprinkle mixture crumbling over the ice cream, sprinkle over an extra 2 tablespoon of sprinkles.
- Add the next  $\frac{1}{3}$  of vanilla ice cream, and before smoothing it out, add the strawberry sorbet and an extra spoonful of vanilla ice cream and then smooth over with the back of a spoon, allowing the ice creams to swirl together a little.

## Method

- Add the Oreo chocolate crunch layer.
  - Then add the rest of the vanilla ice cream, smooth over with the back of a spoon and add some extra sprinkles on top. Place the cake into the freezer overnight or for up to 2-3 days.
  - When ready to serve, melt the 200 grams white chocolate and 2 tablespoon white chocolate and set aside to completely cool.
  - Remove the cake from the tin and place onto a serving plate.
  - Drizzle the white chocolate mixture\* over the cake and then place the cake back into the freezer for 10-15 minutes to allow the chocolate to set.
- Note: The white chocolate drizzle is optional, you can add the decorations straight onto the ice cream cake if you don't want to add the white chocolate over the top of the cake.
- Remove the cake from the freezer and decorate with waffle cones, mini meringues, lollies and extra sprinkles.



# Holly's Lemon and Yoghurt Cake



Serves: 12

Total Time: 1.5 hours,  
including cooking, cooling  
and filling/decorating

*"This recipe is so versatile and can be  
made with gluten free flour too. It's a  
real crowd-pleaser."*

By: Holly McVicar

## Ingredients:

### Cake:

180ml rice bran oil  
2 large eggs  
1 tablespoon finely grated lemon rind  
1/4 cup lemon juice  
1 cup thick Greek-style yoghurt  
2 cups caster sugar  
2 cups self-raising flour

### Lemon mascarpone:

1 cup icing sugar  
250 grams mascarpone  
1 tablespoon finely grated lemon zest

### Lemon drizzle:

1 cup icing sugar  
1 tablespoon lemon juice



## Method:

- Preheat oven to 160°C and line a springform cake tin.

## Cake

- Mix together the cake ingredients except flour.
- Then gently fold in 2 cups self-raising flour.
- Pour into tin and bake for approx 50 minutes.

## Icing

- Mix the lemon mascarpone ingredients together.
- Prior to filling and once cooled, cut the cake in half to create two layers.
- When cool fill with lemon mascarpone.
- Top with the lemon drizzle.
- Serve immediately or store chilled in the fridge.

# Rocky Road Brownies



Makes: 10-12 brownies

Prep Time: 30 mins

Cook Time: 20 mins

*"Rich, chocolate and fudgy with nostalgic, rocky road inspired flavours. This is my favourite treat."*

By: Karina Arora

## Ingredients:

150 grams butter

180 grams dark cooking chocolate

2 eggs

80 grams + 2 tablespoon brown sugar

1/2 cup flour

1/2 teaspoon flaky salt

1 heaped teaspoon cocoa powder

1 teaspoon instant coffee

1/4 cup marshmallow fluff or 5-6 large marshmallow cut into quarters

10-12 raspberries, halved

Crushed peanuts and desiccated coconut to sprinkle

## Method:

- Preheat the oven to 180°C and line a square brownie tin.
- Melt butter, add the chocolate and microwave for an 30 seconds.
- Allow the chocolate to melt in the residual heat, stir until glossy and set aside to cool.
- Whisk the eggs (make sure they're at room temperature) and sugar until fluffy. Add the cooled chocolate and fold until combined.
- Add the flour, cocoa powder and salt, then fold into chocolate mixture.
- Pour the batter into the prepared tin and top with the marshmallows. If using fluff, make 10-12 small dollops across the surface and run the top of a knife through it to create a swirly patterns.
- Top with halved raspberries and bake for 18-20 minutes depending on how fudgy you like them.
- Sprinkle with desiccated coconut and crushed peanuts.
- Serve warm.

# Passionfruit Slice



Serves: 12

Total Time: 30 mins

*"Delicious easy and a crowd-pleaser"*

By: Denise Roach

## Ingredients:

1 packet butter cake mix

125 gram melted butter

1/2 cup desiccated coconut

Tin of condensed milk

Inside of 2 passionfruit or half tin of passionfruit

Juice of 2 lemons or 50ml of lemon juice

## Method:

- Preheat oven to 170°C
- Combine butter cake mix, desiccated coconut and melted butter into a crumbly cookie dough consistency.
- Put in slice tin then bake in oven at 170°C for about 10-15 minutes until golden brown.
- Mix remaining ingredients together - condensed milk, lemon juice, and passionfruit.
- Pour onto the base then sprinkle with desiccated coconut and into oven for 10 - 15 minutes.

# Choc-chickpea Banana Slice



Serves: 12

Prep Time: 15 mins

Cook Time: 20-25 mins

Total Time: 40 mins

*"Yummy healthy sweet treat!"*

By: Stacey O'Donnell

## Ingredients:

3 ripe bananas  
3 tablespoon almond spread or peanut butter  
1/3 cup maple syrup  
1/4 cup almond milk  
1 1/2 cups chickpea flour  
1 tablespoon baking powder  
1/2-3/4 cup dark chocolate chips

## Method:

- Preheat oven to 160-180°C.
- Mash the bananas in a large mixing bowl.
- Add the rest of the ingredients then stir to combine.
- Line a baking tin with baking paper and add banana mix.
- Cook in the oven for 20-25 mins.

# Fudge Brownies



Makes: 20 pieces

Prep Time: 15 mins

Cook Time: 35-40 mins

Total Time: 55 mins

*"Everyone loves brownies!"*

By: Debbie McMurtie from  
OPSM

## Ingredients:

150 grams butter  
200 grams chocolate  
3 eggs  
1 teaspoon vanilla  
1 1/4 cups sugar  
1 cup plain flour  
1/2 cup cocoa



## Method:

- Preheat oven to 180°C.
- In saucepan melt butter, remove from heat and add chocolate.

Tip: Stir using a metal dry spoon.

- Use low heat to melt chocolate.
- Cool down mixture and add sugar, beaten eggs and vanilla.
- Add flour and cocoa then mix well.
- Pour into a lined tin and bake for 35 to 40 mins.
- Remove brownies from oven when they are still fudgy in the middle.
- Allow to cool and dust icing sugar over the top.

# Gluten-free Cinnamon Bread Pudding



Serves: 4

Prep Time: 10 mins

Cook Time: 60-75 mins

Total Time: 85 mins

*"Simple to make, sweet to eat and  
nourishing as well."*

By: Anna McKay

## Ingredients:

2 large eggs

2 tablespoons of raw sugar

400mls milk

1/2 teaspoon of vanilla

2 slices of gluten-free fruit or sultana bread

## Method:

- Preheat oven to 165-170°C.

Crack the 2 eggs into a mixing bowl and using a hand beater or electric hand mixer, beat them until well beaten and frothy.

- Add milk, sugar and vanilla, mix with wooden spoon until sugar is dissolved.

- Butter the two slices of gluten-free raisin or sultana bread and cut each slice into eight small triangles.

- Lightly grease the small casserole dish with butter and gently pour in the egg and milk mixture.

- Sprinkle with cinnamon all over the top and then dip the all the bread triangles into the dish making sure to soak them well into the mixture.

- In a large square cake tin or baking dish, put some hot water and place casserole dish with pudding mixture into the water in the cake tin and place in the oven, middle shelf.

- Cook for about an hour and check. Continue to cook if under done.

# Mulled Wine Poached Pear Tart with Ricotta



Serves: 4

Cook Time: 45 mins

*"Perfect winter dessert - that is simple to make but will always impress"*

By: Cheryl Mishio

## Ingredients:

### Tart pastry.

1 cup self rising flour  
1 spelt flour  
1 cup softened butter  
1 teaspoon vanilla bean paste  
3/4 cup caster sugar  
1 egg  
1 tablespoon milk

### Filling

1 cup fresh ricotta cheese  
1 tablespoon honey  
1 teaspoon fresh thyme leaves  
3 pear - peeled, halved & core removed  
2 cups Shiraz (or Merlot) wine  
1 cinnamon quill  
4 cloves  
6 peppercorn  
Small knob ginger  
1/4 cup brown sugar

## Method:

- Combine butter and sugar until creamy.
- Add egg, vanilla bean paste and milk. Slowly fold in flour till combined into a stiff (crumbly) dough.
- Press dough into tart pan covering base and sides.
- Bake at 160°C for 15 mins till 3/4 baked and turning golden brown. Remove from oven.
- Combine ricotta , honey and thyme until combined.
- Spoon ricotta mixture into 3/4 baked tart shell (or shells if using individual tarts) and bake for additional 7 minutes.
- Remove from oven and let cool to room temperature.
- Simmer pears on low heat in red wine mixture on stove for approximately 30 mins until tender.
- Pears should be completely submerged while simmering.
- Remove pears from poaching liquid / strain spices from red wine poaching liquid and return to stove for approx 20 minutes until a thick red wine syrup.
- Slice pears thinly and arrange in a circular rosette pattern on top of ricotta mixture on tarts.
- Serve with a scoop of vanilla ice cream and drizzle reserved spiced red wine glaze over tart.



# *Foods that warm the soul*

Cooking a meal for your loved ones, having a BBQ with friends or hosting a dinner party after iso are some of the things we love to do with our friends and family.

We hope you enjoyed our cookbook and cook some delicious meals and create some special memories. All recipes have been contributed by the Kawana Shoppingworld Community.