

Recipe of the week

Corn Fritters



Ingredients:
2 spring onions
100g fetta
2 x 400g can of corn
1 cup self-raising flour
2 eggs
1/3 cup milk
Olive oil spray



1. Slice

Wash and finely slice spring onions.



2. Chop

Roughly chop fetta with a sharp knife.



3. Drain

Using a colander, drain the corn.



4. Whisk

In a small bowl, whisk eggs and milk until well combined.



5. Create

In a separate mixing bowl, add flour and create a well in the centre.



6. Mix

Add the egg mixture to the flour and mix well.



7. Stir

Add the prepared spring onion, fetta and corn to the flour mixture and stir through.



8. Cook

Place spoonfuls of mixture onto heated frypan. Cook until golden brown.

Recipe of the week

Mac and Cheese



Ingredients:

- 3 cups uncooked macaroni
- 4 tablespoons corn flour
- 1 litre reduced fat milk
- 200g reduced fat grated cheese
- 300g frozen pea and corn mix



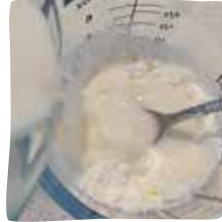
1. Cook

Cook the macaroni in a large saucepan of boiling water, according to packet instructions, until soft. Drain pasta and set aside.



2. Heat

Pour most of the milk (leaving 100ml aside) into a large saucepan and heat over medium-high heat until warm, but not boiling.



3. Mix

In a small jug, add corn flour and gradually stir in the remaining milk to create a smooth paste.



4. Stir

Add the paste to the warm milk and heat through, stirring regularly, until the sauce thickens.



5. Add

Add grated cheese to the sauce mixture and stir thoroughly to combine. Add frozen vegetables and stir until vegetables are heated through.



6. Stir

Add to sauce mixture to the cooked pasta and stir through. Serve.

Recipe of the week

Beef and potato curry



Ingredients:

- 1 tablespoon olive oil
- 1 onion
- 2 medium potatoes
- 2 medium carrots
- 2 tablespoons curry powder
- 500g diced beef
- 250 ml beef stock
- 2 tablespoons tomato paste
- 1 cup frozen peas
- Quick cook microwave rice



1. Dice
Finely dice
the onion.



2. Chop
Chop the potatoes
into bite sized cubes
and slice the carrots.



3. Saute
Heat frypan with oil
and saute the onion
until soft. Add the
curry powder and
mix through.



4. Brown
Add the diced beef
to the pan and cook
until browned.



5. Pour
Pour in the beef stock
and stir through the
tomato paste.



6. Add
Add the potatoes
and carrot. Turn
down the heat
and simmer for
20 minutes.



7. Simmer
Add the frozen peas
and allow to simmer
for a further 5
minutes.



8. Serve
Serve with rice.

NB: if using
casserole beef allow
to simmer for up to
1 hour.

Recipe of the week

Lemon Chicken



Ingredients:

- 1 clove garlic
- 3cm piece of ginger
- 1 lemon
- 400g chicken thigh or breast
- 2 tablespoons plain flour
- 2 tablespoons olive oil
- 450ml chicken stock
- 1 small head of broccoli
- 1 medium zucchini
- 1 tablespoon cornflour
- 1 teaspoon honey



1. Grate

Crush garlic, finely grate ginger and lemon rind. Juice the lemon and let aside.



2. Cut

Cut chicken into bite size pieces and place into a medium bowl.



3. Toss

Add the garlic, ginger, lemon rind and flour to the chicken and toss until evenly coated.



4. Slice

Cut broccoli into bite size florets and slice zucchini.



5. Brown

Heat oil in a pan. Add the chicken and cook, whilst stirring, until it has browned.



6. Add

Add the chicken stock to the pan with the broccoli and zucchini.

Simmer for 5 minutes.



7. Mix

In a small bowl mix the lemon juice with the corn flour and honey.



8. Serve

Stir the lemon juice mixture into the pan and cook until sauce thickens.

Serve with rice.