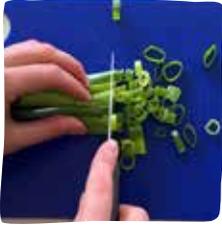


# Recipe of the week

## 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.