



Weekly Prep

Salmon

- Make sauce, will keep in the fridge for 3 days
- Prepare salad or veg and store in fridge till needed

Crispy Chicken Wings

- Cut and store vegetables for roasting or prepare salad ingredients and store in fridge

Pea and Ham Soup

- Cut all veg and store in water until needed (except for onions)

Chicken Stroganoff

- Cut mushrooms and onions, store in containers
- Cube chicken thighs and either freeze or store in fridge

Beef and Red Wine Casserole

- Cut all veg and store in water in the fridge
- Cube beef and either freeze or store in fridge

San Choy Bow

- Cut all veg, store in fridge



Recipes (all serve 4 people)

Salmon with lemon sauce and salad

**4 salmon fillets
mayonnaise
dill
lemon and zest
dijon mustard**

Mix 3 tablespoons of mayonnaise with 1 tablespoon of chopped dill, the zest of 1 lemon and juice of half a lemon as well as 1 teaspoon of dijon mustard.

Salmon can be pan fried skin side down first and then flip until it is cooked to your liking.

Serve with a fresh salad and lemon wedges.

Crispy Baked Chicken Wings (serves 4)

Ingredients

**1.5 kg of chicken wings
1 cup plain flour
1 Tbspn of smoked paprika
1 tspn of garlic powder
1 tspn of onion powder
1 Tbspn of dried oregano
(If you live in Australia you can buy Smokey
Barbecue Seasoning and substitute this for the
paprika, garlic and onion powder)**

Preheat oven to 180 C

Combine the flour and spices in a plastic freezer bag or in a large mixing bowl. Shake the chicken wings in the flour and then place on to a lined baking tray (for easy cleaning), discard the flour mixture. Spread the wings out so they have some space between them, you may need two trays. Bake for 25 minutes, turn and bake for another 15 minutes. Turn the oven up to 200 C and blast those wings for about 10 minutes to get super crispy.

Serve with a salad or mixed steamed vegetables.

Pea and Ham Soup

Ingredients

1 ham hock
1 pkt of dried green split peas
3 celery stalks
3 carrots
1 brown onion
2 cloves of garlic, minced
2 bay leaves
4 sprigs of thyme
water

Rinse the split peas and remove any discolored ones. Chop the vegetables so that they are all roughly the same size, add the vegetables, garlic, bay leaves and thyme to the slow cooker. Lay the ham hock on top of the vegetables and then add enough water to cover the ham hock. Cook on high for 4 hours or low for 7 hours. Before serving, remove the ham hock, discard the fat and skin and shred the meat. If you like a smooth soup, use a stick blender and josh it (that is a technical term) make sure you have removed the bay leaves. Return the meat back to the soup and then serve.

Ladle into bowls and serve with crusty warm bread, oh the heaven you will be in!

Chicken Stroganoff (serves 4)

Ingredients

1 kg of chicken thighs, sliced into strips
1 brown onion, sliced
6-8 button mushrooms, sliced
2 -3 cloves of garlic, crushed and chopped
Smoked paprika
1/2 cup dry white wine
1/2 cup chicken stock
2 Tbspn light sour cream
fresh parsley
olive oil
salt and pepper

Coat the chicken strips in paprika, add some oil to a warm pan and fry the chicken strips till they are browned, remove from pan, (don't worry if it isn't completely cooked, it will be going back in). Add a little more oil then fry the onions, garlic and mushrooms till soft, return the chicken and add the wine, make sure you scrape any brown bits from the bottom of the pan, these are the super yummy bits! Pour in the chicken stock and allow to simmer for a few minutes or until it is reduced. Remove from heat and add 2 Tblspns of sour cream, stir through till combined, season with salt and pepper and add the chopped parsley (I throw in a small handful).

Serve with spiral pasta and fresh green veges, beans and baby spinach.

Beef and Red Wine Casserole

Ingredients

1 kg of chuck or stewing beef cubed
plain flour
1 large brown onion diced
4 celery stalks sliced
4 carrots large diced
500 mls of beef stock
1 cup of dry red wine (shiraz is my fave)
5 stalks of thyme
1 Tblspn of minced garlic
1/2 cup of chopped parsley
salt and pepper

Toss the beef in some plain flour that has been seasoned with salt and pepper, I put it in a plastic freezer bag and then shake, you could also do this in a mixing bowl. Add some olive oil to a pan and brown off the beef in batches. My slow cooker has a searing option so I am able to do this all in the slow cooker, but if you don't have this option, use a separate pan and then transfer to the slow cooker.

If you also like your onion browned off you can do this now as well, if you don't care just add to the slow cooker. I seriously think it depends more on how much time you have. Add the celery, carrots thyme, red wine and enough beef stock to almost be covering the ingredients in the slow cooker. The flour that is on the beef should help to thicken the sauce but the vegetable will also release moisture and because it is on a covered dish the moisture will build up. This means if you add too much liquid at the beginning of the cook, you may end up with a very liquidy casserole, so be a little more conservative with the stock.

Set your slow cooker for low and this can be cooked for up to 8 hours at this temperature. My slow cooker switches to "Keep Warm" when the cooking time has finished. This can also be cooked for 4 hours on high if you are short of time. Add in the chopped parsley before serving.

Serve with mashed potatoes and green veges (peas, beans, broccoli etc) I also like to add some baby spinach leaves about 15 minutes before I serve it, this gives them time to wilt and adds colour and freshness.

If preparing this in advance you can brown the meat and then freeze it, chop all of the veges and then put all the ingredients in the slow cooker and cook.

San Choy Bow

500 g of pork mince (or chicken)
4 spring onions (the long green ones)
220 g can water chestnuts, finely chopped
6 button mushrooms, finely chopped
sweet chilli sauce or a whole chopped chilli
3 tblspn hoi sin sauce
2 garlic cloves
1 tspn crushed ginger
1 small packet vermicilli noodles (sometimes known as glass noodles)
bean sprouts for garnish
lettuce (iceberg)

Soak the noodles in hot water for about 5 minutes or until soft and see through, drain. Fry off garlic, ginger and spring onions, add the pork mince and cook through. Add the mushrooms and water chestnuts, then the sauces and noodles.

Serve in lettuce cups and garnish with bean sprouts