

*Eat  
Drink  
Repeat*

# TPM Quarantini Isolation Recipes



Targeted Program Management



*Food for thought?*

# What's there to cook?

[Easy No Knead Decorated Soda Bread](#)

[Best Ever Banana Bread](#)

[Cinnamon Rolls](#)

[Lemonade Scone](#)

[Arnott's Monte Carlo](#)

[Homemade Chocolate Twix](#)

[Easy Fluffy Japanese Pancakes](#)

[Caramelized Fig Toasted Oatmeal](#)

[Jalapeno Sour Cream Dip](#)

[Sweet Corn Soup](#)

[African Peanut Stew](#)

[Japanese Style Croquettes](#)

[The Coveted McNuggets](#)

[Jamie Oliver's Huevos Rancheros with Beans](#)

[Tomato & Egg Stir Fry](#)

[One Pan Lemon Garlic Baked Salmon + Asparagus](#)

[Italian 'cheesy' Moxballs](#)

[Tomato Risoni & Roast Chicken](#)

[Penne Pasta with Chorizo Sausage, Tomatoes & Peas](#)

[Zucchini & Tofu Noodles with Coriander Pesto](#)

[Lime Marmalade Margarita Shot](#)

[Mulled Wine](#)



*Eat  
Drink  
Repeat*

# Easy No Knead Decorated Soda Bread

5 mins prep time

40mins cooking time

## Ingredients:

500g plain flour, plus extra for dusting  
1 tsp fine salt  
1 tsp bicarb soda  
400ml buttermilk (you can make this with some yoghurt & milk)

## Flavours to add (optional and you can swap them for whatever you like)

Small handful of toasted pine nuts  
Small handful of crumbled parmesan cheese crumbs  
A few springs of fresh rosemary, broken up

## Decorations (optional)

One red onion sliced vertically and the rings spread out like a flower  
One spring onion stalk to use as a flower stem  
Some extra rosemary sprigs for leaves

## Method:

1. Mix your flour, salt and bicarb soda together in a large bowl to combine thoroughly. Add in your nuts, cheese and herbs and mix to combine.
2. Then make a well in the centre of your flour mix and add in  $\frac{2}{3}$  of the buttermilk. Using a round bladed knife, gently pull the flour into the buttermilk, mixing to make a dough, without working it too much. The less you touch this dough the better — you don't want it to get tough, so a light touch is perfect. Add more of the buttermilk to make a sticky dough, but you may not need all of it, so stop when the dough is just getting sticky but isn't too wet.
3. Turn the dough onto a lightly floured surface and gently shape into a flattish dome loaf, dusting with a little extra flour. Then use the slices of red onion, the spring onion and the rosemary decorations to place on top of your loaf to make a pretty flower - or any scene you like, without over-crowding (you don't want extra moisture for toppings to stop the bread cooking).
4. Place the loaf onto a lined baking tray and—without disturbing the pattern too much—make two deep cuts in a cross across the centre. Go deep, but don't go all the way through the dough. This will help the bread cook nicely inside. Cook your loaf at 180°C for 40-45 minutes, or until it sounds hollow when tapped and is golden brown on top.
5. Serve it whole to show off the pretty scene on top & make sure you Instagram it for bragging rights.

**Note: You can use edible flowers and other herbs or sliced veggies too.**



*Eat  
Drink  
Repeat*

# Best Ever Banana Bread

10 mins prep time

65mins cooking time

## Ingredients:

250g plain flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 cup (115g) unsalted butter, softened to room temperature  
3/4 cup (150g) packed light or dark brown sugar  
2 large eggs, at room temperature  
1/3 cup (80g) plain yogurt or sour cream (You can use Greek yogurt)  
2 cups mashed bananas (about 4 large ripe bananas)  
1 teaspoon pure vanilla extract  
Optional: 3/4 cup (100g) chopped pecans or walnuts / or choc chip!

## Method:

1. Adjust the oven rack to the lower third position and preheat the oven to 177°C. Grease a 9x5-inch loaf pan or coat with non-stick spray. Set aside.
2. Whisk the flour, baking soda, salt, and cinnamon together in a large bowl.
3. Using a whisk, beat the butter and brown sugar together until smooth and creamy, about 2 minutes.
4. On medium speed, add the eggs one at a time, beating well after each addition.
5. Beat in the yogurt, mashed bananas, and vanilla extract until combined.
6. Then slowly beat the dry ingredients into the wet ingredients until no flour pockets remain. Do not overmix. Fold in the nuts, if using.
7. Spoon the batter into the prepared baking pan and bake for 60-65 minutes. Loosely cover the bread with aluminium foil after 30 minutes to help prevent the top and sides from getting too brown. A toothpick inserted in the centre of the loaf will come out clean when the bread is done. Remove from the oven and allow the bread to cool completely in the pan set on a wire rack.
8. Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week.

Banana bread tastes best on day 2 after the flavours have settled together.



**Top with cream cheese frosting!**

**Beat 112g of softened cream cheese and 60g of softened unsalted butter together until smooth. Beat in 120g of sugar, 1/2 teaspoon of pure vanilla extract & a pinch of salt until combined.**

**Spread on cooled loaf.**



*Eat  
Drink  
Repeat*

# Cinnamon Rolls

20 mins prep time   20 mins cooking time   2.5 hr rise time   9 rolls

## Ingredients:

### Dough:

½ cup butter  
1 cup milk  
¼ cup white sugar  
1 package (2 ¼ tsp) dry yeast  
2 eggs  
½ tsp kosher salt  
2 tsp vanilla extract  
3 cups plain flour

### Filling (or any fillings you like):

¼ cup brown sugar  
1 cup toasted walnuts  
1 handful of raisins  
Pinch of salt

### Syrup:

1/3 cup brown sugar  
1/3 cup water  
1 tbsp cinnamon powder  
3 tbsp rice syrup (or honey)

## Dough Method:

1. Heat a large pot over medium heat then melt the ½ cup of butter. Stirring occasionally
2. Remove from heat then add the milk and ½ cup of white sugar. Stir well.
3. Add the dry yeast and let it sit for 5 – 10 minutes until the yeast is frothy.
4. Stir in the eggs, kosher salt and vanilla extract.
5. Add 3 cups of flour and mix for 1 minute until smooth. The dough should be very sticky.
6. Cover and let the dough rise for 1 hour at room temperature until it double in size.
7. Deflate the dough by hand and knead it until smooth and soft
8. Cover and let it rise for another 30 minutes.

## Dry Filling Method:

1. Combine ½ cup brown sugar, cinnamon powder, walnuts, raisins and a pinch of salt in a bowl. Mix well.

## Syrup Method:

1. Combine 1/3 brown sugar, 1/3 water and 3 tbsp rice syrup in a pan. Cook for about 3 minutes over medium heat until the bubbling vigorously.
2. Reduce the heat to low and simmer for another 3 minutes until it turns a little sticky and shiny. Let it cool.

## Shaping & Baking Method:

1. Deflate the dough and knead it until it's nice & smooth. Use the remaining ¼ cup of flour to dust the cutting board and your hands.
2. Transfer the dough to the board & create a flat rectangle (about 33 x 20cm) with the dough. Brush the surface with the ¼ cup of melted butter & evenly spread the dry filling on top.
3. Grab the bottom long edge of the dough and gently roll it up to make a log. Pinch the end edge to seal the log before cutting the dough log into 9 even pieces.
4. Grease your baking pan with butter if it's not a non-stick pan. Then pour the syrup into the baking pan -swirl it around so it evenly coats the bottom of the pan.
5. Transfer each piece into the baking pan layering them down in the syrup. Cover and let it rise for 1 hour.
6. Pre-heat the oven to 175°C and bake for 25 – 30 minutes or until golden brown.
7. Remove from oven and brush a bit of melted butter over the top. Cool for 5 minutes before serving it as it is or flipped over with the syrup coated side on top!



*Eat  
Drink  
Repeat*

# Lemonade Scone

15 mins prep + cooking time

8 scones

## Ingredients:

3 cups of self-raising flour  
1 cup of lemonade  
1 cup of cream

## Method:

1. Mix ingredients together with a knife.
2. Turn dough out onto a floured board and cut scones using a scone cutter, place scones onto floured tray.
3. Cook in oven at 210 degrees Celsius for 10 minutes or until tops of scones are slightly browned.



**Only 3 Ingredients!**

These are dead easy to make  
and dead easy to scoff down  
as well.

A small carton of cream  
roughly equates to a cup's  
worth, as does one of those  
small cans of lemonade.



*Eat  
Drink  
Repeat*

# Arnott's Monte Carlo

24 mins prep + cooking time

## Ingredients:

### Biscuit

125g butter, softened  
½ cup (125g) caster sugar  
½ tsp finely grated lemon rind  
1 tsp vanilla essence  
2 tbsp golden syrup  
1 egg  
40g desiccated coconut  
1½ cups (240g) plain flour

### Cream

60g butter  
¾ cup (150g) pure icing sugar  
2 tsp milk  
Raspberry jam

## Method:

1. Preheat oven to 170°C.
2. Line a baking sheet with baking paper.
3. In a medium mixing bowl place butter, sugar, lemon rind, vanilla and golden syrup. Beat for approx. 1 minute. Add egg and beat for a further minute. Do not overbeat. Stir in sifted flour and coconut until well combined.
4. Place half the dough mixture on a piece of baking paper and wrap to form a log. Repeat with remaining dough mixture.
5. Place in refrigerator for 15 minutes or until slightly firm. Using a serrated knife, cut into 8mm slices. Place on baking sheet and bake for 14 mins or until golden.
6. Allow to cool on tray for 5 minutes, then place on a cooling rack to cool.
7. For the cream filling, place butter, sugar and milk in a medium bowl and beat until light and fluffy.
8. Sandwich cooled biscuits with jam and cream.





*Eat  
Drink  
Repeat*

# Homemade Chocolate Twix

10 mins prep time

1- 2 hrs to set

20 Bars

## Ingredients:

### Crust:

1 cup almonds  
1 cup cashews  
1 cup coconut  
1tbsp rice malt syrup

### Caramel:

½ cup almond butter  
½ cup rice malt syrup  
1 tbsp extra virgin coconut oil

### Chocolate:

Dark chocolate  
1 tbsp extra virgin coconut oil

These bars are also perfect to keep in the freezer for whenever you're in the need for a sweet pick-me-up.



## Method:

1. Blend all crust ingredients in a blender or food processor until a crumble like texture forms (if the mixture isn't slightly sticking together add a dash of water)
2. Pour into large lined container or baking tray and press down until smooth and compacted. Place in freezer or fridge until needed
3. In a small sauce pan gently heat caramel ingredients until combined and then pour over crust layer evenly. Return to freezer.
4. Once set hard remove from freezer and chop into desired shapes & sizes.
5. In a small saucepan gently heat chocolate and coconut oil until melted. Remove from heat.
6. Coat bars in chocolate mixture and return to lined tray or container and place in the fridge or freezer to set & keep.



*Eat  
Drink  
Repeat*

# Easy Fluffy Japanese Pancakes

10 mins prep time

10 mins cooking time

Serves 4

## Ingredients:

2 large egg yolks  
2 large egg whites  
200 ml buttermilk\*  
4 tbsp white sugar  
½ tsp vanilla extract  
210 g all purpose flour  
1 ½ baking powder  
Vegetable oil for cooking  
**OPTIONAL:** 1 tbsp Japanese mayonnaise \*\*  
Ring Mould (optional)  
Your favourite topping!

## Buttermilk \*

This is available in-store, alternatively you can make homemade buttermilk simply by: Mixing 200ml milk with 1 tbsp of lemon juice. Allow to sit for 5 minutes and used as needed

## Japanese Mayonnaise\*\*

This is optional BUT adding a bit of mayo in the batter will ensure extra fluffy pancakes every single time – & you won't taste it at all! Omitting the mayo will create denser & less fluffy (but still delicious) pancake.

The buttermilk and the Japanese mayonnaise are the two secret ingredients to make the pancake FLUFFY!



## Method:

1. In a large bowl, whisk together egg yolks, sugar, buttermilk, vanilla, and mayonnaise. Sift in flour and baking powder. Gently mix with a whisk until batter is creamy and smooth.
2. Beat the chilled egg whites in another large bowl with an electric mixer on medium-high speed until stiff peaks form, about 2 minutes.
3. Scoop out one third of the beaten egg whites and add to your batter. Gently fold from the bottom the beaten egg whites into the batter. Then gently fold in the remaining egg whites and carefully mix until you have a foamy smooth batter.
4. Lightly grease the inside of the ring mould with cooking oil spray. (Optional: Line the inside of each ring with parchment paper, so that the pancake won't stick to the ring.)
5. Heat a large skillet over medium heat and spray it lightly with cooking oil. Arrange the prepared moulds on to the pan, leaving enough space between them.
6. Fill each ring mould about 2/3 full with batter. Cover with a lid and cook until the batter rises to the top of the ring moulds and is cooked on the bottom, about 4 minutes.
7. Using a spatula and an oven glove, carefully place the spatula under the pancake and, whilst holding the ring, gently flip it on the other side.
8. Cover and cook for a further 4 minutes until the pancakes are completely cooked and golden on both sides.
9. Carefully push the pancakes out of the moulds onto a serving plate.
10. Top the pancakes with your favourite toppings and serve immediately!

E: [events@tpmevents.com.au](mailto:events@tpmevents.com.au)

P: 02 8850 4200

W: [www.tpmevents.com.au](http://www.tpmevents.com.au)

Credit: [The Petit Cook](#)



*Eat  
Drink  
Repeat*

# Caramelized Fig Toasted Oatmeal

3 mins prep time

12 mins cooking time

Serves 3

## Ingredients:

1 tbsp light butter or coconut oil  
1 tbsp honey  
5 whole figs, halved  
1 cup rolled oats (or quick oats)  
1.5 cups low fat/skim or almond milk  
1 tsp vanilla extract  
Extra honey to drizzle

Don't like Figs?

You can use other fruits  
instead, such as nectarines,  
peaches, pear, apricots or  
even apples!

## Method:

1. Melt ½ tbsp of the butter/ coconut oil in a non-stick pan. When the butter is sizzling, mix in the honey and combine.
2. Add the fig halves (open slice down) and allow to soften and caramelised. Remove 4 of the fig halves (or however many you need to garnish later) and reserve on a warm plate.
3. Add the oats to the remaining fig halves in the pan, along with the remaining butter/ oil.
4. Allow the oats to toast on the pan, while occasionally stirring for about 5 minutes or until you can smell a nutty almost popcorn like aroma.
5. Pour in 1 cup of the milk and the vanilla extract. Stir and bring to a boil.
6. Reduce heat and allow to simmer while stirring, pour the remaining milk slowly until your desired consistency.
7. Remove from heat once the oats are soft and creamy.
8. Add extra milk if you wish!
9. To serve, top with the reserved fig slices and a drizzle of extra honey.
10. Optional: Top with crushed pecans and pistachios.



*Eat  
Drink  
Repeat*

# Jalapeno Sour Cream Dip

5 mins prep time

3- 10 mins cooking time

This recipe is best made a day ahead but still works if you make it the same day

## Ingredients:

600ml light sour cream  
250g jar jalapenos, drained (reserve some of the liquid as below)  
3-4 tablespoons jalapeno pickling liquid  
1/3 cup good quality mayonnaise  
3 cups grated cheese (four cheese blend for melting)  
Squeeze of lime

### Want it less spicy?

Cut back on the Jalapenos and the pickling sauce when making this dip!

### Cocktail Pairing!

The [Lime Marmalade Margarita cocktail](#) in this book goes very well with this!



## Method:

1. Chop the jalapenos and mix in a bowl with the sour cream, jalapeno liquid, mayonnaise and grated cheese. Place in a heat proof ceramic serving bowl.
2. Place this in a 180C/350F oven for 10 minutes to melt the cheese. Cool and store in the fridge overnight. The next day re-melt this and serve with corn chips



*Eat  
Drink  
Repeat*

# Sweet Corn Soup

5 mins prep time

5-10 mins cooking time

Serves 4

## Ingredients:

- 1 can of Creamed Corn
- 1 cup of water / chicken stock
- 1 egg
- 1 tsp of cornflour / corn starch
- Salt and Pepper to taste

**Want to make it fancier?  
You can add chicken meat (or any other meat) for extra protein!**

**You can also add a can of corn kernel for extra vegs!**

## Method:

1. Empty the can of Creamed Corn into a pot.
2. Fill up  $\frac{3}{4}$  of the empty can with water and pour this into the pan as well. Alternatively you can add 1 cup of chicken stock instead.
3. Turn on the fire and simmer on medium heat. Stirring occasionally until bubbles starting appearing.
4. If you want to add extra corn or chicken - you can do so at this stage. You will need to cook the soup a little longer if you are adding the chicken so that it is cooked through.
5. Season with salt and pepper until it's to your taste.
6. Add the cornflour into a small bowl then pour some cold water onto it – pour just enough to just submerge the cornflour. Do not add hot water as it will instantly gelatinous and become clumpy.
7. Mix the cornflour and water together until all the cornflour is dissolved, and you have a white liquid.
8. Add the cornflour water to the soup and mix well. If you would like the soup to be thicker, create more cornflour water and add this to the soup.
9. Lower the heat.
10. Beat an egg in a small bowl.
11. Swirl the soup in circles with the ladle and gently pour the egg mixture slowly into the bowl. It will create 'egg ribbons' throughout the soup.
12. Serve hot! You can add a garnish of spring onion on top of your soup should you wish.



**If you are adding the chicken, it is best to marinate this first!**

**Simply marinate with salt, pepper and corn starch.**



*Eat  
Drink  
Repeat*

# African Peanut Stew

40 mins prep + cooking time

Serves 4

## Ingredients:

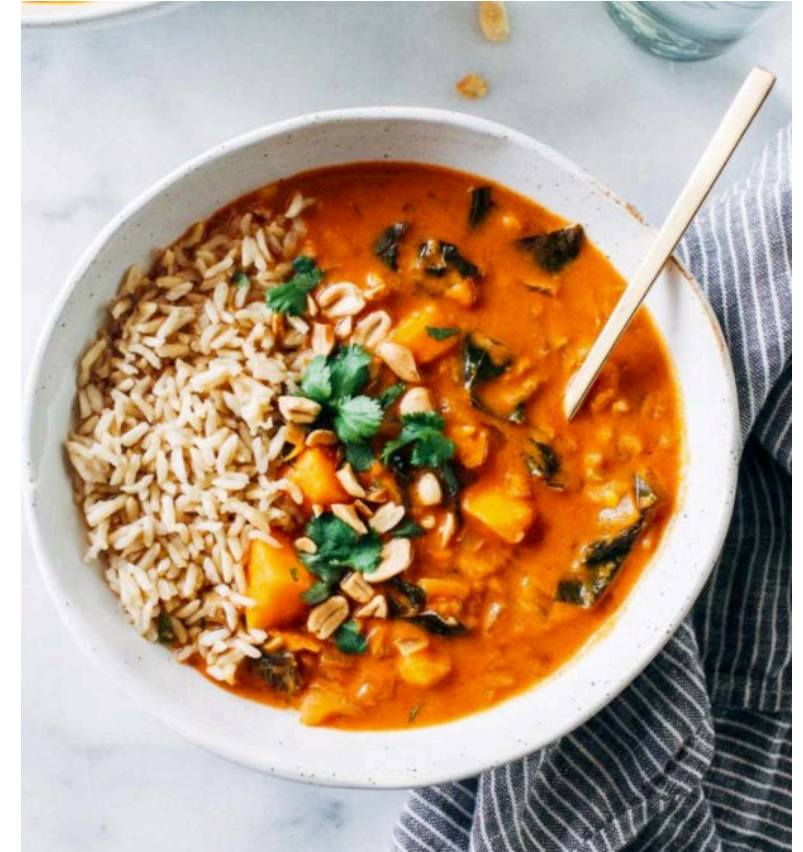
300g baby chat potatoes  
1 bunch (750g) silver beets  
2 tbsp extra virgin olive oil  
1 tbsp grated fresh ginger  
1 clover garlic, crushed  
1 medium onion, cut into wedges  
1 large orange sweet potato, cut into 5cm cubes  
1 tsp ground cumin  
1 tsp dried chilli flakes  
2. tbsp tomato paste  
1 cup natural crunch peanut butter  
2 cups vegetable stock  
2 tbsp fresh lime juice  
½ cup fresh coriander  
½ cup roasted unsalted peanuts

Top the stew with fresh red  
chilli for an extra kick!

Serve with brown rice and  
lime wedges!

## Method:

1. Place the potatoes in a medium saucepan with enough water to cover.
2. Bring to boil over high heat and boil for 6 minutes or until par-cooked. Then Drain
3. Meanwhile, separate the silver beet stems from stalks and thinly slice. Tear the leaves into pieces.
4. Heat 1 tbsp oil in a large saucepan over medium-high heat Cook the ginger, garlic and onion for 2 minutes.
5. Add the sweet potato, cook and stir for 5 minutes or until lightly golden.
6. Add the cumin, chilli flakes and tomato paste and cook for 1 minute.
7. Add peanut butter, stock and 1 ¼ cup of water. Stir until the peanut butter is combined.
8. Add the potato and silver beet stems into the mixture and bring to boil.
9. Reduce heat and simmer covered for 12 minutes or until the potato is tender. Stirring occasionally to prevent sticking.
10. Remove from heat and stir in the lime juice.
11. Just before serving, heat remaining oil in a large frying pan.
12. Cook silver beet leaves for 3 minutes or until wilted. Season to taste.
13. Serve curry immediately, topped with wilted silver beet leaves, coriander and peanuts.



*Eat  
Drink  
Repeat*

# Japanese Style Croquettes

15 mins prep time

40 mins cooking time

Serves 4

## Ingredients:

4 medium potatoes  
150g ground beef  
½ onion, finely chopped  
1 egg  
½ tsp salt  
Vegetable oil  
¼ cup of plain flour (for coating)  
¼ cup of breadcrumbs (for coating)\*  
Salt & Pepper for seasoning

**Don't have ground beef?  
You can use ground pork,  
can of tuna or just have it  
plain!**

\* I recommend using Panko – a Japanese style breadcrumb for a crisper and crunchier coating!

## Method:

1. Peel and cut the potato into medium chunks. Once ready, put this in a pot of boiling water and cook until the potato is soft.
2. Drain the potato then use a fork or masher to mash the potato while it's still hot.
3. Saute the onion and beef in a medium pan until the onion is soft and the meat is cooked through.
4. Mix the onion and beef with the mash potato in a bowl. Season with salt and pepper to your taste then let it cool.
5. Get three bowls ready for the coating. Put flour in one of the bowls, egg (beaten) in another bowl and the breadcrumbs in the final bowl.
6. Once the potato mixture is cooled, make oval shaped patties. Coat each piece first into the flour, then dip into the egg mixture before rolling this in the breadcrumbs.
7. Heat up a pan with lots of oil for frying.
8. Add a few pieces into the oil at a time for around 2 minute or until brown.
9. Enjoy with rice or salad! You can dip this in any sauce you like.



**Don't want to fry ?  
You can also baking these!**

**Preheat the oven to 200 °C  
and bake for 10 – 15 minutes.  
It's done if the croquette  
slides easily around when you  
nudge it (not sticking to the  
tray)**



*Eat  
Drink  
Repeat*

# The Coveted McNuggets

15 mins prep time

40 mins cooking time

Serves 4

## Ingredients:

### Dry mix ingredients:

1 cup flour  
1/2 cup cornstarch  
Onion powder  
Garlic powder  
Salt  
Pepper

### Wet mix ingredients:

2 eggs  
1/2 cup water  
1/4 cup cornstarch  
Salt  
Pepper  
500g chicken breast

## Method:

1. Cut chicken breast into small cubes.
2. Blend the chicken in batches. You can use a grinder for this step if you have one.
3. Season meat with salt and pepper.
4. Form nuggets into the desired size and shape.
5. Throw batch into freezer for 2 hours.
6. Mix all dry mix ingredients together in a large bowl.
7. Whip wet mix ingredients together in a small bowl.
8. Once nuggets are hard, coat them in the dry and wet ingredients following a 'Dry-Wet-Dry-Wet' method.
9. Heat oil in a deep frying pan.
10. Throw nuggets into the oil, making sure they don't stick together.
11. Fry for 2 minutes each side.
12. Drain and serve.



**This recipe went viral on TikTok a few months ago!  
This recipe was created by Joshua Nishi – aspiring chef and TikTok star.**





*Eat  
Drink  
Repeat*

# Jamie Oliver's Huevos Rancheros with Beans

10 mins prep time

40 mins cooking time

Serves 4

## Ingredients:

4 wholemeal tortillas, cut into small triangles  
1 tbs olive oil  
1 dried chorizo (about 170g), casing removed, crumbled  
2 garlic cloves, thinly sliced  
1 each red and yellow capsicum, seeds removed, thinly sliced  
1 bunch spring onions, thinly sliced, plus extra to serve  
2 long red chillies, thinly sliced, plus extra to serve  
400g can chopped tomatoes  
400g can mixed beans  
2 cups (70g) baby spinach leaves  
4 eggs  
Juice of 1 lime, plus lime wedges to serve  
Thinly sliced avocado, to serve

## Method:

1. Preheat oven to 180°C. Grease a baking tray and line with baking paper. Spread tortilla pieces over prepared tray and bake for 8-10 minutes or until golden.
2. Meanwhile, heat oil in a large frypan with a lid over high heat. Add chorizo and cook, stirring occasionally, for 2-3 minutes or until starting to crisp. Add garlic, capsicum, spring onion and chilli, and cook, stirring regularly, for 10 minutes or until the vegetables have softened and caramelised.
3. Add tomato and beans, together with the canning liquid. Bring to the boil, then reduce heat to medium and cook, stirring occasionally, for 10 minutes or until sauce thickens slightly. Stir through the baby spinach for 1 minute or until just wilted.
4. Using a spoon, make 4 small wells in the mixture, then carefully crack an egg into each. Cover and cook for 3-4 minutes or until eggs are cooked to your liking.
5. Drizzle lime juice over beans and eggs, and serve immediately with crisp tortillas, lime wedges, extra spring onion and sliced chilli, and the avocado slices.



**Throw in some beans to make it super-hearty and add even more goodness. Try any kind – black, kidney, whatever you have in the pantry!**



*Eat  
Drink  
Repeat*

# Tomato & Egg Stir Fry

10 mins prep

5 mins cooking time

Serves 2

## Ingredients:

2 eggs  
2 middle size tomatoes, wedged  
Vegetable Oil  
1/8 tsp Sugar  
½ tsp Salt  
Pepper  
1 spring onion, chopped

Want some protein?

You can add pork or  
chicken chunks to this dish  
as well!

## Method:

1. In a small bowl, crack open an egg and beat it till it's a smooth mixture. Add a pinch of salt and pepper to season.
2. Cut the tomato into wedges. If you don't like the skin of the tomato, you may remove this.
3. Heat up your pan and add the oil. Once the pan is hot, add the egg mixture in. Wait for a few seconds until the egg liquid firms.
4. Quickly turn off the fire and scramble the egg and transfer it to a plate. The egg does not need to be cooked through completely.
5. Turn on the fire again and add some oil. On medium heat, fry the tomato wedges until it is juicy
6. Return the egg to the pan and season with salt, sugar (to taste) and the chopped spring onion.
7. Do a quick stir fry to combine everything then turn off the heat.
8. Serve immediately.



Don't like tomato skin?  
Simply cut a shallow cross  
at the bottom of the  
tomato with a knife and  
boil it for a few minutes.  
Drain and cool the tomato  
and you would be able to  
peel the skin off.



*Eat  
Drink  
Repeat*

# One Pan Lemon Garlic Baked Salmon + Asparagus

20 mins prep + cooking time

Serves 4 - 6

## Ingredients:

4 – 6 salmon fillets  
2 tbsp minced garlic  
2 tbsp fresh parsley \*You can use any other herbs  
1/3 cup lemon juice  
Olive oil  
1 tsp salt  
½ tsp cracked black pepper  
4 bundles asparagus. Woody ends removed  
1 lemon, sliced for garnish  
1/3 beans/ peas or any other greens.

There are only 2 main ingredients to make this delicious!

Garlic and Lemon Juice!

## Method:

1. Preheat the oven broiler/ grill to high heats and arrange the oven shelf so baking tray will be placed on the second top shelf.
2. Line a baking sheet with aluminium foil. Grease the top of the aluminium foil so that the fish won't stick to it when cooking.
3. Place the salmon on the lined baking tray. Rub each fillet with the garlic and parsley til it's evenly coated.
4. Pour the lemon juice over the fish then add a light coating of olive oil. Finally season with salt and pepper.
5. Arrange the asparagus and greens around the salmon in a single layer, and place the lemon slices over the top.
6. Broil/grill for 8 – 10 mins, or until the salmon is cooked through to your liking.
7. Serve while it's hot!



*Eat  
Drink  
Repeat*

# Italian 'cheesy' Moxballs

40 mins prep + cooking time

Serves 4

## Ingredients:

### Moxballs Ingredients:

- 1 medium onions grated coarsely
- 2x 297g blocks of firm tofu
- 1 clove garlic, crushed
- ½ tsp dried Italian seasoning
- ½ tsp ground nutmeg
- ¼ tsp chilli flakes
- 1 cup almond meal
- ¼ cup finely chopped fresh parsley leaves
- 2 tbsps psyllium husks

### Sauce:

- 700g bottled passata
- 2/3 cup (240g) mozzarella \*
- ¼ cup loosely packed fresh oregano leaves

**\*You can make the mozzarella from scratch or use grated vegan cheese instead!**

### Homemade Moxrella Ingredients:

- ½ cup raw cashews
- ½ cup macadamias
- 3 cup filtered water
- 2/3 cup arrowroot
- ¼ cup avocado oil
- ¼ cup yeast
- 2 tsp sea salt flakes
- 2 tbsps lemon juice

## Homemade Moxrella Method:

**\*DO AHEAD! Moxrella can be kept for up to 1 week refrigerated in a covered container.**

1. Place the cashews in a small bowl, covered with cold water.
2. Stand, covered for 4 hours or overnight.
3. Drain cashew and rinse under cold water, drain then add this to a blender with the remaining Moxrella ingredients and blend until smooth.
4. Pour mixture into a medium saucepan. Cook, stirring over a medium heat for 9 mins or until mixture becomes very thick and stretchy like melted pizza cheese.
5. Pour mixture into a 3 cup container, cool before covering with a lid and refrigerated.

## Method:

1. Preheat oven to 220 °C.
2. Squeeze excess liquid out of the onion using a clean tea towel and then place in a large bowl.
3. Drain the tofu; pat dry then finely crumbled the tofu into the bowl.
4. Add the remaining Moxball ingredients and season well.
5. Stir until combined then roll tablespoons of mixture into balls.
6. Pour half of the passata over the base of a lightly oiled 20cm x 30cm shallow baking dish. Top with Moxballs and remaining passata.
7. Drop spoonful of Moxarella evenly over the top.
8. Bake for 20 mins or until Moxballs are heated through. Serve sprinkled with fresh oregano.



**The moxballs are made hearty with psyllium husks, a water soluble fibre that will fill you up and help the body with its natural toxin removal process.**



*Eat  
Drink  
Repeat*

# Tomato Risoni & Roast Chicken

65 mins prep + cooking time

Serves 4

## Ingredients:

1 whole chicken, broken down into 8 pieces and a dry rub made of smoked paprika, salt and pepper, pinch of dried chilli flakes, cumin, garlic powder

250g risoni

1sp olive oil

1 onion, diced

4 cloves of garlic

1/2 tsp smoked paprika

4 rashers of streaky bacon, chopped

250g punnet of cherry tomato, halved

1 x 400 tin of diced tomatoes

2 tbs tomato paste

3 springs of rosemary, chopped

1 tsp fresh thyme leaves

Pinch of dried chilli flakes

1/2 cup red wine

1 tsp Worcestershire sauce

1/4 tsp curry powder

1/2 cup grated parmesan

Parsley, chopped

Pinch of sugar

Salt and pepper to taste



## Method:

1. For the chicken, mix spices together in a bowl, toss the chicken in the spice mix. Place chicken in a roasting tray. Drizzle with olive oil and cook in a 200 degree oven for 45 mins or until cooked.
2. Cook risoni as per packet instructions.
3. While the risoni is cooking, heat a tablespoon of olive oil in a large frying pan over medium heat.
4. Fry onion, garlic and bacon for 4-5 minutes.
5. Add the cherry tomatoes and cook for 2-3 minutes, crushing the tomatoes with the back of a wooden spoon. Add the thyme, rosemary and tomato paste. Mix until combined.
6. Add the red wine and cook for 2 minutes. Add the tinned tomatoes, curry powder, chilli flakes, smoked paprika, Worcestershire sauce, sugar and cook for 10-15 minutes, stirring occasionally until thick and delicious.
7. Drain the risoni and add to the sauce mixture. Mix together, add the parmesan cheese, give it a stir, taste and season with salt and pepper to your taste.
8. Serve with the tomato risoni mix on bottom with chicken on top.
9. Garnish with extra parmesan and parsley. Enjoy!

**Add chorizo or any other vegetables you might have lying around or leave out the chicken and substitute the bacon for mushrooms for vegetarian.**



*Eat  
Drink  
Repeat*

# Penne Pasta with Chorizo Sausage, Tomatoes & Peas

30 mins prep + cooking time

Serves 4

## Ingredients:

350g penne pasta  
3EA Chorizo sausage  
2 garlic cloves chopped finely  
100ml Luke Mangan Extra Virgin Olive Oil  
1 punnet Heirloom cherry tomatoes  
150ml white wine  
1 cup can tomato  
1 cup fresh or frozen peas  
12 leaves fresh basil, torn  
2 tbsp fresh tarragon, torn  
Fresh parmesan grated  
Salt and pepper to taste

## Method:

1. In a large pot place water onto boil, when boiling add 1tbsp of salt and then add the penne pasta. Put the timer on for 8-10 minutes, or whatever your pasta package says is appropriate for al dente (cooked but still a little firm).
2. When the pasta is cooked, drain and reserve ¼ cup of the water for later use.
3. Meanwhile in a frying pan place the oil in and heat to a medium heat, add the chorizo and cook on medium heat.
4. Add the garlic and cherry tomatoes and fry for 2 minutes.
5. Add the white wine and cook for another 2 minutes or until liquid is almost evaporated
6. Add tomato sauce, peas and the reserved water from the pasta and simmer for 3-4 minutes, add the cooked pasta and heat for 2 minutes.
7. Add the fresh herbs and mix through.
8. Take off the stove and serve between 4 dishes, drizzle with the Luke Mangan olive oil and grated parmesan.



### For Pasta Bake

**With left overs, place combined ingredients into a baking dish lined with olive oil. Add two tablespoons of grated parmesan on top and bake in oven for 10-15mins at 180 degrees.**



*Eat  
Drink  
Repeat*

# Zucchini & Tofu Noodles with Coriander Pesto

30 mins prep + cooking time

Serves 4

## Ingredients:

¼ cup olive oil  
250g firm tofu, cubed  
250g yellow butter squash, halved crossways  
350g zucchini, halved lengthways, chopped coarsely  
2 tsp finely grated fresh ginger  
2 cloves garlic, crushed  
1 tbsp light soy sauce  
180 g dried soba noodles  
½ cup roasted cashews, chopped coarsely  
1 cup loosely packed fresh coriander leaves

## Coriander Pesto:

1 cup roasted cashews  
3 cups loosely packed fresh coriander leaves  
1 clove garlic, crushed  
2 tsp finely grated lemon rind  
1 tbsp lemon juice  
1 fresh long green chilli, seeded, chopped coarsely  
½ cup olive oil

## Method:

1. Make the coriander pesto by blending all the ingredients together until smooth. Season to taste.
2. Heat 2 tbsp of oil in a large deep frying pan over high heat; cook tofu for 3 minutes each side or until golden. Remove from pan – covering to keep warm
3. Heat remaining oil in the same pan; cook squash and zucchini, stirring for 5 minutes or until golden and tender.
4. Add ginger and garlic, cook and stir for 30 seconds or until fragrant. Add sauce and cook for 1 minute
5. Meanwhile, cook noodles in a large saucepan of boiling water, uncovered until just tender; then drain.
6. Return noodles to pan, add the pesto and toss to combine.
7. Serve noodles with zucchini, mixture and tofu; top with cashews and coriander.



**You will need to buy 3 bunches of coriander for this recipe!**



*Eat  
Drink  
Repeat*

# Lime Marmalade Margarita Shot

3 mins prep time

5 mins cooking time

## Ingredients:

- 2 shots of tequila (30ml per shot)
- 1 shot of Cointreau (or triple sec)
- 1 shot of Lime Juice
- 1 tablespoon of Lime Marmalade (Rose's)

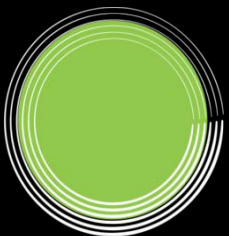
## Food Pairing!

The [Jalapeno Sour Cream Dip](#) in this book goes very well with this!

## Method:

1. Put all ingredients in a shaker with ice and Shake, Shake Baby!
2. Prepare a Martini glass by use a slice of lime or lemon to wet the rim
3. Prepare on a small plate salt with a dash of chilli powder
4. Roll the rim on the plate so that the sides of the glass are coated in salt and chilli
5. Pour the ingredients from shaker into martini glass

ENJOY!





*Eat  
Drink  
Repeat*

# Mulled Wine

5 mins prep time

20 mins cooking time

Serves 4-6

## Ingredients:

- 1 bottle of dry red wine
- 1 orange, sliced into rounds (if you want a less bitter drink, peel the skin)
- 8 whole cloves
- 2 cinnamon sticks
- 2 star anise
- 2 – 4 tbsp sugar, honey or maple syrup (to taste)

## Optional:

- ¼ cup brandy or your favourite liqueur
- Your preferred garnish: citrus slices, extra cinnamon stick, extra star anise

## Method:

1. Add the wine, orange slices, cloves, cinnamon, star anise, 2 tbsp sugar and brandy to a large saucepan. Stir briefly.
2. Cook the mulled wine on medium- high heat until it just BARELY reaches a simmer. Avoid letting it bubble or you will be boiling off the alcohol.
3. Reduce heat to low, cover and let the wine simmer for at least 15 minutes
4. Use a fine mesh strainer to remove and discard the food /spice pieces so that you only have the liquid.
5. Taste the mulled win and stir in extra sugar should you need it.
6. Serve warm in a heatproof mug. Topped with your favourite garnish.

Don't have red wine? You can also use a dry white wine as well!



Don't have the spices on hand?

You can also use a chai tea bag or two instead!



*Eat Drink Repeat!*



Targeted Program Management

*Bon Appetit!*