



COMFORT FOOD FROM THE HEART

SIDES AND SHARING

A COLLECTION OF FAMILY FAVOURITES



Melon, Prosciutto and Pea Salad

By Paul Maher Director of Finance
'Dads Recipes'

Ingredients

1 honeydew melon
1 cup fresh or frozen peas,
blanched
150g marinated goat's fets, drained
1 bunch mint, leaves picked
1 bunch chives
150g prosciutto, thinly sliced
¼ cup extra virgin olive oil
1 tablespoon wine vinegar

Method

Finely grated zest and juice of 1 lemon

Peel the melon and discard the seeds. Cut into long wedges. Bring a saucepan of water to the boil, add peas and cook for 30 seconds then drain and refresh in cold water. Drain

Arrange half the melon slices onto a serving plate.

Crumble ½ the goat's cheese and scatter over ½ the peas, mint and chives. Tear ½ the prosciutto over the melon, then repeat the process.

To make the dressing, combine the olive oil, vinegar, lemon zest and juice. Season then combine and drizzle over the salad.

Image credit: Soe the Table



Easy Appetiser Crusty Cravers

By McLean Cares Finance Team

Ingredients

1 large French stick
1 cup shredded cheese
1 cup bacon pieces
200ml sour cream
1 packet Spring Vegetable or
French Onion soup

Method

Pre heat oven to 200°C.

Slice up French stick (about 1.5cm thick)

Throw all other ingredients into a bowl and mix well with wooden spoon

Spread mixture onto French stick slices

Cook for 15 minutes (or until cheese is melted and bacon is crispy).

Serve warm or cool, they are delicious either way.

Image credit: All Recipes



Bread Pakora

By Livleen Kaur, Assistant Talent Acquisition Officer

A short story: (why is this our favourite dish)

The best part of this recipe is it's quick, easy & you can add your own choice of ingredients, bread and spices. it is a quick tea/coffee time snack & very much enjoyed by both kids & adults

Ingredients

6 Slices of bread, cut into halves (white/wholemeal/any)
5-6 Tbsp Besan Flour (Gram Flour)
Water, as required for dipping in consistency
Salt, as per taste
Red Chilli Powder, as per taste (optional)
¼ Tsp Turmeric Powder (optional)
AJWAIN (carom seeds): ¼ Tsp Ajwain (Carom Seeds), (good to avoid acidity after eating fried).

Filling (Masala)

Boiled Potato
1 Chopped Onion
1 Chopped Green Chillies
1 Coriander Leaves
Handful Salt, to taste
red chili powder, to taste (optional)
Dry Mango Powder (Aam Choor)
¼ teaspoon Chat Masala
¼ teaspoon (optional)

Method

Batter

Add all the ingredients into water till the whole batter is at dipping consistency (so that you can fold the bread slices with the batter).

Filling

Add all the ingredients and mix well

Put cooking oil (500 ml) in a deep pan on heat

Take a half slice of bread. Put filling on that slice and spread it evenly.

Top it up with another half slice of bread.

Softly press the bread so that the filling evenly spreads across the sandwich.

Dip the piece of sandwich in the besan (gram flour) batter nicely and evenly and put it in the hot oil
Fry both sides until yellow/golden.

Put it on a kitchen towel so that it leaves excess oil.

Ready to serve with any of your favourite sauce. If you don't have the time to make the filling just fry the bread pieces into batter. A great teatime snack is ready in no time

Image credit: www.leitesculinaria.com



Prawn and Mango Salsa Bruschetta

By Paul Maher Director of Finance

Ingredients

- 200g – 250g Tiger Prawns diced
- 150g – 200g diced Mango
- 1 x long red chilli thinly sliced
- 2 x Long Red Chillies diced
- 1 x teaspoon fresh coriander
- 2 x sprigs of fresh coriander loosely chopped
- 1 x teaspoon fresh lime juice
- 2 x teaspoons olive oil
- 1 x baguette or ciabatta loaf

Method

Preheat oven to 200 °C.

Mix prawns, mango, chillies and coriander in a dish with lime juice and 1 teaspoon of olive oil.

Slice baguette or ciabatta loaf and lay slices on lined oven tray.

Sprinkle 1 teaspoon of olive oil over slices of baguette or ciabatta loaf and place in oven for 5 minutes of cooking. Spoon prawn and mango salsa mixture onto bread, and garnish with loosely chopped coriander and sliced red chilli.

Image credit: Woolworth



Bread Cases

By Melissa Scott – Director of Residential Services

Ingredients

White Sauce
Ham, finely chopped
2 hard boiled eggs (MAased with a fork)
Onion, Finely chopped
Parsley, Chopped
White bread, slices, butter on both sides

Method

Cases

Using a small round cutter, cut each slice of bread into four circles (Without any crust). Place on gem irons. Cook in co oven for 15 minutes at 180°C or until cooked (Dried out).

Can keep in an air-tight container for ~1 week

Filling

Combine white sauce, ham, eggs, onion and parsley. Fill bread cases.

Cook savouries in oven until heated

Other Fillings

Chopped prawns, parsley, shallots and white sauce
Other filling ideas include crab, oyster etc

Image credit: Just a Mum's Kitchen



Creamy Stuffed Eggs

By Melissa Scott Director of Residential Services

Makes 24

Ingredients

- 12 Small Eggs
- 1 Tbsp Mayonnaise
- 1 Tbsp Sours Cream
- 1 Tsp French Mustard

Method

Place eggs in large pan, cover with cold water, stir constantly but gently over high heat until water comes to boil. Stop stirring, boil uncovered 10 minutes; drain

Crack shells of eggs, place eggs in bowl covered with cold water, stand for 1 hour. Remove shells. Cut eggs in half lengthwise.

Combine egg yolks, mayonnaise, sour cream and French mustard; mix well until smooth. Pipe mixture into egg whites and decorate as desired.

Makes 24

Prepare eggs up to 6 hours before serving. Keep covered in refrigerator

Image credit: Sugar Spun Run



Mini Quiches

By Mel Scott Director of Residential Services

Ingredients

2 Sheets ready rolled puff pastry,
thawed
2 slices ham, finely chopped
½ cup grated cheese
2 Eggs
½ Cup Milk
1 tbsp Chopped Parsley

Method

Preheat Oven to 200°C.

Cut 24 rounds of pastry to fit dome shaped patty tins.

Divide ham and cheese between pastry lined patty tins.

Place eggs, milk and parsley into a mixing bowl and whisk
– Add salt and pepper if desired

Spoon a tbsp of egg mixture over the ham and cheese.

Bake for 15 minutes or until puffed and golden.

Image credit: Culinary Hill



Confetti Wild Rice Salad

By Mel Scott Director of Residential Services

Ingredients

100g Wild Rice
1/3 Cup Long Grain White Rice
2 Shallots, Chopped
1 Red Capsicum, Chopped

Dressing

¼ Cup Oil
2 tsp Lemon Juice
1 tsp Sugar

Method

Cook wild rice as per packet

Add white rice to pan of boiling water, boil rapidly uncovered for 10 minutes or until just tender; drain

Combine wild rice and white rice with shallots and capsicum. Toss well with dressing. Refrigerate, covered, for several hours before serving.

Dressing – Combine oil, lemon juice and sugar in a screw top jar, shake well

Image credit: At Home with Shay



Oriental Fried Noodle Salad

By Mel Scott Director of Residential Services

Ingredients

½-1 Chinese Cabbage, Shredded
Finely
6 Shallots, Chopped
100g Lightly Roasted slivered
Almonds
1 packet Chang's Fried Noodles

Dressing

¼ Cup White Vinegar
¼ Cup Caster Sugar
2 Tbsp Soy Sauce
½-1 tsp Sesame Oil (Optional)
1.2 Cup Olive Oil

Method

Combine all Dressing ingredients in saucepan. Stir well over low heat until sugar is dissolved. Let Cool

Toss cabbage, shallots, and almonds in a bowl. Add dressing and mix well. Just before service add noodles and toss thoroughly.

Image credit: Cooks Club



Potato Salad

By Mel Scott Director of Residential Services

Ingredients

4 Large Potatoes, cubed and cooked until just tender
½ - ¾ Cup Mayonnaise
½ Cup Cream (Can use sour cream)
2 tbsp French Dressing
Chopped Shallots (Onion and capsicum- optional)
Salt and Pepper
Chopped ham or bacon (Optional)

Method

Slice potatoes and boil until slightly softened – Let Cool
Add shallots, and ham/bacon to cooled potatoes.
Mix Mayonnaise, cream, French dressing and salt and pepper
Pour over potatoes

Image credit: Delish



Potato Bake

By Mel Scott Director of Residential Services

Ingredients

2-3 Potatoes
Thickened Cream
2 chicken stock cubes

Method

Scallop potatoes and place slices in bake-proof dish (sprayed with non-stick cooking spray). Sprinkle with stock cubes and cover with cream. Bake in oven at 180°C for approx. 30 minutes, or until potatoes are soft and browned.



Roasted Baby Carrots with Honey & Garlic

By Mel Scott Director of Residential Services

Ingredients

3 Bunches (1kg) Baby Carrots
¼ cup Olive Oil
2 Cloves Garlic, Crushed
2 tsp Honey
1 tbsp Fresh Thyme Leaves (optional)

Method

Preheat oven to 220°C.
Trim the carrot tops, leaving 2cms of stems intact
-Wash carrots.
Place carrots in a medium baking dish, add combined oil, garlic and honey; Toss well. Roast for 15 minutes.
Add the thyme leaves, roast for a further 3 minutes or until tender.

Image credit: Wonder Cooks



Salt and Pepper Calamari

By Mel Scott Director of Residential Services

Calamari Hoods are often cheaper to buy than rings. It's important to make sure the inside of hoods are cleaned. Wash and dry well with paper towels. Place hoods lengthways on a board. Using a sharp knife, slice hoods crosswise into rings

Ingredients

700g small calamari hoods, cleaned
2½ tbsp mixed dried peppercorns
1½ tbsp salt flakes
¾ cup ground rice flour - 1 egg white
Light olive oil or canola oil, for deep frying
Hot chips to serve.

LIME MAYONNAISE

1 tbsp fresh lime juice
½ cup whole egg mayonnaise

SHORTCUT- Rather than slicing the hoods, you could use 700g fresh or frozen calamari rings.

Method

MAKE LIME MAYONNAISE- Combine lime juice and mayonnaise. Cover and refrigerate.

Cut calamari hoods into 0.5cm-thick rings. Place peppercorns in a small, non-stick frying pan over medium heat. Cook, gently shaking the pan, for 3 minutes or until aromatic. Place with salt flakes in a mortar and pestle or spice grinder and grind (the coarser the ground, the hotter the flavour).

Place flour in a bowl. Lightly beat egg white until frothy. Preheat oven to 160°C. Pour oil into a wok until a third full. Heat over medium-high heat until a piece of bread dropped into oil browns in 15 seconds.

Coat calamari rings, in batches of 10, in egg white. Lightly toss in flour, shaking off excess.

Deep-fry calamari rings for 1 to 2 minutes or until light golden. Place on a wire rack over a lined baking tray. Keep warm in oven while cooking remaining calamari.

Place calamari on plates. Sprinkle with salt and pepper mixture. Serve immediately with lime mayonnaise and hot chips.

SHORTCUT- Rather than slicing the hoods, you could use 700g fresh or frozen calamari rings.

NOTE: Calamari Hoods are often cheaper to buy than rings. It's important to make sure the inside of hoods are cleaned. Wash and dry well with paper towels. Place hoods lengthways on a board. Using a sharp knife, slice hoods crosswise into rings.

Image credit: The Foodies Avenue



Baked Chicken Wings

By Mel Scott Director of Residential Services

Ingredients

2 kg chicken wings
Oil
Salt, pepper

HONEY-SOY GLAZE

Honey
Soy sauce
Optional: 2 garlic cloves, crushed
Optional: sesame seeds

Method

Preheat oven to 200°C. Set a wire rack inside each of 2 large, rimmed baking sheets.

Place all ingredients in a large bowl; toss to coat.

Divide wings between prepared racks and spread out in a single layer.

Bake wings until cooked through and skin is crispy, 45–50 minutes.

Take out one tray, removing rack and placing wings directly onto paper lining. Drizzle over honey and soy sauce ± garlic, making sure all wings are coated.

Bake until glaze is glossy and lightly caramelized, 10 minutes

Image credit: Dinner at the Zoo



Vietnamese Gio Cuon (Spring Rolls) with Dipping Sauce

By Lynda Nguyen Director Project Implementation and Change

Ingredients

For the Spring Rolls:

16 rice paper sheets (approximately 22 cm/8.5 inches in diameter)

200 grams cooked and peeled prawns (size 31/40), roughly 16 prawns

200 grams cooked pork slices (thinly sliced)

100 grams rice vermicelli noodles

1 carrot, julienned

1 cucumber, julienned

1 cup fresh mint leaves

1 cup fresh cilantro leaves

1 cup bean sprouts

8-10 lettuce leaves (e.g., iceberg or butterhead)

For the Dipping Sauce:

3 tablespoons fish sauce

3 tablespoons white sugar

3 tablespoons warm water

1.5 tablespoons lime juice

1 small garlic clove, minced

1 red chili, thinly sliced (adjust to your spice preference)

1-2 tablespoons finely chopped peanuts (optional)

Image credit: Wondercook



Vietnamese Gio Cuon (Spring Rolls)

Method

Prepare the Ingredients:

Cook the rice vermicelli noodles according to the package instructions, then rinse with cold water and drain.

If you don't have pre-cooked pork slices, you can quickly cook pork slices in a pan until they're fully cooked and slightly caramelized. Slice them thinly afterward.

Clean and prepare all the vegetables and herbs: julienned carrot and cucumber, mint leaves, cilantro leaves, bean sprouts, and lettuce leaves.

Prepare the Dipping Sauce:

In a small bowl, combine fish sauce, white sugar, warm water, lime juice, minced garlic, and sliced chili. Stir until the sugar has dissolved. Taste and adjust the flavors if needed by adding more sugar, lime juice, or chili.

Prepare a Workstation:

Fill a large, shallow dish with warm water. This will be used to soften the rice paper.

Place all the prepared ingredients within easy reach, as you'll be assembling the spring rolls one at a time

Assemble the Spring Rolls:

Dip one rice paper sheet into the warm water for about 5-10 seconds until it becomes pliable but not too soft. Place it on a clean, damp kitchen towel or a plate.

On the bottom third of the rice paper, add a lettuce leaf, a small portion of vermicelli noodles, julienned carrot and cucumber, mint leaves, cilantro leaves, bean sprouts, 2 prawns, and a few slices of pork.

Fold the sides of the rice paper over the filling, then roll it up tightly from the bottom, similar to rolling a burrito. Repeat this process for the remaining rolls.

Serve:

Slice each roll in half diagonally and arrange them on a serving platter.

Optionally, sprinkle chopped peanuts over the rolls for added crunch.

Serve the gio cuon with the dipping sauce on the side.