



Riverlea

FOOD FEST

sprout

FRAGRANT GREEN CURRY WITH CHICKEN AND BROCCOLI

SERVES
4

INGREDIENTS:

1 bunch spring onions, chopped
4 green chillies, roughly chopped
Thumb sized piece of ginger, peeled
4 cloves garlic
2 stalks lemongrass, chopped
4 lime leaves, roughly chopped
2 bunches coriander, chopped
1 tablespoon ground coriander
2 limes, zested & juiced
2 tablespoons olive oil
2 tablespoons fish sauce
2 tablespoons brown sugar
2 cups coconut milk
2 cups broccoli florets
200gm snow peas or beans
500gm chicken thigh, cut into 3cm dice
Fresh herbs of choice to garnish, eg coriander, Thai basil, mint
Jasmine rice to serve

Prep: 20 minutes Cook: 20 minutes

In a blender combine spring onions, chilli, ginger, garlic, lemongrass and lime leaves, blitz to a coarse paste. Add fresh coriander, ground coriander and lime zest and blend until bright green and smooth.

Place diced chicken in a bowl and add 2 tablespoons curry paste, stir through and allow to marinate for up to 4 hours.

Heat two tablespoons olive oil in a saucepan over a medium high heat, add marinated chicken and seal all over. Add curry paste and fry for a further 2 minutes or until fragrant. Add coconut milk, fish sauce and brown sugar and bring to a simmer and cook for 8-10 minutes or until chicken is just cooked through, add broccoli and snow peas, cook until just tender. Before serving, squeeze in lime juice and adjust seasoning with extra fish sauce if required.

Divide rice and curry between bowls.
Garnish with herbs of choice.

RHUBARB AND ORANGE CLAFOUTIS

SERVES
4

INGREDIENTS:

300g rhubarb, cut into inch long pieces

1/4 cup caster sugar, plus 1/3 cup extra

1 orange, zested and juiced

4 eggs

1/4 cup plain flour

1 cup pure cream

Ice cream, crème fraîche or cream to serve

Prep: 10 minutes Cook: 15 minutes

Preheat oven to 190°C, arrange rhubarb in a baking dish along with 1/4 cup sugar and the juice and zest of orange. Mix and place in oven to bake for 8–10 minutes or until slightly tender. Remove and set aside to cool.

Meanwhile, in a medium bowl whisk together eggs, 1/3 cup sugar and flour until well combined, pour in cream and whisk again.

Pour batter over cooled rhubarb and return to oven, baking for 12–15 minutes or until coloured but still slightly wobbly.

Serve warm with ice cream, crème fraîche or cream.

CAVATELLI WITH CAVOLO NERO SAUCE AND PECORINO

SERVES
4

INGREDIENTS:

200g plain flour, plus
extra for dusting

200g fine semolina

180mL warm water

2 garlic cloves

1 bunch cavolo nero,
stems removed

1/2 bunch parsley

1/3 cup olive oil

40g pecorino, plus
extra to serve

Prep: 20 minutes Cook: 10 minutes

Combine flour and semolina in a large bowl. Make a well in the centre. Gradually add water and use a fork to bring the flour into the centre until a rough dough forms. Knead dough on a floured surface until smooth and allow to rest for 10–15 minutes.

Once dough has rested, use a rolling pin to roll until 1/2 inch thick, then cut into cubes. Press and roll each cube on a gnocchi board with your thumb to make cavatelli.

Bring a large saucepan of water to the boil. Add garlic, cavolo nero and parsley leaves and simmer for 5–6 minutes, until soft and tender. Transfer to a blender and blitz until a puree. Add a pinch of salt, olive oil and remaining 40g pecorino. Blend again until smooth. Transfer to a large bowl and set aside until cavatelli is cooked.

Return water to the boil and add cavatelli, stirring occasionally, cooking for 2–3 minutes. Remove with a slotted spoon and transfer to the cavolo nero sauce and toss well. Adjust seasoning if needed.

Divide cavatelli between bowls and finish with extra cheese.

MADRAS FISH AND TAMARIND CURRY

**SERVES
4**

INGREDIENTS:

2 tablespoons olive oil
1 tablespoon yellow mustard seeds
1 onion, chopped
Handful of curry leaves
4 cloves garlic, chopped
2 teaspoons kashmiri chilli
2 teaspoons ground coriander
2 teaspoons turmeric
400g can chopped tomatoes
2 tablespoons tamarind puree (mixed with 80ml water)
2 green chillies, chopped
Salt to taste
700g firm white fish, cut into large chunks
Basmati rice, to serve

Prep: 10 minutes Cook: 20 minutes

Heat olive oil in a large pan over a medium heat. Add mustard seeds and cook for 30 seconds. Add onions and cook for 5 minutes then add garlic and curry leaves and fry for a further 2 minutes or until soft and lightly golden.

Add spices and fry for 2 minutes before stirring in tomatoes, tamarind and green chillies. Bring to a simmer and season with salt. Allow to simmer for 10 minutes, it will reduce and slightly thicken.

Add fish to the sauce and gently simmer for 5 minutes or until cooked through.

Divide between bowls alongside basmati rice.

PORK DAN DAN NOODLES WITH ASIAN GREENS

SERVES
4

INGREDIENTS:

1 tablespoon olive oil
500g pork mince
4 garlic cloves, finely grated
2 teaspoons Sichuan peppercorns, toasted and ground
2 teaspoons Chinese five spice
¼ cup salt-reduced soy sauce
2 tablespoons tahini
2 teaspoons honey
1 cup reduced-salt chicken stock
2 bunches of choy sum, cut into 5cm lengths
1 tablespoon sesame oil
200g dry egg noodles
1/4 bunch of coriander, leaves picked
3 spring onions, thinly sliced

Prep: 10 minutes Cook: 20 minutes

Heat one tablespoon oil in a large frying pan over medium-high heat. Cook pork, breaking up lumps with a wooden spoon, for 3–4 minutes or until browned. Add garlic, peppercorns and Chinese five spice and cook for a further minute or until fragrant. Stir through soy sauce, tahini, honey, stock and choy sum. Simmer for 1–2 minutes or until choy sum is tender and sauce has slightly reduced. Stir through sesame oil.

Bring a large saucepan of water to the boil. Boil egg noodles for 3–4 minutes or until tender. Drain and set aside.

Divide noodles between four serving bowls. Top with pork and choy sum, then generously spoon over sauce. Finish with spring onion and coriander leaves.

PRAWN AND CHORIZO COUSCOUS PAELLA

SERVES
4

INGREDIENTS:

1 tablespoon olive oil
500g peeled raw prawns
1 chorizo sausage, thinly sliced
1 red capsicum, thinly sliced
1 red onion, thinly sliced
4 garlic cloves, thinly sliced
1 tablespoon fennel seeds
1 tablespoon smoked paprika
2/3 cup couscous
1 cup salt-reduced chicken stock
1 cup baby spinach
1/2 cup frozen peas, defrosted
zest and juice of 1 lemon
1/4 cup kalamata olives, pitted
1/2 bunch of flat leaf parsley, leaves picked

Prep: 15 minutes

Cook: 15 minutes

Heat oil in a large frying pan over high heat. Add prawns and chorizo and cook, turning occasionally, for 2–3 minutes or until browned. Remove from the pan and keep warm.

Return pan to the heat. Add capsicum and onion and cook for 2–3 minutes or until softened. Add garlic and cook for a further 30 seconds or until fragrant. Stir through paprika and fennel seeds. Add couscous, stock, baby spinach and peas. Reduce heat to medium and simmer until couscous has absorbed the liquid and is cooked. Return prawn and chorizo to pan and stir through lemon zest and juice.

Serve paella topped with olives and parsley.

BUILD YOUR OWN VEGETARIAN VIETNAMESE COLD ROLLS

FOR LITTLE FOODIES



**MAKES
12 ROLLS**



**PREP
15 MINS**

CHOOSE YOUR VEGGIES:

- ☐ ½ red capsicum
- ☐ 1 Lebanese cucumber
- ☐ 1 carrot
- ☐ 1/8 cabbage (red or white)
- ☐ ¼ iceberg lettuce
- ☐ 2 spring onions

CHOOSE YOUR HERBS:

- ☐ ½ bunch coriander
- ☐ ½ bunch mint
- ☐ ¼ bunch Thai basil

CHOOSE YOUR SAUCE:

#1 NUOC CHAM

- ☐ ½ cup water
- ☐ 1 lime
- ☐ 2 tablespoon fish sauce
- ☐ 2 teaspoons white sugar
- ☐ 2 small garlic cloves, finely grated

#2 SWEET CHILLI GINGER

- ☐ 2 tablespoons sweet chilli sauce
- ☐ 1 tablespoon white vinegar
- ☐ 1 tablespoon soy sauce
- ☐ 1 small piece of ginger, finely grated

#3 HOISIN

- ☐ 3 tablespoons hoisin sauce
- ☐ 2 teaspoons sesame oil (optional)

MUST HAVE INGREDIENTS:

- ☐ 100g vermicelli noodles
- ☐ 12 pieces rice paper wrappers

Add vermicelli noodles to a large bowl and cover with boiling water. Allow to soak for 10–15 minutes, until soft and chewy. Drain and rinse under cold water and transfer to a small bowl.

Choose your vegetables, cut into thin, 10cm lengths. Place on a tray & set aside.

Choose your herbs, pick leaves and place on tray.

Choose your sauce, combine ingredients in a small bowl, set aside.

Fill a wide shallow bowl with cold water. Submerge rice paper in cold water for 5 seconds then transfer to a plate or clean benchtop.

Fill rice paper roll with cooked noodles and your choice of vegetables, herbs and protein. Repeat with remaining wrappers.

Serve rolls with dipping sauce on the side.

