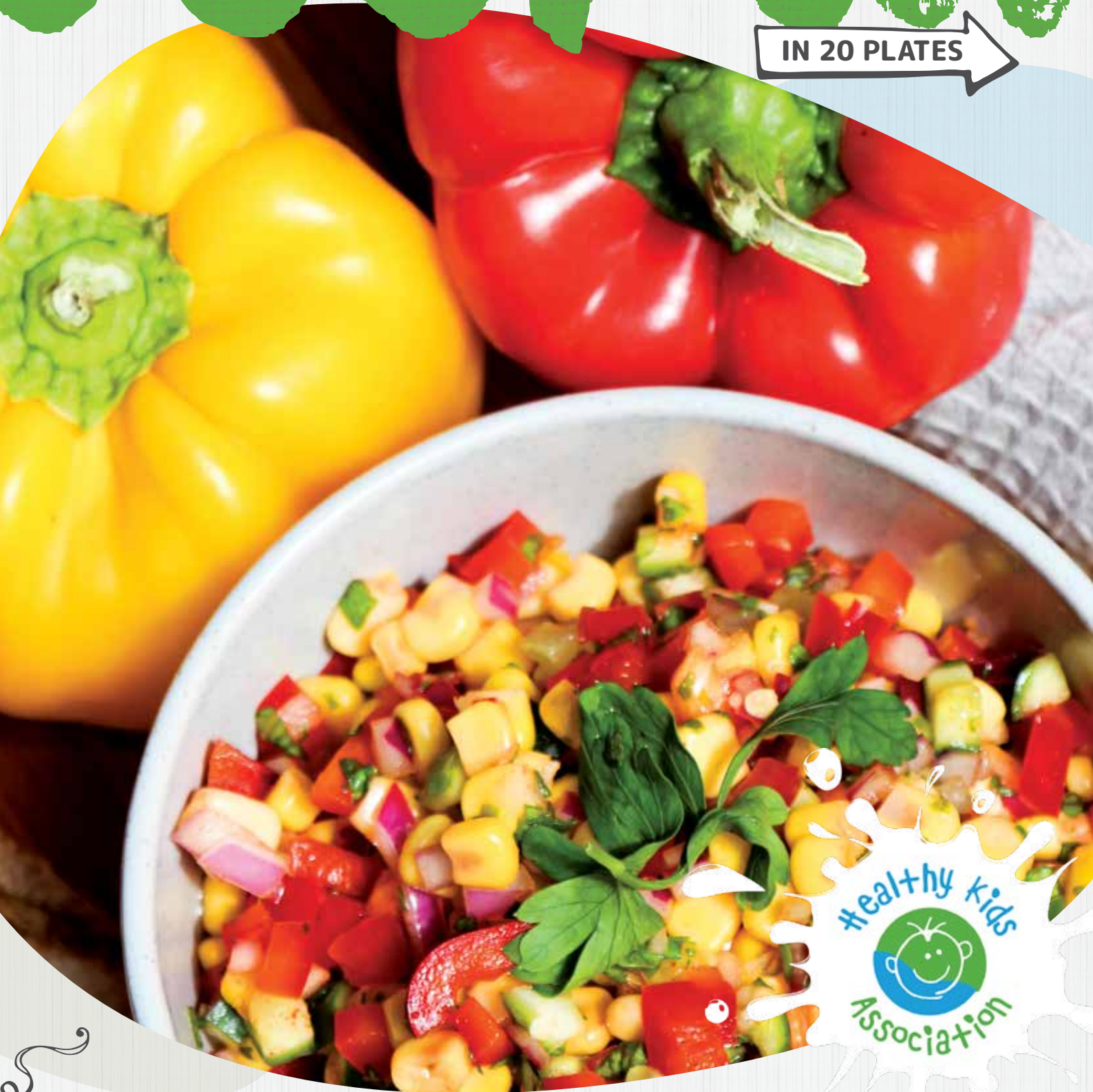


Around the World

IN 20 PLATES



Healthy Kids
Association

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Introduction

Australia is a melting pot of different cultures, this recipe book is a celebration of all our wonderful differences.

Use these recipes to celebrate cultural days, Harmony Day, fundraising or if it fits on your menu, make it a standard item!

We hope you will love to cook these dishes as much as we do.

From the Healthy Kids team.



Brown Rice Vegetarian Biryani

Southern Asian Mixed Rice Dish

EVERYDAY

Serves



INGREDIENTS

Rice

- 1½ cups brown rice, pre-soaked for 30 minutes, drained
- 1 cup water
- 1 cup vegetable stock, reduced-salt
- 1 tsp. cardamom, ground
- ¼ tsp. cloves, ground
- 1 tsp. cinnamon, ground
- 2 strands saffron, moistened in ¼ cup warm water

Spice mix

- 1 tsp. garam masala
- ½ tsp. turmeric, ground
- 1 tsp. coriander seed, ground
- ½ tsp. fenugreek, ground
- 1 tsp. sweet paprika

Vegetable curry

- 2 tbsp. canola oil
- 1 large brown onion, thinly sliced
- 1 tsp. cumin, ground
- 2 cloves garlic, crushed
- 1 tbsp. tomato paste, salt-reduced
- ¼ cup water
- 500g sweet potato, chopped finely
- 1 head of cauliflower, chopped into chunks
- 1 can black beans, rinsed and drained

To finish (optional)

- 1 cup coriander, chopped

METHOD

Rice

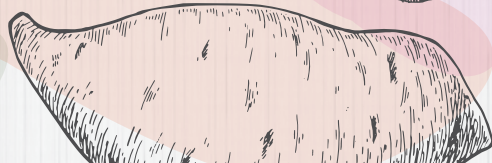
1. Preheat Oven to 180°C.
2. Combine the rice with the water, vegetable stock, cardamom, cloves, cinnamon and saffron. If using a rice cooker, prepare the rice using the appliance's instructions. Otherwise, place the ingredients in a large pot over high heat.
3. Bring to the boil, then reduce to a low heat and place a lid over the pot. Cook for a further 15-20 minutes, or until the rice is tender.
4. Combine the spice mix in a small bowl.

Vegetable Curry

5. Heat the oil in a large pan. Add the onion and cook until brown. Once browned, add the cumin and stir well. Reduce to a low heat, add the garlic and spice mix, and stir well until fragrant (about 30 seconds). Be careful not to let the garlic burn.
6. Turn the heat up to medium, add the tomato paste and stir well. Add the water.
7. Add the sweet potato and cook for 5 minutes.
8. Add the cauliflower and black beans and cook for a further 3 minutes. If the mix becomes dry, let it char slightly. If it's too dry that it might burn through, add one tablespoon of water.

Assembly

9. Mix the rice and vegetable curry, then place in an oven-safe baking dish (about 21 x 11 x 6cm). Cover with a lid or foil.
10. Place the pot in the oven for 15 minutes. Remove from oven and leave to cool for 10 minutes.
11. Serve topped with chopped coriander.





Chicken Tikka

Southern Asian Grilled Marinated Chicken

EVERYDAY

Serves



INGREDIENTS

- 1kg chicken breast, skinless, chopped into 3cm pieces

Marinade

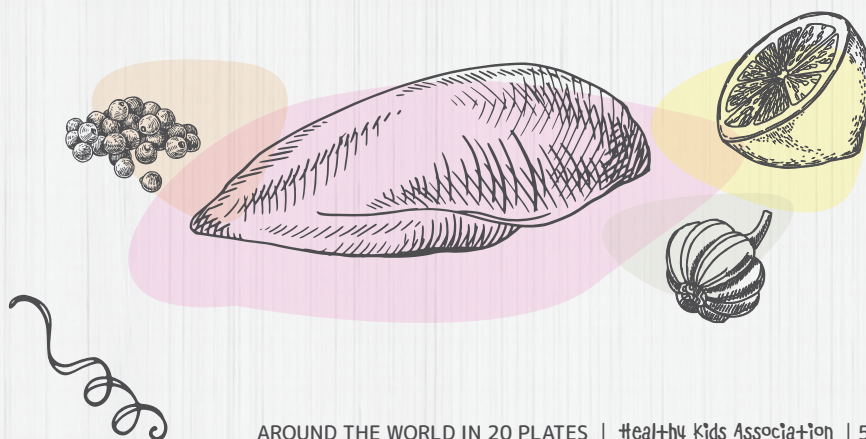
- 2 lemons, juiced
- 1 cup plain Greek yoghurt, reduced-fat
- 1 tsp. cumin, ground
- 1 tsp. coriander seeds, ground
- 3 cloves garlic, crushed
- 1 tsp. ginger, ground
- 1 tsp. sweet paprika
- 1 tbsp. smoked paprika
- 1 tsp. turmeric, ground

Yoghurt Sauce

- 1 cup plain Greek yoghurt, reduced-fat
- 1 Lebanese cucumber, cored and grated
- 2 cloves garlic, crushed
- 1 lemon, juiced

METHOD

1. Place chicken in a large bowl. Mix marinade through the chicken and set aside for a minimum of 2 hours (preferably overnight).
2. Preheat oven on grill at 200°C.
3. Remove the chicken pieces from the marinade. Place them on a baking tray, then into the oven on the top shelf to grill for 10 minutes until cooked and tender.
4. Mix the sauce ingredients in a bowl.
5. Serve the cooked chicken tikka with the sauce alongside naan or rice.





Lamb Tikka Pockets

Southern Asian Marinated Lamb Pockets

EVERYDAY

Serves



INGREDIENTS

Marinade

- 2 lemons, juiced
- 1 cup plain Greek yoghurt, reduced-fat
- 1 tsp. cumin, ground
- 1 tsp. coriander seeds, ground
- 3 cloves garlic, crushed
- 1 tsp. ginger, ground
- 1 tsp. sweet paprika
- 1 tsp. smoked paprika
- 1 tsp. turmeric, ground

Lamb

- 1 kg lean lamb, fat trimmed, chopped into 3cm pieces

Yoghurt Sauce

- 1 cup plain Greek yoghurt, reduced-fat
- 1 Lebanese cucumber, cored and grated
- 2 cloves garlic, crushed
- 1 lemon, juiced

Assembly

- ¼ head purple cabbage, chopped thinly
- 2 tomatoes, sliced thinly
- 8 wholemeal pita pockets

METHOD

1. Combine the marinade ingredients in a bowl.
2. Add lamb and stir to coat. Place in the fridge to marinate overnight.
3. Remove the lamb pieces from the marinade and place them on a hot oven - grill setting or grill plate or in a frying pan, for 8-10 minutes or until cooked and tender.
4. Mix the sauce ingredients in a bowl.
5. Place the cabbage and tomatoes in the half open pockets, top with the grilled lamb and drizzle each pocket with the sauce.
6. Serve warm.



Zelje Salata

Croatian Coldslaw

EVERYDAY

INGREDIENTS

- ½ head white cabbage
- 1 tsp. white pepper
- ¼ cup olive oil
- ¼ cup white vinegar
- 1 shallot, chopped finely (optional)

Equipment

- Grater (optional)

Serves



METHOD

1. Cut the cabbage into quarters and remove the core and hard outer layers.
2. Chop the cabbage into very thin strips or grate it if you can.
3. Place the chopped cabbage into a large bowl and toss with the pepper, olive oil and vinegar.
4. Cover the bowl with wrap and let the cabbage absorb the dressing for 10-15 minutes.
5. Serve topped with chopped shallot (optional).

Prawn Gyoza

Japanese Prawn Dumplings

OCCASIONAL

INGREDIENTS

Filling

- ½ tbsp. ginger, minced
- 1 clove garlic, minced
- 250g prawns, raw, peeled, chopped
- ¼ cup chives, chopped finely
- ½ tbsp. sesame oil
- ½ tbsp. light soy sauce
- White pepper
- ½ tbsp. rice vinegar

Dumplings

- 18 dumpling wrappers
- 2 cups water, to cook
- 2 tbsp. sesame oil, to cook

Sauce

- 1 tbsp. sesame oil
- ¼ cup. light soy sauce
- 1 tbsp. Mirin, (from a major supermarket)*

Equipment

- Slotted spoon

Serves



Makes 18 gyoza at 3 gyoza per serve.

METHOD

1. In a medium bowl, combine the filling ingredients.
2. Place 1 teaspoon of filling in the middle of one dumpling wrapper, dab some water around the edge of the wrapper and fold over to form a semi-circle. Push down the edges to seal the gyoza. Repeat to make remaining gyoza.
3. Heat water and sesame oil into a large pan. Place 9 gyoza in the shallow water and bring to boil. Cook until the water evaporates, and only the oil is left over (about 7 minutes) and the base of each gyoza is slightly brown. Repeat with the remaining gyoza.
4. Meanwhile, mix the sauce ingredients in a small bowl and transfer to small, lidded serving dishes.
5. Serve the gyoza warm with a side of the dipping sauce. These can be served as a snack with 3 gyoza, or a meal with 6 gyoza.

Tip: You could also cook these in a bamboo steamer to make them EVERYDAY. In a pot large enough to sit a bamboo steamer on top, add some water and bring to the boil. Place the bamboo steamer on top of the pot, line with baking paper and add gyoza (ensure they are not touching). Steam for 5 minutes, remove from steamer and repeat with remaining gyoza.

Serving suggestion: Serve with steamed broccoli tossed in small amounts of sesame oil, light soy sauce and sesame seeds.

*Mirin from Asian supermarkets may contain alcohol

Moussaka

Greek Eggplant Lasagne

EVERYDAY

INGREDIENTS

Layers

- 2 large eggplants
- 2 large waxy potatoes
- ¼ cup olive oil

Filling

- 1 tbsp. olive oil
- 1 large brown onion, chopped finely
- 4 cloves garlic, minced
- 1kg lean beef mince
- 2 tbsp. tomato paste, salt-reduced
- 1 can (400g) tomato, crushed
- 1 cup beef broth, reduced-salt
- 2 tsp. oregano, dried
- 2 tsp. honey
- ½ tsp. cinnamon, ground
- 1 beef stock cube, reduced-salt

Bechamel sauce

- 1½ tbsp. polyunsaturated margarine
- 3 tbsp. wholemeal plain flour
- 500ml reduced-fat milk
- Pinch of nutmeg
- Cracked pepper, to taste

Topping

- 1 cup wholemeal breadcrumbs
- 1 cup tasty cheese, grated, reduced-fat

Serves

12

METHOD

1. Thinly slice the eggplant and potato lengthways.
2. Drizzle with the olive oil and place on baking trays lined with baking paper.
3. Bake in oven on grill mode at 180°C for 20-25 minutes, or until soft.
4. Set aside whilst making the filling and sauce.

Filling

5. Heat the oil in a large pan. Add the onion and cook until brown. Once browned, add the garlic and stir until fragrant. Add the garlic and oregano and stir until fragrant.
6. Add the mince to the pan and cook until brown. Add the tomato paste and stir through until lightly roasted. Add the crushed tomatoes, beef broth, honey, stock cube, and cinnamon and bring to simmer. Cook for about 5-10 minutes or until sauce becomes thick.

Bechamel sauce

1. Melt the margarine in a small saucepan and stir in the flour. Cook for 1 minute, stirring continuously, until the mixture forms a smooth sauce.
2. Remove the pan from the heat and allow to cool slightly. Gradually pour in the milk, whisking constantly.
3. Return the pan to the heat and bring to the boil, still stirring.
4. Reduce the heat and simmer the white sauce gently for 2 minutes, stirring occasionally, until it is smooth and thick.
5. Add nutmeg and season with pepper.

Assembly

1. Preheat oven to 180°C. Assemble like a lasagne in a large oven-safe baking dish (about 20cm x 30cm).
2. Place 1/3 of the eggplant at the bottom of the dish, followed by 1/3 of the potato, then 1/3 of the filling on top. Repeat another 2 times.
3. Top with bechamel sauce, then the sauce, cheese and breadcrumbs.
4. Place in the preheated oven for 30-40 minutes or until golden brown.
5. Serve warm with a Greek salad.





Baked Kibbeh Balls

Lebanese Meatballs

EVERYDAY

INGREDIENTS

- 500g fine bulgur wheat
- 2 brown onions, roughly chopped
- 500g lean lamb mince
- ½ tsp. allspice, ground
- ¼ tsp. turmeric, ground
- ¼ tsp. black pepper
- 1 tsp. cinnamon, ground
- ⅓ tsp. coriander, ground
- 1 tsp. cumin, ground
- ⅓ tsp. sweet paprika
- ½ tsp. mint, dried
- ½ tsp. basil, dried
- ½ tsp. marjoram, dried
- 1 tbsp. corn flour

To serve

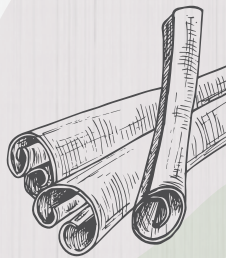
- 2 cups plain Greek yoghurt, reduced-fat
- 1 clove garlic, minced
- 1 tsp. mint, dried

Serves



METHOD

1. Rinse and in a small bowl soak the bulgur wheat in water, the amount of water should be enough to cover the wheat. Cover and set aside for 3 minutes, then drain water.
2. Preheat the oven to 180°C.
3. Put the meat, bulgur wheat, onions, spices, herbs and corn flour in a food processor and process until clumps form. If the mixture is too dry, add a little water (they need to be of the same consistency of meatballs to keep their shape).
4. Shape the mixture into little balls (it is easier to do this with clean, wet hands). Bring each end to a point to make an oval shape.
5. Line baking paper on baking tray and spray with some olive oil spray.
6. Put the kibbeh balls on the baking tray and bake for 30 minutes, or until dark brown.
7. Mix the Greek yoghurt, garlic and dried mint in a bowl.
8. Serve the kibbeh warm with two dollops of the yoghurt mixture on the side.



Stuffed Spanish Sweet Potato



EVERYDAY

Serves



INGREDIENTS

- 6 small sweet potatoes, washed
- 2 tbsp. olive oil

Filling

- 1 large red capsicum, chopped finely
- 2 cloves garlic, minced
- ½ tsp. smoked paprika
- 1 large red onion, chopped finely
- 2 large ripe tomatoes, chopped

Topping

- 1 cup plain Greek yoghurt, reduced-fat
- ¼ cup parsley, chopped

METHOD

1. Preheat the oven to 180°C.
2. Cut a lengthwise wedge out of each sweet potato to create a pocket.
3. Drizzle the potatoes with olive oil and place in the oven for 30 minutes.
4. In a large bowl, place the filling ingredients and mix.
5. Stuff the sweet potatoes with the filling and place back in the oven for 15 minutes.
6. Top with a dollop of Greek yoghurt and a sprinkle of parsley.
7. Serve warm.





Tofu, Olive and Corn Empanadas

Latin American Baked Turn-Over

EVERYDAY

Serves  12 empanadas

INGREDIENTS

Empanada dough

- 1 egg
- ½ cup water
- ½ cup plus 1 tbsp. olive oil
- 1 tbsp. white vinegar
- 2½ cups plain wholemeal flour

Filling

- 1 tbsp. olive oil
- ½ tsp. cumin, ground
- 1 tsp. sweet paprika
- 1 clove garlic, minced
- 150g extra firm tofu, chopped finely
- ¼ cup kalamata olives, pitted, chopped
- ½ cup canned corn, drained
- 1 small zucchini, chopped finely
- 1 tbsp. vegetable stock powder

METHOD

1. In a small bowl whisk the egg, water, oil and vinegar.
2. Place the flour in a large bowl and make a well in the centre for the egg mixture. Fold through slowly then knead until a smooth dough forms. Wrap the dough and refrigerate for about 1 hour or until firm.
3. Heat the oil in a large pan. Add the spices and garlic and stir until fragrant. Add the tofu, olives, corn, zucchini and vegetable stock, and stir for 5 minutes.
4. Preheat the oven to 200°C.
5. On a generously floured work surface, roll out the dough to about 3mm thick. With a 12cm circle biscuit cutter, stamp out 12 (or more if you can!). Brush the excess flour off the wrappers.
6. Working with 1 wrapper at a time and keeping the rest covered with plastic wrapper, form the empanadas: Spoon 1 tablespoon of the filling on one side of the dough circle. Fold the dough over to enclose the filling and crimp the edges with a fork to seal. Cover while you form the remaining empanadas.
7. Line baking paper on baking tray and spray with some olive oil spray. Place the empanadas on the tray and bake for 20 minutes or until golden brown.
8. Serve warm. Why not try our corn and capsicum salsa and corn elote recipes to serve these empanadas with.

Tip: If you don't have a biscuit cutter, roll the dough into a log(s) and cut up into 12 pieces, then roll the pieces out into larger circles before stuffing.



Texan Pulled Pork Sliders



EVERYDAY

INGREDIENTS

- 500g pork shoulder, trimmed and cut into 2 inch cubes
- 2 tbsp. honey
- 1 tsp. black pepper
- 1 tbsp. garlic powder
- 1 tbsp. smoked paprika
- 1 onion, chopped
- 500ml beef stock

Pork sauce

- ¼ cup BBQ sauce
- ¼ cup apple cider vinegar

Assembly

- ½ head purple cabbage, chopped finely
- ¼ cup mayonnaise, reduced-fat
- 8 multigrain slider rolls

Equipment

- Pressure cooker, Dutch oven or slow cooker, however if these aren't available simply baking in an oven safe dish is fine for a longer period of about 4 hours.

Serves



METHOD

1. Trim the fat off the pork shoulder and cut into 2-inch cubes.
2. Mix the spices and the honey in a bowl, then toss in the pork and massage through.
3. Add onion and onion into the pressure cooker and cook until caramelised. Add the pork and sear.
4. Add the stock, then close the pressure cooker and cook for about 40 minutes.
5. Check on the pork. If it is soft enough to pull apart with a fork it is ready. Pull the pork with two forks and stir through the BBQ sauce and apple cider vinegar.
6. Mix the chopped cabbage with the mayonnaise in a large bowl.
7. Serve pulled pork on slider buns with slaw.



Prawn Jambalaya

American Creole Rice and Prawn Stew

EVERYDAY

Serves



INGREDIENTS

- 1 tbsp. olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 large green capsicum, cored, seeded and chopped
- 1 tsp. cumin, ground
- 1 tsp. black pepper
- 2 tsp. oregano, dried
- 2 celery stalks, diced
- 3 tbsp. parsley, chopped finely
- 200g extra-lean smoked ham, cut into ½-inch cubes
- 1 large bay leaf
- 1 can diced tomatoes
- ¼ cup tomato passata
- 600ml chicken stock
- ¾ cup brown rice, uncooked
- 1kg large prawns, peeled, deveined

METHOD

1. Add oil to a large non-stick saucepan. Over medium heat, sauté onion, garlic, capsicum, cumin, pepper, oregano and celery until onion is translucent.
2. Add parsley, ham and bay leaf. Cook, stirring often, for 5 to 6 minutes.
3. Add tomatoes (with juice), passata, and 1¾ cups chicken stock instead. Gently simmer, uncovered, stirring occasionally, for about 5 minutes.
4. Pour rice into the pan and stir well. Bring mixture to a boil. Lower heat and simmer, covered, for 45 minutes or until rice is cooked and has absorbed most of the liquid.
5. Stir in prawns and cook a further 3 minutes. Season to taste with black pepper.
6. Serve warm.



Potato Salad

EVERYDAY

Serves



INGREDIENTS

- 500g small red potatoes, cleaned
- ½ cup Spanish onion, finely chopped
- ½ cup plain Greek yoghurt, reduced-fat
- 4 hard-boiled eggs, finely chopped
- 1 tbsp. dijon mustard
- 1 tbsp. garlic powder
- 1 tbsp. black pepper, ground
- 1 cup cherry tomatoes, halved
- ½ cup pitted and sliced black olives

METHOD

1. Chop the potatoes into quarters and place in a large pot. Add enough cold water to cover the potatoes by 1 inch. Place on the stove and bring to a boil. Cook until potatoes are tender but not mushy (about 15 minutes). Drain and set aside to slightly cool.
2. Place potatoes in a large bowl. Add the Spanish onion, yoghurt, eggs, mustard, garlic powder, tomatoes and olives. Toss until well combined.
3. Taste and season with black pepper.
4. Cover and chill until ready to serve.



Corn and Capsicum Salsa

EVERYDAY

Serves



INGREDIENTS

- 1 Lebanese cucumber, chopped very finely
- 1 medium red onion, chopped very finely
- 1 x 400g canned corn, drained and rinsed
- 1 clove garlic, minced
- 1 large red capsicum, deseeded and chopped finely
- 2 limes, juiced
- ¼ cup fresh basil, chopped
- Black pepper, to taste
- 1 tsp. smoked paprika
- 1 tbsp. honey

METHOD

1. Mix all ingredients together and serve fresh in burritos or with toasted tortilla pieces.





Grilled Chicken Adobo

Philippine Marinated & Simmered Chicken

EVERYDAY

Serves



INGREDIENTS

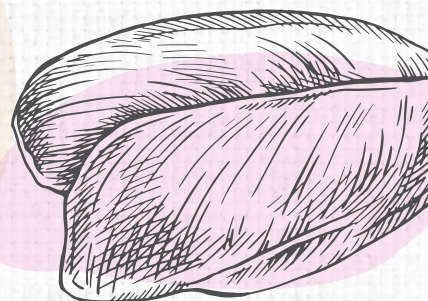
- 3 cups water
- 1 cup apple cider vinegar
- ½ cup fresh lemon juice
- ⅓ cup soy sauce, reduced-salt
- ¼ cup fish sauce
- 6 garlic cloves, crushed
- 2 tbsp. honey
- 1 tbsp. sweet paprika
- 1 tbsp. black pepper
- 5 whole star anise
- 4 bay leaves
- 1 chicken, (about 8 pieces), deskinning
- ¼ cup canola oil

To serve

- 4 cups brown rice, cooked

METHOD

1. Place all ingredients, excluding the canola oil, into a marinating bag. Massage the marinade into the chicken. Close the bag and place in the fridge for at least 20 minutes.
2. Remove the chicken from the marinade. Line a baking tray with baking paper. Remove the chicken from the marinade, place on the lined baking tray and grill in an oven at 180°C, turning occasionally, until lightly charred (about 35-40 minutes.)
3. Transfer the chicken to a platter and leave to rest for 10 minutes before serving.
4. Serve one piece of chicken with ½ cup cooked brown rice, drizzled with the cooked sauce from the grill pan.





Bahn Mi

Vietnamese Pork Rolls

EVERYDAY

INGREDIENTS

Salad mix

- 2 large carrots, grated
- 3 large Lebanese cucumbers, sliced into thin strips
- 1 medium white radish or daikon radish*, sliced into thin strips
- 1 shallot, sliced thinly
- ½ cup rice wine vinegar
- 2 tbsp. honey
- 3 tbsp. sesame oil
- 2 tbsp. mirin* (from a major supermarket)

Meat filling

- 1 tbsp. sesame oil
- 500g pork mince, reduced-fat
- 4 garlic cloves, minced
- ¼ cup soy sauce, reduced-salt
- ¼ cup fish sauce

Pate

- 1 cup granola**
- ½ cup canned brown lentils, drained, rinsed
- 1 tbsp. red wine vinegar
- 1 tbsp. thyme, dried

Other

- 6 large wholemeal rolls
- ½ cup mayonnaise, reduced-fat

Topping

- 1 bunch coriander, chopped

Serves



METHOD

1. In a large bowl, mix the salad ingredients and leave to marinate in the fridge while the pork cooks.
2. In a medium pan, heat up the sesame oil and cook the pork until browned. Add the spices, garlic, soy sauce and fish sauce and cook until caramelised.
3. In a blender, mix together the granola, lentils, red wine vinegar and thyme until it resembles a thick 'pate' mixture.
4. Assemble the bahn mi: Spread pate on the base of each bread roll. On the other side of the inside of the roll, spread some mayonnaise.
5. Evenly distribute the meat among all rolls. Top with approximately ½ cup of the salad mixture, and garnish with coriander.
6. Serve warm.

* Double check the label to ensure you are purchasing alcohol-free mirin

** Granola must have HSR of 3.5 stars or more to meet criteria



Pad See Ew

Thai Stir-fried Noodles

EVERYDAY

INGREDIENTS

- 200g dry flat wide rice noodles
- 1 tbsp. sesame oil
- 3 eggs, lightly whisked
- 1 large brown onion, chopped
- 4 cloves garlic, minced
- 400g chicken breast, sliced
- 2 bunches broccolini, chopped
- 2 carrots, cut into match stick-sized pieces
- 2 tbsp. dark soy sauce
- 2 tbsp. oyster sauce
- 6 tbsp. fish sauce
- 4 tbsp. regular soy sauce, salt-reduced
- 2 tbsp. honey

Serves



METHOD

1. Prepare the rice noodles as per packet instructions.
2. In a large wok, heat half of the sesame oil.
3. Pour half of the whisked eggs and swirl to make an omelette. Cook for 1-2 minutes, or until set. Remove from the wok. Pour in all eggs at once. Cut the omelettes into small pieces.
4. Add the remaining oil to the wok and wait until very hot. Add the onion and stir-fry for 1 minute.
5. Add the garlic and stir-fry until fragrant.
6. Add the chicken, broccolini, and carrot and stir-fry until chicken is browned (about 15 minutes).
7. Add the cooked egg and noodles.
8. Add the sauces and cook until noodles are slightly charred.
9. Serve warm.



Elote

Grilled Mexican Street Corn

EVERYDAY

INGREDIENTS

- 4 corn cobs
- 50ml olive oil
- 1 tbsp. mayonnaise, reduced-fat
- 2 tsp. paprika
- ¼ tsp. black pepper
- 1 tsp. garlic powder
- ¼ cup fresh coriander, chopped very finely
- 4 tbsp. parmesan cheese
- 1 tsp. lime juice
- 1 tsp. lemon juice

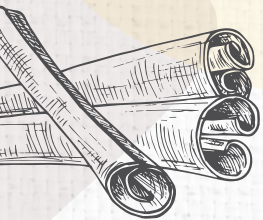
Serves



METHOD

1. Preheat the oven to 200°C.
2. Cut the corn cobs into 16 pieces. To do this, stand each corn cob up vertically, cut the corn cobs in half, then cut each half into quarters. Be careful, and always have the flat side of the corn down on the chopping board when cutting the halves into quarters.
3. In a small bowl add the oil, mayonnaise, paprika, pepper and garlic powder, stirring well to combine.
4. Using a pastry brush, brush the spiced oil onto the corn pieces and lay them on a baking tray lined with baking paper.
5. Place into the oven for 20-25 minutes or until curly, brown, and crispy.
6. Place into a bowl and sprinkle with fresh coriander and parmesan cheese. Finish by squeezing fresh lime and lemon juice on top.





Sutlu Tatti

turkish Dairy Dessert

OCCASIONAL

INGREDIENTS

- 1L milk, reduced fat
- 1 tsp. vanilla extract
- 7 dates, chopped very finely
- 6 tbsp. fine semolina
- ½ tsp. cinnamon, ground



Serves



METHOD

1. Place the milk, vanilla and dates in a medium pot and bring to the boil.
2. Slowly add the semolina, stirring constantly until milk starts to thicken. Turn down the heat and simmer until it is the consistency of porridge. Turn heat off and cool.
3. Pour into 6 x 200ml glasses top with a sprinkle of cinnamon and place in the fridge for a few hours to harden.
4. Serve cold and enjoy.



Berry Chia Seed Pot

EVERYDAY

INGREDIENTS

- 3 cups of frozen berries, thawed
- 2 cups milk, reduced-fat
- ½ cup chia seeds
- 2 cups vanilla yoghurt, reduced-fat
- Extra berries for garnish

Serves



METHOD

1. Blend berries and milk in a blender.
2. Add the berry mixture into a bowl and mix through chia seeds and vanilla extract. Place in fridge for 1-2 hours.
3. Evenly distribute the berry chia mixture into small cups, then do the same with the vanilla yoghurt. Top each cup with extra berries.



Cathedral Window Jelly

Philippine jelly Dessert+

EVERYDAY

INGREDIENTS

For the fruit juice jelly

- 1 cup ≥99% apple blackcurrant juice
- 2 cups ≥99% apple juice
- 1 cup ≥99% orange juice, pulp-free
- Food dye (recommended: blue, green and red)
- 8 tsp. gelatine

For the milk jelly

- 3 cups vanilla flavoured milk, reduced-fat
- 6 tbsp. water
- 6 tsp. gelatine powder

Serves



to



METHOD

For the fruit juice jelly

1. Heat ½ cup apple blackcurrant juice in a bowl in the microwave for 40 seconds.
2. Slowly stir in 2 teaspoons gelatine until dissolved.
3. Place back in microwave for 20 seconds.
4. Pour in the ½ cup of remaining cold apple blackcurrant juice into bowl.
5. Add 2-3 drops red food colouring, stir and place in the fridge to set.
6. Repeat steps 1-5 with the apple juice to make blue and green jelly. Repeat again with orange juice to make orange jelly (orange jelly does not require any food colouring).
7. Leave jelly in the fridge for 3-4 hours or until set.
8. Take jelly out of fridge and, while still in the bowl, use a knife to cut jelly into 1cm x 1cm cubes – they don't need to be perfect.
9. Evenly distribute coloured jelly cubes into a Bundt tin.

For the milk jelly

1. Heat 1½ cups vanilla flavoured milk in the microwave for 1 minute.
2. In a separate bowl, add 6 tbsp. cold water. Sprinkle 6 tsp. gelatine powder into the water, whisking with a fork to help it dissolve. Melt in microwave for 20 seconds, then whisk again.
3. Pour gelatine mix into warmed vanilla flavoured milk and stir.
4. Place mixture back into microwave for another 20 seconds, then stir again until all gelatine dissolved.
5. Mix in remaining 1½ cups cold vanilla flavoured milk.
6. Pour milk mixture into the Bundt tin with coloured jelly cubes, then place the tin in the fridge for at least 4 hours.
7. Once set, dip the bottom of the tin into warm water, then flip onto a plate.
8. Cut jelly into even pieces and serve on a bowl or plate with a spoon.

Tip: You could also make the jelly in single serves by evenly distributing the coloured jelly cubes into 8-10 individual cups and topping with the flavoured milk jelly to set.





promoting and influencing healthy food choices for children