

Priscilla's Recipe Book!

BIRCHER MUESLI

1x tin peaches, in juice
1x apple (peeled, cored, grated)
1x pear (peeled, cored, grated)
1 ½ cups whole grain oats
1 tsp cinnamon
500g yoghurt

1. Drain peaches and reserve the juice, chop the peaches into bite - sized pieces.
2. Add the peaches, apple, pear, rolled oats, cinnamon and reserved peach juice into a bowl, mix to combine. Fold through the yoghurt.
3. Allow to stand covered overnight in the fridge.



Serve with your choice of milk, fruit and a swirl of maple syrup.

CHOCOLATE CRACKLES

2 cups rice bubbles
¼ cup chia seeds
½ cup sunflower seeds
¼ cup maple syrup
1 cup desiccated coconut
2 tablespoons cacao powder
½ cup melted coconut oil
Muffin cases

Mix ingredients together and spoon into muffin cases, freeze for about 30 minutes.



DELECTABLE D.I.Y PITA POCKETS

- 1 x carrot, grated
- 1 x cucumber, grated
- 2 x medium tomatoes OR 4 x baby tomatoes, chopped
- 3 x ham slices chopped OR left over chicken
- Cheese, grated (cheddar, edam, tasty)

1. Toast pita pockets
2. Whilst toasting, grate and chop the vegetables, meat and cheese
3. Grab the toasted pita pockets (be careful they're not too hot!) and fill them to your heart's content!



PRISCILLA'S GRANOLA

- 4 c. old-fashioned oats
- ¾ c. wheat germ
- 1 t. salt
- ¼ c. brown sugar
- ½ c. honey
- ½ c. coconut oil, canola oil, or avocado oil
- ½ t. cinnamon
- ½ t. vanilla extract
- ¾ c. dried cranberries or other dried fruit of your choice
- ½ c. shredded, sweetened coconut

1. Preheat oven to 180° C
2. Prepare a rimmed baking sheet by lining it with aluminum foil and spraying with cooking spray. Set aside.
3. In a large bowl, stir together oats and wheat germ.
4. In a small saucepan, whisk together salt, brown sugar, honey, oil, cinnamon, and vanilla. Bring to a boil over medium-low heat, stirring frequently. Once the honey mixture boils, remove from heat.
5. Pour honey mixture over the oats and stir until the oats are completely coated. Add cranberries and coconut and stir to combine.
6. Spread oat mixture evenly onto prepared baking sheet. I like to use a wooden spoon to gently press together clumps of the oats to get those great crunchy clusters at the end!



7. Bake for 15-20 minutes, stirring halfway through.

8. Remove from the oven, press oats gently again with a wooden spoon to form those clusters, and allow to cool completely before storing granola in an air-tight container. The granola will continue to get crispier and crunchier as it cools

HAM AND CHEESE SCROLLS

- 1x pkt of flaky pastry
- Grated cheese
- Ham, chopped
- Tomato paste

1. Thaw pastry, spread tomato paste then add toppings 2. Roll up and chop into slices and bake for about 10 mins at 180°C or until cooked.

Variations are endless: vegemite and cheese or Spinach and feta.



VEGETABLE PASTA

090

- 1 x bag penne pasta
- 1 small butternut pumpkin diced
- 1 x tinned tomatoes
- 1 x red pepper diced
- 2 x carrots diced
- 1 x onion diced
- 1 x clove garlic diced
- 2 T tomato puree
- 2 - 3 slices of bacon (optional)
- 2 cups vegetable stock

1. In a large saucepan, cook the onion, garlic, pepper, carrots, and butternut until soft.
2. Add vegetable stock, tomatoes, tomato puree.
3. While the vegetables are simmering, boil water for pasta and cook pasta.



4. When veggies are soft, mix with a hand blender until smooth, add to pasta, place in dish and sprinkle with cheese and grill.

Enjoy messy faces :)4

ZUCCHINI SLICE

- 5 eggs
- 1 cup self raising flour, sifted
- 3 zucchini, grated and juices squeezed out
- 1 large onion, finely chopped
- 1 cup grated cheese
- ¼ cup vegetable oil
- 3 slices bacon (optional)

1. Beat eggs in a large bowl until combined.
2. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
3. Pour into a lined pan and bake for 30 minutes or until cooked through.



KI - SI - MING

- 800g beef mince
- ½ cabbage chopped
- 3 pkts maggi chicken noodle soup
- ½ cup rice
- 1 T curry powder
- Water
- 1 onion

1. Dice the onion, drizzle oil in the pan, add the onion and cook until soft.
2. Add mince and brown.



3. Chop cabbage, add it to the pan with rice, curry powder, chicken noodle soup and cover with water.
4. Simmer for 20 minutes or until rice is soft.
5. Serve with mashed potatoes and top with diced or crushed pineapple.

BLUEBERRY MUFFINS (DF)

Ingredients:

- 1T apple cider vinegar
- 1 cup unsweetened almond, soy milk or other dairy free milk.
- 2 ½ cups flour
- 2 T baking powder
- 1 t baking soda
- ½ t salt
- ½ cup vegan sugar (chelsea white sugar)
- ½ cup brown sugar
- ½ cup vegan butter or canola margarine
- 1 T vanilla essence
- 1 cup blueberries (fresh or frozen thaw before using)



Crumble topping:

- 5 T sugar
- 1 T flour
- ¼ t cinnamon
- 3 t melted butter or margarine

Instructions:

- In a measuring cup add the vinegar and cup of milk, stir and Set aside. This makes buttermilk.
- In a small bowl, whisk together the flour, baking powder, baking soda and salt. Set aside.
- In a large bowl, add both the sugars and butter. Cream together on medium speed for 3 minutes.
- Add in the buttermilk and vanilla. Beat together until just combined.
- Add the dry ingredients to the wet ingredients and fold together with a spatula.
- Fold in the blueberries.
- Fill tins ¾ of the way full

- In a small bowl, stir crumble topping dry ingredients together then add melted butter, mix then sprinkle on top.
- Bake at 220°C for 5 minutes then reduce to 190°C for 15-17 minutes or until cooked through.

THAI CHICKEN CURRY

Ingredients:

- 1 can coconut cream
- 1 can coconut milk
- 3 cloves garlic
- 1 onion
- 1 Red capsicum
- 1 Green capsicum
- 2-3 carrots
- 1 Broccoli or beans
- 2-3 T or more of Panang curry paste or (red curry paste)
- 1 T Curry powder
- 1 tin Chickpeas or 2x chicken breast
- Cashews (optional) handful
- Splash of soy sauce
- Chili powder to taste (optional)
- Shallots to taste



1. On low heat bring coconut cream to a boil stirring constantly.
2. Once boiling add coconut milk, panang paste and curry powder to the pot and bring back to boil.
3. Add onions and chopped garlic, let simmer for a bit to cook onions.
4. If using chicken breast add to the pot.
5. Add chopped or sliced capsicum and carrots, broccoli florets or any veggies you have in your fridge/freezer, salt and pepper to taste.
6. Let simmer until vegetables are cooked to your liking.
7. Serve over rice and top with fried shallots and coriander.

APPLE AND CRANBERRY SAUSAGE ROLLS (Nadia Lim)

Ingredients:

- 1 apple grated
- 1 onion, finely diced or grated
- 2 carrots
- 600g raw pork sausages or sausage meat
- ¼ cup dried cranberries, chopped
- ¾ cup breadcrumbs
- 1 tablespoon chopped fresh sage, thyme or rosemary, or a pinch of dried herbs. (optional)
- 400-450g flaky pastry, cut into four pieces or ready rolled sheets.
- 1 egg, whisked, or ¼ cup milk (to brush pastry)
- 1 tablespoon sesame seeds (optional)



Method:

1. Preheat the oven to 200°C. Grate the apple onto a clean tea towel, then wring the tea towel to squeeze out juice.
2. Heat a drizzle of oil in a large fry pan. Cook onion, carrot and apple, with a good pinch of salt for 6-10 minutes or until soft. Allow to cool slightly.
3. Squeeze out sausage meat from casings into a large bowl. Add cranberries, breadcrumbs, herbs (if using), and cooked carrot, apple and onion mixture. Season with salt and pepper. Use clean hands to mix and squish everything together until well combined. Roughly divide the mixture into four.
4. Roll out each piece of pastry into a square about 3-4mm thick. Shape a portion of sausage mixture into a large log and lay it along the middle of the pastry, leaving a 1.5cm edge on each (right and left) edge. Brush the top half of the pastry with egg or milk. Roll up pastry to enclose the sausage meat in a tight parcel. Place on a baking tray and repeat with remaining pastry and sausage mixture.
5. Brush the tops of each sausage roll with egg or milk and sprinkle sesame seeds (if using). Bake for 20 -25 minutes or until pastry is golden and cooked through. Allow to cool for a few minutes before cutting each roll into 4- 5 pieces.

SPINACH CHICKPEA AND SWEET POTATO SAUSAGE ROLLS

Ingredients

- 20g butter
- ½ red onion
- 2 cloves garlic
- 1 tbsp fresh ginger
- 200g orange sweet potato
- 1 tsp ground cumin
- ½ tsp turmeric
- ¼ tsp ground nutmeg
- 2 tbsp water
- 100g baby spinach leaves
- 400g can chickpeas
- salt
- freshly ground black pepper
- 80g feta cheese
- 2 tbsp fresh coriander
- 1 tbsp fresh parsley
- 2 sheets pre-rolled puff pastry
- 1 egg
- 1 tbsp sesame seeds



Instructions

1. Finely dice the onion. Melt the butter in a large frypan over a medium heat and cook the onion for 4-5 minutes until very soft and translucent.
2. Finely grate or crush the garlic and finely grate the ginger. Add these to the onion and cook for a further minute.
3. Grate the sweet potato and add to the frypan. Cook for 8-10 minutes until softened.
4. Sprinkle over the cumin, turmeric, nutmeg and water and cook for a further 2 minutes.
5. Roughly chop the spinach leaves and stir these through. Continue to cook the mixture, stirring regularly, until the vegetables are cooked well.
6. Drain the can of chickpeas, reserving the liquid. Add the chickpeas plus 2 tbsp of the liquid from the can to a food processor and pulse to a rough puree.
7. Stir the chickpeas through the vegetable mixture until well combined and season with salt and pepper to taste.
8. Set the mixture aside to cool for 15-20 minutes.
9. While the mixture is cooling, defrost 2 sheets of frozen flaky puff pastry.

10. Once the vegetable mixture has cooled, finely cube the feta cheese and chop the coriander and parsley. Stir these through the vegetable mixture.
11. Lightly beat the egg and brush it all over the pastry sheets. Place half the vegetable mixture onto each pastry sheet about $\frac{1}{3}$ of the way up the sheet. Using your hands form it into a sausage shape the length of the pastry sheet. Roll the pastry around the filling, as firmly as possible without stretching the pastry, until you have a roll shape with approximately 1 inch overlap of pastry. Trim the excess pastry if necessary.
12. Transfer the rolls to the freezer for 30 minutes to set a little which will make them easier to cut.
13. Preheat the oven to 180C Fan Bake. Line a baking sheet with parchment or greaseproof paper.
14. After 30 minutes, remove the rolls from the freezer. Brush more beaten egg over the top of each roll and sprinkle with sesame seeds.
15. Using a very sharp knife, cut them to your desired length. Place the cut rolls onto the prepared baking sheet and bake for 20-25 minutes until the pastry is golden.

Notes

This recipe makes two large rolls, which can then be cut into 6-8 pieces. If you prefer for finger food or little hands you can make 4 smaller rolls by cutting each pastry sheet in half lengthways and dividing the mixture into quarters.

If the rolls collapse a bit during baking and the filling spills out, once the pastry is golden and they are out of the oven, use two dessert spoons - one of either side of the sausage roll - to gently push the filling back into the pastry into a roll shape.

CRANBERRY AND VANILLA BITES

Ingredients

- $\frac{1}{2}$ cup raw cashews
- $\frac{1}{2}$ cup raw almonds or almond meal
- $\frac{1}{2}$ cup of dried cranberries
- $\frac{1}{2}$ cup chopped medjool dates
- $\frac{1}{2}$ teaspoon vanilla extract
- Pinch of salt
- Dessicated coconut (optional)



1. In a blender or food processor add the cashews, almonds and pulse until they are finely ground.
2. Add the remaining ingredients and blend or pulse until everything comes together.

3. Scrape down sides several times and add up to 2 tablespoons of water and the vanilla pulse until you see it clumping together.
4. Form into balls and roll into coconut. Place into a container and refrigerate.

CURRIED SAUSAGES AND RICE

Ingredients:

- 8x Pre-cooked sausages
- ½ - 1 cup of spinach (frozen or fresh)
- ½ - 1 cup of kale (frozen or fresh)
- 1 t ground cumin
- ½ t turmeric
- 1 T curry powder
- 1 onion diced
- 1 ½ cups vegetable stock
- 2 T Flour



Chop sausages into 2cm pieces. In a large saucepan heat oil, add onions cooking until soft. Add spices and cook for 1 minute then add in sausages and flour cooking until browned.

Pour in enough vegetable stock to cover sausages then spinach and kale. Simmer for 20 minutes and serve on a bed of rice.

DEVILLED SAUSAGES

Ingredients:

- 10 - 12 lamb sausages or sausages of your choice
- 2 chopped onions
- Ginger 2cm piece, peeled and grated
- 1 T curry powder
- ¼ cup sultanas/raisins (optional)
- 1 can crushed tomatoes
- 2 apples peeled and cut into 2cm pieces
- 1 large orange kumara cut into 2cm cubes
- Stock 1 ½ cups



Grill or pan fry sausages until browned and just cooked through, cook onions until soft. Add ginger and garlic cooking for a further 2- 3 minutes then curry powder and cook for another minute.

Add sultanas, tomatoes, apple, kumara and stock to the onions and sausages, simmer for 15-20 minutes or until kumara is soft then season with salt and pepper.

Serve with rice and steamed greens or mashed potatoes.

CARROT, POTATO, & LEEK SOUP

Ingredients:

- 1-2 large orange kumara.
- 4 medium potatoes cut into cubes.
- 4-5 medium-sized carrots, cleaned and chopped into roughly the same size pieces as your potatoes (so that they roast evenly)
- 1 brown onion, chopped
- 3 leeks, cleaned and cut into 1-1/2 inch pieces (leave the tough green parts behind or chop them into smaller pieces and add in)
- 5 cloves of garlic, left in the peel
- 1/3 cup olive oil
- 1 teaspoon himalayan salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (or more, if you like it spicier)
- 1/4 teaspoon ground black pepper
- a small pinch of cinnamon
- a small pinch of granulated sugar
- 8-9 cups vegetable stock (I prefer 4 cups of stock)
- grated carrots, for garnish



Instructions

1. Preheat your oven to 180°C. Place chopped kumara and carrot on a baking sheet along with your garlic cloves, still in their peels and drizzle with olive oil, then sprinkle with your spices. Roast the vegetables for 30 minutes or so, until fork-tender. In a large saucepan add oil, onion and leeks and saute until soft then add half of the vegetable stock and simmer.

2. Once vegetables are cooked, place into the saucepan with onions and leek and add the rest of the stock. Mix with a stick blender (or in a food processor when cooled) until smooth. Heat until desired temperature, taste and adjust seasonings as needed. Serve with coconut milk.

This will keep well in the fridge for a week, or frozen for 3 months.

Pineapple Fried Rice

Ingredients:

- 2 Chicken breasts
- 1 onion, finely chopped
- 1 carrot peeled and diced
- 2-3 cloves of garlic, chopped
- 3 cups finely sliced cabbage
- 1 cup defrosted frozen corn kernels
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- 1 teaspoon curry powder
- 4-5 cups of leftover cooked rice
- 1 400g can pineapple chunks (drained)
- ½ cup of cashew nuts
- 4-5 eggs



Fried rice sauce:

- 1½ - 2 tablespoons sweet chilli sauce
- 2 tablespoons fish sauce or soy sauce or 1 tablespoon of each
- 1 teaspoon of sesame oil (if you have it)
- Pinch of chilli flakes (optional)

Method:

1. Pat chicken dry with paper towels and season with salt. Heat a drizzle of oil in a wok or your largest fry pan on medium high heat. Stir- fry 4-5 minutes or until golden and cooked through. If you're using eggs, whisk with a pinch of salt and cook in a non-stick pan with a drizzle of oil until set as an omelette, then roughly break into pieces with a wooden spoon. Set chicken and omelette aside in a large bowl.

2. Heat another 2 tablespoons of oil in the wok and stir- fry onion, carrot, cabbage, beans and corn for about 5 minutes until you start to see some caramelisation going on. Then set aside in a bowl with the chicken/egg.
3. Mix all fried sauce ingredients together.
4. Add another drizzle of oil to the pan, add spices and sizzle for 30 seconds, then add cooked rice, pineapple, cashew nuts and fried rice sauce. Stir- fry and toss everything together for about 5 minutes until well combined and heated through.
5. Toss through the cooked vegetables, chicken and egg. Season with a little more sauce or salt if needed.
6. Spoon into bowls and sprinkle crispy shallots, spring onion or chilli.

Broccoli Tots

Ingredients:

- 1 large head of broccoli, cut into florets
- 1 cup shredded cheese
- 1/3 cup plain bread crumbs
- 1/4 onion, finely chopped
- 2 large eggs, lightly beaten
- Pinch of pepper and salt

Method:

1. Preheat the oven to 180. Line a baking sheet with greaseproof paper or foil and spray with cooking spray.
2. Bring a medium pot of water to a boil over high heat. Add broccoli florets and cook for 6-8 minutes, until tender. Drain them very well and lightly pat them dry to remove extra moisture.
3. Add broccoli florets to a large food processor and pulse until they are broken down into small pieces. (you don't want them turning to mush).
4. Measure 3 cups of the chopped broccoli florets and add to a large bowl along with the remaining ingredients. Stir well to combine.
5. Form the broccoli mixture into tots, (you will use about 2 tablespoons per tot) and place on the lined baking sheet.
6. Bake at 180 for 25 - 30 minutes carefully turning once half way through cooking.
7. Serve immediately with a dip of choice.



These freeze really well if you make extra.

Orange & Cranberry Scones

Ingredients:

- 3 cups of self raising flour
- 1 cup of full cream
- 1 cup of standard lemonade
- 50g melted butter
- 2 oranges
- 2 tsp vanilla paste or essence
- 1 1/2 cups dried cranberries or craisins

Sticky Cranberry jam:

- 1 x 275g jar cranberry sauce
- 1/4 cup sugar
- 1/4 cup juice from the oranges
- 1/4 tsp mixed spice
- 1 tsp lemon juice



Method:

Pre- heat oven to 200c conventional bake and line one large baking tray with baking paper. Set oven racks in the middle of the oven.

Wash the oranges under hot water. Zest them and mix together with craisins in a small bowl. Juice the oranges so you have about 1/4 cup, and keep for the jam.

Sift the flour into a large mixing bowl and make a well in the centre. Pour the cream, lemonade and melted butter into the well. Add the craisins, vanilla and orange zest. Mix with a butter knife until it comes together to form a rough, wet dough.

Flour your benchtop and gently knead dough a few times so it comes together into a smooth dough. Cut into circles or use cutters to make circles.

- Bake in the oven for 16 minutes until just turning golden on top.

Jam:

Place all the ingredients in a small saucepan and simmer for about 10 minutes over a medium- low heat until thick and jammy (it will thicken more as it cools)

NOT BUTTER CHICKEN

Ingredients:

- Chicken breasts or tenders
- 3 onions, roughly chopped
- 2 tablespoons chopped ginger
- 8 garlic cloves, crushed
- 3 cans of crushed or diced tomatoes
- ¾ cup coconut milk
- 6 tablespoons brown sugar
- Sea salt to taste

The Spices:

- 2 tablespoons garam masala
- 2 teaspoon ground turmeric
- 2 teaspoon ground coriander
- 2 teaspoon ground cumin
- Shake of chilli flakes
- Optional: ¼ teaspoon fenugreek

Instructions:

Grill chicken in the oven. About 30 - 40 minutes until the juices run clear.

While the chicken is cooking, begin preparing the sauce. Add the remaining tablespoon of oil to a large pot over medium - high heat. Add the onion and cook, stirring occasionally, until the onion starts to brown. Add the ginger and garlic and cook for a minute more.

While the onions are cooking, place all the spices together in a small bowl. Add the spices to the pan with the onions. Let the spices cook for about one minute.

Add the tomatoes to the pan and scrape up any stuck on brown bits. Add half a cup of water and bring the pot to the boil. Lower the heat to medium and let the sauce simmer for about 15 minutes.

Blend sauce with a hand mixer until smooth. Add the sauce back to the pan and stir in coconut milk and brown sugar. Season with salt.

Serve with a side of rice or cauliflower rice. Top with coconut yoghurt and coriander leaves.



GF DF ANZAC BISCUITS

Ingredients:

- 1 ½ cups rolled oats (or use GF flakes)
- 1 cup flour or GF flour mix
- ¾ cup desiccated coconut
- ½ t salt
- ½ cup melted coconut oil
- ¾ cup caster sugar (or regular sugar)
- 3 T golden syrup
- 3 T almond or cashew butter, warmed (optional)
- 1 t baking soda



Method:

Preheat the oven to 170 regular bake and line a baking tray with baking paper.

Add the dry ingredients (except the baking soda) to a medium/large mixing bowl and stir to combine. Make a well in the centre and add the coconut oil, sugar, golden syrup and nut butter (if using). Stir to combine evenly.

Add the baking soda to a very small bowl and add 2 T of boiled water. It will foam up straight away, quickly stir then add to the biscuit mixture.

Mix it all up until evenly combined.

Roll the mixture into balls the size of golf balls and arrange them on a tray, 7-8cm apart.

Bake in the oven for 15-18 minutes until deep golden all over.