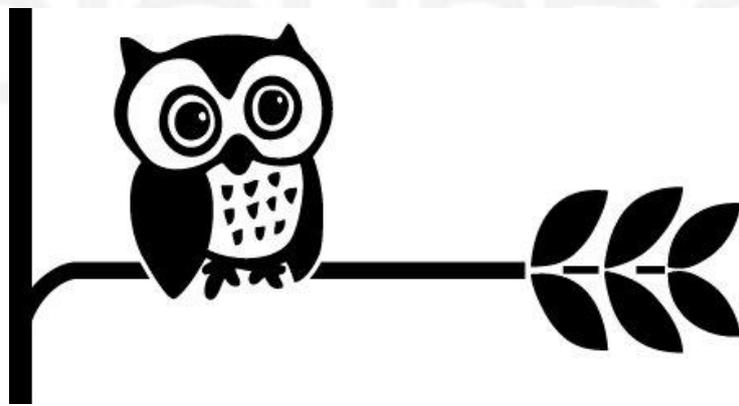


Oswald Road's Healthy Cookbook



Millie's Punjena Paprika (Пуњена Паприка) - Stuffed Peppers

This is the recipe that my grandma Zora cooks, especially in summer in Serbia. She has learnt it from her mum, my great grandma Lela.

My grandma would use a bunch of same size peppers (usually yellow) but I will cook this dish (with my mum's help) with two packs of mixed peppers from the supermarket as I like having different shapes and sizes.



These are the ingredients:

2 packets of mixed peppers

500g of mince (we are using lean beef but any mince is fine including Quorn for a vegetarian version)

3/4 cup of rice

2 shallots or 1 large onion

3 cloves of garlic

1 small carrot

2-3 stock cubes

2 - 3 tbs of tomato puree to add to the stock

seasoning: paprika + salt + a bit of black pepper + optional fresh parsley or cress

Method:

- Wash and de-seed the peppers. Put them into a deep pan. If you have too much room in the pan, fill the gaps with potato. It will prevent peppers from turning over and will help thicken the sauce around them.
- Chop the vegetables
- Fry the shallots and add the mince
- When the mince has browned, add the washed rice and fry for a few more minutes
- Add the carrots and garlic
- Season generously and add paprika, fry for a few more minutes and add fresh parsley/cress
- Leave the mix to one side while you prepare 1 litre – 1.5 litre of stock (enough to fill the space between peppers in the pan) using stock cubes
- Stuff the peppers full of mince mix. Push it down with the spoon so there are no gaps apart from the top (gap is left so rice can expand as it cooks)
- Pour the stock around and inside the peppers. They don't need to be submerged as you will cook them with a lid on. Bring to the boil and then simmer for about 30min or until the rice is cooked. If you like a thicker sauce you can add a roux to the mix and cook for further 10 min.
(You can put 'the lid' on peppers made out of sliced tomatoes but if you occasionally, during the cooking, add the sauce into the peppers they will not dry out inside.)
- You can serve the stuffed peppers with mash potatoes or fresh bread.

I'm having some with a pitta bread, which is my favourite at the moment. I hope you enjoy my recipe!
Priyatno!

By Millie Wilkinson 3KG

Blackened Cajun Tuna with Pico de Gallo, Guacamole, roasted potatoes and bacon pieces

Ingredients

Garlic
Salt
Pepper
Avocado
Lime
Coriander
Cajun seasoning
Olive oil
Chopped chilli (optional)

- Dice all the ingredients
- Add 2-3 cloves of chopped garlic
- Place in a baking tray, drizzle well with olive oil and season with salt and pepper
- Put in a preheated oven for 20 – 30 minutes at 180°

Guacamole and Pico de Gallo

- Dice all the ingredients and mix together well with a squeeze a slice of lime and salt and pepper
- For the Pico de Gallo do the same, swapping the avocado for the coriander and add a little chopped chilli (if you want)

Tuna

- Coat both sides of the Tuna with Cajun seasoning
- Fry Tuna on both sides with a little oil for 2 – 3 minutes until cooked through

By Rosie Lowther 3 KB



Evan's Homemade Coleslaw

Ingredients

1 small carrot (grated)

□ small red onion (sliced really finely)

Red cabbage (sliced)

□ teaspoon whole grain mustard

2 – 3 tablespoons mayonaise

□ lemons worth of juice

Good glug of olive oil

Tablespoon of natural yoghurt/or cream/ or even some coconut milk

- Combine all the veggies first
- We use a cheese slice (yes really) to slice the cabbage – you get good thin slices this way#
- Add the dressing
- Toss together and serve – Yum!!

By Evan



Benjamin and Martha's Purple Smoothie (makes enough for 4)

Ingredients

2 ripe bananas
A large handful of blueberries
350ml full fat milk

Optional extras – a handful of oats / a spoonful of Greek yoghurt

Everything goes into the blender. Whizz until smooth and frothy.

That's it!

By Benjamin and Martha



Puttanesca Sauce (serves 2)

Ingredients

4 cloves of garlic
A pinch of paprika
A knob of butter
1 400g tin of chopped tomatoes
1 100g of sardines
50g of anchovies
1 tablespoon of olives (9 olives)
Chilli flakes (a pinch or more)
Capers
Pepper

- Peel the garlic and roughly chop
- Put garlic and chilli flakes into a large saucepan with butter
- Cook on a low heat for a few minutes until soft
- Pour over the chopped tomatoes
- Add the oil from the sardines with a splash of water
- Turn up the heat and bring to the boil, then reduce and simmer, stirring gently
- Carefully remove the bones from the sardines by slitting them with a small knife
- Break the sardines into chunks and stir
- Add paprika to the sauce
- Place into bowls and add capers, olives and peppers

By Harvey Sullivan



Orange and Yellow Pasta

1 butternut squash
A packet of spaghetti
2 tins of plum tomatoes
4 cloves of garlic
Half a teaspoon of Oregano
1 cup of sweetcorn
A little bit of olive oil
Some grated cheese
Salt and pepper
One big smile 😊

- Peel the squash and remove the seeds, cut into small cubes
- Put squash into a baking tray/tin with some olive oil and a bit of salt and pepper
- Put into a hot oven for half an hour.
- Heat a bit of olive oil in a pan and add the oregano, chop the garlic and mix in the pan
- Pour the tomatoes into the pan and simmer for 20 minutes
- Fill a big pan with salted water and bring to the boil, add the spaghetti and cook for 8 minutes
- After 6 minutes add the sweetcorn to the pasta pan to cook for 2 minutes
- Drain the pasta and mix it with the sweetcorn, squash and some of the tomato sauce
- Sprinkle with some grated cheese
- Serve it with a smile 😊

By Elsie



Incan Bean Stew and Cornbread

Ingredients

Bean Stew

250g tin of haricot beans
4 tomatoes
500g pumpkin, peeled and cubed
Mixed herbs
100g sweetcorn
Salt and black pepper

Cornbread

1 cup of plain flour
1 cup of cornmeal or polenta
□ teaspoon of bicarbonate of soda
□ teaspoon of salt
2 – 2 tbsp sugar
1 egg beaten
7/8 cup of milk
2 tbsp lemon juice
2 tbsp butter

Bean Stew

- Chop the tomatoes and peel and cube the pumpkin
- Heat 100ml water in a medium saucepan, stir in the paprika and bring to the boil
- Add tomatoes to the pan along with a sprinkling of salt and pepper and simmer for 15 minutes
- Drain the beans, combine the beans, pumpkin and tomatoes in a large pan, stir well and simmer for 15 minutes
- Add the sweetcorn and simmer for another 15 minutes until the pumpkin has almost disintegrated and the stew is thick
- Taste for seasoning and serve in a bowl with tortillas or cornbread

Cornbread

- Mix the dry ingredients together in a bowl
- Melt the fat, and add to the milk and beaten egg and finally pour in the lemon juice
- Blend the wet ingredients into the dry and pour the mixture into a loaf tin
- Bake for about 25 minutes in a moderate oven (gas mark 4, 180°)

By a mystery chef



Chicken Samosa

Ingredients:

9 potatoes, peeled and cut into chunks
2 teaspoons mustard seeds (optional)
1 onion peeled and slices
1 pound of boneless chicken pieces
2 teaspoons crushed ginger
□ cup of water
1 cup of frozen peas
3 teaspoons red Chilli powder
2 teaspoons of salt
1 teaspoon garam masala
2 teaspoons ground cumin
2 teaspoons ground coriander
□ teaspoon mango powder
Fresh coriander leaves, chopped
5 samosa sheets (ready made)

- Place potatoes in a pan of water and boil them until they are cooked through , drain the water and roughly mash them (set aside)
- Heat the oil in a pan, add mustard seeds and cook for 10 seconds until they start to pop, add the onion, ginger and stir fry for a few minutes.
- Add the chicken and brown on a medium heat for a few minutes. Add the water and bring to boil, cover and simmer for 30 minutes until the chicken is fully covered
- Take a potato masher and mash the chicken, add the peas, potatoes all the spices, salt and fresh coriander
- Cover and steam on a low heat for a few minutes until the peas are cooked. Allow to cool completely before using to fill the samosas
- (Fill samosas as shown on packet)

Onion (Pakora) Bagi

Ingredients

Gram flour

Chillies

Salt

Zera

Potatoes

Onions

Water

- Put oil on
- Cut potatoes and onions
- Mix all the ingredients
- Stop putting water in when it's kind of doughy and a little watery
- Put in frying pan and when golden brown take it out

Spring Onion Kebabs

Ingredients

Chicken

Spring onion

Zera

Chilli

Coriander

Salt

- Cut onions and cut coriander
- Mix everything all together
- Make into balls
- Then put into fry, when golden brown take out

By Zaina Akhtar