

## Moroccan Chicken Burgers

2 x chicken breasts  
Moroccan seasoning  
4 rashers bacon  
3 eggs  
kale or baby spinach  
lettuce leaves  
2 -3 tomatoes, sliced  
red onion, sliced  
grated cheese (optional)  
burger buns (optional)

1 Oven heated to 180C. Cut the chicken breast into good sized chunks, if you have a good knife cut through the chicken breast in the middle horizontally. Coat in Moroccan seasoning. Place on a baking tray lined with baking paper. Ensure they are not overlapping. Cook for 15 minutes. Turn over. Cook for another 5-10 minutes, until cooked.

2 Heat up a fry pan to high, place the bacon in the fry pan and cook for a few minutes, move the bacon to the outside of the pan and add the eggs into the middle. Either leave the eggs to cook without turning over, or flip your eggs once the whites are set.

3 Once the meat and eggs are cooked, prepare your burger buns, or lettuce leaves. Place one piece of chicken, bacon and egg into your lettuce leaf, then put the rest of the toppings on top.

## Steak, Kumara Chips & Asparagus

2 -3 pieces of beef steak

2 large orange kumara, roughly chopped into wedges/chips

3 tablespoons olive oil or coconut oil

2 bunches asparagus

1 rash bacon, roughly chopped (optional)

salt & pepper

1 Heat oven to 200C. Coat the kumara wedges in 1 tablespoon of olive oil and salt and pepper. Place on a baking tray lined with baking paper. Ensure they are not over lapping. Cook for 25minutes, until cooked. Flip after 15 minutes, if you desire.

2 Oil the steaks with 1 tablespoon of olive oil on both sides, followed by salt and pepper. Heat a large fry pan to medium-high. Cook the steak for 3 minutes on each side. Then let rest out of the pan.

3 Using the same pan, place another tablespoon of oil into the pan, add the asparaugs spears (ends broken off), along with the bacon and gently fry for around 5 minutes.

## Frittata

3 small orange kumara (roasted), cubed (or other roasted veggies)

2-3 slices of bacon, roughly chopped

1/2 red onion, finely sliced

3 small tomatoes, chopped

handful of kale, roughly chopped

grated parmasan

8 - 10 eggs

1/3 cup of milk

1 Heat oven to 180C. Place veggies and bacon (if using), into a dish lined with baking paper. Gently whisk the milk and eggs.

Pour over the veggies. Gently mix a little.

2 Bake in the oven for 35 minutes, or until cooked.

Notes: I used 10 eggs in this frittata, it depends on the amount of filling, and the size of your eggs in regards to how many you need. 8 is usually a good number.

## Smoked Fish Salad

smoked fish, flaked  
large handful of baby spinach & kale  
2-3 tomatoes, chopped  
1 red capsicum, chopped  
1 avocado, chopped,  
1/2 red onion, chopped  
1 - 2 tablespoons chia seeds

1 Place all ingredients into a serving bowl and roughly toss.  
Serve. Too easy!! Add a dressing if you wish.  
A little olive oil works nicely.

## Venison Schnitzel

This is a great Chelsea Winter recipe!!  
Last time I made it I used almond meal instead of the  
breadcrumbs, and I left out the flour.  
I also used venison schnitzel instead of beef.

500g Quality Mark beef (or Venison) schnitzels  
Neutral oil, for frying (grape seed, rice bran, light olive oil)  
¾ cup flour  
2 free-range eggs, lightly beaten  
2 cups freshly processed ciabatta breadcrumbs (or just use  
dried, or panko crumbs)

Tomato sauce  
Extra virgin olive oil  
3 courgettes, very thinly sliced or shaved (or use spinach)  
1 onion, finely chopped  
3 cloves garlic, chopped  
1 x 400g tin chopped tomatoes  
1 cup reduced salt beef stock  
3 tsp dried oregano  
1 tsp balsamic vinegar

¾ cup freshly grated Parmesan  
Slices of mozzarella cheese (or use fresh mozzarella, or  
cheddar)  
Torn fresh basil leaves, to serve

## Venison Schnitzel cont...

Preheat the oven grill to medium-high.

Heat a little olive oil in a pan over medium heat. Sauté the courgette slices for a few minutes to soften, season, then set aside. Add the onion to the pan with another splash of olive oil, and cook for 5-10 minutes, stirring frequently, until soft.

Add the garlic and cook another few minutes. Add the tomatoes, stock, oregano and balsamic. Simmer for 15-20 minutes until reduced to a thick tomato sauce. Taste and season with salt and pepper.

Cut the schnitzel into desired serving sizes then season with salt and pepper. Dust each piece in the flour, dip in the egg mixture and coat well with the crumb. Heat 1cm of oil in a large frying pan over a high heat. When the oil is nice and hot, shallow fry the schnitzels, a couple at a time, until golden brown on both sides. Set aside on paper towels.

Arrange the schnitzels on a baking tray lined with baking paper. Top each one with a large spoonful of the tomato sauce, a few slices of courgette, a sprinkle of Parmesan and a few slices of the cheddar cheese. Grill for about 5 minutes or until the cheese is melted and golden. Top with fresh basil leaves, and serve with a green salad and toasted wholemeal garlic pita bread.