

WEEK 1

MONDAY

Baked Eggs with Tomatoes, Mozzarella and Oregano

2 Tbs. olive oil
1/2 small yellow onion, chopped
2 garlic cloves, minced
1 can (28 oz./875 g) crushed tomatoes
Kosher salt and freshly ground pepper
4 Tbs. (2 fl. oz./60 ml) heavy cream
1/4 lb. (125 g) fresh mozzarella cheese, drained and cut into 1/2-inch (12-mm) pieces
1/4 cup (1/4 oz./7 g) fresh oregano leaves, coarsely chopped
8 eggs
4 slices buttered toast for serving (optional)

In a heavy saucepan over medium-high heat, warm the olive oil. Add the onion and sauté until translucent, about 5 minutes. Add the garlic and sauté until soft, about 2 minutes longer. Stir in the tomatoes with their juices, season with salt and pepper, and bring to a boil. Reduce the heat to low and simmer until nicely thickened, about 15 minutes. Season to taste and let cool.

Preheat an oven to 350°F (180°C).

Place four 4 1/2-inch (11.5-cm) ramekins on a baking sheet. Spoon 5 Tbs. of the tomato sauce and 1 Tbs. of the heavy cream into each ramekin. Top with the mozzarella and the oregano, dividing them evenly. Break 2 eggs into each ramekin and season with salt and pepper.

Bake until the egg whites are opaque and the yolks are set but still runny in the middle, about 15 minutes. The eggs will continue to cook from the residual heat. Let cool slightly and serve with toast, if desired. Serves 4.

TUESDAY

Baked sweet potato with hummus and Kale

INGREDIENTS

- 4 X 400G SWEET POTATOES (KUMARA)
- 2 TABLESPOONS SEA SALT FLAKES
- 100G BABY KALE LEAVES
- ½ TEASPOON DRIED CHILLI FLAKES
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- SEA SALT AND CRACKED BLACK PEPPER
- 1 CUP (260G) STORE-BOUGHT HUMMUS
- ¼ CUP (70G) STORE-BOUGHT CARAMELISED ONION RELISH

METHOD

1. Preheat oven to 200°C.
2. Place the sweet potatoes on an oven tray, pierce with a fork and rub with the salt. Bake for 1 hour–1 hour and 10 minutes or until cooked through.
3. While the sweet potatoes are cooking, place the kale, chilli, oil salt and pepper on a large oven tray lined with non-stick baking paper and toss to combine. Cook for 8–10 minutes or until golden and crispy. Set aside to cool.
4. Halve the sweet potatoes and top with the hummus, caramelised onion and crispy kale to serve. **Serves 4.**

Chorizo Bolognese

INGREDIENTS

- 4 DRIED CHORIZO (500G), CASES REMOVED AND CHOPPED
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 2 SPRIGS ROSEMARY, LEAVES PICKED
- ¼ TEASPOON DRIED CHILLI FLAKES
- 2 CLOVES GARLIC, CRUSHED
- SEA SALT AND CRACKED BLACK PEPPER
- ½ CUP (125ML) RED WINE
- 400G CAN CHOPPED TOMATOES
- 2 TABLESPOONS BROWN SUGAR
- 400G TAGLIATELLE
- 250G BUFFALO MOZZARELLA, TORN

METHOD

1. Place the chorizo in a food processor and process until finely chopped. Set aside.
2. Heat the oil in a large frying pan over high heat. Add the rosemary and cook for 30 seconds or until crisp. Remove and set aside.
3. Add the chorizo, chilli, garlic, salt and pepper to the pan and cook, stirring, for 3–4 minutes or until golden and crispy. Add the wine and cook for 30 seconds. Add the tomato and sugar and bring to a simmer. Reduce the heat to medium, cover with a lid and cook for 5–6 minutes or until the liquid has slightly reduced.

4. While the chorizo mixture is cooking, cook the pasta in a large saucepan of salted boiling water for 6–8 minutes or until al dente. Drain, reserving ½ cup (125ml) of the cooking liquid. Add the reserved cooking liquid to the chorizo mixture and stir to combine.
5. Top the pasta with the chorizo mixture, mozzarella, crispy rosemary and pepper to serve. Serves 4.

WEDNESDAY

Chilli and coconut poached chicken salad

INGREDIENTS

- 1 X 400ML CAN COCONUT MILK
- ¼ CUP (60ML) LIME JUICE
- 1 TABLESPOON FISH SAUCE
- 1 LONG GREEN CHILLI, HALVED LENGTHWAYS, PLUS EXTRA, SLICED, TO SERVE
- 6 KAFFIR LIME LEAVES
- 4 LILYDALE FREE RANGE CHICKEN BREAST FILLETS (800G), TRIMMED
- 200G DRIED FLAT RICE NOODLES
- 400G WHITE CABBAGE, FINELY SHREDDED
- 1 CUP MINT LEAVES
- 1 CUP CORIANDER LEAVES

METHOD

1. Place the coconut milk, lime juice, fish sauce, chilli and lime leaves in a large deep-sided frying pan over low heat. Stir to combine, bring to a simmer and cook for 5 minutes. Add the chicken, cover with a tight-fitting lid and cook for 2 minutes each side. Remove the pan from the heat and allow the chicken to poach, covered, for 15 minutes or until cooked through.
2. Remove the chicken from the pan, slice and set aside. Strain the poaching liquid into a medium heatproof jug, discarding the solids, and set aside to cool.
3. Cook the rice noodles according to packet instructions. Drain and place in a large bowl. Add the cabbage and 1½ cups (375ml) of the reserved poaching liquid. Gently toss to combine.
4. Divide the noodle salad between serving plates and top with the chicken. Sprinkle with the mint, coriander and extra chilli to serve. **Serves 4**

THURSDAY

Broad bean bruschetta

INGREDIENTS

- 8 SLICES SOURDOUGH BREAD
- EXTRA VIRGIN OLIVE OIL, FOR BRUSHING
- 1 CLOVE GARLIC, HALVED
- 200G FETA, CRUMBLED
- 1.2KG BROAD BEANS, SHELLED, BLANCHED AND PEELED+
- LEMON WEDGES, TO SERVE

GREMOLATA

- 1 CUP FLAT-LEAF PARSLEY LEAVES, FINELY CHOPPED
- 1 TABLESPOON FINELY GRATED LEMON RIND
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- SEA SALT AND CRACKED BLACK PEPPER

METHOD

1. To make the gremolata, place the parsley, lemon rind, oil, salt and pepper in a bowl and mix to combine. Set aside.
2. Preheat a char-grill pan over high heat. Brush the sourdough slices with oil. Grill the sourdough until lightly charred. Rub one side of each slice of bread with the cut clove of garlic. Spread each slice with feta, top with the beans and spoon over the gremolata. Serve the bruschetta with lemon wedges. Serves 4.

Baked pasta with ricotta, leek and spinach

INGREDIENTS

- 400G RIGATONI
- 3 CUPS (60G) BABY SPINACH LEAVES
- 6 ANCHOVIES, FINELY CHOPPED
- 1 TABLESPOON FINELY GRATED LEMON RIND
- SEA SALT AND CRACKED BLACK PEPPER
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 2 LEEKS, THINLY SLICED
- 1 CUP (240G) RICOTTA, CRUMBLED
- ¼ CUP (60ML) SINGLE (POURING) CREAM
- 1 CUP (70G) SOURDOUGH BREADCRUMBS
- FINELY GRATED PARMESAN, TO SERVE

METHOD

1. Preheat oven to 240°C (475°F). Cook the pasta in a large saucepan of salted boiling water for 6 minutes. Drain, reserving 1 cup (250ml) of cooking water. Place the pasta, reserved cooking water, spinach, anchovy, lemon rind, salt and pepper in a large bowl and toss to combine.
2. Heat 1 tablespoon of the oil in a large non-stick frying pan over medium heat. Add the leek and cook for 4 minutes or until soft. Add the leek, ricotta and cream to the pasta mixture and gently fold to combine. Divide between 2 x 18cm ovenproof frying pans. Top with the breadcrumbs and drizzle with the remaining oil. Place on an oven tray and cook for 15 minutes or until golden and bubbling. Top with parmesan to serve. **Serves 4.**

FRIDAY

Creamy potato and salmon bake

INGREDIENTS

- 800G SEBAGO (STARCHY) POTATOES, PEELED AND THINLY SLICED
- ½ CUP (120G) CRÈME FRAÎCHE
- SEA SALT AND CRACKED BLACK PEPPER
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 8 X 100G SALMON FILLETS, SKIN OFF
- ⅓ CUP (90G) STORE-BOUGHT BASIL PESTO
- 50G ROCKET (ARUGULA) LEAVES
- ¼ CUP DILL LEAVES

METHOD

1. Preheat oven to 250°C (475°F). Place the potato, crème fraîche, salt and pepper in a large bowl and mix to combine.
2. Arrange in an even layer in a 24cm round heavy-based ovenproof saucepan, drizzle with 1 tablespoon of the oil and bake, uncovered, for 12 minutes.
3. Sprinkle the salmon with salt and pepper, drizzle with the remaining oil and place on top of the potatoes. Bake for a further 6 minutes or until golden and cooked to your liking. Drizzle with pesto and top with rocket and dill to serve. **Serves 4.**

Saturday

Slow cooked beef ragu

INGREDIENTS

- ¼ CUP (60ML) EXTRA VIRGIN OLIVE OIL
- 1.5KG BEEF BRISKET, CUT INTO 4 PIECES
- SEA SALT AND CRACKED BLACK PEPPER
- 1 ONION, CHOPPED
- 3 CLOVES GARLIC, CRUSHED
- 1 CARROT, PEELED AND CHOPPED
- 4 SPRIGS ROSEMARY, PLUS EXTRA, TO SERVE
- 1 CUP (250ML) RED WINE
- 1½ CUPS (375ML) BEEF STOCK
- 1½ CUPS (375ML) WATER
- 2 X 400G CANS CHOPPED TOMATOES
- ¼ CUP (60ML) RED WINE VINEGAR
- 2 TABLESPOONS TOMATO PASTE
- CREAMY POLENTA, TO SERVE (SEE TIP)
- FINELY GRATED PARMESAN, TO SERVE

METHOD

1. Preheat oven to 180°C (350°F). Heat 2 tablespoons of the oil in a 4-litre-capacity heavy-based ovenproof saucepan over high heat. Sprinkle the beef with salt and pepper and cook, in batches, for 3–4 minutes each side or until browned. Remove from the pan and set aside. Add the remaining oil, onion, garlic, carrot and rosemary and cook, stirring, for 2–3 minutes or until softened. Add the wine, stock, water, tomatoes, vinegar, paste and beef and bring to a simmer. Cover and transfer to the oven.

2. Cook for 2½ – 3 hours or until tender, turning brisket half way. Shred using two forks and serve with polenta, parmesan and the extra rosemary. Serves 4.

Tip: To make the creamy polenta, place 1 litre of water in a medium saucepan over high heat and bring to the boil. Reduce the heat to medium, whisk in 1 cup (170g) instant polenta and cook, whisking constantly, for 2–3 minutes or until thickened. Remove from the heat and whisk in 1 cup (80g) finely grated parmesan, 100g unsalted butter, ½ cup (125g) single (pouring) cream and sea salt and cracked black pepper. Serves 4.