

Let's cook

EASY RECIPES FOR LIFE





Easy pasta sauce

Ingredients

Serves 4 adults

- 1-2 tablespoons olive oil
- 500g lean beef mince
- 1 onion, chopped
- 2 garlic cloves, chopped
- 2 carrots, grated
- 1-2 zucchini, grated
- 5-8 mushrooms, thinly sliced
- 2 x 400g tin chopped tomatoes
- 2 tablespoons tomato paste
- 1 low-salt stock cube (beef, chicken or vegetable)
- Pepper (to taste)
- 250g dried pasta
- Grated cheese (optional)

TIP
For a cheaper option, swap mince for a 400g tin of brown lentils (drained and rinsed).

Method

- 1** Add a tablespoon of olive oil, onions and garlic to a pan and cook on a medium heat until just starting to brown. Add mince and stir until browned.
- 2** Add tinned tomatoes, grated carrots and zucchini, sliced mushrooms, stock cube, tomato paste and pepper.
- 3** Bring to the boil, then reduce heat to a gentle bubble (simmer) for around 45 minutes. Stir occasionally until sauce thickens.
- 4** When ready, cook pasta according to packet instructions. Drain once the pasta is cooked.
- 5** Serve pasta topped with pasta sauce and grated cheese (optional).

TIP
Use any veg you have.

TIP
Freeze leftovers in small batches.

Ideas with left-overs

Cooked pasta

- Combine pasta, tinned tuna, baby spinach, chopped tomato and peas. Gently heat through.
- Combine 1 low-salt chicken stock cube and 2 cups of boiling water. Add pasta, ½ cup shredded cooked chicken meat, ½ cup peas and corn - heat through until hot. This makes chicken noodle soup.

Pasta sauce

Mexican

- Add drained and rinsed, tinned kidney or black beans and some Mexican chilli powder. Serve in wholemeal wraps with grated cheese and salad.

Lasagna

- Layer pasta sauce, cooked vegetables, pasta sheets or noodles or wholemeal Lebanese bread. Top with grated cheese. Cover with foil and bake for about 45 minutes or until pasta is cooked through.

Loaded Baked Spud

- Cook washed potatoes or sweet potato in oven or microwave. Cut in half, spoon on pasta sauce and drained tinned beans. Top with grated cheese and heat through until cheese melts.





Ideas with flatbread

Wholemeal Lebanese crisps

Ingredients

- Wholemeal Lebanese bread

Optional

- Olive oil and grated parmesan cheese
- Olive oil and lemon juice
- Olive oil and crushed garlic
- Olive oil and mixed herbs

Method

- 1 Preheat oven to 160°C.
- 2 Optional: Add flavour by brushing with olive oil and adding grated cheese, herbs or garlic before baking.
- 3 Place Lebanese bread on oven racks or tray and bake until crisp (around 5 to 7 minutes) then remove to cool.
- 4 When cool, break into pieces.
- 5 Store cooked crisps in airtight container.

TIP

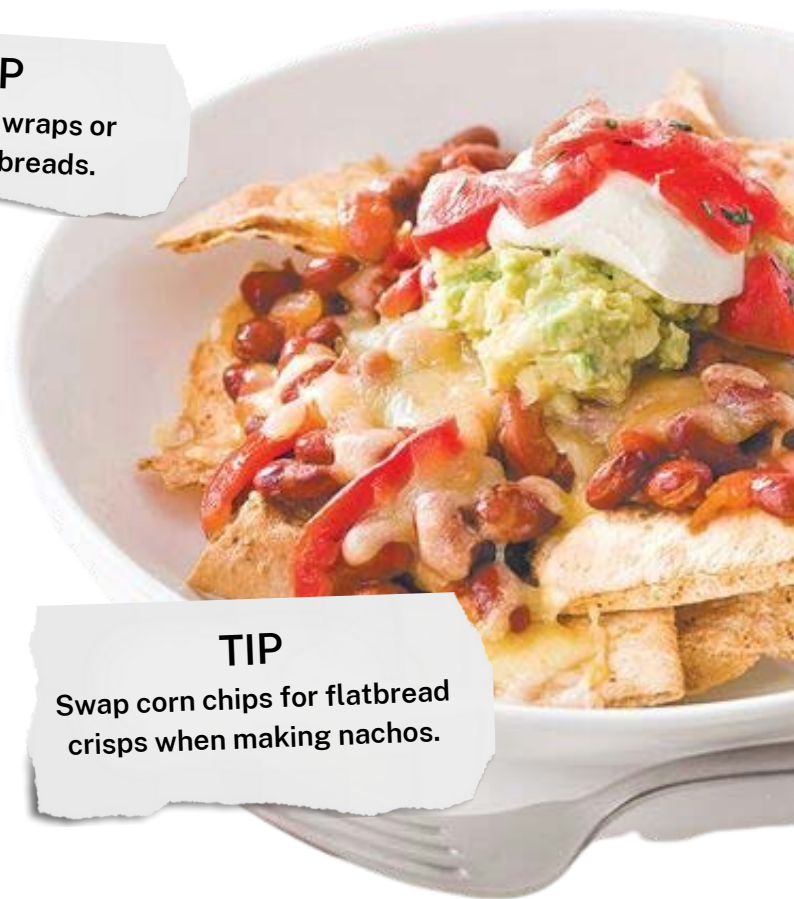
Use Lebanese crisps with dips instead of chips or crackers.

TIP

Try tortilla wraps or other flatbreads.

TIP

Swap corn chips for flatbread crisps when making nachos.





Cheat's spinach & cheese gozleme

Ingredients

- Wholemeal Lebanese bread
- Baby spinach
- Cheese, grated or sliced

TIP
Try tortilla wraps or other flatbreads.

Method

- 1 Place spinach on half a wholemeal Lebanese bread and place cheese on top.
- 2 Fold in half and place in a sandwich press.
- 3 Cook until outside becomes crispy and cheese begins to melt.
- 4 Place on a plate and cut into pieces.

TIP
Add cooked vegetable leftovers or baked beans.





Cheat's pizza

Ingredients

- Wholemeal Lebanese bread
- Passata (bottled tomato sauce) or leftover pasta sauce
- Basil leaves (torn into smaller pieces)
- Cheese, grated
- Other toppings (see tip)

TIP
Top with thinly-sliced mixed vegetables. Try mushrooms, capsicum, zucchini and baby spinach.

Method

- 1 Preheat oven to 220°C. Line 2 baking trays with non-stick baking paper.
- 2 Place the Lebanese bread on the trays.
- 3 Using the back of a spoon, spread passata or leftover pasta sauce on each flatbread until it's almost all the way to the edges.
- 4 Top pizzas with the basil and other toppings (see tip).
- 5 Sprinkle with grated cheese.
- 6 Bake for 10 minutes or until the cheese is melty and golden and the base is crisp.
- 7 Wearing oven gloves, carefully remove the pizzas from the oven and allow them to cool on the trays for 5 minutes. Slide the pizzas onto a chopping board and use a sharp knife or pizza wheel to slice. Serve.