

Multicultural *Cookbook*

Quick, easy, diverse and healthy
multicultural recipes





Acknowledgement

Recipe contribution and testing by ethnic community members and staff of ECCQ Chronic Disease Program.

Introduction

Multicultural Cookbook contains 20 healthy and delicious recipes for the whole family. They are easy to make recipes from cultures all over the World. The Australian Healthy Eating Guidelines encourage all Australians to enjoy a wide variety of foods every day. We have modified these recipes to make them healthier either through choosing healthier ingredients and/or cooking methods. We hope you will enjoy your traditional foods with these modified recipes or try these new recipes to improve your health and wellbeing.

Contents

Gỏi cuốn Vietnamese Vegetarian Rice Paper Rolls.....	04	Pacific Chop Suey	14
Baechu Geotjeori Kimchi	05	Sesame Noodles and Baked Tofu	15
Hearty Napa Cabbage Salad.....	06	Adasi Persian Lentil Stew.....	16
Gà Xé Phay Shredded Chicken Salad.....	07	Bamia Okra Stew	17
Spinach and Ricotta Pie.....	08	Burmese Chicken Curry	18
Classic Greek Eggplant Moussaka.....	09	Nepalese Chicken Choila	19
Qabali Palaw Afghani Rice	10	Ghormeh Sabzi Iranian Herb Stew.....	20
Korean Bibimbap.....	11	Fish in Tomato Sauce	21
Vegetable Fried Rice.....	12	Suafa'i Samoan Bananas and Coconut Cream.....	22
Phở Bò: Vietnamese Beef Noodle Soup	13	Baklava	23

Gỏi Cuốn Vietnamese Vegetarian Rice Paper Rolls

Serves: 8 | Prep ⌚ 50 min | Cook ⌚ 30 min | Total ⌚ 80 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.2g	1.7g	26.9mg	2.4g

Ingredients

For rice paper rolls

- 500g** firm tofu, cut into 5cm long thin strips (optional: teriyaki marinated tofu)
- 150g** rice noodles
- 2** large carrots, cut into matchsticks
- 2** medium cucumbers, cut into matchsticks
- ¼** iceberg lettuce, finely sliced
- ¼** red cabbage, finely sliced
- 1 small bunch** of mint and/or coriander, finely diced
- 1** red chili (optional), seeds removed and finely diced
- 16 sheets** of rice paper
- 1 teaspoon** of sesame oil

For peanut sauce

- ¼ cup** smooth peanut butter
- 1 tablespoon** of hoisin sauce
- 1 teaspoon** of sesame oil
- 1 teaspoon** garlic, minced
- 1-2 tablespoons** of warm water

Method

To make the rich peanut sauce

- Whisk together peanut butter, hoisin sauce, sesame oil and garlic in a medium bowl.
- Add in the water slowly whilst whisking until desired thickness is achieved. Set aside.

To make the rice paper roll

- Cook the rice noodles as per the instructions on the packet. Once the noodles are cooked, turn off the heat, drain the noodles and rinse with cool water. Return the noodles to the pot and toss in the sesame oil. **TIP:** This helps them to not stick together.
- Place each ingredient into separate piles, and make sure they are all in arms reach.
- Place a lint-free tea towel on the bench. On the half of the towel that is the furthest away from you, place a shallow baking dish and fill it with hot water.
- Place one rice paper sheet in the hot water and let it sit for 15-20 seconds or until soft and bendable. Make sure the rice paper is soft enough to bend but not too floppy as this will make it hard to roll.
- Carefully lay the rice paper flat on the tea towel.
- Leave about 2.5cm of space around all edges of the rice paper. Place a few pieces of each ingredients on the $\frac{1}{3}$ of the rice paper that is closest to you. Sprinkle some mint and/or coriander and some chili (optional) on top of the other ingredients.
- Grab the edge of the rice paper that is closest to you and fold it over the ingredients, making sure to squish the ingredients together as you cover them. (**TIP:** this will help the rice paper rolls stay tightly together.)
- Carefully fold the short edges of the rice paper into the middle of the roll. Then roll it up tightly. Repeat steps 5-9 until there are no remaining ingredients.
- Enjoy fresh, with the peanut sauce.



Baechu Geotjeori Kimchi

Serves: 6-8 | Prep ⌚ 30 min | Wait ⌚ 210 min | Total ⌚ 240 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
2.37g	14.31g	1806mg	6.95g

Ingredients

1 Napa Cabbage

2 tablespoons Coarse Sea Salt

4 tablespoons Garlic, minced

1 tablespoon Ginger, minced

2g Roasted Sesame Seeds

14g Sesame Oil

3 tablespoons Fish Sauce

6 tablespoons Red Pepper Flakes

2 tablespoons Sugar

(Optional: chives, onion, and carrot)

Method

1. Strip the leaves off the cabbage
2. Rinse and slice lengthwise in ½-inch thickness.
3. In a medium bowl, add the salt and cut leaves, and toss until the salt is well incorporated.
4. Set aside for 40mins to 1hour, or until the salt has brined the cabbage. It's better if you can toss once in a while.
5. Rinse the cabbage when it is done brining then drain the cabbage.
6. Add the seasoning mixture into the medium bowl. Mix thoroughly with drained cabbage. Drizzle a small amount of sesame oil over all the ingredients and sprinkle roasted sesame seeds before serving.
(Seasoning mixture: Red Pepper Flakes + Fish Sauce+ Minced Ginger + Minced Garlic+ Sugar)



Hearty Napa Cabbage Salad

Serves: 6 | Prep ⌚ 30 min | Cook ⌚ 40 min | Total ⌚ 70 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.5g	14g	192mg	1.3g

Ingredients

For salad

- 100g** chicken breast
- ½** wombok (Chinese cabbage), thinly sliced
- 150g** slivered almonds
- 50g** sunflower seeds
- 50g** pepitas
- ½** red capsicum, diced
- 1** large carrot, cut into matchsticks
- 6** spring onions, peeled, roots removed and diced
- 200g** crushed dry noodles
- 1 teaspoon** canola oil
- 1 tablespoon** sesame seeds

For salad dressing

- 1 tablespoon** brown sugar
- 1 tablespoon** reduced salt soy sauce
- 1 cup** white vinegar
- 2 tablespoons** sesame oil
- 3 tablespoons** olive oil

Method

To make the dressing

In a small bowl, whisk together the brown sugar, reduced salt soy sauce, white vinegar, sesame oil and olive oil until the brown sugar has completely dissolved.

To make the salad

1. Pre-heat the oven to 180°C.
2. Cover a baking tray with baking paper. Place slivered almonds, sunflower seeds and pepitas on the baking tray and roast in the oven for 5-10 minutes or until golden brown.
3. In a fry pan. Heat the oil and cook the chicken covered for 10 minutes. Flip the chicken, cover and cook for another 10 minutes or until the chicken is white all the way through. Once cooked, dice the chicken into small pieces.
4. In a small bowl, combine the wombok, slivered almonds, sunflower seeds, pepitas, chicken, capsicum, carrot and spring onions.
5. Pour the dressing over the salad. Mix together and sprinkle the dried noodles and sesame seeds on top of the salad. Serve immediately and enjoy fresh.



Gà Xé Phay Shredded Chicken Salad

Serves: 6-8 | Prep ⌚ 15 min | Cook ⌚ 45 min | Total ⌚ 60 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.9g	10.9g	850.25mg	4.1g

Ingredients

For salad

- ½ large cabbage, thinly sliced
- 2 medium carrots, grated
- 2 large shallots, peeled, and thinly sliced
- 2 large spring onions, peeled, roots removed and thinly sliced
- 1 clove of garlic, minced
- 2 red birds eye chilies, seeds removed and thinly sliced (optional)
- 500g chicken breast
- Handful of mint leaves, diced
- 2 tablespoons of unsalted roasted peanuts chopped (optional)

For dressing

- 3 tablespoons of fish sauce
- 3 tablespoons of lime juice
- 2 tablespoons of white rice vinegar
- 3 tablespoons of white sugar
- 9 tablespoons of water

Method

To make the dressing

Whisk together the fish sauce, lime juice, white rice vinegar and sugar in a bowl until the sugar has dissolved. Set aside.

To make the salad

- Place chicken breasts in a large pot and cover with cold water. Bring to the boil over high heat, then reduce the heat to medium-low, allowing the water to slowly simmer. After 10 minutes, turn the chicken, cover and cook for another 10 minutes or until cooked white all the way through. Remove the chicken from the pot, allow to cool and shred.
- In a large bowl, toss together the cabbage, carrots, shallots, spring onion, garlic, chili, and salad dressing. Allow to marinate for 30 minutes.
- Toss in ¾ of the mint and shredded chicken.
- Enjoy cold, with the peanuts and remaining mint on the side.



Spinach and Ricotta Pie

Serves: 10 | Prep ⌚ 25 min | Cook ⌚ 30 min | Total ⌚ 55 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
6.4g	1.3g	301.4mg	0.7g



Ingredients

For filling

500g reduced fat ricotta cheese

150g reduced fat feta cheese, crumbled

250g of light reduced fat sour cream

5 medium eggs, beaten

500g spinach

TIP: If you are using frozen spinach, squeeze the excess water out once thawed. This will improve the consistency of the pie.

For the base

1 pack of Filo Pastry (275g)

½ cup canola oil

Method

1. Pre-heat oven to 220°C.
2. In a large bowl, whisk together the eggs. Then add the ricotta cheese and sour cream and whisk until smooth and combined.
3. Add in the spinach and feta and mix until combined.
4. In a 20cm round oven dish, lightly brush the base of the dish with canola oil.
5. Place the filo sheets on a clean work surface. Cover with a dry tea towel, then a damp tea towel to prevent the filo pastry from drying out.
6. Place one piece of filo pastry on the bottom of the oven disk and lightly brush with oil.
7. Place another sheet against the bottom and side of the oven dish, leaving excess to hang over the edge. Brush the sheet with canola oil. Repeat this step until all the filo pastry has been used. Be sure to rotate the dish to make an even pie base on all edges, leaving excess of each piece to hang over the edge of the dish.
8. Once the filo pastry has been used up. Spoon the mixture on top of the filo pastry base and fold the overhanging edges of the filo pastry on top of the filling. Brush the top with oil and bake in the oven for 30 minutes or until the filo pastry has turned golden brown.
9. Enjoy hot or refrigerate after cooled and enjoy later.



Classic Greek Eggplant Moussaka

Serves: 6 | Prep ⌚ 25 min | Cook ⌚ 40 min | Total ⌚ 65 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
7g	2.1g	1734.2mg	2.6g

Ingredients

For filling

- 5 eggplants, sliced (0.5cm thick)
- 500g lean beef mince
- 1 medium brown onion, chopped finely
- 2 cloves of garlic, crushed
- 4 fresh tomatoes, diced
- 1 fresh tomato, sliced
- 1 bunch parsley, finely chopped
- 1 bay leaf
- 1 tablespoon reduced salt stock powder
- 2 tablespoons parmesan cheese, grated
- Salt and pepper to taste

For béchamel sauce

- 40g unsalted butter, melted
- 30g plain flour
- 500ml skim milk
- ¼ cup parmesan cheese, grated
- 2 medium eggs, lightly beaten
- Salt and pepper to taste

Method

To make the filling

- Season eggplant with salt and leave to stand for a minimum of 15-20 minutes (ideally 1 hour). Rinse the eggplant slices and dry thoroughly with paper towel.
- Preheat oven to 200°C.
- Line 1-2 baking trays with aluminium foil greased with olive oil. Arrange eggplant slices on the baking tray and bake for 15 minutes in the oven.
- Sauté onion in olive oil until soft. Add beef mince and cook until mince is brown.

- Add garlic and cook until fragrant (approx. 1 minute)
- Add a little bit of water and allow to simmer for a bit. Add tomato, bay leaf, parsley and reduced salt stock powder.
- Simmer uncovered for approx. 15 minutes or until the excess liquid has evaporated. The mixture should be dry and chunky. Season to taste with salt and pepper.

To make béchamel sauce

- Melt the butter in a large saucepan. Add the flour to the melted butter and whisk into a smooth paste.
- Slowly add in the milk while whisking. Simmer on low heat until the sauce thickens (do not allow sauce to boil).
- Remove sauce from heat, allow to cool for 3-5 minutes and stir in the eggs, parmesan cheese add salt and pepper to taste.
- Return to heat and stir until thick. Set aside.

To assemble the moussaka

- Lightly grease a large deep baking dish. Arrange a layer of eggplant slices at the bottom of the baking dish. Spread 1/3 of the meat mixture on top of the eggplant. Arrange another layer of eggplant and add the next 1/3 of the meat mixture on top. Arrange another layer of eggplant and top off with the remaining mixture. Add another layer of eggplant.
- Pour the béchamel sauce over the dish. Make sure the sauce fills the sides and the corners of the dish.
- Smooth the sauce with a spatula. Lay the sliced tomato on top of the sauce and sprinkle the remaining parmesan cheese on top.
- Place the moussaka in the oven at 200°C for 30 minutes or until the top of the dish is deep golden brown. Allow to cool for 15 minutes before slicing and serving.



Qabali Palaw Afghani Rice

Serves: 6 | Prep ⌚ 45 min | Cook ⌚ 45 min | Total ⌚ 90 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.5g	7.6g	505mg	2.4g

Ingredients

150ml of canola oil

1 large carrot, chopped small

½ cup of sultanas

½ cup of slivered almonds

½ teaspoon of caster sugar

¾ teaspoon of ground cardamom

1 brown onion, diced

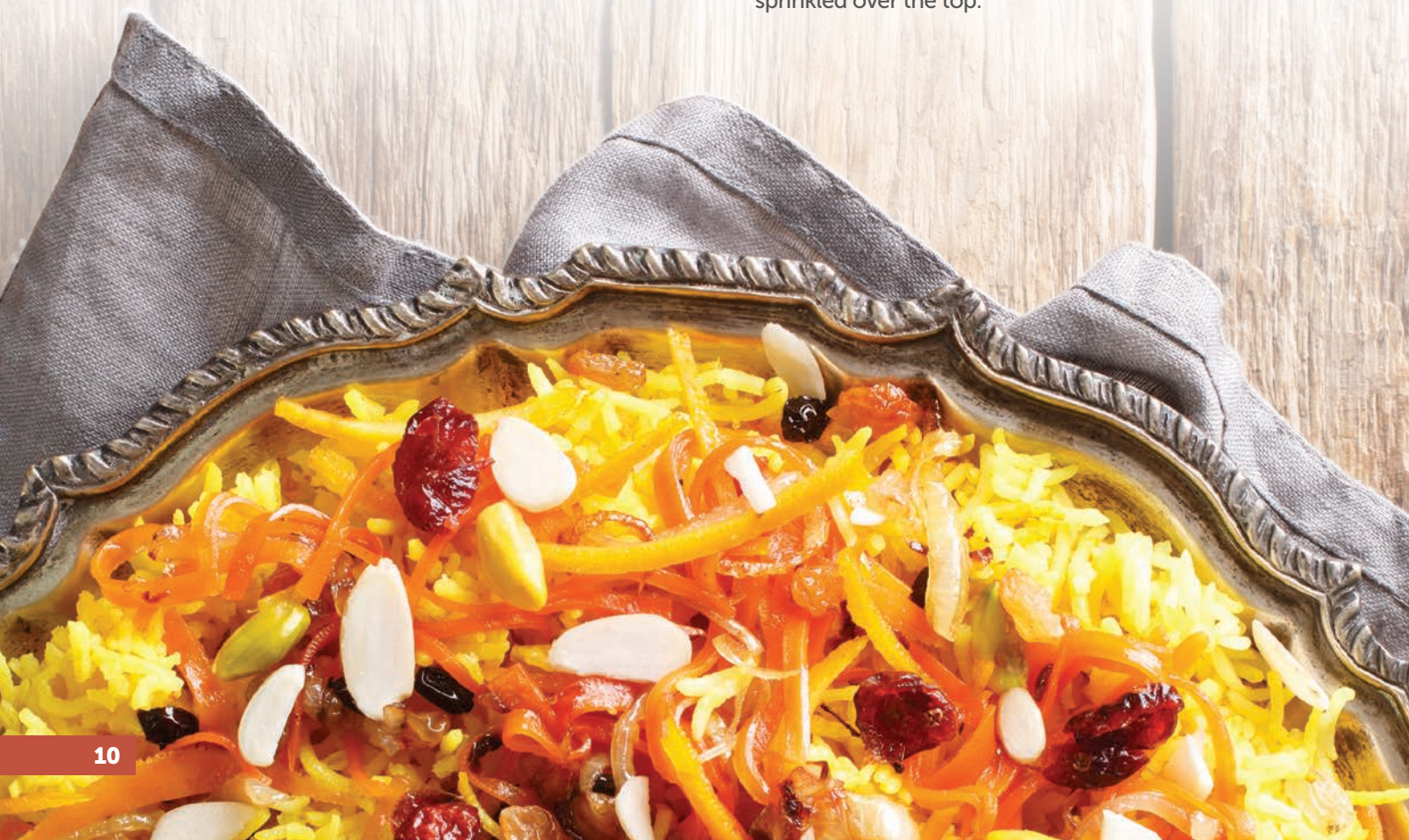
2 cups long grain basmati rice

½ teaspoon of ground cumin

2 teaspoons of salt

Method

1. In a large saucepan, heat the oil over medium heat. Add the carrot and cook, stirring occasionally, for 2-3 minutes or until soft. Remove from pan, and set aside on a plate. Leave the oil in the pan.
2. Add the sultanas to the pan and cook for approximately 1 minute. Remove the sultanas and add to the carrot, leaving the oil in the pan.
3. Add the nuts, sugar, and 1/2 teaspoon of cardamom to the pan, stir frequently until golden brown. Add to carrot and sultana mixture. Leaving the oil in the pan.
4. Add onion to the pan, and cook until soft, transparent and browned. Set aside separately.
5. In a large saucepan, fill it halfway with water. Add in 1 teaspoon of salt and bring to the boil. Add the rice, cover and allow to boil for 6-8 minutes. Drain and place back into the same saucepan.
6. Add the onion, cumin, cardamom, 1 teaspoon of salt to the saucepan and add 150ml of boiling water, cover, and place over high heat. Cook until steam is escaping from the saucepan. Reduce the heat, and cook for 20 minutes. Season with salt and pepper.
7. Enjoy hot with the carrot, sultana and nut mixture sprinkled over the top.



Korean Bibimbap

Serves: 6 | Prep ⌚ 35 min | Cook ⌚ 15 min | Total ⌚ 50 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.4g	1.5g	172mg	1.2g

Ingredients

For the bowl

- 1 cup** short grain white rice
- 2** medium zucchinis, sliced, and halved
- 2** medium carrots, cut into matchsticks
- 500g** bean sprouts
- 500g** chicken breast, without skin, sliced into strips
- 6** egg yolks
- 200g** enoki mushrooms, roots removed
- 1 sheet** of sushi seaweed, cut into thin strips
- 1 tablespoon** of canola oil
- Salt and pepper, to taste

For chicken marinade

- 2 tablespoons** of reduced salt soy sauce
- 1 teaspoon** of sugar
- 1 teaspoon** of sesame oil
- 2 cloves** of garlic, minced

For the sauce

- 4 tablespoons** of Korean red chili paste (Gochujang)
- 1 teaspoon** of sugar
- 1 tablespoon** of sesame oil
- 3 tablespoons** of water

Method

To make the Bibimbap sauce

1. Place all ingredients in a medium sized bowl and whisk until combined, and until the sugar has completely dissolved. Set aside.



To make the bowl

1. In a medium sized bowl, mix together 2 tablespoons of soy sauce, 1 teaspoon of sugar, 2 teaspoons of sesame oil, minced garlic, and a pinch of pepper. Massage the mixture into the chicken, and allow the chicken to marinate in the fridge for 20 minutes.
2. Cook the rice according to the directions on the rice packet.
3. Cook the chicken in a fry pan for 5-10 minutes over high heat or until cooked white all the way through.
4. In a fry pan, heat the canola oil and sauté the zucchini and carrot for 1-2 minutes over medium heat.
5. Bring 1 cup of water to the boil with a teaspoon of salt. Add the bean sprouts and boil for 3 minutes. Drain then quickly and immediately place in cold water to stop the cooking process. Remove from cold water and set aside.
6. Divide the rice into 6 bowls. Prepare a small amount of zucchini, carrot, bean sprouts, enoki mushrooms, seaweed, and chicken over the rice, leaving a gap in the middle for the egg yolk. Gently place the egg yolk in the centre of the bowl. Drizzle a small amount of sesame oil over all the ingredients.
7. Mix all of the ingredients together before eating.

Vegetable Fried Rice

Serves: 6 | Prep ⌚ 20 min | Cook ⌚ 15 min | Total ⌚ 35 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.5g	1.7g	332.6g	2.6g



Ingredients

- 1 ½ cups of brown rice, medium grain
- 2 cups of water
- 2 eggs, lightly beaten
- 1 medium red capsicum, thinly diced
- 4 spring onions, sliced thinly and halved
- 1 cup of frozen mixed vegetables, steamed in microwave
- 1 brown onion, diced
- 2 teaspoons of canola oil
- 1 clove of garlic, minced
- 1 teaspoon of ginger, minced
- 4 tablespoons of reduced salt soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon of sesame oil
- Pinch of chili flakes (optional)

Method

1. Cook the rice as per the directions on the rice packet.
2. In a microwave safe bowl, steam the frozen mixed vegetables for 3-4 minutes.
3. Add 1 teaspoon of canola oil into non-stick frying pan and heat over medium heat until hot. Pour in eggs, stir gently until just cooked, transfer eggs into a bowl.
4. Heat the remaining oil over medium-high heat, add the mixed vegetables and cook, stirring for 2 minutes.
5. Add capsicum, spring onions, ginger, garlic and chilli flakes, stir for approximately 30 seconds or until aromatic.
6. Add the cooked rice, soy sauce and vinegar to the pan. Cook for approximately 3-5 minutes or until the edges of the rice start to turn a golden brown.
7. Remove from the heat and stir in the sesame oil and eggs. Enjoy hot

TIP: Can be stored for 3-4 days covered in a fridge. Makes a great pre-prepared meal for the next few days. This dish can be cooked with chicken and or prawn.



Phở Bò Vietnamese Beef Noodle Soup

Serves: 4 | Prep ⌚ 20 min | Cook ⌚ 20 min | Total ⌚ 40 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.8g	21.7g	2855.8mg	7.6g

Ingredients

- 8 cups of beef stock
- 2 thick slices ginger
- 1 onion, thinly sliced
- 2 cloves of garlic sliced
- 3 star anise
- 2 cinnamon quills, lightly bruised
- 2 tablespoons castor sugar
- 1/3 cup fish sauce
- 375g flat rice noodles
- 400g beef eye fillet, very thinly sliced
- 1 cup bean sprouts
- 1 long red chili, seeds removed, thinly sliced
- 1/3 cup fresh basil, to serve
- 1/3 cup fresh mint, to serve
- 1/3 cup coriander leaves, to serve

Method

1. Place stock and 2 cups (500ml) water in a saucepan with ginger, onion, garlic, star anise, cinnamon, sugar and fish sauce. Bring to the boil, then reduce heat to low. Cover and simmer for 20 minutes. Strain, discarding solids, then return soup to pan. Cover and return to the boil.
2. Meanwhile, prepare noodles according to packet instructions. Drain well.
3. Divide the noodles among warmed soup bowls, then top with the sliced beef fillet. Pour over the hot soup mixture (the heat will gently cook the meat) and top with the bean sprouts. Serve garnished with chili and fresh herbs.



Pacific Chop Suey

Serves: 6 | Prep ⌚ 25 min | Cook ⌚ 20 min | Total ⌚ 45 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.1g	1.6g	491mg	3.6g



Ingredients

500g of lean beef strips (5-6 cm length)

1 large brown onion, peeled and diced

50g ginger, grated/minced

8 cloves of garlic, minced

200g of vermicelli noodles

4 tablespoons of reduced salt dark soy sauce

1 tablespoon of canola oil

3 cups of frozen mixed vegetables

1 cup water

Method

1. In a large bowl, marinate the beef in 2 tablespoons of soy sauce for 10-15 minutes.
2. In a large saucepan, over medium heat, heat the oil and sauté the onion, ginger and garlic until the onion is soft and transparent.
3. Add the meat and water into the saucepan and simmer for 10 minutes or until the meat is cooked through, turn off the heat and cover with a lid.
4. Prepare the vermicelli noodles as per the instructions on the packet. **OPTIONAL:** cut the noodles into smaller pieces when soft, using scissors.
5. Heat the saucepan on high and add the vermicelli noodles, vegetables, and soy sauce to the saucepan and let simmer for 5 minutes.
6. Enjoy with taro, cassava, green banana or rice



Sesame Noodles and Baked Tofu

Serves: 6 | Prep ⌚ 35 min | Cook ⌚ 40 min | Total ⌚ 75 min

Nutritional Quality per 100g			
Saturated Fat	Sugar	Sodium	Fibre
0.7g	3g	483mg	2.5g

Ingredients

- 250g of buckwheat noodles
- 250g of extra firm tofu
- 2 spring onions, finely sliced
- 1 large head of broccoli, heads separated and large stalks discarded
- 1 yellow or red capsicum, seeds removed and sliced
- 2 tablespoons of toasted peanuts, coarsely chopped
- 2 tablespoons of sesame oil
- 1 tablespoon of garlic, minced
- 1 teaspoon of brown sugar
- 2 tablespoons of reduced salt soy sauce
- 2 tablespoons of hoisin sauce
- 1 tablespoon of corn-starch
- 1 teaspoon of garlic powder
- Canola oil
- 1 teaspoon of table salt
- ¼ teaspoon of black pepper



Method

1. Pre-heat oven to 200°C.
2. Cut the block of tofu into even slabs, approximately 5cm thick. Lay tofu slabs next to each other on a clean towel. Place another tea towel on top of the tofu. Place a cutting board on top of the tofu and weigh it down with a saucepan or something heavy that you can balance on top. Leave it dry out for 15-30 minutes.
3. Once dried out, cut the tofu into cubes. Place the tofu in a large mixing bowl and drizzle with a small amount of canola oil. Toss the bowl until all pieces are evenly coated. Sprinkle the corn-starch, salt, black pepper and garlic powder on the tofu. Toss until the tofu is evenly coated.
4. On a baking paper lined oven tray, place the tofu spread apart evenly so no pieces are touching. Place in the oven for 15 minutes. Then remove the tray from the oven and turn over the tofu pieces. Return the tray to the oven and bake for another 15 minutes.
5. Cook the buckwheat noodles according to the package instructions. Drain, rinse and transfer to a large bowl. Toss with a small amount of sesame oil and set aside.
6. Place the broccoli and capsicum into separate microwave safe containers. Steam the capsicum in the microwave for 2 minutes. Steam the broccoli in the microwave for 3-4 minutes.
7. In a fry pan, heat the sesame oil, and cook the spring onions, garlic, ginger and brown sugar for 15 seconds. Remove from heat and stir in the reduced salt soy sauce and hoisin sauce. Add to the noodles and stir gently.
8. Place noodles in a bowl and top broccoli, capsicum, and tofu and sprinkle the peanuts on top. Enjoy hot.

Adasi Persian Lentil Stew

Serves: 4 | Prep ⌚ 5 min | Cook ⌚ 40 min | Total ⌚ 45 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.12g	0.9g	3.45mg	3.1g

Ingredients

- 2 ½ cups of dried red lentils
- 7 cups of water
- 1 teaspoon of cumin powder
- 6 whole cloves
- 6 whole cardamom pods
- 1 cinnamon stick
- 6 cloves of garlic, minced
- 1 medium brown onion, peeled and diced
- 1 tablespoon of canola oil
- 1 lime, halved
- 1 handful of coriander, chopped
- Table salt and black pepper, to taste

Method

1. In a pot, rinse the lentils with water until the water is clear. Drain all the water out and then add 7 cups of water.
2. On high heat, bring the lentils to a boil. Add in the onion, cloves, cardamom pods and cinnamon stick.
3. Reduce the heat and allow the lentils to simmer for 20-30 minutes or until they are soft to chew. Occasionally stir along the base of the pot to stop the lentils sticking to the base.
4. Carefully hand blend the lentils until smooth. Add in more water if the consistency is too thick, or if it's too watery, cook for longer, continuously stirring until thicker.
5. Season with cumin and add salt and pepper to taste.
6. In a saucepan, heat the oil and fry the garlic until light brown. Add garlic into the soup and squeeze the juice of the lime into the mixture. Stir well.
7. Sprinkle with coriander and enjoy with rice or bread.



Bamia Okra Stew

Serves: 6 | Prep ⌚ 5 min | Cook ⌚ 45 min | Total ⌚ 50 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.1g	2g	20.3mg	3.5g

Ingredients

1kg of green okra, cut in halves

1 large brown onion, peeled and diced

500g lean beef cubes

2 cups of tomato juice

2 cups of water

1 can crushed tomatoes

2 cloves of garlic, minced

2 tablespoons of lemon juice

1 tablespoon of canola oil

Table salt, to taste

Pepper, to taste

Method

1. In the saucepan, sauté the onion in oil until transparent and soft and add in the minced garlic and stir, heating up for a few minutes.
2. Add in the beef cubes and cook for 10-15 minutes or until cooked through.
3. Add the okra on top of the beef mixture and sauté the okra for 2-3 minutes.
4. Add the tomato juice and crushed tomatoes. Simmer until evaporated and thicker.
5. Add two cups of water and leave it for 30 minutes until the meat is tender. Add two tablespoons of lemon juice and leave for 10 minutes. Enjoy hot.



Burmese Chicken Curry

Serves: 10 | Prep ⌚ 45 min | Cook ⌚ 30 min | Total ⌚ 75 min

Nutritional Quality per 100g			
Saturated Fat	Sugar	Sodium	Fibre
0.5g	1.1g	314mg	1.2g



Ingredients

- 500g** chicken breast, without skin, cut into cubes
- 1** medium brown onion, peeled and diced
- 2** medium tomatoes, diced
- 2** medium potatoes, peeled and cubed
- 2 cloves** of garlic, minced
- 2** dried red chilies, soaked and ground
- 1 teaspoon** of dried coriander seeds
- 1 teaspoon** ground lemon grass
- 1 teaspoon** of turmeric powder
- 1 tablespoon** of fish sauce
- 1 tablespoon** of ground ginger
- 2 teaspoons** of garam masala
- 1** cinnamon stick
- 1 cup** of water
- 1 teaspoon** of table salt
- 1 tablespoon** of canola oil
- Handful** of fresh coriander, chopped, to garnish

Method

1. In a large bowl, mix together the turmeric, salt, fish sauce and ginger. Massage it into the chicken and allow the chicken to marinate in the fridge for 30 minutes.
2. In a large saucepan, on high heat, heat the oil and fry the onion and garlic for 3 minutes. Add the chili paste and fry, continuously stirring for 2 minutes. Add the ground coriander seeds, garam masala, lemon grass and cinnamon stick and stir for 2 minutes.
3. Add the chicken and cook for 3-4 minutes, stirring frequently.
4. Add in the water, tomatoes and potatoes and bring to the boil, stirring frequently.
5. Reduce the heat and allow to simmer for 15-20 minutes, stirring frequently.
6. Enjoy hot with rice or naan bread and garnish curry with fresh coriander.



Nepalese Chicken Choila

Serves: 10 | Prep ⌚ 35 min | Cook ⌚ 50 min | Total ⌚ 85 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.2g	1g	25mg	1g

Ingredients

For the curry

500g chicken breast

1 tablespoon of canola oil

1 teaspoon of cayenne pepper

1 teaspoon of fenugreek seeds

1 teaspoon cumin seeds

1 teaspoon of turmeric powder

1 tablespoon of ginger paste

1 tablespoon of garlic paste

1 teaspoon of cumin powder

Handful of coriander leaves, chopped

2 medium tomatoes, cubed

1 tablespoon of lime juice

Salt to taste

Black pepper to taste

For the chicken marinade

2 tablespoons of canola oil

1 teaspoon of cayenne pepper

Method

1. Preheat oven to 180°C.
2. In a bowl, mix together 2 tablespoons of canola oil and cayenne pepper. Massage it into the chicken and allow the chicken to marinate in the fridge for 30 minutes.
3. Once marinated, place the chicken on a baking paper covered oven tray and cook for 30 minutes.
4. Once the chicken is cooked, remove from the oven, allow to cool for 10 minutes and cut into small pieces.
5. Place the chicken in a large bowl. Add in the garlic, ginger, cumin, cayenne pepper and mix well.
6. In a large saucepan, heat 1 tablespoon of canola oil. Add in the cumin seeds and fenugreek seeds and cook until seeds turn brown and are aromatic. Add in the turmeric powder and remove from heat immediately.
7. Add the fried spices, fresh coriander and tomatoes to the chicken. Mix well and add salt and pepper to taste.
8. Enjoy with rice or bread.



Ghormeh Sabzi Iranian Herb Stew

Using dry herbs

Serves: 6 | Prep ⌚ 30 min | Cook ⌚ 85 min | Total ⌚ 115 min

Using herb paste

Serves: 6 | Prep ⌚ 5 min | Cook ⌚ 85 min | Total ⌚ 90 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
0.7g	0.8g	83mg	1.5g

Ingredients

For the stew

- 750g** lean lamb chunks
- 2 tablespoons** of canola oil
- 1** medium brown onion, peeled and diced
- 2 tablespoons** of crushed tomatoes
- 4** dried black limes (available at most Iranian stores)
- 1 teaspoon** of turmeric powder
- 1 can** of red kidney beans
- ½ teaspoon** of black pepper
- ½ teaspoon** of table salt
- 7 cups** of water

For the herb mixture

- 3 cups or 60g** of dried Ghormeh Sabzi herb mixture (available at most Iranian stores)
- Or
- 20g** parsley, dried
- 15g** coriander, ground
- 25g** leeks, dried
- 2 tablespoons** of fenugreek, dried
- 3 cups** of mulukhiya, chopped small
- 1 cup** of water

Method

To make herb mixture

1. If using dry herbs: place all herbs in a bowl and mix with water.
2. Set aside for 20 minutes or until all liquid has been absorbed.



To make stew

1. Rinse the red kidney beans in a sieve or colander under cool water until it runs clear and the bubbles subside. Set aside.
2. Heat 1 tablespoon of canola oil in a large saucepan over medium heat. Add your chosen herb mixture and fry for approximately 5 minutes or until fragrant and dark green. Remove from heat and set aside.
TIP: be careful to not burn the herbs as they will become bitter in taste.
3. Heat 1 tablespoon of canola oil in a saucepan over medium heat. Sauté onion for 5 minutes or until soft and transparent.
4. Increase the heat to high and add the lamb. Sauté until brown on all sides.
5. Add turmeric, pepper and 4 cups of water, mix well. Cover the pot and bring to the boil. Reduce the heat to medium and allow to simmer for 30 minutes.
6. Add the fried herbs, crushed tomatoes, dried limes and salt. Simmer covered and stir frequently for 20 minutes or until the lamb is cooked all the way through. Add more water if necessary.
7. Add in the kidney beans. Add more herbs to adjust to desired taste and simmer covered for 20 minutes.
8. Enjoy hot with steamed basmati rice.

Fish in Tomato Sauce

Serves: 2 | Prep ⌚ 5 min | Cook ⌚ 15 min | Total ⌚ 20 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
1.2g	12.6g	39.1mg	5.4g



Ingredients

- 2 slices** of king mackerel, or any other type of white fish
- 1 clove** of garlic, minced
- 1 medium** tomato, diced
- 1 tablespoon** of canola oil
- 1 tablespoon** of salt reduced soy sauce
- ½ tablespoon** of brown sugar
- ½ teaspoon** of black pepper
- 2** spring onions, roots removed, peeled and sliced
- Small bunch of coriander, chopped

Method

1. In a fry pan on medium heat, add the oil. Once hot, fry both sides of the fish for 5 minutes, making sure the fish is white all the way through. Place each piece on a separate plate.
2. In a saucepan on medium heat, add the garlic, and stir until aromatic. Add the diced tomato and cook until soft.
3. Add the salt reduced soy sauce, sugar and pepper. Cook for 1 minute, constantly stirring. Add the spring onion and coriander and remove from heat immediately.
4. Pour tomato sauce over fish and enjoy hot with rice.



Suafa'i Samoan Bananas and Coconut Cream

Serves: 6 | Prep ⌚ 5 min | Cook ⌚ 65 min | Total ⌚ 70 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
2.6g	22.5g	5.6mg	0.4g



Ingredients

8 ripe or over ripe bananas, peeled and cut into pieces

4 cups of water

1/2 cup tapioca pearls

1 cup of coconut milk

1 tablespoon of brown/raw sugar

Method

1. Place the bananas in a medium saucepan. Add the water and bring to the boil. Reduce the heat and allow the bananas to simmer for 20 minutes.
2. Once simmered, mash the bananas up with a fork, masher or wooden spoon.
3. While stirring, slowly sprinkle the tapioca into the saucepan.
4. Add the coconut milk, and allow to simmer for 15 minutes, whilst stirring frequently.
5. Taste the mixture, and add sugar to taste (if required).
6. Remove from heat, and set aside for 30 minutes before serving. Enjoy cool or refrigerated!



Baklava

Serves: 18 | Prep ⌚ 30 min | Cook ⌚ 60 min | Total ⌚ 90 min

Nutritional Quality per 100g

Saturated Fat	Sugar	Sodium	Fibre
8.1g	17.3g	198.6g	12.3g

Ingredients

1 packet of Filo pastry

3 cups of ground walnuts or pistachio

½ cup canola oil or salt reduced butter

For syrup

1 ½ cups of water

2 cups of sugar

2 teaspoons of cinnamon

2 teaspoons cardamom

1 teaspoon of vanilla

2 teaspoons of lemon juice

Method

To make the syrup

1. In a saucepan on medium heat bring the water and the sugar to a simmer and cook until the sugar has dissolved.
2. Add the vanilla, cinnamon and cardamom and keep stirring.
3. Add the lemon juice and continue to stir.
4. Lower the heat and continue to stir until syrup becomes thick.
5. Remove from heat and keep to the side to be used later.

To make the Baklava

1. Pre-heat the oven to 160-180°C.
2. In a deep saucepan over low heat, melt butter or warm the oil.
3. Remove pastry from the package. Place 4-5 pastry sheets into an oven dish after brushing with butter or oil.
4. Spread some of the ground walnuts/pistachios on top.
5. Place another 4-5 sheets and spread the ground walnuts/pistachios over it again. Continue the same process until all pastry sheets and nuts have been used. Finish with layers of pastry on top.
6. Spread butter or oil evenly over and cut the tray into baklava shape.
7. Place in the oven for 30-60 minutes until it becomes golden in colour. Take the baklava out of the oven and evenly pour over the syrup, let it cool before serving.



Free basic nutrition education is available in English and community languages to people from Culturally and Linguistically Diverse Backgrounds, please contact ECCQ Chronic Disease Program at **07 3844 9166** or email: **chronicdisease2@eccq.com.au**

