

Papaya Chicken Salad

This simple salad is spring and summer in Australia with its green, red and gold at the same time. Lovely to serve on a platter.

Servings: 4

Ingredients

- 4 cups arugula (rocket or salad greens) – **Market Place**
- 1 small papaya, peeled and sliced into 1-inch-long pieces – **Market Place**
- 1 red pepper, trimmed, seeded, and sliced into 1-inch-long pieces – **Market Place**
- 1 Tbsp. extra-virgin olive oil – **Dandenong Grocery Market**
- 1/2 tsp. balsamic vinegar – **Dandenong Grocery Market**
- Sea salt – **Dandenong Grocery Market**
- 2 tsp. honey – **Dandenong Grocery Market**
- 1 tsp. Dijon mustard – **Ivan's Deli**
- 2 boneless chicken breast (about 4 ounces) – **Green Village Poultry**
- 1/4 cup slivered almonds – **Dandenong Grocery Market**

Directions

In a small bowl, whisk together olive oil, vinegar, and a pinch of salt. Set aside.

In another small bowl, stir together the honey and mustard.

Cut or tear the chicken fillets into strips.

This way they will cook through easily and in no time. (Hint: meats are best to hit the pan after sitting out from fridge for at least 10-15 minutes so that it does not lower the temperature of the pan. This way, the meat sears and seals, allowing its juices to remain inside and not end up in the pan. The result is a more tender piece of meat.

Season chicken with salt and pepper and rub all over with olive oil. Heat your pan to a high to medium heat and place chicken strips onto hot pan making sure the pan is not crowded.

They should cook in 8 to 10 minutes, turning once halfway through. Transfer to a cutting board or plate and let sit for 2-5 minutes.

In the meantime, lay the greens out on platter/plate, scatter the red peppers across greens. Place papaya slices in a nice patter and then sprinkle the salad with a little balsamic, salt and olive oil. Place the chicken pieces on top evenly and drizzle with mustard honey mix. Sprinkle over the almonds and then give a final drizzle of oil and balsamic for effect.

Enjoy!

Quick Lamb Moussaka

Ingredients

- 1 Eggplant – **Market Place**
- 200gm Kefalograviera cheese – **Market Place**
- 500gm Lamb fillet – **Market Place Butcher**
- 2 cups quality passata – **Ivan's Deli**
- 2 cloves garlic, finely ground – **Market Place**
- A sprinkle of ground Greek oregano – **Dandenong Grocery Market**

Directions

Slice your eggplant into 1/2 cm thick slices and make them sweat by salting them and setting them aside for 5 minutes whilst you prepare your other layers.

Put a small pot on low heat and pour in your passata and garlic with a good dash of extra virgin olive oil. Place the lid over it.

Put a large fry pan on a hot heat ready for your fillet.

Slice your fillet into 1.5 cm thick slices and rub with salt, pepper and olive oil, and place on the hot pan. You'll need to turn it over in about 1 minute.

Put another large fry pan on medium flame ready for the eggplant. Wipe the salty sweat off your eggplant and begin to fry in some shallow oil. Once you've laid out your first batch, you will likely need to turn over your fillets.

Fry the eggplant until it's golden. Then, make a little bit of room for the cheese. Once the cheese is golden on both sides, it's time to assemble.

Lay a piece of eggplant down and spoon some of the sauce on top. Then, place on your fillet/s before you put a piece of your saganaki cheese on top.

Drizzle with your beautiful extra virgin olive oil and sprinkle with Greek oregano or basil for super delight!

Thai Chicken Balls

Servings: 4

Ingredients

- 500g chicken mince – **Green Village Poultry**
- 1/4 cup oyster sauce – **Dandenong Grocery Market**
- 2 garlic cloves crushed – **Market Place**
- 2 spring onions finely chopped – **Market Place**
- 1/2 tsp finely chopped lemongrass – **Market Place**
- 1 tbs self-raising flour – **Ivan's Deli**
- 1 tbs fish sauce – **Dandenong Grocery Market**
- 1/2 cup coriander leaves finely chopped – **Market Place**
- 150 ml coconut milk – **Dandenong Grocery Market**

Directions

Mix all ingredients together and roll into balls 3-4 cm thick.

Fry or bake depending on what lightness you desire. If baking them, just spray them a little with some oil first, and bake at 190 degrees Celsius for about 15 minutes or until golden brown.

Serve with sweet chilli sauce or soy sauce.

Grilled Asparagus with Roasted Hazelnuts & Manchego

Servings: 2

Ingredients

- 2 bunches of Asparagus – **Market Place**
- 35 gm roasted hazelnuts roughly chopped – **Dandenong Grocery Market/Ivan's Deli**
- 80 gm Manchego cheese finely grated – **Ivan's Deli**
- 1 tablespoon of chopped flat leaf parsley – **Market Place**
- Olive oil – **Dandenong Grocery Market/Ivan's Deli**
- Salt and pepper

Directions

With a light drizzle of oil, pan fry, grill or roast the asparagus with a splash of water until tender.

On a hot grill, this will take about 8-10 minutes.

Place them on a serving dish and sprinkle with the hazelnuts, cheese and parsley. Season and drizzle a little extra olive oil.

This is a perfect side dish with steak, chicken or fish, or could be served with some boiled eggs and sourdough toast as a light vegetarian meal.

Instead of Manchego cheese you could also use another mild, creamy and slightly piquant cheese such as Gruyere, Parmesan or mizithra.