



Winter Cooking Demonstration – July 2026

CHICKEN MASALA

Featuring Market Place Halal Butcher & India at Home

Ingredients

- 700g chicken thighs, diced
- 1 packet SHAN Chicken Masala Mix
- 2 tbsp oil
- 1 onion, finely sliced
- 2 tomatoes, diced
- ½ cup plain yoghurt
- Fresh coriander to garnish

Method

1. Heat the oil and cook the onion until golden.
2. Add the chicken and cook for 5 minutes until lightly browned.
3. Stir in the SHAN Chicken Masala Mix.
4. Add the tomatoes and yoghurt and mix well.
5. Cover and simmer for 20 - 25 minutes until the chicken is tender.
6. Sprinkle with fresh coriander and serve with steamed jasmine rice.

CINNAMON STEWED APPLES WITH CUSTARD

Featuring Market Place Fresh

Ingredients

- 6 apples, peeled and sliced
- 2 tbsp brown sugar
- 1 tsp ground cinnamon
- ½ cup water
- Ready-made vanilla custard



Method

1. Place apples, brown sugar, cinnamon and water into a saucepan.
2. Simmer for 15 - 20 minutes until the apples are soft.
3. Spoon into serving cups.
4. Top with warm or chilled vanilla custard.

A comforting winter dessert that's quick, affordable and delicious.

CREAMY CHICKEN & SUNDRIED TOMATO PASTA

Featuring Green Village Poultry & Ivan's Deli

Ingredients

- 500g chicken breast, diced
- 300g pasta
- Sundried tomatoes
- 300ml thickened cream
- ½ cup grated parmesan
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- Salt and pepper
- Fresh parsley (optional)

Method

1. Cook the pasta according to packet directions.
2. Heat the oil and cook the chicken until golden.
3. Add the garlic and sundried tomatoes and cook for 4–5 minutes.
4. Pour in the cream and stir through the parmesan.
5. Add the cooked pasta and toss until coated.
6. Season with salt and pepper and garnish with parsley.

A simple family favourite using fresh ingredients from Green Village Poultry & Ivan's Deli.



SNACKS FROM *Dandenong Grocery Market*

- Mixed nuts
- Dried fruits
- Turkish delight
- Rice crackers
- Pretzels