

SOY CHICKEN SKEWERS & ASIAN SLAW

Serves 4

For the chicken skewers:

- 250g chicken breast, boneless and cut into strips
- 8 small stainless steel skewers or bamboo skewers that have been soaked in water for 30 minutes
- Soy sauce
- Spray oil
- Coriander leaves

Thread the chicken onto the skewers evenly and refrigerate, splashed with soy sauce, until ready to use.

For the slaw:

- 300g Chinese cabbage (wombok)
- 2 green spring onions,
- 1 garlic clove
- 100 g capsicum, green
- 1 red chilli, de-seeded
- 50g roasted peanuts, roughly crushed
- 2 limes, juiced
- ½ tablespoon rice oil
- 1 tablespoon fish sauce

Method:

Finely slice the cabbage finely, spring onions, garlic, capsicum and chilli - mix with the nuts. Whisk the lime juice, oil and fish sauce and pour over the cabbage, fold through.

Cook the chicken on a barbecue or under the grill brushing with soy sauce as you go. Serve on top of the slaw.

HAWKER BROS ITALIAN PORK SAUSAGE IN BRAISED BORLOTTI BEANS

Serves 4

Ingredients

- 100g onion, finely chopped
- 3 cloves garlic, minced
- 400g canned crushed tomatoes
- ¼ cup tomato paste
- 1 small piece dried Mandarin skin
- 300g rehydrated borlotti beans or canned
- 2 rashers Hawker Bros bacon, rind removed and finely chopped
- 8 Italian pork sausages
- 1 cup red wine (optional)
- sea salt and ground black pepper to taste
- ¼ cup parsley, finely chopped

Method:

Put the onion, garlic, tomatoes, tomato paste and mandarin skin into a large saucepan and bring to the boil – add the beans, bacon and sausages (and wine if using). Simmer for at least 45 - 60 minutes. Season with salt, pepper and parsley and cook a further five minutes.

-oOo-