

Sunday Roast Lamb Dinner (Serves 4)

Prep time: 20 min **Cook time:** 1 hr 20 min **Total:** 1 hr 40 min

Ingredients

- 2kg lamb leg
 - 800 g potatoes
 - 400 g carrots
 - 500 g pumpkin
 - 150 g onions
 - 20 g garlic
 - 30 g butter
 - 30 mL olive oil
 - 20 g mustard / mustard powder
 - 20 g wheat flour
 - 250 mL water, for gravy
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Method

1. Preheat the oven to 200°C.
 2. Place the lamb in a large roasting dish. Rub with garlic, mustard and half the olive oil.
 3. Add the potatoes, carrots, pumpkin and onion around the lamb. Drizzle with the remaining olive oil.
 4. Roast for 1 hour and 10 minutes, or until the lamb is cooked through and the vegetables are golden.
 5. Remove the lamb and vegetables from the roasting dish. Rest the lamb for 10 minutes before slicing.
 6. To make a simple gravy, place the roasting dish over low heat. Add the butter and wheat flour, stirring to combine with the pan juices.
 7. Add the red wine and stir until the gravy thickens slightly.
 8. Serve the sliced lamb with the roasted vegetables and gravy.
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Pasta and Meatballs (Serves 4)

Prep time: 20 min **Cook time:** 30 min **Total:** 50 min

Ingredients

- 350 g dry pasta
 - 400 g beef mince
 - 200 g pork mince
 - 1 egg
 - 80 g wheat bread
 - 60 g cheese
 - 150 g onion
 - 20 g garlic
 - 30 mL olive oil
 - 150 g tomato paste
 - 400 g tomato puree
 - 100 mL red wine
 - 2.5 L water, for boiling pasta
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Method

1. Place the beef, pork, egg, wheat bread, grated cheese, half the onion and half the garlic in a bowl. Mix until combined.
 2. Roll the mixture into small meatballs, about 3-4 cm wide.
 3. Heat the olive oil in a large frying pan over medium heat. Add the meatballs and cook for 6-8 minutes, turning until browned. Remove and set aside.
 4. Add the remaining onion and garlic to the pan. Cook for 3-4 minutes until softened.
 5. Stir in the tomato paste, tomato puree and red wine.
 6. Return the meatballs to the pan and simmer for 15-20 minutes, or until cooked through.
 7. Bring a large saucepan of water to the boil. Add the dry pasta and cook for 8-10 minutes, or until al dente.
 8. Drain the pasta, then serve with the meatballs and sauce.
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Tofu and Vegetable Coconut Curry (Serves 4)

Prep time: 15 min **Cook time:** 30 min **Total:** 45 min

Ingredients

- 300 g uncooked rice
 - 500 g tofu
 - 400 g sweet potatoes
 - 300 g cauliflowers and broccoli
 - 150 g spinach
 - 150 g onions
 - 15 g garlic
 - 15 g ginger
 - 400 mL coconut milk
 - 100 mL coconut cream
 - 30 mL sunflower seed oil
 - 20 mL soya sauce
 - 40 g cashew nuts
 - 600 mL water, for cooking rice
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Method

1. Rinse the rice under cold water until the water runs mostly clear.
2. Place the rice and 600 mL water in a saucepan. Bring to the boil, then reduce the heat to low, cover and cook for 12–15 minutes, or until the water has absorbed.
3. Remove the rice from the heat and let it stand, covered, for 5 minutes before fluffing with a fork.
4. Heat the sunflower seed oil in a large saucepan over medium heat.
5. Add the onion, garlic and ginger. Cook for 3–4 minutes until softened.
6. Add the sweet potato and cook for 3 minutes, stirring often.
7. Pour in the coconut milk and coconut cream. Simmer for 10 minutes, or until the sweet potato begins to soften.
8. Add the tofu and cauliflower/broccoli. Simmer for another 8–10 minutes.

9. Stir through the spinach and soya sauce. Cook for 2 minutes until the spinach wilts.
 10. Serve the curry with rice and sprinkle with cashew nuts.
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