



Chill Out 'n' Win Recipes

Chicken & Vegetable Wraps

Serves: 4

Ingredients:

1 tbsp oil
400g frozen chicken breast fillet slices
1/2 x 500g frozen mixed vegetables
2 tablespoons water
1/2 chicken stock cube
4 burritos, heated according to packet directions
3/4 cup taco sauce
1/2 cup grated tasty cheese

Method:

- 1.** Defrost chicken according to manufacturer's directions
- 2.** Heat oil in a large frying pan.
- 3.** Pan fry chicken for 2-3 minutes or until golden brown.
- 4.** Add frozen vegetables, water and stock. Place lid on the frying pan and simmer for 3-4 minutes, stirring occasionally.
- 5.** Spread 2 tablespoons of taco sauce over each warmed burrito.
- 6.** Divide vegetable mixture into quarters and place a quarter onto each burrito.
- 7.** Sprinkle with cheese and roll up.

Serve immediately.

Frozen Raspberry Cheesecake

Serves: 8-10

Ingredients:

300g chocolate coated biscuits, crushed
90g butter, melted
250g low fat cream cheese
200g low fat yoghurt
3/4 cup caster sugar or to taste
1 x 300g pkt frozen raspberries, thawed
1 litre strawberry ice-cream softened

Method:

- 1.** Combine crumbs and butter and use to line base and sides of a 20cm non-stick spring form pan. Refrigerate for 1/2 hour.
- 2.** Beat cheese, yoghurt and sugar together until smooth in a food processor.
- 3.** Add drained raspberries using short bursts to chop fruit rather than puree. Transfer to a bowl and beat ice-cream.
- 4.** Pour into crumb crust, cover tightly and freeze overnight. Thaw slightly prior to serving.

Serve warm with ice-cream.

Thai Spiced Fish

Serves: 4

Ingredients:

400 g packet plain frozen fish fillets
165 ml coconut cream
1 cup baby spinach leaves
1/2 cup thinly sliced red capsicum
2 tbsp coriander leaves
Thai Seasoning

Method:

- 1.** Place frozen fish on lightly greased baking tray with shallow sides. Sprinkle fish with Thai Seasoning to cover well
- 2.** Bake in 180 degrees Celsius oven for 10 minutes or until cooked through
- 3.** Remove fish from oven and pour coconut cream over hot fish. Stand for 2 minutes, covered with foil
- 4.** Meanwhile, divide spinach between serving plates. Top with fish and sprinkle with capsicum and coriander
- 5.** Spoon any remaining coconut cream from the pan over the fish. Serve immediately.

Side Dish:

Rice is a perfect accompaniment to a Thai fish dish. Previous leftover rice that has been frozen can be used. Simply defrost rice and sauté spring onions or zucchini in a little butter and add 1 teaspoon Italian Seasoning. Stir in rice and heat through.

Blueberry and Mushroom Risotto

Serves: 2 - 4

Ingredients:

1 cup frozen chopped onions
1 clove garlic, crushed
6 field mushrooms, chopped
1 cup Arborio rice
1/2 cup frozen blueberries
1/2 cup Parmesan cheese, grated
1 glass white wine
1 litre chicken or vegetable stock, boiling
1 tbsp butter
1 tbsp olive oil

Method:

- 1.** Heat oil in large frying pan or heavy based saucepan
- 2.** Lightly fry onion and garlic until softened.
- 3.** Add mushrooms and cook on high to reduce liquid
- 4.** Add butter to mixture and, when melted, add rice
- 5.** Mix until rice is well coated with butter mixture
- 6.** Increase heat to high and add wine, stir until evaporated
- 7.** Add one third of the stock, reduce heat and stir until stock has evaporated
- 8.** When all stock is evaporated, add one third more stock, stirring until liquid had evaporate
- 9.** Add remaining stock.
- 10.** When final stock addition has evaporated, add grated parmesan and frozen blueberries. Stir well to combine
- 11.** Turn off heat cover and leave for 3 minutes
- 12.** Serve with Rocket salad