

## Brighton Wellness Hub

# 2020 Christmas Cookbook

Wishing you and your loved ones a very Merry Christmas



Thank you for your ongoing support and understanding in 2020.

# Tuscan Capsicum Quiche

Approx. 6 Serves

## Ingredients

### Quiche

1-2 tbsp olive oil  
 ½ onion, diced  
 ½ red capsicum, diced  
 ½ yellow capsicum, diced  
 ½ green capsicum, diced  
 5 eggs  
 ¾ cup lite or skim milk  
 2 tbsp plain flour  
 100g fetta, cubed

### Tuscan Herb Mix

3 tbsp sea salt  
 4 tbsp garlic granules  
 1 tsp mixed peppercorns  
 1/2 tsp dried chilli flakes (optional)  
 6 tbsp dried basil  
 2 tbsp dried rosemary  
 2 tbsp dried oregano  
 2 tbsp dried thyme  
 1 tbsp dried parsley



## Method

1. Preheat oven to 180°C.
2. To make Tuscan Herb Mix: Add salt, garlic granules, peppercorns, and chilli flakes (optional) to blender or food processor and grind for 30 seconds on high. Add basil, rosemary, oregano, thyme, and parsley. Blend for a further 20 seconds on high. Store in an airtight container.
3. Preheat a frypan to medium-high. Add oil and onion and sauté 2 minutes.
4. Add diced capsicums and sauté, stirring occasionally, until capsicum begins to soften.
5. While vegetables are cooking, crack eggs into a mixing bowl, add milk and 1 tablespoon of the Tuscan Herb Mix. Whisk well with a fork until combined.
6. Lightly oil a quiche or pie dish. Sprinkle the plain flour over the base of the dish. This forms a false bottom to the quiche instead of using pastry.
7. Add the capsicum and onion to the quiche dish, ensuring it is distributed evenly in the dish. Sprinkle the fetta on top and pour egg mixture over evenly.
8. Bake in the oven for 20-30 minutes until egg mixture has set. Alternatively, you can cook for 10 minutes on high in the microwave. Serve hot or cold, with a side salad.

## Other uses for Tuscan Herb Mix

- Add to omelettes and scrambled eggs.
- Mix with light sour cream/Greek yoghurt/cream cheese to make an easy dip.
- Sprinkle on chicken breast or vegetables and bake in the oven.
- Mix with olive oil and white wine vinegar or apple cider vinegar for a salad dressing.
- Give small jars of Tuscan Herb Mix as gifts.

Recipe by Rhiannon Magson (@mythermonuclearlife)

# Eggplant with Chickpea Curry

A South African Version of a South Indian Dish

Approx. 10 Serves

## Ingredients

1kg Eggplant  
 4 tbsp diced canned tomatoes  
 75ml vegetable oil  
 1 heaped tsp crushed ginger and garlic mix  
 1 large onion  
 1 heaped tsp Masala Mix (see recipe below)  
 1 tsp salt  
 ¼ tsp cumin seeds  
 2x 420g cans chickpeas  
 1 sprig curry leaves  
 Coriander leaves

## Masala Recipe

1 tsp chilli powder  
 2 tsp sweet paprika  
 4 tsp coriander powder  
 2 tsp fennel powder  
 2 tsp cumin powder  
 ¼ tsp roasted sesame seeds  
 Mix all together and store in a bottle

Flat bread to serve

## Method

1. Wash eggplants and cut into 2cm cubes.
2. Heat oil in a large pan. Add finely cut onions.
3. Brown slightly. Add curry leaves, masala mix, and cumin seeds.
4. Add eggplants, salt, ginger, and garlic. Mix well. Cook for 10 minutes.
5. Add chickpeas and tomatoes.
6. Cook until soft (not pulpy).
7. Garnish with coriander leaves.
8. Enjoy!

**Tip: Adjust the chilli powder in the Masala mix to suit your tastes.**



Recipe by Tammy Pedayachee

## Bill Grangers Corn Fritters with Avocado Salsa

Approx. 4

### Ingredients

3 cups (525g / 18oz) fresh corn kernels (~ 3 large corn cobs)  
 1 small red onion chopped  
 2 Eggs  
 ¼ cup cilantro/ coriander leaves and some stems (lightly packed)  
 1 tsp sea salt  
 Freshly ground black pepper  
 1 cup plain flour  
 1 tsp baking powder  
 3 tbsp olive oil



### Avocado Salsa

1 Large (or 2 small) ripe avocado, stone removed and disced  
 1 ½ tomatoes, seeded and diced (about ¾ cup, diced)  
 2tbsp coriander/cilantro, roughly chopped  
 2tbsp lemon or lime juice  
 2 tbsp finely chopped spring onions scallions or red onion  
 1 dash tabasco sauce, optional  
 ½ tsp sea salt  
 Freshly ground black pepper

### Instructions:

1. Turn on the oven to very low – just to keep the fritter warm
2. Place 2 cups of the corn kernels and the onion, eggs, coriander, salt and pepper in to a bowl and whizz with a stick blender until most of the corn is pureed (but still lumpy, not completely smooth. You can also do this step in a blender or food processor.
3. Stir through remaining corn, flour and baking powder until just combined.
4. Heat 1 tablespoon of the oil in a skillet/fry pan over a medium high heat.
5. When the oil is hot, drop 2 heaped tablespoons of mixture per fritter into the pan and cook in batches for 1 1/2 minutes each side, or until golden.
6. Transfer to a baking tray and keep warm in the oven while you are making the rest of the fritters.
7. To serve, stack 3 corn fritter on each plate and top with avocado salsa and extra cilantro/coriander if desired.

### Avocado Salsa:

1. Combine all ingredients, toss very gently.

\*As featured in our online cooking demonstration with Claire Harrison. \*

## Horace's Chicken Curry

### Ingredients:

Oil – 1 tablespoon  
1 Onion – chopped  
2 Garlic cloves - minced  
Small piece (top of thumb size) Ginger - minced  
2 Chicken breasts - cubed  
2 Sweet potatoes - cubed  
Pumpkin- diced  
Turmeric – 1-2 teaspoons (depending on your taste)  
Curry powder mild – 2-4 teaspoons (depending on your taste)  
Coconut milk – 1 x 400ml can  
Water  
Rice – 1 cup dry rice per 2 people

### Method:

1. Heat 1 tbs oil in a fry pan or saucepan
2. Gently fry onion, garlic and ginger until soft
3. Turn heat up and add chicken
4. Fry chicken until light brown, stirring often (Add a bit of water to stop sticking if needed)
5. Add sweet potato and fry for a couple of minutes
6. Add pumpkin, turmeric and curry powder and stir for another minute (add a little extra oil if it is looking dry)
7. Add coconut milk to just cover the meat / vegetables. If a little extra liquid is needed add some water
8. Cook on low simmer for about 30 minutes or until all vegetables are tender – stirring occasionally
9. Meanwhile, add rice to water and cook as per directions on the rice packet
10. Serve curry on the rice

\*As featured in our cooking demonstration with Horace\*

# Berry Bruschetta

Approx. 2 Serves

## Ingredients

2 slices sourdough bread  
Olive Oil Spray  
Cinnamon  
Fresh Mint  
2 tbsp ricotta cheese  
2 tbsp vanilla yogurt  
½ cup fresh or frozen berries

## Instructions:

1. Preheat an oven to 180c and line a baking tray with paper
2. Place bread on tray, lightly coat with olive oil spray and sprinkle with cinnamon. Bake in oven for 5 minutes or until crisp and slightly toasted.
3. In a small bowl combine ricotta, yogurt and finely chopped mint leaves
4. Use a fork to mash berries.
5. Spread ricotta and yoghurt mixture over bread and top with smashed berries.
6. Serve immediately



\*Recipe provided by Nutrition Australia\*

## Meg's Shortbread biscuits

### Ingredients

250gm butter (melted)  
2 cups plain flour  
1 cup corn flour  
125gr

### Instructions:

1. Combine dry ingredients and add melted butter
2. Put into 21cm x 18cm slice tin (Don't Grease)
3. Cook for 30 mins at 170 degrees
4. Remove from the oven and cut into pieces
5. Poke gently with a fork and sprinkle with castor sugar
6. Return, back into the oven for 15mins
7. Allow to cool in the tin



\*Recipe provided by Meg our lovely Volunteer\*

## Italian Pasta Salad

Approx. 2

### Ingredients

150g pasta  
1 clove garlic, crushed  
Small handful of kalamata olives, whole  
250g punnet mixed colour cherry tomatoes  
1tbsp fresh chives  
¼ cup fresh basil leaves  
½ Lebanese cucumber  
6 cherry Bocconcini  
2tbsp white wine vinegar  
3tbsp extra virgin olive oil

### Instructions:

1. Cook pasta in a pot of boiling water until al dente. Drain and run under cold water to cool
2. Put pasta into a mixing bowl
3. Remove the pit from the olives by squishing with your thumb
4. Chop tomatoes, olives, chives, basil and cucumber into small pieces and add to bowl
5. Tear up bocconcini and add to bowl
6. In a small bowl or jar combine the crushed garlic with the vinegar and oil
7. Drizzle the dressing over the salad and stir through.



\*Recipe provided by Nutrition Australia\*