

Recipe of the month

ROSALIE'S BANANA CURRY

~ a delicious sweet curry! ~



2 tbsps oil
1 tbsp or more red curry paste
3 bananas, thickly sliced
¼ cup lime juice
1 onion slice
500g chicken breast fillets, sliced into strips
250g green beans, sliced
1 medium eggplant, chopped
½ cup water
1 tsp chicken stock powder
1 cup low fat coconut cream
2 tbsp shredded basil
2 cups rice cooked

1. Heat oil in pan, add half curry paste and half bananas, toss until coated. Remove from pan and pour over lime juice.
2. Add remaining curry paste and onions to the pan. Cook until onions are soft. Add chicken and cook until golden brown.
3. Stir in beans, eggplant, water and stock
4. Simmer uncovered for 10-15 mins.
5. Stir in coconut cream, simmer until thickened.
6. Add banana mixture. Mix through remaining bananas, allow to heat through.
7. Sprinkle with basil and serve with rice.
8. Serves 4-6

ROSALIE'S TUNA & ASPARAGUS QUICHE



2 sheets of shortcrust pastry or you can make your own.

1 large onion

185 can of tuna, drained and flaked

340g can asparagus, drained and sliced

2 tblsp chopped chives

½ cup shredded tasty cheese

4 eggs

Mushrooms

375 mls reduced fat evaporated milk

1 tblsp plain flour

Ground pepper

1. Thaw pastry and arrange in quiche dish. Blind bake if you like.

2. Saute onion in butter until soft.

3. Scatter over pastry base with tuna, asparagus and chives. Sprinkle with cheese.

4. Whisk together eggs, milk, flour and pepper. Pour over filling.

5. Arrange mushrooms on the top.

6. Bake at 180 C until pastry is brown and filling is just set, 35 to 40 mins.

