



THE CLO COOKBOOK

RECIPES FROM STAFF
AND CLIENTS OF CLO

CHICKEN RISsoles WITH MASH POTATO

INGREDIENTS

- 500 grams chicken mince
- 1 small onion
- 1 carrot grated
- ½ cup reduced fat cheese
- ½ cup breadcrumbs
- 1 tsp garlic / parsley
- 5 potatoes peeled chopped



METHOD:

1. Preheat oven 180 degrees combine chicken, onion, carrot, cheese, breadcrumbs, garlic, parsley into a bowl. Season with salt and pepper. Divide mixture into 8 even portions. Shape into rissoles, place on a plate and set aside.
2. Place potatoes' in a saucepan, bring to the boil and mash spuds ½ tsp butter and milk salt and pepper to taste.
3. Heat 1 tbs oil in a large frying pan over medium heat and cook when golden brown, or chicken is cooked.

Prep time 10 mins

Cook time 30 mins

Cost \$4.50 a serve

SPAGHETTI BOLOGNESE

INGREDIENTS

- 1 packet spaghetti pasta
- 500grams mince meat
- 1 can tomatoes
- 1 jar pasta sauce
- Garlic
- Onion
- Salt pepper



METHOD:

1. Cook mince, onion, garlic until mince is cooked on medium heat.
2. Fill up large pot of water bring to the boil add pasta cook for 12mins or until pasta is cooked.
3. Add can of tomatoes to mince and cook for 5 mins then a jar pasta sauce and cook for 10mins salt and pepper to taste.

Prep time 5 mins

Cook time 30 mins

Cost \$1.90 a serve

PUMPKIN AND VEG SOUP

INDGREDIENTS

- 2 onions
- 2 potatoes
- 3 carrots
- 1 large butter pumpkin
- Chicken stock salt reduced
- Cream



METHOD:

1. Peel and chop vegie's into cubes
2. Place vegies in a large pot 1/2tsp oil and cook for 5 mins add garlic pour chicken stock to cover vegie's and cook until all vegie's are soft.
3. Blend vegie's or mash them this will make it thick add salt and pepper to taste
4. Serve and add cream

Prep time 10 mins

Cook time 20 mins

Cost \$2.50 a serve

EASY TUNA & AVOCADO MELTS

INGREDIENTS

- 400 grams turkish loaf split in half
- 400 grams of tuna
- 1 large avocado, destoned sliced
- 2 tomatoes
- ½ cup cheese

METHOD:

1. Preheat grill to medium, grill bread until golden.
2. Top with tuna, tomatoes, avocado, cheese. Grill for 3 to 4 mins until cheese is melted.

Prep time 15 mins

Cook time 10 mins

Cost \$3.73 a serve



CHICKEN FRIED RICE

INGREDIENTS

- 1 onion
- Frozen vegie's
- Garlic
- ½ white rice
- 500 grams chicken mince/ or any meat
- ½ cup sweet soy sauce
- 2 eggs

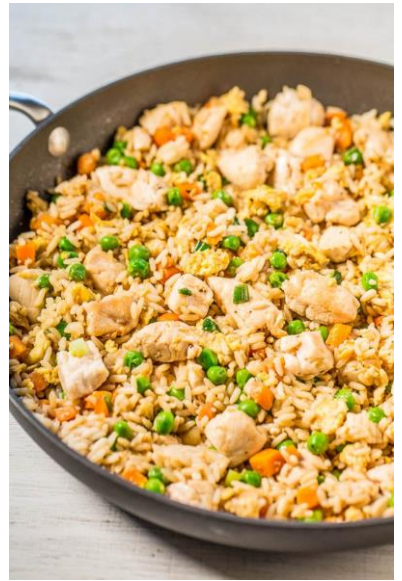
METHOD:

1. Bring to the boil a large pot of water, add rice cook until ready then drain and set aside.
2. Large frying pan on medium heat add chicken mince, garlic, frozen vegies, onion chopped and cook until chicken and vegies are golden.
3. Add rice to frying pan and mix through, beat eggs into a bowl then add to rice and chicken and cook through. Add sweet soy sauce and cook for 10 mins or until all is cooked.

Prep time 15 mins

Cook time 30 mins

Cost \$3.40 a serve



TUNA CROQUETTES

INGREDIENTS

- Left over mashed potato
- 400 grams tuna, drained
- ½ cup frozen peas, thawed
- 1 onion, chopped and diced
- 1 egg
- 2/3 cup plain flour
- ¼ cup oil
- Salt
- Pepper



METHOD:

1. Place mashed, tuna, peas, onion, egg and half the flour into a large bowl. Stir to combined season to taste. Shape into 12 sausages shapes.
2. Place remaining flour on to a plate and roll croquettes in flour to lightly coat.
3. Heat oil in large frying pan over medium heat. Fry croquettes in two batches for about 8 minutes. Drain on paper towel. Serve these with vegies' salad or mash

Prep time 10 minutes

Cook time 10 minutes

Cost \$1.90 a serve

BACON QUICHE

INGREDIENTS

- 5 rashers of bacon diced
- 1 onion
- Garlic
- 1/2 grated cheese
- 1/2 cream
- 1/2 cup of plain flour
- 5 eggs
- Parsley
- Salt
- Pepper



METHOD:

1. Preheat oven to 180
2. In a large frying pan cook bacon, onion, garlic. Then into a large bowl whisk eggs, cream, cheese together. Add flour and whisk until the flour has broken down. Salt and pepper to taste.
3. Add bacon, garlic, onion into the egg mix.
4. Pour into a non-stick baking pan and cook for 30 minutes or until golden brown.

THAI BEEF STIR FRY

INGREDIENTS

- 1/3 cup of any curry paste
- 1 can coconut milk
- 300grams of beef, sliced
- 1 bag of frozen vegies
- 1 onion
- Garlic



METHOD:

1. Large pot cook onion, garlic, until soft add beef and cook until brown. Add curry paste cook for 5 minutes.
2. Add frozen vegies and stir through for 5 minutes. Add coconut milk and simmer for 10 minutes

PIZZA AND CHEESE SCROLLS

INGREDIENTS

- 1 packet puff pastry
- 1 cup of cheese
- Pizza sauce
- 1 egg
- 1 tsb milk

METHOD:

1. Preheat oven 180
2. Thaw out puff pastry
3. Lay puff pastry out on bench cover pastry with pizza sauce, then cover sheet with cheese.
4. Roll into sausages and cut into 4, grab muffin pan and lay them onto the pan with the swirl facing you. Brush with egg wash
5. Cook until golden brown

You can add shredded ham into these or any filling you like.



HOME MADE SAUSAGES ROLLS

INGREDIENTS

- 1 packet puff pastry
- Packet of sausages
- Garlic
- Onion
- Any herbs
- Salt and pepper
- 1 egg
- 1 tsb milk



METHOD:

1. Thaw out pastry preheat oven to 180
2. Remove the skin from the sausages.
3. Cook onion and garlic in frying pan cook until soft. Add sausages into bowl and fried onion and garlic and herbs. Mix with clean hands.
4. Cut pastry sheet into two, add mixture in the centre and roll up pastry into sausage lengths.
5. Put on baking pan brush with egg wash and bake until golden brown.