



## spiced almond roasted chicken

**2 tablespoons extra virgin olive oil**  
**2 tablespoons lemon juice**  
**1 tablespoon shredded lemon rind**  
**1 tablespoon honey**  
**1½ teaspoons ground cumin**  
**½ teaspoon ground cinnamon**  
**sea salt and cracked black pepper**  
**4 x 180g chicken breast fillets, trimmed**  
**2 x 400g cans chickpeas, rinsed and drained**  
**½ cup (80g) blanched whole almonds**  
**2 tablespoons currants**  
**8 sprigs oregano**  
**200g firm feta, broken into large chunks**  
**rocket and mint leaves, to serve**

Preheat oven to 200°C (400°F).

Place the oil, lemon juice and rind, honey, cumin, cinnamon, salt and pepper in a large bowl and mix to combine.

Add the chicken, chickpeas, almonds, currants and oregano and toss to coat. Place the chicken in a baking dish lined with non-stick baking paper. Sprinkle the chickpeas, almonds, currants and oregano over the chicken and add the feta.

Bake for 15–18 minutes or until chicken is just cooked through.

Serve the chicken with rocket and mint leaves, if desired. **SERVES 4**



## zucchini, mint and lemon spaghetti

**400g spaghetti**  
**¼ cup (60ml) extra virgin olive oil**  
**3 cloves garlic, sliced**  
**1 large red chilli, sliced**  
**650g zucchini (about 4), grated**  
**⅓ cup (5g) torn mint leaves**  
**⅓ cup (8g) torn flat parsley leaves**  
**2 teaspoons finely grated lemon rind**  
**2 tablespoons lemon juice**  
**sea salt and cracked black pepper**  
**finely grated parmesan and extra lemon,**  
**to serve**

Place a large saucepan of salted water over high heat and bring to the boil. Add the spaghetti and cook for 9 minutes or until al dente, then drain.

Whilst the pasta is cooking, heat a large frypan over medium high heat. Add the oil, garlic and chilli and cook for 4 minutes or until fragrant.

Add the drained spaghetti, zucchini, mint, parsley, lemon rind and juice, salt and pepper and toss to combine.

To serve, divide the pasta between bowls and sprinkle with parmesan and serve with extra lemon. **SERVES 4**



## vietnamese pork skewers

**1kg pork neck, trimmed and thinly sliced**  
**3 green onions (scallions), finely chopped**  
**1 stalk lemongrass, trimmed and finely grated**  
**2 cloves garlic, crushed**  
**2 tablespoons fish sauce**  
**1/3 cup (55g) firmly packed brown sugar**  
**vegetable oil, for brushing**  
**coriander (cilantro) leaves and lime wedges,**  
**to serve**  
***pickled carrot***  
**4 carrots, peeled and shredded using a**  
**julienne peeler**  
**1 long red chillies, sliced**  
**2 tablespoons apple cider vinegar**  
**2 teaspoons honey**

Combine the pork, onion, lemongrass, garlic, fish sauce and brown sugar in a bowl and refrigerate for 20 minutes to marinate.

To make the pickled carrot, place the carrots, chilli, vinegar and honey in a bowl and toss to combine.

Preheat oven grill to high.

Thread the pork onto metal skewers and place on a tray lined with non-stick baking paper. Brush with oil and add remaining marinade on top and cook for 10–12 minutes or until just cooked through.

Serve the pork with the pickled carrot, coriander and lime wedges. **SERVES 4**