



MOROCCAN-SPICED HALOUMI TRAY BAKE

Prep: 15 min
Cook: 40 min
Servings: 4

Ingredients

- ▲ 2 tsp smoked paprika
- ▲ 2 tsp ground cumin
- ▲ 2 tsp ground coriander
- ▲ ½ tsp ground cinnamon, optional
- ▲ 1 onion, diced
- ▲ 3 cloves garlic, finely chopped
- ▲ 1 capsicum, chopped
- ▲ 1 eggplant, diced into 2 cm pieces
- ▲ 1 tbs olive oil
- ▲ 700 g passata (tomato puree)
- ▲ 1 x 400 g can no-added-salt chickpeas, drained and rinsed
- ▲ 180 g salt-reduced haloumi, sliced
- ▲ 1 cup couscous

Method

1. Pre-heat oven to 220°C (200°C fan forced).
2. Mix spices together in a small dish.
3. Place cut vegetables in a deep baking tray, drizzle with oil, sprinkle with half the spice mix and toss to coat.
4. Bake for 20-25 minutes high up in the oven, where it's hottest.
5. Remove from the oven, add passata, remaining spice mix and chickpeas. Mix well. Top with haloumi slices.
6. Bake for another 20-25 minutes, until passata has thickened and vegies are cooked.
7. Prepare couscous according to packet instructions and serve.

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'ROO'-SONI SALAD

Prep: 10 min

Cook: 45 min

Servings: 4

Ingredients

- ▲ 250 g punnet cherry tomatoes, halved
- ▲ 2 red capsicums, chopped into 2-3 cm pieces
- ▲ 500 mL salt-reduced chicken stock
- ▲ olive or canola oil spray
- ▲ 1 large red onion, diced
- ▲ 2 cloves garlic, crushed
- ▲ 1 cup risoni (rice-shaped pasta)
- ▲ pepper, to taste
- ▲ 1 Lebanese cucumber, diced
- ▲ 150 g rocket or baby spinach
- ▲ 2 tsp paprika
- ▲ 2 tsp ground cumin
- ▲ 1 tsp cayenne pepper
- ▲ 400 g kangaroo meat

Method

1. Preheat oven to 220°C (200°C fan forced).
2. Place tomatoes and capsicum in a single layer on an oven tray lined with baking paper. Roast for 20-25 minutes and set aside.
3. Heat chicken stock in a covered, medium-sized saucepan.
4. Spray a large non-stick frypan with oil and place on high heat. Add onion to the pan and cook for 3 minutes until softened, stirring often. Add garlic, risoni and pepper and cook for 1 minute.
5. Pour risoni mixture into hot stock, stir well and cover. Simmer for 15 minutes or until all liquid is absorbed and risoni is tender.
6. Remove from heat, uncover and cool thoroughly. Stir through cucumber and rocket just prior to serving.
7. Preheat chargrill or barbeque grill.
8. Combine spices in a large bowl. Add kangaroo and stir to coat in the spice mix.
9. Grill kangaroo for 3-4 minutes on each side, until juices are visible on the meat surface. Place meat on a plate, cover, and allow to rest for 5 minutes, then cut into thin slices.
10. Divide risoni salad between plates and top with kangaroo slices, roasted tomato and capsicum. Serve immediately.

