

# Couscous Salad with Fennel, Herbs and Walnuts

2 teaspoons cumin seeds  
1 teaspoon coriander seeds  
1 teaspoon fennel seeds  
300g wholemeal giant couscous, also called Israeli couscous, or moghrabieh  
1 onion, diced  
2 celery sticks, diced  
1 fennel bulb, chopped, tops reserved  
2 garlic cloves, crushed and finely chopped  
1 bunch of flat-leaf parsley, chopped  
a small handful of mint leaves  
75g walnuts, lightly toasted (if you can be bothered) and roughly chopped  
zest and juice of 1 lemon  
extra virgin olive oil

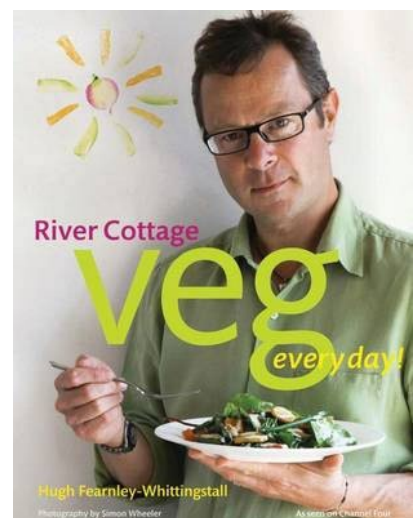


Put the cumin, coriander and fennel in a dry frying pan and toast for a few minutes, shaking the pan to make sure that they toast evenly. When they are fragrant, tip them into a mortar and grind them into a powder.

Fry the vegetables and garlic in some olive oil a large frying pan for about 5-8 minutes. Fry them on a medium heat stirring often, so that they soften a little bit, but still have some crunch. Remove from the heat and add the spices and lemon zest.

Cook the couscous according to packet instructions in boiling, salted water – about 8-9 minutes. When it is done, drain it and mix it with the vegetable and spice mixture. Allow it all to cool slightly, and then add the chopped herbs, walnuts and lemon juice, and season with salt and pepper. Before serving add a little bit more oil and lemon juice.

Recipe from Hugh Fearnley Whittingstall's Recipe book "Veg Everyday" (TV show also)



# Garlic Butter Steak Bites

2 Tablespoons Melted Butter  
1 Tablespoon oil  
2 teaspoon Garlic Powder  
¼ cup chopped parsley  
S & P  
250g beef chopped into 3-4cm cubes (Rump,  
Sirloin, Scotch Fillet)

Put melted butter, oil, garlic, chopped parsley,  
S & P in

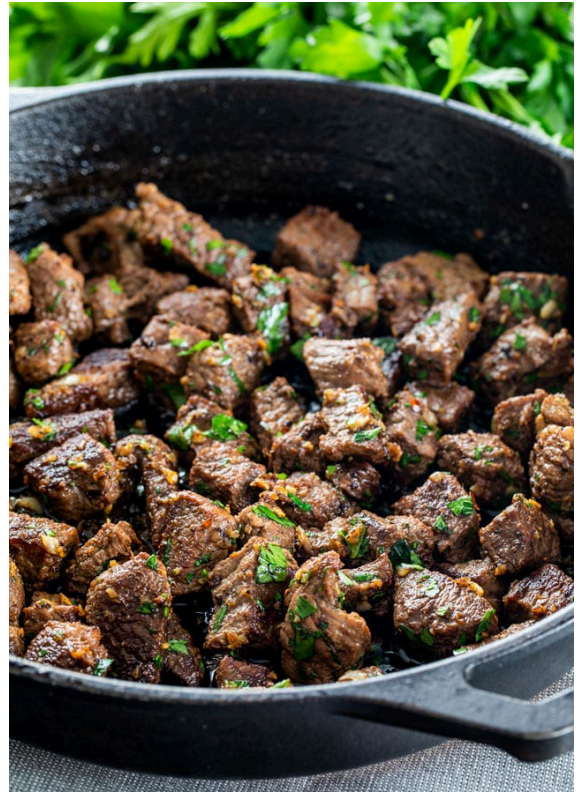
- A jar
- A foil tray
- A snap lock bag
- A glass/ceramic backing dish

Shake to combine

Add chopped steak

To cook pour steak onto BBQ, Hot Frypan, Hot Grill, or in air fryer. Cook 5-7min turning once or twice.....best charred a little on edges.

Serve with salad or other veg.



# Cook meats, poultry and Fish to the following temperatures:

<b>MEAT</b>	<b>Temperature</b>
<b>BEEF:</b>	
Rare	45°C to 50°C
Medium-Rare	55°C to 60°C
Medium	60°C to 65°C
Medium-Well	65°C to 70°C
Well Done	70°C and above
<b>LAMB:</b>	
Rare	60°C
Medium-rare	60°C to 65°C
Medium	70°C
Well done	75°C and above
<b>POULTRY:</b>	
<b>Chicken</b>	75°C to 80°C
<b>Turkey</b>	75°C to 80°C
<b>PORK:</b>	
<b>Fresh Pork</b>	63°C
<b>Ham (Fully-Cooked) - reheated</b>	60°C
<b>Ham (Uncooked)</b>	63°C
<b>Fish</b>	48-63 °C

For the juiciest result, check the temperature and remove beef from the heat about 3°C to 6°C shy of your doneness goal temperature.

# Salmon and veg tray bake

1 Piece of salmon or other fish  
½ teaspoon Garlic Powder  
½ teaspoon Onion Powder  
½ teaspoon dried Dill  
S & P  
2 teaspoons Oil

Handful Beans  
½ bunch asparagus  
½ medium Zucchini  
½ Lemon



Put Garlic Powder, Onion Powder, dried Dill, S & P and Oil in

- A jar
- A foil tray
- A snap lock bag
- A glass/ceramic backing dish

Shake to combine

Add veg and fish and shake.

Before sealing, glad wrap lemon and place on top

To cook pour ingredients onto lined baking tray. Bake at 200c for 15-25min  
Fish should reach an internal temp of 53-63c