

**ORIGIN  
LPG  
WINTER  
WARMER  
RECIPES**



## THYME-SCENTED PUMPKIN & CARROT SOUP WITH CROUTONS

SERVES **4**

PREP **15 mins**

COOKING **25 mins**

1 tbs olive oil

1 onion, chopped

2 garlic cloves, chopped

600g butternut  
pumpkin, chopped

2 carrots, chopped

1 L (4 cups) vegetable stock

1 tbs fresh thyme leaves

2 tbs olive oil, extra

1 cup torn pieces of  
sourdough bread

2 tbs cream or  
natural yoghurt

Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring for 4 minutes or until softened.

Add pumpkin, carrot, stock and thyme leaves and bring to the boil. Reduce heat and simmer, covered for 25-30 minutes or until vegetables are tender.

Using a stick blender or food processor, process soup until smooth. Season with salt and pepper.

Heat extra olive oil in a small frying pan. Add bread croutons and cook stirring for 1-2 minutes or until golden. Serve soup swirled with cream or yoghurt and topped with croutons.



## CHICKEN SATAY SKEWERS WITH SNOW PEA & CABBAGE COLESLAW

SERVES **4**

PREP **20 mins**

COOKING **10 mins**

600g chicken breast fillets,  
cut into 3cm pieces

---

2 garlic cloves, crushed

---

1/4 cup soy sauce

---

3/4 cup coconut milk

---

1/4 cup crunchy peanut butter

---

1 tbs sweet chilli sauce

---

2 tbs coriander leaves

### FOR THE COLESLAW

2 cups shredded wombok  
(Chinese cabbage)

---

2 green shallots, sliced

---

100g snow peas,  
trimmed and shredded

---

1/4 cup lime juice

---

1 tbs sesame oil

Combine chicken, garlic and 2 tbs of soy sauce in a bowl. Toss to combine. Thread onto 8 wooden skewers. Preheat a char-grill pan over medium heat. Cook skewers for 3 minutes on each side or until golden and cooked through. Place on a plate and cover to keep warm.

Place coconut milk, peanut butter, sweet chilli sauce and remaining soy sauce in a small saucepan. Gently heat and whisk until smooth.

Meanwhile, place wombok, green shallots, snow peas, lime juice and sesame oil in a bowl. Gently toss to combine.

Serve skewers drizzled with sauce and sprinkled with coriander. Accompany with coleslaw.



## HOMEMADE PARMESAN-CRUMBED CHICKEN WITH DILL SAUCE

SERVES **4**

PREP **15 mins**

COOKING **10 mins**

4 x 150g chicken breast fillets

2 tbs plain flour

2 eggs

1 1/2 cups panko breadcrumbs (see note)

1/2 cup grated fresh parmesan

1/2 cup sunflower or rice-bran oil for frying

1/2 cup whole egg mayonnaise

1/2 cup natural yoghurt

1/2 cup chopped fresh dill

Flatten chicken with a meat mallet or rolling pin until about 1/2 cm thick. Place flour on a plate and season with salt and black pepper. Lightly beat eggs in a medium bowl. Combine breadcrumbs and parmesan on another plate. Dip chicken into seasoned flour, shaking off excess. Dip into the egg and finally into the breadcrumb mixture.

Heat oil in a large non-stick frying pan over medium heat. Cook chicken for 2-3 minutes each side or until golden and cooked through.

Combine mayonnaise, yoghurt and dill in a bowl. Serve with the chicken.

### NOTE

Panko breadcrumbs are dried Japanese-style breadcrumbs found in most supermarkets or Asian food stores.



## SOY-POACHED SALMON, SOBA NOODLES & VEGETABLES

SERVES **4**

PREP **15 mins**

COOKING **15 mins**

6 cups chicken stock

---

2 tbs soy sauce

---

1 tbs rice vinegar

---

4 x 150g salmon fillet

---

240g soba noodles

---

1 bunch baby bok choy, sliced

---

2 bunches asparagus, sliced

---

200g snow peas, halved

---

2 tbs sesame seeds,  
toasted in pan

Place stock, soy sauce and vinegar in a medium saucepan and bring to the boil. Reduce heat to low and add salmon. Simmer over low heat for 10 minutes or until cooked to your liking. Using tongs, transfer salmon to a plate. Cover with foil and set aside before flaking.

Bring poaching liquid to the boil. Add noodles and cook for 2 minutes or until tender. Add bok choy, asparagus and snow peas and cook for 1 minute or until tender.

Serve noodles and broth, topped with salmon and sprinkled with sesame seeds.

## EASY SEAFOOD BRAISE

SERVES **4**

PREP **20 mins**

COOKING **15 mins**

2 tbs olive oil

1 leek or onion, sliced

1 red capsicum, sliced

3 garlic cloves, crushed

1 tsp fennel seeds, crushed

400g can diced tomatoes

1 cup white wine

250g firm white fish fillets (eg blue eye), cut into 3cm pieces

250g salmon fillets, cut into 3cm pieces

12 raw peeled green prawns, tails intact

500g fresh black mussels, cleaned (see note)

2 tbs chopped flat-leaf parsley

2 tsp grated lemon zest

Heat olive oil in a large saucepan. Add leek or onion, capsicum and garlic and cook for 3-4 minutes or until softened. Add fennel seeds and cook for 1 minute.

Add tomatoes and white wine and bring to the boil. Add fish and lower heat to medium. Cook covered for 3 minutes. Add prawns and mussels and cook, covered, for another 2 minutes or until prawns are cooked and mussels opened. Sprinkle with chopped parsley and lemon rind. Serving suggestion: pearl couscous.

### NOTE

You can buy 1 kg packets of cleaned black mussels in many supermarkets. Use remaining mussels in a tomato and mussel sauce for pasta or steamed with garlic, parsley and white wine.



## MUSHROOM TAGLIATELLE

SERVES **4** | PREP **10 mins** | COOKING **15 mins**

400g dried tagliatelle pasta

---

1 tbs olive oil

---

500g mushrooms  
(Swiss brown, enoki  
and button), sliced

---

2 garlic cloves, crushed

---

1 tbs plain flour

---

500ml cream

---

Grated fresh parmesan,  
to serve

Cook the pasta in a large saucepan of boiling salted water, following packet instructions or until just tender. Drain and return pasta to pan.

Meanwhile, heat oil in a large saucepan and add mushrooms. Cook over high heat, stirring, for 3-4 minutes or until tender. Add garlic and cook for another minute.

Add flour to mushroom mixture and stir. Remove pan from heat and slowly stir in cream until smooth. Return pan to medium heat and cook while stirring for 3-4 minutes or until mixture thickens.

Toss into pasta and serve topped with grated parmesan.

### NOTE

Add a little milk if you need to thin the sauce.



## STOVE-TOP GREEK MEATBALLS

SERVES **4-6**

PREP **15 mins**

COOKING **45 mins**

2 tbs olive oil

---

1 onion, chopped

---

1 garlic clove, crushed

---

400g can diced tomatoes

---

$\frac{3}{4}$  cup beef stock

---

1 tbs red wine vinegar

---

1-2 tsp sugar

---

750g beef or lamb mince

---

2 tsp dried Greek oregano

---

2 tsp ground cumin

---

1 carrot, grated

---

1 large egg, lightly beaten

---

200g feta

Heat 1 tbs oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, for 3-4 minutes or until softened. Add tomatoes, stock, vinegar and sugar and bring to the boil. Reduce heat to low and simmer, covered, for 10 minutes.

Combine mince, oregano, cumin, carrot, and egg. Season with salt and freshly ground black pepper. Mix well. Roll beef mixture into 20 even meatballs. Cut twenty 1.5cm cubes of feta. Crumble the remaining feta and set aside. Place a cube of feta in the centre of each meatball and enclose.

Heat remaining oil a large non-stick frying pan with oil and heat over high heat. In two batches, cook meatballs for 5 minutes or until browned evenly. Add to the tomato sauce in the saucepan.

Simmer meatballs over medium-low heat, covered, for 30 minutes, or until cooked and sauce thickened. Add a little water if sauce reduces too much. Serve sprinkled with crumbled feta.

#### SERVING SUGGESTION

Lemon wedges



## BEEF & VEGETABLE STOVE-TOP STEW

SERVES **4-6**

PREP **15 mins**

COOKING **2 hours**

---

1 tbs olive oil

---

2 onions, chopped

---

3 garlic cloves, chopped

---

1kg chuck beef,  
trimmed, cut into chunks

---

2 tbs plain flour

---

2 tbs tomato paste

---

1 cup red wine (or use stock)

---

2 cups beef stock

---

2 parsnips, peeled,  
chopped into chunks

---

2 carrots, chopped  
into chunks

---

300g frozen baby  
green beans

Heat oil in a large saucepan or flameproof casserole dish. Add onions and garlic and cook over medium heat for 5 minutes, stirring, or until softened. Toss meat with flour and add to saucepan.

Add tomato paste, wine, stock, parsnips and carrots. Stir to combine and bring to the boil. Cover with lid and reduce heat to low. Cook for 1 1/2 -2 hours or until meat is very tender. Stir through green beans and heat.

### NOTE

This recipe is extra easy because you don't need to brown the beef. You can use beef or lamb for this recipe.



## ROSEMARY PORK CHOPS & MAPLE APPLES

SERVES **4**

PREP **10 mins**

COOKING **15 mins**

4 x 200g pork cutlets

1 tbs chopped, fresh rosemary

2 tsp fennel seeds, crushed

2 tbs olive oil

4 apples, sliced horizontally,  
leaving core in

1/2 cup maple syrup

Rub the pork with rosemary and fennel. Season with salt and freshly ground black pepper.

Heat half the oil in a large frying pan over medium heat. Cook the pork for 3-4 minutes each side or until cooked to your liking. Place on a plate and cover to keep warm.

Reheat the frying pan and add remaining oil. Cook the apples for 1-2 minutes each side or until tender. Drizzle with half the maple syrup. Serve the pork and apples with remaining maple syrup.

### SERVING SUGGESTION

Steamed green beans



## BEEF & SUGAR SNAP HOISIN STIR-FRY

SERVES **4**

PREP **15 mins**

COOKING **15 mins**

800g rump steak, thinly sliced

1 tbs sesame oil

1 tbs sunflower oil

4 green shallots, sliced

1 bunch Chinese broccoli,  
shredded

1 red capsicum, sliced

200g sugar snap peas,  
trimmed

1/4 cup hoisin sauce

2 tbs soy sauce

3 tsp sesame seeds,  
toasted (see note)

Combine beef and sesame oil in a bowl. Heat a wok or large frying pan over high heat. Stir-fry beef in 3 batches until browned. Transfer to a plate.

Reheat wok or pan over high heat. Add sunflower oil and green shallots and stir-fry for 1 minute. Add remaining vegetables and stir-fry for 2 minutes or until cooked. Return beef and sauces to wok and heat through. Sprinkle with sesame seeds.

### SERVING SUGGESTION

Steamed rice

### NOTE

To toast sesame seeds, toss them in a small frying pan over medium heat until they just begin to brown. Keep your eye on them so that they don't burn.

## STOVE-TOP RHUBARB & STRAWBERRY CRUNCH

SERVES **4**

PREP **10 mins**

COOKING **15 mins**

1 bunch rhubarb

1/4 cup caster sugar

Grated zest and  
juice of 1 orange

250g strawberries, halved

40g butter

2 tbs honey

1/2 cup rolled oats

1/2 cup chopped  
raw macadamias

1 tsp cinnamon

Cut the rhubarb into 6cm lengths. Heat sugar, orange juice and zest in a medium saucepan until dissolved. Add rhubarb and strawberries. Cover and gently cook over low heat for 10-15 minutes or until rhubarb is just tender. Cool slightly.

Meanwhile heat a small frying pan over medium heat. Add butter, honey, oats, macadamias and cinnamon and cook, stirring, for 3-4 minutes or until golden and crisp.

Spoon into serving glasses and sprinkle with crumble.

### SERVING SUGGESTION

Vanilla ice-cream or custard



## CHOCOLATE & ORANGE MOUSSE WITH HONEYCOMB

SERVES **4**

PREP **20 mins**

COOKING **10 mins**

200g dark chocolate

500ml thickened cream

2 egg yolks

1 tsp grated orange zest

### FOR THE HONEYCOMB

1 cup caster sugar

1/3 cup golden syrup

3 tsp bicarbonate soda

Whisk cream until thick. Reserve 1/4 cup for serving. Melt the chocolate in a heatproof bowl over a saucepan of simmering water. Remove from the heat and fold in egg yolks, orange zest and cream. Spoon into 4 serving glasses and place in fridge until ready to serve.

Meanwhile, make the honeycomb. Lightly spray a 20cm x 20cm slice tin with oil. Heat sugar, golden syrup and 1/4 cup water in a medium saucepan over medium heat until sugar dissolves. Bring to the boil and simmer for 5 minutes or until the sugar mixture turns golden.

Remove from heat and add the bicarbonate of soda to the mixture and stir in quickly. It will froth and foam, tripling in size. Pour into prepared tin and leave to cool.

When cool break into small pieces and serve on top of the mousse along with a spoonful of reserved cream.

### NOTE

You can make the chocolate mousse and honeycomb ahead of time if entertaining. Keep the mousse in the fridge and honeycomb in an airtight container. Alternatively top with chopped Violet Crumble bar.