



Smashed Pea Bruschetta by Jane Rangiwhia

Serves 6 • Prep 15-minutes • Cook Time 10-minutes

INGREDIENTS:

1 garlic clove
Rind of one lemon
2 cups water
2 cups frozen peas
Salt and pepper
Lemon Zest
Juice of a lemon
Pinch of chilli flakes
Left over bread for bruschetta (i.e. ciabatta, banquette or sourdough)
Olive oil
Goats cheese or feta for garnish
Chives for garnish

METHOD:

Preheat oven to 180°C fan grill. Line baking pan with baking paper. Slice the left over bread to about 1cm thick and drizzle toast with oil; place into the oven and cook till golden, turn the bread over and cook until golden (approximately 3 minutes each side).

Into a medium-sized pot, fill the pot with approximately 2 cups of water. Add lemon zest, crushed garlic and peas to the pot. Cook over a medium heat, stirring occasionally, until peas are tender (approximately 5 minutes). Drain the peas, reserving the cooking liquid. Add peas to the food processor. Add chilli flakes, salt, pepper and lemon juice to the mixture. Pulse until it forms a coarse paste (Use a little of the reserved cooking liquid to thin the pea mash if required).

Top the toasts with the pea mash. Crumble over goats cheese or feta on top of the pea mash.

Maple Drumsticks with fried rice and beans by Jane Rangiwhahia

Serves 6 • Prep 10-minutes • Cook Time 30-minutes

INGREDIENTS:

12 Chicken drumsticks
½ cup Maple Syrup
2 tbsp Worcestershire Sauce
4 tbsp Dijon mustard
1 onion

Fried rice and beans

Olive oil
Left over rice
1 cup of frozen beans (peas or mixed vegetables)

METHOD:

Preheat oven to 180°C fanbake. In a large bowl, mix the maple, Worcestershire sauce, mustard and season with salt and pepper until well combined. Place chicken drumsticks into a large plastic bag and pour marinade into the bag.

Slice onion and spread slices evenly on the baking pan. Spray your baking pan with oil or line with baking paper for an easier clean up. Slice onion and spread slices evenly on the baking pan.

Once coated, place in a baking pan on top of the sliced onion. Pour the remainder of the sauce on top of the drumsticks. Cook for about 30-40 minutes until brown and chicken is cooked through. Serve with fried rice and beans.

For the fried rice and beans, add Olive oil to hot skillet. Add leftover rice. Add frozen beans. Toss ingredients together in a hot skillet.

Optional: Add almond flakes and lemon zest to fried rice recipe. Serve with chicken drumsticks.

IDEAS:

Instead of Worcestershire sauce you could use soy sauce. Serve with left over rice tossed in a pan with frozen mixed greens, dressed with lemon zest and flaked almonds.



Banana, Brandy and Bread Pudding by Jane Rangiwahia Serves 6 • Prep 10-minutes • Cook Time 30-minutes

INGREDIENTS:

4 cups of left over bread (I've used half a loaf of ciabatta)
2 frozen bananas
3 eggs
1 cup cream
½ cup brown sugar
1 tsp vanilla extract
2 tbsp brandy (optional)
¼ cup extra brown sugar

METHOD:

Preheat the oven to 180°C fanbake. Roughly slice the bread and randomly place into a greased baking dish. Into a blender add the bananas, eggs brown sugar, vanilla and cream. Blend until combined.

Pour the brandy over the bread, it will soak into the bread. Pour the blended banana custard mix over the bread. Sprinkle the extra brown sugar over the bread. Bake in the oven for 30mins until the custard is set and the top is golden brown. Serve with cream.

IDEAS:

Instead of brandy you could use another liqueur like Galliano, Cointreau or similar.

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