

Roast Chook with Garlic

Serves 6-8

Ingredients

2kg free range chook
24 cloves of garlic
1 lemon
Sea salt
Freshly ground black pepper
125ml Verjuice
50ml Extra Virgin Olive oil
125ml water
3 sprigs rosemary

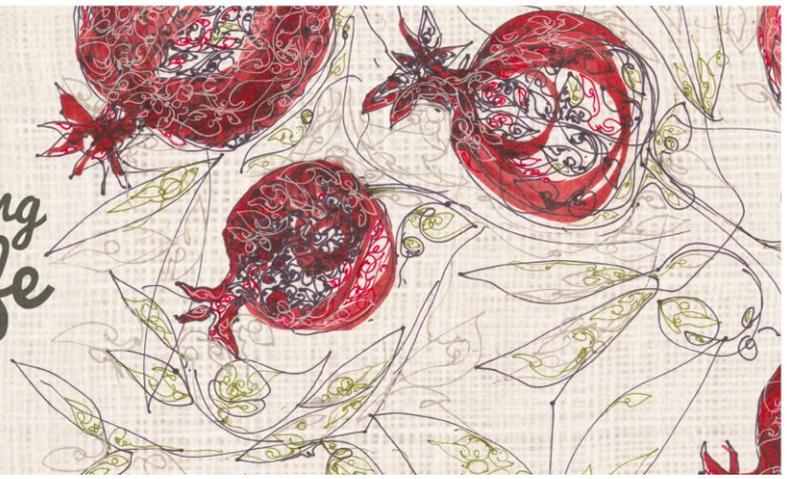


Method

1. Preheat the oven to 230c. Remove the chook from the fridge approximately 1 hour prior to roasting to bring it to room temperature. Place a small pot of water over a high heat and bring to the boil, blanch the unpeeled garlic for 5 minutes and drain, set aside.
2. Squeeze the lemon juice into the cavity of the chook and season with salt and pepper. In a mixing bowl mix together 50ml verjuice, the olive oil, sea salt and pepper to taste and brush over the chicken skin.
3. Sit chook breast side up on a trivet in a shallow baking dish and place into the pre heated oven on middle shelf and cook for 20 minutes.
4. Reduce the oven temperature to 180c. Combine the remaining verjuice and water in a jug, then carefully turn the chook over so the breasts are facing down and pour over half the verjuice mix. Add the garlic cloves and rosemary to base of baking dish, return to the oven to cook for a further 30 minutes.
5. Reduce the oven to 120c and add the remaining verjuice water mix, cook for a further 20 minutes. Turn over the chicken so breasts are up and cook for a final 10 minutes. Remove from the oven, cover with foil and rest for 25 minutes.
6. Refrigerate the cooking juices to separate fat. Remove fat and warm cooking juices to serve over the chook alongside the Lentil & Avocado Salad.



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Lentil & Avocado Salad

Reference - Maggie Beer

Preparation 25 minutes **Cooking** 40 minutes **Makes** 8 serves **Cost** \$3.12 per portion as main
Season Any **Ability** Medium **Can** Best fresh **Equipment** Stove and deep fryer

Did you know? Compared to a serve of potato salad with creamy dressing, this salad provides nearly triple the protein and nearly double the energy and fibre.

The benefits: Lentils are particularly rich in dietary fibre, protein, folate and iron. Quinoa is gluten free and is high in protein; it is one of only a few plant foods that are considered a complete protein and contains all nine essential amino acids. Avocados are rich in monounsaturated (healthy fats), which may be beneficial for heart health. Pumpkin seeds provide a rich source of zinc, important for the immune system and the building of proteins.

Ingredients

100g raw brown Australian lentils
100g raw quinoa
250g brown onions
½ cup cornflour
½ cup plain flour
3 ripe avocados, medium diced (drizzle with Verjuice if cutting ahead of time)
1 ½ cups flat leaf parsley, picked leaves
50g pumpkin seeds
½ cup mint, plucked leaves
120g Persian fetta
Extra Virgin Olive Oil to serve
Sea Salt and freshly ground black pepper to season



Verjuice Vinaigrette

4 tablespoons Extra Virgin Olive Oil
4 tablespoons Verjuice

Method

1. Place the lentils into a pot and cover with double volume of water, place over a high heat bring to the boil. Reduce the heat to a gentle simmer, cook for 20 minutes or until just cooked through, remove from the heat, strain, add a little salt flakes and Extra Virgin Olive Oil, and set aside to cool.
2. Place the quinoa into a pot and cover with 4 litres of cold water, place over a high heat bring to the boil and then reduce the heat to a gentle simmer, cook to instruction or until just cooked through, remove from the heat, strain and set aside to cool. Drizzle with a little Extra Virgin Olive Oil.



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3. Preheat a deep fryer to 170C. To make the crispy onions, cut the onion in half-length ways then slice approx. 3 to 4mm thick and set aside.
4. Place the cornflour and plain flour into a mixing bowl and mix together well.
5. Place the onion slices into the flour mixture and toss around to coat all sides, dust off excess flour, place into the deep fryer and cook until light brown then remove and place onto kitchen towel to drain. This may need to be done in a number of batches. Once they have cooled to room temp, place back into the deep fryer to crisp up and cook for 2 minutes, or until medium dark brown. Remove from the oil and place onto kitchen towel to drain and cool.
6. To pull the salad together place the lentils, quinoa, avocado, parsley, pumpkin seeds, mint and crispy onions into a mixing bowl, season with sea salt & freshly ground black pepper to taste and toss together well.
7. To make the vinaigrette, combine the Extra Virgin Olive Oil & Verjuice in mixing bowl and whisk together.
8. Dress the salad just before serving and mix together well. Top with Persian fetta and drizzle with Extra Virgin Olive Oil.

Nutritional Information

Lentil and Feta Salad - Serving Size: 356g		
	Per Serving	Per 100g
Energy (kJ)	2764	775
Protein (g)	17.0	4.8
Fat (g)	48.4	13.6
- Saturated (g)	19.6	2.7
Carbohydrate (g)	35.2	9.9
- Sugar (g)	2.8	0.8
Fibre (g)	9.9	2.8
Sodium (mg)	196	55

