

# HI GOOD LOOKING

## It's time to get cooking



## Swedish Meatballs

Serves: 6

### INGREDIENTS

1kg of pork and beef mince  
1/2 cup panko bread crumbs  
1/4 cup parsley, chopped  
1/4 teaspoon ground allspice  
1/4 teaspoon ground nutmeg  
1/2 onion, finely chopped  
1/2 teaspoon Garlic Powder  
1/8 teaspoon Pepper  
1/2 teaspoon salt  
1 egg

### Sauce

1 tbsp. olive oil  
5 tbsp. butter  
3 tbsp. flour  
2 cups beef broth  
1 cup heavy cream  
1 Tablespoon Worcestershire sauce  
1 tsp. Dijon mustard  
salt and pepper to taste

### INSTRUCTIONS

1. In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix together and form into even sized meatballs
2. In a large frypan heat olive oil and a dash of butter, add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a plate and cover with foil.
3. Whisk together the beef stock, cream, flour, soy sauce, black pepper and rosemary in a large saucepan until smooth. Cook and stir over low heat until thickened, about 10 minutes, stirring occasionally. Stir in the meatballs then continue cooking until meatballs are heated through, about 5 more minutes.

## Seared Steak

with caramelized onions, pan fried tomatoes & green bean, rocket salad

### INGREDIENTS

3 x 200g Beef Sirloin steaks  
1 sliced brown onions  
1 x 100g feta  
2 x bunch Rocket  
10 Pan fried tomatoes  
20 Steamed green beans

### Marinade for steaks

60ml red wine vinegar  
20ml Extra Virgin Olive Oil  
1/4 bunch rosemary Sprigs  
1/4 bunch thyme Sprigs

### Dressing

60ml Extra Virgin Olive Oil:  
20ml Balsamic Vinegar  
Salt and Pepper

### INSTRUCTIONS

1. Marinade steaks for 1/2 hour prior to cooking.
2. Heat hotplate or heavy based pan until hot, then reduce the heat to medium to cook the steaks.
3. Cook Beef for about 3mins each side until it's tender to touch
4. Add sliced onions to the pan and cook until golden and caramelized. Best cooked on high and tossed occasionally. Season generously.
5. Rest beef for 5 to 8 minutes on a tray and retain juices
6. In a large platter layer rocket, sliced cooked tomatoes, feta and cooked beans.
7. In a bowl combine balsamic vinegar, olive oil in and the juices from the beef season with salt and pepper and whisk.
8. Slice beef thinly and add to salad with caramelized onions.
9. Drizzle dressing over the top.



# Creamy Mushroom Bacon Pasta

Serves 4-6

Preparation time: 15-30minutes

## INGREDIENTS

1 tablespoon butter/1 tablespoon oil  
1 onion, chopped  
500g mixed mushrooms, sliced  
400 gr pasta, cooked  
2 rashers bacon, chopped  
125 ml cream  
1 stock cube  
2 tablespoon parsley  
1 teaspoon chilli flakes  
Salt and pepper to taste  
Parmesan cheese to serve

## INSTRUCTIONS

1. In a fry pan, add oil butter, and sauté onion and mushrooms until soft.
2. Add bacon and sauté until golden. Stir in cream, stock cube, parsley and chilli flakes and heat for several minutes, until hot.
3. Cook pasta as per packet directions, in the last couple of minutes.
4. Gently stir in pasta to mushroom and bacon mixture. Mix well.
5. Serve with Parmesan cheese.

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