

MUSHROOM PÂTÉ

COMMERCIALY MADE PÂTÉS CAN CONTAIN GLUTEN BUT YOU DON'T HAVE TO MISS OUT IF YOU MAKE YOUR OWN. THIS ONE IS SUITABLE FOR VEGETARIANS AND LOWER IN FAT THAN MANY COMMERCIAL VARIETIES.

1 tsp olive oil
1 small onion, chopped
2 garlic cloves, crushed
300 g (10½ oz) flat mushrooms, wiped clean and chopped
4 tbsp dry white wine or water
80 g (2¾ oz/1 cup) fresh gluten-free breadcrumbs
2 tbsp thyme, plus extra to serve
2 tbsp chopped flat-leaf (Italian) parsley
1 tbsp lemon juice

PREP TIME: 15 MINUTES +
 1 HOUR REFRIGERATION
 COOKING TIME: 10 MINUTES
 SERVES 4-6

Heat the oil in a large, deep frying pan. Add the onion and garlic and cook, stirring, for 2 minutes without browning. Add the mushrooms and white wine or water. Cook, stirring for 1 minute, then cover and simmer for 5 minutes, stirring once or twice. Remove the lid and increase the heat to evaporate any liquid. Cool.

Place the mushroom mixture, breadcrumbs, herbs and lemon juice in a food processor. Process until smooth and season well with salt and black pepper. Spoon into a serving bowl. Cover and refrigerate for at least 1 hour to allow the flavours to develop.

HINTS:

- You'll need about 3 average slices of gluten-free bread without crusts for the amount of breadcrumbs you need for the pâté. To make the breadcrumbs, blend the bread in a food processor until crumbs form.
- Serve with gluten-free bread or crackers.

nutrition per serve (6): Energy 320 kJ (76 Cal); Fat 1.1 g; Saturated fat 0.2 g; Protein 3.3 g; Carbohydrate 10.1 g; Fibre 2.2 g; Cholesterol 1 mg

Mashed Potato

Serves 4

Cooking Time 20 minutes + 10 minutes preparation

4 potatoes, peeled and diced
3 tbsp milk
1 tbsp butter

Bring the potatoes to boil in a saucepan of water. Simmer for 15-20 minutes, until the potatoes are soft.

Drain the potatoes then return them to the saucepan, but not on heat. Add the butter then milk. Mash until smooth.

Baked Potatoes

Serves 4

Cook Time 1 hour + 5 minutes preparation

4 potatoes, 1 potato per person
Whichever topping you like (see below)

Pre heat the oven to 180°C/350°F.

Wrap the potato in foil and place in the oven. Depending on the size it could take anywhere from 40-60 minutes to cook.

Once cooked, eat as desired.

Stuffed Potatoes – Cut a "top" off the potato. Scoop out the inside and mash with some milk, an egg and some cheese; how much depends on how many potatoes you've done. It just needs to be smooth, but not too runny. Stuff this back into the potatoes you scooped it out of. Place them back in the oven on a tray for another 10-15 minutes, until the cheese melts and starts to go golden.

These patties had great flavour. I shallow-fried mine, so they were lovely and golden on the outside, and a little crisp, making them very moreish!
 Samantha foodie



\$4.63 per serve

takes 40 mins

lower sodium
 Salmon patties with dill sauce

Salmon patties with dill sauce

Recipe #8721

Submitted by Ryndal60

Serves 4

Prep 20 minutes

Cook 20 minutes

415g can red salmon, drained, skin and bones removed

1 brown onion, grated

1 cup cold mashed potato

½ cup grated tasty cheese

2 tablespoons Gourmet Garden

Lightly Dried Parsley

1 egg, lightly beaten

1 tablespoon lemon juice

1 cup fresh breadcrumbs

2 tablespoons olive oil

Mixed salad leaves and lemon wedges, to serve

Dill sauce

1 cup crème fraîche

1 tablespoon lemon juice

2 tablespoons chopped fresh dill

¼ teaspoon lemon pepper

1 Flake salmon in a large bowl. Add onion, potato, cheese, parsley, egg and lemon juice. Season well with salt and pepper. Mix well to combine. Shape mixture into 8 patties. Toss in breadcrumbs to coat.

2 Heat oil in a large non-stick frying pan over medium heat. Cook patties, in batches, for 4 to 5 minutes each side, or until golden and heated through, adding extra oil if needed.

3 Meanwhile, make Dill sauce. Combine crème fraîche, lemon juice, dill and lemon pepper in a bowl.

4 Serve patties with dill sauce, mixed salad leaves and lemon wedges.

NUTRITION: (per serve) 2666kJ; 48.8g fat; 23.4g sat fat; 26.8g protein; 20.6g carbs; 2.9g fibre; 153mg chol; 585mg sodium. >



Kim says:

This recipe was originally cooked in the microwave. I followed the suggestion from another member and cooked the patties in a frying pan to create a golden and crispy breadcrumb coating.



ideas recommends

Gourmet Garden Lightly Dried Parsley lasts 4 weeks after opening. No more wilted herbs in the vegie drawer - so convenient!

