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# *Christmas* RECIPE BOOK

Exclusive recipes from  
Masterchef winner Brent Owens

SIDES

MAINS

DESSERT



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# BUDGET 3 BEAN AND GREEN BEAN SUPERFOOD SALAD - SERVES 6



“ This is a delicious recipe that I discovered when cleaning out my pantry. I put everything together and it turned out amazing. Really cheap, really tasty and extremely healthy. This one will be used all year round I’m sure. This makes a large quantity and for good reason. The family will be coming back for more. Little tip, if you’re making this ahead of time of the night before, leave the lime juice and olive oil out until ready to serve. Enjoy ”

## INGREDIENTS

- 1 x 400g can red kidney beans, rinsed and drained
- 1 x 400g can butter beans, rinsed and drained
- 1 x 400g can cannellini beans, rinsed, rinsed and drained
- 300g green beans, cut into 1cm chunks
- 1 red onion, finely diced
- 1 cup (30g) fresh coriander, washed and roughly chopped
- 2 red chillies, seeds removed and finely diced
- 1 x 250g punnet cherry tomatoes, halved
- 4 corn cobs, husk removed
- 1 avocado, cut into small cubes
- Juice of 3 limes
- 2 tablespoons olive oil

## INSTRUCTIONS

- Place a large saucepan, ½ filled with water onto the boil. Once boiling, add the corn and boil for 3 minutes. Remove onto paper towel to absorb any excess moisture.
- Heat a large frying pan over high heat. Add cooked corn and chargrill the outside for 2 -3 minutes. Remove and set aside to cool.
- In a large bowl, add all the beans, onion, coriander, chillies, tomatoes and avocado. Cut the kernels off the corn husk and add to salad. Add lime juice, olive oil and season to taste. Serve immediately.

# GRILLED PRAWNS WITH SALSA VERDE - SERVES 4



“ Prawns are a staple at my family Christmas table. Get your hands dirty and have fun with it. By roasting the prawns in their shells you maintain juiciness and add that rich crustacean flavour that we love in seafood. Pair that with the zingy freshness of the salsa Verde (that you can prepare the night before) to cleanse your palate after each mouthful. Quick, simple and incredibly tasty. ”

## INGREDIENTS

- 400g fresh prawns, roughly 10
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper
- Few sprigs of fresh thyme

### For the salsa verde- makes 1 cup

- ½ cup extra virgin olive oil
- 2 cloves garlic
- 1 cup (30g) fresh basil leaves
- 1 tablespoon capers, rinsed and drained
- 1 anchovy fillet
- 1 cup (30g) flat leaf parsley
- Juice and zest of 1 lemon
- Salt and pepper to taste

## INSTRUCTIONS

- Place prawns, olive oil, paprika, cayenne pepper and thyme into a large bowl. Toss to coat thoroughly and set aside to marinate for 30 minutes. Pre-heat the grill setting on your oven. Lay prawns flat on a large baking tray lined with greaseproof paper. Grill on one side for 4-6 minutes then remove, ready to serve.
- For the salsa verde, add all ingredients except olive oil into a small food processor. Blitz into a fine paste. Add olive oil and blitz again. Season to taste and set aside to serve.
- Serve prawns on a large serving plate, top with salsa verde, some extra capers, a drizzle of olive oil and some fresh basil leaves.

# LOW FAT, SUGAR FREE FROZEN STRAWBERRY MOUSSE CUPS WITH WHITE CHOCOLATE SNOW AND HIDDEN TREASURES - SERVES 4



We all love getting presents at Christmas and I especially enjoy seeing my nieces and nephews 'excitement faces' when there is a surprise involved. Add hidden treasures into this Christmas themed dessert to give an element of surprise and is a great dish for the kids to get into. The treasures can be anything you choose. I have listed what I added into mine but you can be as creative as you want. I've also played around with the ingredients to make this version a lot healthier so the family are getting the nutrition they need as well as a delicious dessert. A great recipe to prepare a few nights before the big day.

## INGREDIENTS

- 1 x 200g block white chocolate, grated to serve
- Fresh strawberries to serve
- Fresh mint to serve
- raspberry jellies
- dark chocolate chunks
- blueberries

### For the frozen Strawberry mousse

- 4 x 250g punnets fresh strawberries
- 1 cup thickened cream
- ½ cup Greek yogurt
- 2 tablespoon pure maple syrup
- A few drops of vanilla extract

## INSTRUCTIONS

- Place the strawberries into a food processor and blitz for 1 minute. Pass mixture through a fine sieve into a bowl. Add lemon juice
- In a large bowl, add yogurt, maple syrup, vanilla and berry puree. Stir to combine.
- Beat cream until firm peaks form then fold into yogurt mixture. Gently spoon mixture into serving cups then insert hidden treasures. Place into freezer to set for minimum 2 hours.
- Remove from freezer 1 hour before serving to soften slightly. Top mousse with white chocolate shavings, fresh mint and berries. The family will love this.