



*Cook for a Cause Ambassador
 Chef Sean Connolly
 From Sean's Kitchen
 & Astral Restaurant*

Recipes

This year's special ingredient is lime! We encourage you where possible to use this ingredient in your cooking.

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Entrées

John Mangos' Char-Grilled Octopus

Octapothi Sta Karvouna

John Mangos from www.johnmangos.com

Serves 4 - 6



Ingredients

1kg medium octopus (see notes)

¼ cup olive oil

2 tablespoons red wine vinegar

1 - 2 teaspoons dried oregano (see notes)

Method

Clean octopus. Mix oil, vinegar and oregano in a bowl. Add octopus to marinade and leave to marinate for 1 - 2 hours, if time permits. Heat char-grill. Place the octopus on the grill and brush with the marinade, cook until it can be easily pierced with a fork.

Note: Baby octopus can also be used for this recipe. Greek dried oregano, called 'rigani', is available from many Greek delis.

John Mangos' Cucumber with Feta & Mint

Angouri me Feta ke Diosmo

John Mangos from www.johnmangos.com

Serves 4 - 6

Ingredients

1 telegraph cucumber

½ cup chopped mint leaves

1 cup crumbled Greek feta

½ cup extra virgin olive oil

¼ cup lemon juice

Salt flakes and freshly ground black pepper, to taste



Method

Remove alternate strips of peel from cucumber to give a striped effect. Slice cucumber into discs. Place cucumber slices on a flat salad bowl or platter. Combine mint and feta. Sprinkle feta on top of cucumber slices. Drizzle with oil and lemon juice and sprinkle with salt and pepper.

Sean Connolly's Ceviche

Sean Connolly from [Sean's Kitchen](#) & [Astral Restaurant](#)

Ingredients

800g firm fleshed white fish (e.g. good quality king fish, barramundi or snapper)
Salmon caviar
5-6 limes, to make 120ml lemon juice plus extra to cover
1 grated carrot
4 chopped spring onions
200ml coconut milk (good quality tinned coconut cream or coconut cream mixed with tinned coconut milk)
Pepper and salt
Handful fresh coriander to serve
Fresh chillies

Preparation

Chop fish into bite sized pieces (1cm thick) and cover with fresh lime juice. Cover with the lime halves and refrigerate over night in a non-reactive bowl. Stir at least once. Remove and drain from lime juice and mix with other ingredients in bowl.

Stir in some fresh lime juice to coat. Check seasoning. Serve slightly chilled sprinkled with fresh chillies and coriander leaves.

'Children who are given the opportunity to learn how to cook are given an invaluable social skill. A skill they can use in the future to build friendships, relationships, and a strong family unit where their own children are given a platform to be heard and helped.'

Sean Connolly



Justin North's Linguine of Prawns & Squid with Tomato, Lime & Basil

Justin North from [Bécasse](#)

Serves 4 as an entrée or 2 as a main

Ingredients

100g of dried linguine
3 large 100g king prawns
1 500g fresh squid
2 vine ripened tomatoes
1 bunch basil
1 lime - zest and juice
150ml grape seed oil
1 punnet baby cress
Salt and lemon



Method

Clean the prawns by removing the heads, shell and intestinal tract.

Clean the squid and cut the tubes into thick batons.

Blanch the tomato in boiling water for 8 seconds to loosen the skin and then refresh in ice water. Remove the skin, cut the tomato into quarters remove the seeds and cut the flesh into a neat dice.

Remove the leaves from the stalks of basil and blanch the leaves in boiling salted water for 30 seconds, refresh in ice water. Drain and squeeze out the excess moisture, roughly chop and place in a upright bar blender with the grape seed oil and blitz to a bright green smooth puree, season well and set to one side.

Blanch the dried linguine in boiling salted water for 6 minutes until firm to the bite. Meanwhile heat a fry pan over a medium high heat, add a good drizzle of grape seed oil, add the prawns and squid, season well cook for one minute on each side, squeeze in a few drops of fresh lime and swirl the pan to baste the seafood with the pan juices, add a few drops of olive oil, the drained pasta, diced tomato, zest and juice of the lime.

Check for seasoning and then arrange neatly on warm serving plates, drizzle over the basil oil, spoon around the pan juices and garnish with a few leaves of baby cress and serve at once.



Jannine's Prawn & Mango Salad

Jannine from [Sir David Martin Foundation](#)

Ingredients

750g fresh king prawns
1 x 150g pkt baby spinach leaves
1 punnet of cherry tomatoes
1 cucumber
1 avocado
1 large mango
1 lemon juiced
1 lime juiced

Method

Peel and devein the prawns. Combine the spinach leaves, halved cherry tomatoes, peel and slice cucumber, peel and cut the avocado into small wedges. Add the peeled and diced mango pieces. Squeeze over all the ingredients the juice of the lemon and lime. Serve immediately.

'I was brought up around the family table and think it is the most important time of day when a family can get together, communicate and share their daily stories of joy and woe. Sharing togetherness over good food is the fundamentals of good family life and values.'

Justin North



Mains

John Mangos' Fish Kebabs

Psari Souvlaki

John Mangos from www.johnmangos.com

Serves 6

Ingredients

600g mixture of tuna, swordfish, ling, snapper, blue-eye trevalla (see notes)
12 spring onions, trimmed
12 cherry tomatoes
1 red capsicum, cut into chunks
1 green capsicum, cut into chunks
12 button mushrooms, halved
2 zucchini cut into 5mm pieces
12 small (15cm) bamboo skewers, soaked in cold water

Method

Marinade

½ cup olive oil

¼ cup lemon juice

Salt flakes and freshly ground black pepper, to taste

1 tablespoon chopped flat-leaf parsley

1 tablespoon clear honey (optional)

Make marinade: combine all ingredients. If time permits, place fish in the marinade for up to 2 hours.

Preheat grill. Thread the fish onto the skewers, interspersing different fish with vegetables. Cook skewers on a hot grill for 6 - 8 minutes, basting if they haven't had time to marinate, and turning so each side comes into contact with the grill. Be careful not to overcook. Note: Any thick-fleshed fish can be used for this recipe.

'I learned to cook in my parent's café as a teenager. I was probably about fourteen when I cooked my first steak, chips and salad for a customer. It didn't come back so I guess it must have been okay.'

John Mangos



Donna's Lime and Chicken Stir Fry

Donna from [Sir David Martin Foundation](#)

Ingredients

2 large chicken breasts
1 packet hokkien noodles
2 garlic cloves
Brown onion
Dried chilli
Bunch coriander
Olive oil
1 can of chick peas
1 carrot
12 beans
6 snow peas
1 red capsicum
Honey
Soy sauce
Sweet chilli
Yoghurt
Mint
6 Limes

Method

Slice chicken breasts down centre sideways, then slices into small strips
Marinate for 10 minutes in juice of 3 limes and desert spoon of virgin olive oil
Fry in non stick pan until brown. Remove. Set aside.

Squash garlic and fry with chopped brown onion and hand full of fresh coriander
Remove and set aside.

Prepare Noodle as per instructions (boiling water over noodles).

Stir fry all vegetables & Chick peas until medium cooked (still firm). Add cooked chicken, noodles, and onion mix to vegetables. Stir in 2 teaspoons of honey, 2 teaspoons of soy, 1 desert spoon of sweet chilli sauce.

Serve in deep bowls with yoghurt on top of stir fry with sprinkle of Coriander and wedge of lime.



Matthew Kemp's Marinated Kingfish with Mud Crab and Coriander

Matthew Kemp from [Restaurant Balzac](#)

Ingredients

400g kingfish fillet
100g mud crab – picked fresh

Kingfish Marinade

30g sea salt
15g castor sugar
1 lime – zest and juice
½ bunch coriander
1 star anise
½ red chilli



Method

For kingfish, blend all ingredients together in food processor. Lay out a piece of clingwrap on the bench. Spread out half of the marinade, top with fish and cover with remaining marinade. Wrap up tightly. Place in fridge for 4-6 hours. Remove. Wash and slice thinly. Set aside.

Ingredients

For Crab

½ lime juice
1 tsp chopped coriander
1 tsp olive oil
Sea salt
1 tbsp diced white radish

For Garnish

4 ½ lime
Baby coriander
Extra Virgin Olive Oil

Method to Finish

Lay the fish on your serving plates. Dress the crab with coriander, olive oil, lime juice sea salt and white radish and scatter over the fish. Drizzle with EVO and place sprigs of baby coriander on top and serve with lime wedges.



Geoff Huegill's Pumpkin & Spinach Cannelloni

Geoff Huegill from www.geoffhuegill.com

Ingredients

½ butternut pumpkin
Bag of spinach
½ tub of cottage cheese
2 spring onions
Pinch of nutmeg

Method

Preheat oven to 180°C. Lightly grease a 1 1/2-litre (6 cup-capacity) ovenproof baking dish.

Cook pumpkin in a large saucepan of boiling water for 10 minutes or until tender. Drain, mash roughly with a fork then set aside to cool slightly. Blanch spinach in boiling water for 30 seconds. Rinse in cold water and drain well. Squeeze out excess moisture then chop roughly.

Place pumpkin, spring onions, spinach, cottage cheese and nutmeg in a large bowl. Season with pepper. Mix together.

Spoon 4 tablespoons (1/3 cup) filling in the middle of each lasagne sheet. Fold sheet to enclose filling. Spread 1/3 cup (80ml) pasta sauce in the bottom of prepared dish. Place cannelloni on top in a single layer. Repeat with remaining sheets and filling.

Pour remaining tomato sauce over cannelloni, season well with pepper and sprinkle with cheese. Bake for 30 minutes, or until cheese has melted and is bubbling. Serve with a green salad.



'I am a parent and I already make a point of dinner being a time for my boys and I to sit down together, chat about the day and enjoy good healthy food together. It is one of my favourite times of the day.'

Matthew Kemp



John Mangos' Seafood Casserole

Psari Plaki

John Mangos from www.johnmangos.com

Serves 6

Ingredients

2 large potatoes
2 carrots
2 sticks celery
4 small white onions
4 large ripe red tomatoes
2 tablespoons olive oil
Sprinkling dried oregano (see notes)
6 x 200g snapper cutlets
Salt flakes and freshly ground black pepper, to taste
Lemon wedges, to serve
Crusty bread, to serve



Method

Preheat oven to 200°C. Peel potatoes, carrots, celery and onions. Slice potatoes thickly. Cut celery and carrots into 3 - 5cm chunks. Slice onion into thick rings.

Purée tomatoes in a food processor, adding a little water to make it quite liquid. Put oil and tomatoes into a deep-sided baking dish, add all the vegetables and sprinkle with oregano. Cover with a tight-fitting lid or aluminium foil.

Place in oven and cook for 30 minutes or so, until vegetables are half cooked. Remove from oven, add fish, burying it into the sauce among the vegetables, add salt and pepper. Return to oven, uncovered and cook for a further 15 minutes or so, until fish is just cooked through.

Serve straight from the baking dish, with lemon wedges and crusty bread. Note: Greek dried oregano, called 'rigani', is available from many Greek delis.



Greg Everett's Thai Mussels

Greg Everett from www.boxfresh.com.au

Serves 3

Ingredients

Handful of torn mint
Handful of torn coriander
Handful of torn basil
350 grams sweet potato
1kg fresh live mussels
1 tsp vegetable oil
125ml water
2 shallots, finely sliced
2 cloves garlic, minced
1 (or half a) small red chilli, finely chopped
1 tbsp fish sauce
1 tbsp sweet chilli sauce
1 tbsp lime juice
1 lime, cut into wedges



Method

Cut the sweet potato in large chunks and simmer for about 15 minutes. Drain and cut into 1cm dice. Clean mussels and discard any open ones. Heat the oil, water, chilli, shallots and garlic in a heavy pot and bring to the boil.

Add the mussels and cover, after 2 minutes remove any opened mussels. Cover and continue until all are cooked. You may get some that don't open, throw these away.

Add the sweet potato, fish sauce, sugar and sweet chilli to the liquid. Stir all ingredients well, toss in the mussels, lime juice and herbs, mixing well.

Serve with lime wedges, steamed rice or big thick crusty bread.



Desserts

Michael Moore's Lime & Poached Strawberry Jelly

[Michael Moore](#) from [Summit Restaurant](#)

Serves 6

Ingredients

800g fresh strawberries
400g caster sugar
300ml water
1 bunch fresh mint
14 leaves gelatine
4 fresh limes juice and zest

Method

In a small saucepan warm the water and lime juice dissolve the sugar. Cut the tops of the strawberries and drop them in the liquid for 1 minute. Soak the gelatine in cold water for 3 mins until soft add to the strawberries and stir until dissolved. Add the fresh mint and the lime zest stir well and pour into small glasses. Take care to share the strawberries around and cover them in a little of the syrup.

Allow to set in the fridge for 1 hour then serve with a spoon of double cream and pistachio biscotti.

Greg Everett's Lime Tart

Greg Everett from www.boxfresh.com.au

Serves 8

Ingredients

The pastry

1x70g egg
150g of chilled butter cut into 2cm cubes
60g icing sugar
250g best quality plain flour (strong flour creates a crumblier pastry but can be hard to work with)



BOX FRESH
For when you're cooking at home



Lime filling

100ml of fresh lime juice
5 egg yolks (from 70g eggs)
180g butter, chopped
175g fine caster sugar

Coconut Meringue

3 egg whites
75g fine caster sugar
25g shredded coconut

Method

Pastry

Place the flour, butter and icing sugar in the bowl of a food processor and pulse into fine breadcrumbs. Add the egg and pulse until dough starts to form.

Turn out onto a floured surface and lightly knead. Shape into a disc and wrap in plastic wrap. Place in fridge for 20 minutes to rest.

Preheat oven to 200C. Lightly grease a 23cm loose bottomed flan tin. Roll out the pastry to fill the flan tin and then rest in fridge for 20 minutes.

Once removed from fridge place paper into the flan and fill with baking beans and blind bake for 15 minutes until lightly golden.

Remove from oven and reduce the heat to 180C. Take out the beans and the paper and return flan case to oven to cook for another 10 minutes. Remove from oven and set aside to cool.

While the pasty case is cooking get started on the lime curd.

Lime curd

Place the butter, sugar and lime juice in a heat proof bowl over a saucepan of simmering water. Cook, stirring, for 5 minutes or until the sugar dissolves. Stir in the egg yolks and cook, stirring, for 10-15 minutes until mixture thickens and coats the back of the spoon. Remove from heat and set aside for 15 minutes to cool and thicken.

To make the coconut meringue, place the coconut in a non-stick frying pan over a medium heat and cook, stirring, for 3 minutes or until toasted. Set aside.



Using an electric whisk, whisk the egg whites to soft peaks and then gradually add the caster sugar until mixture becomes thick and glossy. Fold in the coconut.

Preheat the grill to medium, Pour the lime curd into the pastry case, then pipe the meringue over the top. When completely covered, place under the preheated grill until lightly browned.

John Mangos' Oranges in Extra Virgin Olive Oil

Portokali me Agno Elaiolado

John Mangos from www.johnmangos.com

Serves 4 - 6

Ingredients

4 sweet oranges

$\frac{3}{4}$ cup best quality extra virgin olive oil

3 tablespoons clear honey (preferably Greek)



Method

Remove skin and pith from oranges, keeping orange whole. Slice peeled orange into 1cm thick rings. Arrange on a serving plate, slightly overlapping. Drizzle honey over orange slices. Drizzle olive oil over the top and serve.

'Sitting down to a home cooked meal should be an essential part of any young person's life.'

Sean Connolly