

# BRIDGEPOINT

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## CRUNCHY BUTTON MUSHROOMS

**Preparation:** 12 minutes

**Cooking:** 8 minutes

**Ingredients:** (Makes 20)

- 500g of button mushrooms
- 50g of freshly grated Parmesan cheese
- 1 teaspoon of oregano leaves (dry)
- 1 teaspoon of fresh thyme leaves
- 2 tablespoons of plain flour
- 2 eggs lightly beaten with a little milk added
- 1 cup of Panko breadcrumbs
- ½ cup of extra virgin olive oil
- Salt & pepper to taste



### Method

Trim stems of mushrooms to create a level base.

Dust with plain flour. Coat mushrooms with egg and milk wash.

Combine the Panko breadcrumbs, Parmesan cheese, oregano leaves, thyme leaves and salt & pepper.

Toss mushrooms in the breadcrumb mixture – thoroughly coating each one.

Gently fry in extra virgin olive oil until golden, turning a couple of times.

Serve with sweet chilli sauce, aioli, Dijonaise or your sauce of choice.

Hint

Place the flour into a snap lock plastic bag with the mushrooms for easy, clean coating. This also works well with the crumbing mixture.

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## FRENCH MUSTARD CHICKEN

**Preparation:** 5 minutes

**Cooking:** 10 minutes

**Ingredients** (Serves 4)

- 500g lean chicken breast fillets – cut into strips
- 1 dessertspoon of olive oil
- 1 dessertspoon of butter
- Sprinkle Lemon Pepper Seasoning
- 2 tablespoons of plain flour
- 1 dessertspoon of Dijon Mustard
- 2 tablespoons of cream
- 1 tablespoon of freshly chopped tarragon
- Fresh parsley - chopped

### Method

Heat the butter and olive oil on medium heat in a fry pan.

Add chicken that has been coated in the lemon pepper seasoning and plain flour.

Add the Dijon Mustard, cream, tarragon and parsley to create a delicious sauce and stir frequently.

Serve with mashed potato, carrot and zucchini sticks.

Hint

Extra light cream can be used in this recipe if you want lots of sauce.



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## BACON & EGG FRITTERS

**Preparation:** 8 minutes    **Cooking:** 10 minutes

### Ingredients (Makes 12)

200g bacon – finely chopped  
3 eggs  
2 medium zucchini – grated  
1 cup of Tasty cheese – grated  
¾ cup of self-raising flour  
½ cup of parsley – chopped  
1 large brown onion – finely chopped  
Olive oil for frying  
Salt & pepper to taste



### Method

Combine all the ingredients in a large bowl and mix well to incorporate all the ingredients.

Fry 1 dessertspoon of the mixture in a small amount of olive oil over a medium heat for 3 – 4 minutes each side.

### Hint

If you prefer to make these as larger fritters, top the fritters with a little light sour cream and a sprinkle of fresh chopped chives. A light sprinkle of paprika can also be included with the sour cream and chives.

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## SMOKED HAM BREAKFAST

**Preparation:** 15 minutes  
**Cooking:** approx. 6 minutes

### Ingredients (Serves 4)

100g finely chopped smoked ham  
4 thick slices Cape seed loaf   
4 large free-range eggs   
A small amount of soft butter mixture (refer below)  
1 dessertspoon of cream  
Salt & pepper to taste   
Fresh parsley to garnish



### Method

Using a small biscuit cutter or a small glass, cut a hole in each slice of bread. Lightly butter the bread on both sides as well as the bread cut from the centre of each slice.

Combine the eggs, ham, cream and salt & pepper – lightly beat.

Heat a non-stick fry pan on medium heat. Add the buttered bread and cook until the first side is crisp and golden.  Turn the bread then pour ¼ of the egg mixture into each hole in the golden toasted bread. Cook for 2 minutes then turn and cook for an extra minute or until the egg mixture is set.

Serve on warm plates. Garnish with parsley and sprinkle with salt & pepper.

### Hint

To create the soft butter mixture, combine 250g soft butter with 1/3 cup of rice bran oil. Process in a food processor until smooth then refrigerate for an easy, healthy spread.

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## BAKED SALMON TORTILLAS

Preparation: 20 minutes

Cooking: 30 minutes

Ingredients (Serves 4)

- 8 small tortillas
- 200g of fresh Atlantic salmon – cooked & flaked
- 1 onion – finely chopped
- 2 cloves garlic – crushed
- 100g mushrooms – sliced
- 1 dessertspoon rice bran oil
- 1 jar chunky salsa
- 1 cup grated Tasty cheese
- ½ cup finely chopped parsley



### Method

Pre-heat the oven to 180°.

Sauté the onion, garlic, and mushrooms in the rice bran oil until soft on medium heat.

Add the salmon, parsley, ½ of the salsa and ½ of the cheese – mix to combine. Spoon the mixture evenly onto the tortillas and roll up to enclose the filling.

Place seam side down into a shallow baking dish. Top with remaining salsa and sprinkle with remaining cheese.

Bake for 25 – 30 minutes.

Serve with a light, healthy salad. Cook until golden brown using medium heat for approximately 4 minutes each side.

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## SPICY CREAMY FISH

Preparation: 10 minutes

Cooking: 9 minutes

Ingredients (Serves 4)

- 500g of boneless white fish fillets - cut into bite size pieces
- 1 dessertspoon of Moroccan seasoning
- 1 dessertspoon of rice bran oil
- 1 cup of passata
- 2 tablespoons of light cream
- 2 tablespoons of chopped coriander leaves
- 2 tablespoons of finely chopped parsley
- Salt & pepper to taste



### Method

Gently fry the fish in rice bran oil in the pan on medium heat for 3 minutes – turn once during cooking time.

Add the Moroccan seasoning and cook for 1 minute to coat the fish.

Add the passata and gently stir it over the fish. Cover and simmer for 3 minutes.

Add the light cream, coriander, parsley and salt & pepper to taste. Mix gently to combine.

Serve on a bed of couscous, quinoa or rice.

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## GOLDEN SWISS DELIGHT

**Preparation:** 5 minutes    **Cooking:**  
8 minutes

Ingredients (Serves 4)

8 slices of thick cut white bread or  
cape seed loaf  
2 tablespoons of soft butter  
4 slices of thick leg ham  
1 cup of grated Gruyere cheese  
½ bunch fresh chives – finely  
chopped  
Honey mustard to taste  
Salt & pepper to taste



### Method

Heat an electric frypan on high and line it with baking paper.

Add 4 slices of bread – buttered side down. Reduce heat to medium.

Place slices of ham, mustard, a sprinkle of grated Gruyere cheese, fresh chives and add salt & pepper to taste.

Place the remaining 4 slices of bread, buttered side up, on to each portion in the pan to create an enclosed sandwich.

Cook on both sides until golden brown using medium heat for approximately 4 minutes each side.

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## CHICKEN & CORN FRITTERS

**Preparation:** 8 minutes  
**Cooking:** 4 minutes

Ingredients (Serves 4)

4 free-range eggs  
1 cup of cold cooked chicken  
1 cup of corn kernels – fresh or canned  
½ cup of parsley – finely chopped  
½ cup of shallots – finely chopped  
½ cup of plain flour  
1 dessertspoon of soy sauce  
1 cup of bean sprouts  
Oil for frying



### Method

Combine all of the ingredients in a large bowl.

Cook heaped tablespoons of the mixture in hot oil until golden – about 2 minutes. Turn and repeat.

Serve with a mild chilli sauce and honey.

### Hint

As an alternative, omit the soy sauce and bean sprouts. Add ½ cup of crumbled Fetta cheese and ¼ cup of chopped black olives.



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## MOROCCAN LAMB PIZZA

**Preparation:** 15 minutes

**Cooking:** 20 minutes

**Ingredients** (Serves 4)

400g lean lamb mince

1 dessertspoon rice bran oil

1 dessertspoon Moroccan seasoning

1 clove garlic – crushed

1 onion – finely chopped

4 wholemeal Lebanese flat bread

1 tablespoon of pine nuts

2 tablespoons chopped coriander leaves

20 cherry tomatoes – halved

¾ cup natural Greek yoghurt

Juice of ½ a lemon

2 tablespoons finely chopped mint



### Method:

Pre-heat the oven to 200°.

Combine yoghurt, lemon juice and mint – mix gently and set aside.

Heat non-stick pan on medium heat for 2 minutes.

Add rice bran oil, onion and garlic – stir-fry for 3 minutes.

Add the lamb mince and Moroccan seasoning.

Stir-fry the mixture for 5 minutes.

Season to taste.

Line the baking trays with baking paper. Place flat breads onto the baking paper then spread the lamb mixture over the flat breads. Place the tomatoes, pine nuts and coriander on top of the lamb mixture.

Bake for 10 minutes.

Serve with a drizzle of the minted yoghurt – place remainder of minted yoghurt in a serving bowl on the side.

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## VERSATILE COLESLOW FRITTERS

**Preparation:** 20 minutes

**Cooking:** 10 minutes

**Ingredients** (Serves 4)

1 large brown onion – finely chopped

1 carrot - grated

1 cup of finely shredded cabbage

2 sticks of celery – finely chopped

½ green capsicum – finely diced

1 cup of Tasty cheese – grated

¾ cup of self-raising flour

3 eggs

½ cup of parsley – chopped



### Method

Combine all the ingredients, except for the olive oil, in a large bowl and mix well to incorporate all the ingredients.

Fry heaped tablespoons of the mixture in a small amount of olive oil over a medium heat for 5 minutes each side.

### Hint

Top the meal size fritters with a little light sour cream and a sprinkle of fresh chopped chives. A light sprinkle of paprika can also be included with the sour cream and chives.

Any fresh grated vegetables such as zucchini or parsnip can be used in this recipe.

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