



A week in the life of a versatile cooker is brought to you by

HP8555 SecretChef® Electronic Sear and Slow Cooker 5.5L

Sunbeam

## Easy Monday

### Minestrone Soup Serves 4

2 tp olive oil  
1 clove garlic, crushed  
200g prosciutto, chopped  
1 celery stalk, finely chopped  
1 carrot, finely chopped  
1 zucchini, finely chopped  
2 potatoes, cut into 2cm cubes  
300g pumpkin, cut into 2cm cubes  
800g can crushed tomatoes  
6 cups chicken stock  
1 cup Italian-style soup mix  
1 cup shredded cabbage  
1 cup macaroni or similar small pasta  
Shredded basil & parmesan cheese, to serve

1. Heat the oil in the slow cooker to medium heat. Add garlic, prosciutto, celery and carrot, cook, stirring, for about 15 minutes or until soft. Add the zucchini, potatoes, pumpkin, tomatoes, stock and soup mix.
2. Place the lid on. Using the Slow Cooker mode, cook on LOW for 8 hours or HIGH for 4 hours. Add the cabbage and pasta in the final 30 minutes of cooking.
3. Serve minestrone topped with shaved parmesan and basil.

Note: Italian-style soup mix is a mixed bag of dried peas, beans and lentils. It can be bought from supermarkets.



## Spice Up Tuesday

### Thai Chilli Jam Chicken Serves 4



2 tablespoons olive oil  
500g chicken thigh fillets, trimmed, chopped  
1 brown onion, cut into thin wedges  
3 garlic cloves, finely chopped  
200g snake beans, trimmed, cut into 3cm lengths  
1 red capsicum, sliced  
1/4 cup chilli jam  
1 tablespoon fish sauce  
1 tablespoon oyster sauce  
1 tablespoon brown sugar  
1/3 cup roasted cashew nuts  
1/4 cup shallots, sliced  
1/3 cup fresh Thai basil leaves  
450g fresh wide rice noodles

1. Select SEAR on the slow cooker. Add 2 teaspoons oil. Cook a third of the chicken for 2 to 3 minutes or until browned and just cooked. Transfer to a bowl. Cover to keep warm. Repeat with oil and remaining chicken in 2 batches.
2. Add remaining oil to slow cooker. Add onion and cook for 2 minutes or until softened. Add garlic, cook a further minute. Add snake beans and capsicum and cook for 2 to 3 minutes or until tender.
3. Place noodles in a heatproof bowl. Cover with boiling water. Set aside for 4 minutes. Using a fork, separate noodles. Drain.
4. Return chicken to wok. Add chilli jam, fish sauce, oyster sauce and sugar. Cook for 1 to 2 minutes or until sauce mixture is bubbling and heated through. Add cashew nuts and shallots. Toss to combine. Sprinkle with basil and serve with noodles.

## Lazy Wednesday

### Pan Fried Fish With Garlic & Lemon Serves 4

1/4 cup basil leaves, shredded  
2 tablespoons lemon juice  
2 tablespoons olive oil  
2 shallots, sliced finely  
2 cloves garlic, crushed  
4 firm white fish fillets (barramundi)  
Salt and freshly ground black pepper, to taste



1. Combine fish, basil, lemon, oil, shallots, garlic and refrigerate for 20 minutes to marinate.
2. Select BROWN mode on the slow cooker and temperature 180c. When heated, add fish and cook for 2-3 minutes on each side or until done. Season to taste with salt and pepper. Serve.

## Hearty Thursday

### Meatballs In Rich Tomato Sauce Serves 4

**Meatballs**  
500g veal mince  
500g pork mince  
1 onion, grated  
1 lemon, grind finely grated, juiced  
1 cup fresh white breadcrumbs  
1/3 cup basil leaves, finely chopped  
**Rich Tomato Sauce**  
1 tablespoon olive oil  
1 clove garlic, crushed  
1 onion, sliced  
1 tablespoon tomato paste  
2 x 400g cans diced tomatoes  
Salt and ground black pepper to taste  
1 teaspoon sugar  
1/2 cup chopped basil  
1/3 cup chopped flat leaf parsley  
cooked pasta and extra basil, to serve



1. Combine veal and pork mince, onion, lemon rind, 1 tablespoon lemon juice, breadcrumbs, basil and salt and pepper in a large bowl. Roll tablespoonful's of mince mixture into balls. Place meatballs on a tray lined with baking paper. Cover and refrigerate for 15 minutes or until firm.
2. Turn the slow cooker onto medium heat add the oil, garlic and onion and cook for 3-4 minutes until softened but not browned.
3. Add the tomato paste and cook, stirring constantly for 1 minute
4. Add diced tomatoes, reduce the heat and simmer for 8-10 minutes, until thickened.
5. Stir through salt and pepper, sugar, basil and parsley, adjusting the seasoning as required.
6. Drop meatballs into tomato mixture. Reduce heat to low and simmer, uncovered, for 25 to 30 minutes or until meatballs are cooked through.

## Friends-over Friday

### Beef Spare Ribs Serves 4

*Great For Nachos, Burgers, Tacos, Burritos Or Quesadilla*

Salt and pepper to taste  
1/2 cup plain flour  
2 tablespoon olive oil  
1.2kg Beef Spare Ribs  
200mL red wine  
50mL white vinegar  
50mL BBQ hot sauce  
2 tablespoon Worcestershire sauce  
2 tablespoon honey  
250mL beef stock  
3 garlic cloves, chopped  
2 bay leaves  
2 tablespoon tomato paste  
Plain flour  
5 tablespoon brown sugar

1. Toss the beef short ribs with seasoning and flour. Using the Slow Cooker, select the Browning function, heat the olive oil and brown the ribs on both sides.
2. Add the red wine, sugar, white vinegar, Worcestershire sauce, garlic, honey, bay leaves, tomato paste and beef stock. Cook for 3 minutes, taste and adjust flavour accordingly.
3. Select slow cook on high for 2 hours. Remove the ribs from the slow cooker and shred the meat off the bones.



