

Healthy barbeque ideas

Summer is nearly here, time to enjoy some out-door dining. Try some of these delicious recipes developed by Bronwen King, CTV chef – enjoy!

Hamburgers

Ingredients

500g lean minced beef
1½ cups soft breadcrumbs
½ cup rolled oats
2 Tb cold water
1 tsp minced garlic
¼ cup chopped parsley
1 tsp dried basil or 2Tb fresh basil
½ cup grated carrot
1 onion, finely chopped
1 egg
½ tsp garlic salt
1 tsp curry powder

Method

Mix all ingredients together in a bowl.
Shape into hamburger patties (Makes 8 large)
Cook on barbeque or in a non-stick frypan. Serve in toasted hamburger buns with lettuce, grated carrot, finely sliced red onion, pineapple ring and sliced tomato

This recipe also works well as meat balls (smother with a tomato based pasta sauce) or as a delicious meat loaf.

Honey Grilled Fish

Ingredients

¼ cup honey
¼ onion, finely chopped
2 Tb lime or lemon juice
2 Tb soy sauce
2 Tb hoisin sauce
2 cloves garlic, minced
1 tsp minced chilli
1 tsp minced ginger
600g firm fleshed fish e.g. warehou

Method

Combine all ingredients except fish; mix well. Pour over fish and marinate for at least an hour in the refrigerator. Barbeque or grill fish, allowing about 4 – 5 minutes per side, depending on the thickness. Fish is cooked if it flakes when tested with a fork.

Serves 4

Keeping food safe this summer

Clean

Always wash your hands and dry thoroughly before handling food; after handling raw meat and poultry, after going to the toilet or changing nappies, after handling pets and after gardening.

Cook

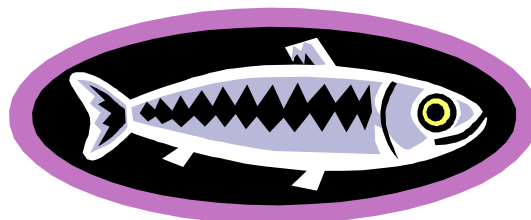
Defrost meat thoroughly before cooking, so that the centre of the food can be thoroughly cooked.

Cover

Keep food covered as much as possible to protect them from flies, birds and pests.

Chill

Keep food in the fridge or chilly bin until just prior to cooking or eating.



BBQ Chicken Drumsticks

Ingredients

8 chicken drumsticks, skin removed

Marinade:

1/4 cup tomato sauce

2 Tb soya sauce

1 tsp grated green ginger

1 tsp crushed garlic

1 Tb sherry

1 Tb honey

1/2 tsp five spice powder



Method

Mix marinade ingredients together in a bowl; add chicken and stir. Leave to stand for several hours. Place in a baking dish and bake at 180C for approximately 15 mins or until juice comes out clear, when drumstick is pierced with a skewer. Sprinkle some sesame seeds over just prior to serving.

NB. For a hotter taste, add minced chilli to the marinade.

Tri-colour Pasta Salad with Tomato Balsamic Dressing

Ingredients

1 pack of tri-colour pasta, cooked and drained

100g snow peas

1 cup of cherry tomatoes or 3 tomatoes, diced

1 small head of broccoli, cut into small florets and blanched

1/2 red onion, finely sliced or diced

2 courgettes, sliced

1 yellow capsicum, sliced thinly

1/2 cup black olives

Dressing

1 x 400g can tomatoes

1 small onion

3/4 cup balsamic vinegar (wine or malt vinegar may be substituted here)

2Tb brown sugar

1 tsp minced garlic

2Tb olive oil

1 tsp garlic salt

Method

Mix pasta with enough dressing to coat it. Arrange dressed pasta on large flat platter. Scatter the other ingredients over top and then garnish with freshly chopped parsley. Serve remaining dressing in a small jug or bowl beside salad

Dressing

Place all ingredients in a blender or food processor. Pulse for a few seconds until blended.

Serves 8 -10