



BBQ

July and BBQ season is here, so this month's recipes are accompaniments to those burnt sausages! Enjoy!

by Hazel Foster



Quinoa Mint and Coriander Salad (Gluten free) (Serves 4)

- 170g Quinoa
 - 2 tablespoons extra virgin olive oil
 - Juice from 2 limes
 - 2 tablespoons fresh mint leaves, chopped
 - 2 tablespoons fresh coriander leaves, chopped
 - Sea salt and fresh ground pepper, to taste
 - A handful of cherry tomatoes, quartered
 - 2 tablespoons diced red onion
- Cook the quinoa as per instructions and leave to cool. Add the rest of the ingredients and mix well. Can be made ahead of time, even the day before.

Feta Pasta Salad with Sweet Chilli (Serves 4)

- 250g Pasta (penne/fusilli/farfalle etc)
 - 100g Feta cheese cubed
 - 3-4 tablespoons sweet chilli sauce
- Cook pasta and leave to cool. Add sweet chilli sauce and mix then add feta.

Layered Rice Salad (Serves 4)

- 400g rice – cooked and cooled
- Your choice of salad layers – sweetcorn, red onion, chickpeas, chopped lettuce, chopped tomatoes, salad leaves, spinach, chopped or sliced beetroot, chopped peppers, fresh herbs or whatever else you think! This looks most impressive in a clear bowl. Just add each ingredient on top of each other to create layers.

Piri Piri Spice Rub

- 1 teaspoon Salt (I like to use Black Salt)
 - ½ teaspoon Cinnamon powder
 - ½ teaspoon Cardamon powder
 - ½ teaspoon Powdered Sugar
 - 2 teaspoons Ground dry Ginger
 - 2 teaspoons Paprika
 - 1 teaspoon ground Cayenne Pepper
 - 2 teaspoons Garlic flakes
 - 2 teaspoons Garlic powder; 2 teaspoon Oregano
- (You can adjust any spice amounts to suit your taste)
Just add all the powders to a mixing bowl and mix. Brush meat with oil and add rub. Store rub in air tight jars. Can keep in the fridge up to 2 months

BBQ Marinade

- 120g tomato ketchup
 - 2 tablespoons dark brown sugar
 - 2 tablespoons Worcestershire sauce
 - 1 tablespoon cider vinegar
 - 1 dash hot sauce, such as Tabasco
 - 1 clove garlic, crushed
 - ¼ teaspoon mustard powder; ¼ teaspoon salt
- In a small saucepan over medium heat, stir together all the ingredients. Bring to a simmer, then remove from heat and allow to cool slightly before brushing on your favourite barbecued meats.

Tomato, Pesto and Mozzarella Salad (Serves 4)

- 4 tomatoes sliced
- 1 tablespoon pesto
- 1 mozzarella ball
- Fresh Basil
- Ground black pepper

Arrange slices of tomato on a plate, dot pesto around, tear mozzarella and add, tear basil and add. Grind some fresh black pepper on top.



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