



*I say...*

Fast, easy & tasty is hard to beat!

*Like a lot of us today, Sophie Falkiner juggles a busy career with raising a family and taking care of a household. One of Sophie's greatest challenges is finding the time to make tasty and nutritious meals without spending hours in the kitchen.*

*Sophie's put together five of her favourite recipes – they're easy-to-make and even easier to prepare, and most importantly, each meal is healthy and tastes great! All the ingredients can be found at Marrickville Metro, so while you're here pick up what you need for a week of tasty and time saving meals!*

## Tomato & Basil Bruschetta

6 ripe tomatoes  
1 Italian loaf of bread, sliced  
1/2 red onion, sliced  
Handful freshly chopped basil  
Salt  
Freshly ground black pepper  
2 garlic cloves, halved  
4 tbsl extra virgin olive oil  
2 tbsl balsamic vinegar  
Basil leaves to serve

**Heat a chargrill or BBQ to a medium-high heat. Grill the bread until golden brown on both sides, rub liberally with the raw garlic and drizzle with half the extra virgin olive oil.**

**Roughly chop tomatoes. In a bowl, add tomatoes and onions, olive oil and balsamic vinegar. Season to taste with salt and freshly ground black pepper. Mix well.**

**Top bread with tomato mixture and serve with fresh basil leaves. Serves 4.**

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## Chicken & Bean Burritos

1 tbsl olive oil  
500 gm chicken breast fillet  
8 burritos  
450g can refried beans  
3/4 cup grated tasty cheese  
375g jar chunky tomato salsa  
2 avocados  
Salad greens  
1 lebanese cucumber, sliced  
8 spring onions  
Half red onion, sliced  
300g tub sour cream

**Preheat oven to 200°C. Heat oil in a frying pan over medium heat. Cook chicken for 4 minutes each side, or until cooked through. Stand for 10 minutes.**

**Heat burritos in oven using packet directions. Heat beans in microwave for 2 minutes or until hot. Slice chicken. Place 1 tablespoon of beans onto each burrito. Top with chicken slices, salsa, avocado, salad ingredients, sourcream and finish with cheese. Roll up tightly to secure. Serves 4.**

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## Spinach & Bearnaise Sauce with Fillet Steak

Olive oil  
4 (about 160g each) beef fillet steaks  
4 egg yolks, at room temperature  
1 tbsl white balsamic vinegar  
125g butter, cut into 1cm cubes  
1 tbsl finely chopped fresh tarragon  
Salt  
Ground white pepper  
1 bunch english spinach  
1/2 punnet cherry tomatoes

**Place the egg yolks and vinegar in a medium heatproof bowl over a saucepan of barely simmering water (make sure the bowl doesn't touch the water). Use an egg whisk to whisk the egg yolks constantly for 3 minutes or until thick, pale and creamy, and a ribbon trail forms when the whisk is lifted.**

**Add the butter, 1 cube at a time, whisking constantly and adding another cube only when the previous cube has been completely incorporated. Whisk in the tarragon. Remove from heat. Taste and season with salt and pepper.**

**Top up the water in the saucepan and bring to the boil over medium heat. Add the spinach leaves and cook for 1 minute or until just wilted. Drain well.**

**Meanwhile, preheat a large chargrill over medium-high heat. Brush with oil to lightly grease. Add the steaks and cook for 4 minutes each side for medium-rare or until cooked to your liking.**

**Place steaks, spinach and cherry tomatoes on serving plates. Spoon over the bearnaise sauce. Serve immediately with mashed potato. Serves 4.**

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## Chicken salad Nicoise

4 medium red potatoes  
1/2 cup green beans, cut into 2-inch lengths  
3 precooked skinless chicken breasts, cut into long strips  
500 gm mixed lettuce leaves  
1/2 small red onion, cut into thin strips  
1/3 cup black olives  
2 tbsl capers  
2 tbsl chopped fresh basil  
1/2 cup parsley leaves  
2 hard-boiled eggs, peeled and quartered  
1/2 punnet cherry tomatoes, cut into half  
Cristini sticks  
**Dressing**  
2 medium cloves garlic, peeled and finely chopped  
1 tspn Dijon mustard  
2 tbsl finely chopped fresh basil  
3 tbsl fresh lemon juice  
2 tbsl extra-virgin olive oil

**Place potatoes in a saucepan with enough salted water to cover. Bring to a boil and cook until tender, about 20 to 30 minutes. Drain and cool potatoes, then peel and cut into thin wedges.**

**Meanwhile, cook green beans in a small saucepan of boiling salted water until tender but crisp, about 5 to 7 minutes. Pour into a strainer, run under cold water and pat dry.**

**For the salad dressing, combine garlic, mustard, basil and lemon juice in a small bowl. Whisk in oil a little at a time until well mixed, and season with salt and pepper.**

**In a large bowl, combine chicken, potatoes, green beans, onion, olives, capers and fresh herbs. Toss with dressing. Garnish with egg and tomato wedges. Serve with cristini sticks. Serves 4.**

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## Spicy Barbecued Prawns

2 tbsl Tabasco sauce  
1/2 tspn chilli powder  
2 tbsl fresh lime juice  
1 tbsl olive oil  
2kg green king prawns  
Lime wedges, to serve

**Preheat barbecue or chargrill pan on high. Soak 12 skewers in cold water for 30 minutes. Drain.**

**Peel and devein prawns, leaving tails intact. Combine Tabasco sauce, lime juice and olive oil in a large bowl. Add the prawns and toss to coat. Thread prawns on skewers.**

**Cook the prawns on the preheated barbecue or chargrill in batches for 5 minutes or until the prawns change colour and are cooked through.**

**Serve prawns hot or at room temperature accompanied by lime wedges. Serves 4.**

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