



# 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
  - ½ teaspoon Ground dry Ginger
  - 2 teaspoons Paprika
  - 2 teaspoons ground Cayenne Pepper
  - 1 teaspoon Chilli 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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