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FAKEAWAY

RECIPE EBOOK



NEW MENU!

THE BEST FOOD IS HOMEMADE

ALL TIME FAVOURITES

PIZZAS

Pizza Dough

Make your own super easy and delicious dough

P3

Supreme

Mozarella, bacon, beef, olive, mushroom

P4

Hawaiian

Mozarella, ham, pineapple

P5

BURGERS

Beef Burger

Beef mince, lettuce, cheese, pickles

P6

Crumbed Chicken Burger

Crumbed chicken breast, greek yoghurt, lettuce

P7

Fish Burger

Crumbed fish fillet, cheese, mayo

P8

TO SHARE

Crispy Fries

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Mac and Cheese

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Chicken Nuggets

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OTHERS

Pad Thai

Flat rice noodles, chicken breast, tofu

P12

Singapore Noodles

Vermicelli noodles, chicken, prawn, egg

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Quesadillas

Tortillas, black beans, yoghurt

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Lamb Souvlaki

Lamb skewers, Tzatziki sauce, lemon

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Pizza Dough

Serves 4 (makes 2 large or 4 small pizzas)

Preparation 10 mins

Cook 15 mins

Ingredients

200g plain flour
240g greek yoghurt
1 tbs baking powder
1 tsp salt
Optional to add seasonings
(eg. dried italian herbs)

Method

1. Preheat the oven to 220 degrees celsius, on a fan forced setting.
2. Mix flour, yoghurt, baking powder and salt together in a bowl until combined (mixture will be crumbly), then knead with your hands until it forms a smooth dough.
3. Divide dough into 2-4 portions and transfer dough onto a floured surface/sheet of baking paper. Roll each portion out as big as you can into a pizza shape and roll the edges over to form a crust.
4. Lightly spray the dough with olive oil, transfer onto a baking tray and place in the oven for 8 minutes to crisp up.
5. Remove the pizza base from the oven, add toppings (see below) and bake for another 5-7 minutes.



Supreme Pizza

Serves 4 **Preparation 10 mins** **Cook 10 mins**

Ingredients

4 lebanese wraps or homemade
pizza dough
1/3 cup tomato passata or paste
1/2 cup mozzarella, grated
1 capsicum, thinly sliced
1 onion, sliced
1 cup mushrooms, sliced
200g beef mince
2 rashers bacon, diced
1/3 cup olives, sliced
Salt & pepper, to taste

Method

1. Preheat the oven to 220 degrees celsius, on a fan forced setting.
2. Place the pizza bases on a baking tray and spread over the tomato paste.
3. Scatter the mozzarella over the base, followed by the vegetables, then the beef mince and bacon.
4. Season with salt and pepper and place in the oven to cook for 5-10 minutes until the cheese has melted, the beef is cooked and bacon is crispy.





Hawaiian Pizza

Serves 4 **Preparation 10 mins** **Cook 10 mins**

Ingredients

4 lebanese wraps or homemade
pizza dough
1/3 cup tomato paste
1 cup mozzarella, grated
240g ham, diced
1 ½ cups pineapple, diced
Salt & pepper, to taste

Method

1. Preheat the oven to 200 degrees celsius, on a fan forced setting.
2. Place the pizza bases on a baking tray and spread over the tomato paste.
3. Scatter the mozzarella over the base, followed by the pineapple and ham.
4. Season with salt and pepper and place in the oven to cook for 5-10 minutes until the cheese has melted.

Beef Burger

Serves 4 **Preparation 10 mins** **Cook 15 mins**

Ingredients

400g extra lean beef mince
80g cheddar cheese, sliced
4 burger buns, cut into 3 slices
½ white onion, finely diced
2 tbs pickles, diced
1 cup iceberg lettuce, finely shredded
Salt & pepper

Sauce:

¼ cup greek yoghurt
2 tbs whole egg mayo
1 tbs tomato sauce/ ketchup
½ tbs dijon mustard
1-2 tbs pickle juice
½ tsp garlic powder
½ tsp paprika
¼ tsp salt

Method

1. Season beef mince with salt and pepper and mould into 8 balls.
2. Heat a non-stick fry pan over high heat, place them into the pan and smash down to create a thin patty. Cook the patties for 2 minutes on both sides until browned.
3. Meanwhile, prepare the sauce by mixing all ingredients together in a bowl until combined.
4. To assemble, slice the burger buns into 3 pieces. Place the cheese onto the bottom slice, top with one of the patties and the diced onion, then top with the middle slice of the burger bun.
5. Add shredded lettuce, the remaining patty and diced pickles. Spread the sauce over the top burger bun and close.



Crumbed Chicken Burger

Serves 4 Preparation 10 mins Cook 25 mins

Ingredients

2 tbs fine breadcrumbs
1/3 cup corn starch
1/2 tsp garlic powder
1/2 tsp onion powder
1/2 tsp salt
1/2 tsp ground pepper
500g chicken breast, sliced
longways and in half to create
4 pieces
Extra-virgin olive oil spray

Slurry:

1/3 cup water
1 tbs corn starch

Sauce:

1/2 cup greek yoghurt
1 tbs whole egg mayonnaise
1 tsp dijon mustard
1/4 tsp garlic powder
1/4 tsp onion powder
1/8 tsp salt

To serve:

4 x burger buns
2 cups iceberg lettuce, shredded

Method

1. Preheat the oven or air fryer to 200 degrees and line a baking tray.
2. For the crumb, mix the breadcrumbs, flour, garlic powder, onion powder, salt and pepper together in a shallow dish. In a separate dish, mix the slurry ingredients together until smooth.
3. Dip each piece of chicken into the slurry mixture then into the crumb. Shake off the excess crumb then place back into the slurry and then a final coating of crumb. Place the crumbed chicken onto the baking tray and repeat with remaining chicken.
4. Lightly spray each piece of crumbed chicken with olive oil and place in the oven or air fryer for 10 minutes. Flip the chicken over, lightly spray the other side with olive oil and bake for another 5-10 minutes or until golden brown.
5. Optional to slice the buns open and place in the oven for 30-60 seconds to warm/slightly crisp up.
6. Meanwhile, mix all sauce ingredients together until combined and spread over each side of the bun.
7. Place the crumbed chicken onto of the bottom bun, add the shredded lettuce and close with the top with bun lid.



Fish Burger

Serves 4 Preparation 15 mins Cook 15 mins

Ingredients

1 cup panko bread crumbs
1 egg, whisked
1 tbs dijon mustard
1 tbs whole egg mayonnaise
1 tbs plain flour
½ tsp salt
1/4 tsp ground pepper
400g white fish fillets
Extra-virgin olive oil spray

Tartare sauce:

1/3 cup greek yoghurt
2 tbs whole egg mayonnaise
1 tbs dill pickles, finely chopped
1 tbs pickle juice
1/2 tsp stevia or monk fruit
sweetener, optional
Salt & pepper, to taste

To serve:

4 x burger buns
80g cheddar cheese, sliced

Method

1. Preheat the oven or air fryer to 180 degrees and line a baking tray.
2. Mix the sauce ingredients together in a bowl and place in the fridge for the flavours to develop.
3. Place the breadcrumbs on the baking tray and lightly spray with olive oil, bake for a 2-3 minutes until lightly golden.
4. Whisk egg, mustard, mayo, flour, salt and pepper together in a shallow dish, set aside.
5. Cut the fish fillets into 4 thin square-ish pieces (slice longways/in half if fillets are thick). Dip each piece of fish into the egg mixture then into the crumb. Shake off the excess crumb then place onto the baking tray and repeat with remaining fish fillets.
6. Place in the oven for 12-15 minutes, flipping halfway. Remove from the oven and top with cheese slices so they melt slightly.
7. Assemble the burger with crumbed fish, cheese and a dollop of tartare sauce. Optional to slice the buns open and place in the microwave or oven for 30 seconds first to warm/slightly crisp up.





Crispy Fries

Serves 4 **Preparation 35 mins** **Cook 30 mins**

Ingredients

750g potatoes, optional to peel
1 tbs extra virgin olive oil
1 ½ tbs corn starch
½ tsp onion powder
½ tsp garlic powder
1 tsp salt

Method

1. Slice the potatoes into thin strips, try to keep them the same size so they bake evenly.
2. Place sliced potatoes into a large bowl filling with cold water. Allow to soak for 15-30 minutes.
3. Once the potatoes are done soaking, drain and pat them completely dry with a towel. Dry the bowl and place the potatoes back in. Add the olive oil, corn starch, onion powder, garlic powder and salt, toss to coat.
4. Arrange potatoes in a single layer on a lined baking tray or air fryer tray. Bake at 200°C for 30 minutes, flipping halfway.



Mac and Cheese

Serves 4 **Preparation 5 mins** **Cook 15 mins**

Ingredients

240g dried macaroni
2 tbs butter
2 tbs plain flour
2 cups dairy milk (or milk of choice)
1 1/2 cups cheese, grated (cheddar, mozzarella or a mix of both)
½ tsp salt
½ tsp pepper
Optional seasoning – garlic powder, onion powder, paprika, mustard powder
Handful of fresh parsley, optional

Method

1. Bring a saucepan of salted water to the boil and cook the macaroni according to packet instructions, drain and set aside.
2. For the cheese sauce, melt the butter in a fry pan over medium heat. Add the flour and cook for 1-2 minutes, stirring constantly. Gradually add the milk and continue to stir until there are no lumps. Simmer for 5 minutes until sauce has thickened.
3. Take the pan off the heat, add the cheese (reserve ¼ cup if baking) and mix until melted and the sauce is smooth. Season with salt and pepper.
4. Add the cooked pasta into the sauce and toss until evenly coated. Serve as is or transfer mixture into a baking dish (if pan is not oven safe), sprinkle with remaining cheese and place under the grill/broil for a 2-3 minutes until the top is golden brown and crispy.
5. Garnish with fresh parsley and serve.



Chicken Nuggets

Serves 4 Preparation 10 mins Cook 40 mins

Ingredients

500g chicken mince
1 egg
2 tbs bread crumbs
2 tbs corn starch
1 tsp salt
¼ tsp pepper
Extra-virgin olive oil spray

Crumb:

¾ cup corn starch
2 tbs breadcrumbs
½ tsp baking powder
1 tsp garlic powder
1 tsp onion powder
½ tsp salt
½ tsp ground pepper

Slurry:

½ cup water
2 tbs corn starch

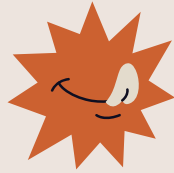
Method

1. Mix the crumb ingredients together in a shallow dish. In a separate dish, mix the slurry ingredients together until smooth. Set both aside.
2. For the patties, combine the chicken mince, egg, breadcrumbs, corn starch, salt and pepper in a large bowl. Using wet hands, take 1 tbs of mixture and shape it into a nugget and place onto a sheet of baking paper. Repeat with remaining mixture.
3. Place each nugget into the slurry mixture then toss in the crumb. Shake off the excess crumb then repeat for a second coating of slurry and crumb. Place the crumbed nuggets onto a lined baking tray and place in the fridge or freezer for 20 minutes to firm up.
4. Preheat the oven or air fryer to 200 degrees. Lightly spray the nuggets with olive oil and bake for 10 minutes.
5. Flip the nuggets over, lightly spray the other side with olive oil and bake for another 5 minutes or until golden brown. Serve with your favourite dipping sauce.



Pad thai

Serves 4 **Preparation 10 mins** **Cook 15 mins**



Ingredients

140g pad Thai noodles
1 tbs extra-virgin olive oil
1 brown onion, sliced
2 garlic cloves, minced
200g chicken breast, sliced into 3 cm strips
200g firm tofu, sliced into 3 cm strips
2 free-range eggs, whisked
1 red capsicum, thinly sliced
1 zucchini, spiralised
2 cups bean sprouts, divided

Sauce:

2 tbs tamarind puree/ paste
4 tbs (packed) coconut sugar
2 1/2 tbs fish sauce
2 tbs oyster sauce

To serve:

2 tbs peanuts, finely chopped
2 limes, cut into wedges

Method

1. Cook pad thai noodles according to packet instructions.
2. Mix sauce ingredients together in a bowl and set aside.
3. Add the olive oil to a fry pan or wok over medium heat, add the onion and garlic and sauté for 1 minute.
4. Add the chicken breast and cook for 2 minutes until sealed. Push the chicken to one side of the pan and pour the egg into the other side of the fry pan. Let the egg set for 30 seconds then scramble with a spatula/ wooden spoon.
5. Add the capsicum and zucchini to the pan, mix to combine with the egg and chicken and cook for 2-3 minutes until vegetables have softened.
6. Add the pad thai noodles, bean sprouts and sauce to the pan. Toss to combine and simmer for 2 minutes until the sauce has absorbed.
7. Divide noodles between 4 bowls, garnish with peanuts and serve with remaining bean sprouts lime wedges.





Singapore Noodles

Serves 4 Preparation 10 mins Cook 15 mins

Ingredients

200g vermicelli noodles
200g chicken thigh, cut into strips
16 prawns, shelled
2 eggs, whisked
1 tbs extra-virgin olive oil
4 garlic cloves, minced
2 tsp ginger, minced
1 brown onion, sliced
1 carrot, thinly sliced
½ cup snow peas, sliced

Sauce:

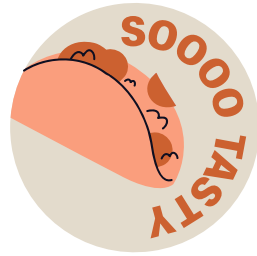
4 tbs tamari/ soy sauce
¼ cup chicken broth
1 heaped tbs curry powder
1 tsp stevia
½ tsp ground pepper

Method

1. Cook noodles according to packet instructions, drain and set aside.
2. Whisk sauce ingredients together in a bowl and set aside.
3. Cook the chicken thigh in a fry pan or wok over medium heat until browned and cooked through. Add the prawns for the last 2 to 3 minutes and fry until just cooked (prawns will curl in to C shape once cooked). Remove chicken and prawns from the pan and aside.
4. Using the same fry pan, add the egg and swirl the pan to make until the base has a thin coating like an omelette. Once the egg has set, use a spatula to roll it up, remove from the pan and slice.
5. Heat the olive oil in the same fry pan and sauté the garlic, ginger and brown onion for 2 minutes. Add the carrot, snow peas and cook for a further 2-3 minutes until vegetables have softened.
6. Add the noodles and sauce and toss until evenly coated. Add the chicken, prawns and egg back into the pan, toss to combine and cook for another 2 minutes until heated through.

Quesadillas

Serves 4 **Preparation 10 mins** **Cook 15 mins**



Ingredients

1 tbs extra-virgin olive oil
1/2 brown onion, diced
1 garlic clove, minced
2 capsicums, diced (any colour)
1/2 tbs paprika
1/2 tbs ground cumin
1 tsp onion powder
1 tsp dried oregano
1 tsp salt
1/4 tsp chilli flakes or cayenne pepper, optional
400g canned black beans, drained and rinsed
1/2 cup corn kernels, drained if using canned or defrosted if using frozen
1/4 cup tomato paste
To assemble:
4 tortillas
1 cup cheddar cheese, grated (1/4 cup per tortilla)
1/2 cup coriander, roughly chopped

To serve:

1 avocado, mashed
1/4 cup greek yoghurt
1/2 lime or lemon, juiced
1/4 tsp salt

Method

1. Heat olive oil in a fry pan over medium heat. Add onion, garlic and capsicum and sauté for 2 minutes until softened. Add the spices and cook for another minute, stirring consistently.
2. Add black beans, corn, tomato paste and 1/4 cup of water. Stir to combine, then simmer for 5 minutes until mixture has thickened. Take off the heat and allow to cool (the filling can also be frozen for assembly at a later date).
3. Meanwhile, place the avocado flesh in a bowl and mash with a fork until it reaches your desired consistency. Mix in the Greek yoghurt, lime juice and salt. Adjust seasoning to taste (can also add fresh coriander, garlic minced/powdered, black pepper) and set aside.
4. To assemble, sprinkle a little cheese over half of each tortilla, top with the cooled bean mixture (if the filling is too hot the quesadillas won't be as crispy), coriander, extra cheese and fold in half.
5. To cook,
FRY PAN: Place the quesadilla in a non-stick fry pan and cook over low to medium heat for 2-3 minutes, flip and cook for another 2 minutes until both sides are golden and crispy.
OVEN: Lightly spray a baking tray with olive oil and place in the oven while it preheats to 200 degrees celsius (fan forced setting). Place the quesadillas onto the hot baking tray and place in the oven for 5-10 minutes. Carefully flip using a spatula, gently press it down and bake for another 5 minutes until both sides are golden and crispy
SANDWICH PRESS: Place the quesadilla in the sandwich press, closer and toast for 2-3 minutes, until golden and crispy.
6. Once quesadillas are cooked, cut in thirds and serve with avocado dip.





Lamb Souvlaki

Serves 4 **Preparation 3+ hrs** **Cook 20 mins**

Ingredients

400g lamb leg or shoulder, cut into chunks
1 red onion, sliced
2 tbs extra-virgin olive oil
1 garlic clove, minced
1/2 lemon, juiced
1 tsp dried oregano
1 tsp dried thyme
1/2 tsp sea salt
1/4 tsp ground black pepper

Tzatziki:

1 cucumber
1/2 cup greek yoghurt
1 tbs extra-virgin olive oil
1/2 garlic clove, minced
1/2 tbs white wine vinegar
1/2 lemon, juiced (approx. 1 tbs)
Salt & pepper, to taste

To serve:

8 bamboo skewers
4 lebanese wrap, cut into triangles or torn
2 cups lettuce, roughly chopped
1/2 cup cherry tomatoes
1/2 red onion, sliced
1 lemon, cut into wedges

Method

1. Mix the olive oil, garlic, lemon juice, oregano and thyme together in a large bowl. Add the diced lamb, onion and toss to coat. Season with salt and pepper, cover and allow to marinate for 3 hours or overnight.
2. Soak the bamboo skewers in water for 10 minutes to stop them from burning.
3. Meanwhile, prepare the tzatziki: cut the cucumber in half lengthwise and use a teaspoon to scrape out the seeds. Grate the cucumber into a sieve or paper towel and squeeze to remove any excess liquid. Transfer the grated cucumber into a bowl and add remaining tzatziki ingredients. Set aside to allow the flavours to marinate.
4. Thread the marinated lamb onto the bamboo skewers and place in a griddle pan over medium heat. Cook the lamb for 10 minutes or until cooked to your liking.
5. Heat the pita in the microwave or dry fry in a non stick pan to crisp up.
6. Place the lettuce, tomatoes and red onion onto a plate. Top with lamb skewers, a squeeze of lemon and serve along side the pita and tzatziki.

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BIG MAC
SUPREME PIZZA
MAC AND CHEESE
CHICKEN NUGGETS
QUESADILLAS
LAMB SOUVLAKI

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PROGRESS NOT PERFECTION.

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