

# RECIPES BY CHEF NEO



## Seafood Paella

### INGREDIENTS:

- 1 ONION, CHOPPED
- 4 GARLIC CLOVES CHOPPED
- 1 TEASPOON FINELY CHOPPED ROSEMARY
- 8 PRAWNS (DEVEINED WITH SHELLS ON)
- 200G SPANISH CHORIZO, SLICED OR DICED
- 500G MUSSELS
- 1 DICED RED PEPPER
- 1 TABLE SPOON SMOKED PAPRIKA
- 2 TEASPOONS FISH SPICE
- FRESHLY CHOPPED CHILLI (OPTIONAL)
- 1 CUP RISOTTO RICE
- 2 FINELY CHOPPED TOMATOES
- 2 CUPS FISH/CHICKEN STOCK
- A FEW STRANDS OF SAFFRON
- ONE CUP FROZEN PEAS
- SALT AND PEPPER
- OLIVE OIL



### Instructions:

1. Soak your clams or mussels in salt water for 10 minutes.
2. Season prawns and fish with fish spice.
3. In a non-stick pan, fry the prawns on each side for 2 minutes on medium high heat. Remove from the pan and set aside.
4. In the same pan fry the fish on both sides for 2-3 minutes each until browned and cooked through. Set aside.
5. In a large skillet or paella pan on medium heat, add a little oil and sauté the garlic and onion till translucent.
6. Add the chorizo, red pepper, chilli, rosemary and smoked paprika and fry for two minutes on medium heat.
7. Add the tomatoes and cook for a further 2 minutes
8. Add the risotto and coat well in the spices.
9. Pour in the wine and allow to simmer on medium heat until the alcohol has evaporated.
10. Pour in two cups of stock and add the saffron.
11. Allow the risotto to cook for 20 minutes.
12. After 20 minutes, season well with salt and pepper and add the peas and mussels without mixing.
13. Let the rice simmer for a further 5-7 minutes allowing the mussels and peas to steam.
14. Once the mussels are cooked, arrange the cooked prawns and fish on top of the rice.
15. Serve immediately.

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## Tomato Salsa & Chimichurri

### INGREDIENTS: TOMATO SALSA

- 3 TOMATOES DESEEDED AND DICED
- 1/2 FINELY CHOPPED RED ONION
- THE JUICE OF 1 LEMON
- 2-3 TABLESPOONS CHIMICHURRI



### Instructions:

1. In a large bowl, mix together tomatoes, red onion and chimichurri
2. Season to taste with salt and pepper.
3. Serve as a topping or side to your favourite melas.

### INGREDIENTS: CHIMICHURRI

- •1 BUNCH OF FRESH PARSLEY (FINELY CHOPPED)
- 1 TABLESPOON CRUSHED GARLIC
- 2 RED CHILLIES (OR MORE DEPENDING ON YOUR TASTE)
- 1/4 CUPS OLIVE OIL
- 2 TABLESPOONS RED WINE VINEGAR
- THE JUICE OF 1/2 A LEMON
- 1/2 TEASPOON SEA SALT
- 1/2 TEASPOON COARSE BLACK PEPPER

### Instructions:

1. Mix all ingredients together in a bowl.
2. Allow to sit for 20 minutes or overnight to release all of the flavours into the oil before using.

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# RECIPES BY CHEF NEO



## Charred Corn Bread

### INGREDIENTS:

- 4 CUPS CAKE FLOUR
- 1 TEASPOON SALT
- 1 SACHET (10G) INSTANT DRY YEAST
- 2 TABLESPOONS WHITE SUGAR
- 2 SWEET CORN CHARRED ON THE FIRE
- A FEW DROPS OF LIQUID SMOKE (OPTIONAL)
- 1 AND 3/4 CUPS WARM WATER
- OIL, FOR GREASING



### Instructions:

1. Remove the corn kernels from the cob using a knife. Roughly chop.
2. Mix the flour, salt, yeast, liquid smoke, sugar and corn kernels together in a bowl. Gradually add the warm water and combine.
3. Knead in the bowl for 6 minutes or until the dough is smooth.
4. Grease a large bowl with a little oil and place the dough in the bowl.
5. Cover with clingwrap and leave in a warm place for 1 hour or until doubled in size.
6. Grease a medium enamel bowl with butter or oil and place the risen dough into the bowl
7. Sit the bowl in a large pot of water, making sure the water doesn't cover it; there should be just enough liquid to steam the bread.
8. Cover and steam on the stove on high heat for 45 minutes.
9. Once cooked through, remove the bread from the water and bowl and place on a wire rack to cool slightly.
10. Serve warm or cool.

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# RECIPES BY CHEF NEO



## Roasted butternut and chickpea salad

### INGREDIENTS:

- 1 MEDIUM SIZED BUTTERNUT, PEELED AND CUT INTO CUBES
- 1 CAN CHICKPEAS, RINSED AND DRAINED
- 1 TEASPOON SMOKED PAPIKA
- 1 TEASPOON CINNAMON
- 1 TEASPOON BROWN SUGAR
- 1 TEASPOON SALT
- 1 TEASPOON OREGANO
- 1 TEASPOON PEPPER
- 1 TEASPOON GARLIC POWDER
- 2 TABLESPOONS OLIVE OIL
- 200G BABY SPINACH
- 40G ROCKET
- BALSAMIC VINEGAR
- OLIVE OIL
- 2 TABLESPOONS PUMPKIN SEEDS
- 70G POMEGRANATE RUBIES
- 100G GOAT CHEESE



### Instructions:

1. Place the butternut and chickpeas in a large bowl. Add all the spices and olive oil.
2. Roast in a preheated oven for 35-40 minutes on 200 degrees.
3. Remove from the oven and allow to completely cool down.
4. Place the baby spinach and rocket in a large bowl.
5. Drizzle the leave with balsamic vinegar and olive oil and add pinch of salt and pepper. Toss the leaves until well coated.
6. Transfer the leaves into a salad bowl
7. Place the butternut squash and chickpeas on top of the dressed leaves.
8. Top with crumbed goats cheese, pumpkin seeds and pomegranate rubies

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