



Summer meals on a budget

With beautiful weather and holidays on the horizon, the summer season tends to be packed with social occasions and celebrations galore. While this time of year is filled with fun and delicious food, the added expenses can creep up quickly and blow out the budget. Thankfully, good food doesn't always need to come with a high price tag and there are plenty of clever ways to lower your food bill without missing out.

Here are our top 10 tips for sticking to your summer food budget:

- 1 Buy your meats and fish in bulk and freeze any leftovers to use another time.
- 2 Opt for budget cuts of meat such as beef rump, blade steak, and skirt or flank steak, which are ideal for barbecuing.
- 3 Make your meat go further on kebabs by alternating a piece of meat with a piece of veg, like capsicum or zucchini, on the skewer.
- 4 Grilled corn is an inexpensive and easy side to cook on the grill. Sprinkle with paprika or a thin grating of cheese instead of the traditional butter topping.
- 5 Baked jacket potatoes are a simple and easy meal to feed the whole family. Plus they're great to cook on the barbecue when wrapped in foil. Create a toppings station with reduced-fat cheese, beans, mince, chopped up veggies and condiments so everyone can build their own.
- 6 Opt for in-season fruits and vegetables to create your salads and side dishes. To bulk out these side dishes try adding low-cost canned lentils or chickpeas.
- 7 Boiled eggs topped with your favourite dip are an excellent low-cost starter. They can also be a great protein to use instead of meat or seafood to bulk up a salad.
- 8 Try frozen seafood instead of fresh. You'd be surprised how great salmon and white fillets of fish can taste when they've been frozen.
- 9 Add flavour and variety with sauces and marinades—a flavour-packed sauce can transform roasted carrots or blanched green beans into a delicious side dish.
- 10 Shop around for the best price—sometimes your local fruit shop or butcher will sell more affordable produce than the supermarket chains, so it pays to spend time doing your research.



Supercharge your summer salads

With a few easy steps, you can create quick, healthy and delicious dressings and marinades that will transform your summer salads and barbecues. Here are six of our favourite recipes to get you started. *The quantities given are for four servings.*

- 1 Choose a base** e.g. oil, yoghurt, soy sauce + **2 Add a zesty acid** e.g. lemon juice, lime juice, vinegar + **3 Finish with extra flavour** e.g. fresh herbs, spices, mustard

Dressings



1 tbs olive oil
2 tbs balsamic vinegar
2 tsp wholegrain mustard

2 2 2 SmartPoints value per serve

Drizzle over leafy greens, tomato and basil, or steamed or grilled vegetable salads.



¼ cup (60ml) buttermilk
1 tbs lemon juice
1 tbs chopped chives
1 tsp finely grated lemon rind

0 0 0 SmartPoints value per serve

Delicious for potato salads and creamy slaws, or drizzle over quartered baby cos or iceberg lettuce cut into wedges.



1 tbs salt-reduced soy sauce
2 tbs lime juice
1 small red chilli, finely chopped
1 tsp finely grated fresh ginger

0 0 0 SmartPoints value per serve

Perfect to toss through Asian noodle salads, Asian slaws, or to drizzle over Thai beef salads.

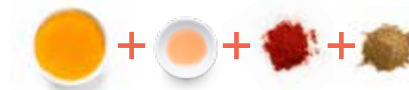
Marinades



¼ cup (60g) 99% fat-free plain yoghurt
1 tbs lime juice
2 tsp curry powder
1 tbs chopped fresh coriander

0 0 0 SmartPoints value per serve

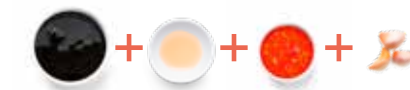
This Indian-inspired marinade is perfect for grilled chicken, fish or lamb.



¼ cup (60ml) orange juice
1 tbs red wine vinegar
1 tsp smoked paprika
1 tsp ground cumin

0 0 0 SmartPoints value per serve

Spice up your grilled chicken, pork, beef, prawns or tofu with this flavoursome marinade.



2 tbs oyster sauce
1 tbs rice vinegar
1 tsp sambal oelek
1 garlic clove, crushed

1 1 1 SmartPoints value per serve

Add an Asian twist to grilled chicken, beef, pork, lamb or tofu, or try brushing over your favourite skewers as they cook.



BBQ

Harissa chicken skewers with burghul salad

prep 15 min cook 10 min serves 4

9 6 2 SmartPoints value per serve

400g skinless chicken breasts, cut into 3cm pieces
2 tbs harissa paste
 $\frac{1}{3}$ cup (80g) 99% fat-free plain yoghurt, plus $\frac{1}{3}$ cup (80g) extra, to serve
1 zucchini, thickly sliced
1 red capsicum, cut into chunks
1 cup (180g) burghul
1 carrot, coarsely grated
3 tomatoes, deseeded, finely chopped
1 red onion, finely chopped
 $1\frac{1}{4}$ cups (150g) frozen peas, blanched
 $\frac{1}{3}$ cup finely chopped fresh flat-leaf parsley
 $\frac{1}{4}$ cup (40g) pine nuts, toasted
1 tsp cumin seeds, toasted, lightly crushed
Lemon wedges, to serve

1 Preheat a chargill or barbecue over high heat. Place chicken, harissa and yoghurt in a large bowl. Season with salt and pepper and toss well to coat chicken. Thread chicken, zucchini and capsicum, alternately, onto 4 skewers (see tip). Cook for 10 minutes, turning occasionally, or until chicken is cooked through.

2 Meanwhile, cook burghul in a medium saucepan of boiling salted water for 8 minutes. Drain and cool under cold running water. Drain well. Transfer to a large bowl with carrot, tomato, onion, peas, parsley, nuts and cumin. Season with salt and pepper and toss to combine. Serve skewers and salad with a dollop of extra yoghurt and lemon wedges.

Cook's tip

If using wooden skewers, soak in cold water for 10 minutes before using to stop them from burning during cooking.

Burghul is par-boiled cracked wheat. It has a light nutty flavour and is sometimes also called bulgur.

Middle Eastern eggplant

prep 10 min + soaking + marinating cook 5 min serves 4

3 3 3 SmartPoints value per serve



2 tbs raisins
2 large eggplants, cut into
1cm-thick rounds
2 tsp olive oil
2 tsp lime juice
1 tsp ground cumin
1 tsp ground turmeric
½ tsp ground cinnamon
2 tsp harissa paste
⅓ cup (60g) pomegranate arils
(seeds)
⅓ cup fresh coriander leaves

- 1** Soak raisins in a medium bowl with 100ml warm water for 10 minutes.
- 2** Meanwhile, place eggplant slices in a large bowl and season with salt. Stand for 10 minutes.
- 3** Place raisins, soaking liquid, oil, juice, cumin, turmeric, cinnamon and harissa in a small food processor. Season with pepper and process until smooth. Pour over eggplant and toss to coat well in marinade. Stand for 10 minutes.
- 4** Preheat a chargrill or barbecue over high heat. Cook eggplant, turning halfway through, for 4-5 minutes or until lightly charred and tender. Serve sprinkled with pomegranate seeds and coriander.

Sticky bourbon pork

prep 20 min + marinating cook 10 min serves 4

6 6 6 SmartPoints value per serve



1½ tbs maple syrup
1½ tbs bourbon
1 tbs Worcestershire sauce
2 tsp smoked paprika
2 tsp finely grated orange rind
2 garlic cloves, crushed
500g lean pork fillet, fat trimmed, cut into 3cm pieces
1 red onion, cut into wedges
⅓ cup (80ml) buttermilk
¼ cup (75g) light whole-egg mayonnaise
1 tbs apple cider vinegar
¼ red cabbage, thinly shredded
¼ white cabbage, thinly shredded
2 carrots, coarsely grated
1 red onion, thinly sliced
Chopped fresh flat-leaf parsley, to serve

- 1 Place maple syrup, bourbon, Worcestershire sauce, paprika, rind and garlic in a large bowl. Season with salt and pepper. Add pork and toss to coat. Refrigerate, covered, for at least 4 hours, or preferably overnight.
- 2 Bring pork to room temperature. Thread onto 8 skewers, alternating with onion wedges. Reserve marinade.
- 3 Preheat chargrill or barbecue over high heat. Lightly spray skewers with oil and cook, turning frequently and brushing with reserved marinade, for 8-10 minutes or until cooked through. Transfer to a plate. Cover pork loosely with foil and set aside to rest for 5 minutes.
- 4 Meanwhile, whisk buttermilk, mayonnaise and vinegar in a large bowl. Season with salt and pepper. Add cabbage, carrot and sliced onion and toss to combine.
- 5 Serve skewers with slaw and sprinkled with parsley.



**Sides,
sauces &
marinades**

Magic with rubs & marinades

Marinades tenderise proteins with acids and oils, and rubs help foods develop a delicious crust. Both add great flavour and give you the kind of irresistible aromas that everyone craves from barbecuing. Here are some tips for rubbing and marinating meat for grilled perfection.



Marinades

Most of the benefits of marinating occur in the first few hours. It's often easiest to marinate overnight, but even 20 minutes will give you good results and protect the surface of your food from drying out.

Dry rubs

When using a dry rub, let it sit on your food for at least a few minutes, but

a few hours will help it penetrate better. Although the salt in rubs helps infuse flavour into meat, it can dry out the surface if left on for too long.

Surface area

Increasing the surface area of your food will boost the impact of rubs and marinades. For boneless chicken breasts, pounding them lightly or using thin-cut cutlets is a good idea.

For whole birds, spatchcocking (removing the backbone so the bird can lie flat) opens up all surfaces, inside and out, for coating.

Maximise impact

If you're cooking poultry with the skin on, try working some dry rub under the skin for maximum impact. Always discard any leftover marinade unless your recipe directs otherwise.

Dry rubs

Use about 1 tablespoon per 500g of meat. Sprinkle mixture over meat and gently massage it in. Let it sit for a few minutes, or cover and refrigerate for up to 4 hours or overnight. Store leftover rub in an airtight jar for up to 2 months.

Herb & garlic rub

prep 5 min makes 2 tablespoons

1 1 1 SmartPoints value per tablespoon



- 2 tsp coarse sea salt
- 1½ tsp cracked black pepper
- 1½ tsp onion flakes
- ¾ tsp dried chilli flakes
- ¾ tsp dried thyme
- ¾ tsp dried rosemary
- ¾ tsp crushed coriander seeds
- ½ tsp garlic granules

1 Stir all ingredients together.

Basic spice rub

prep 5 min makes ½ cup

2 2 2 SmartPoints value per tablespoon



- 1 tbs chilli powder
- 1 tbs ground cumin
- 1 tbs paprika
- 1 tbs caster sugar
- 2 tsp dried oregano
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp salt

1 Stir all ingredients together.

Coffee rub

prep 5 min makes ¼ cup

1 1 1 SmartPoints value per tablespoon



- 1½ tbs finely ground coffee
- 1½ tbs brown sugar
- 2 tsp salt
- 1 tsp chilli powder
- Large pinch ground cayenne pepper

1 Stir all ingredients together.

Marinades

Use about 2 tablespoons per 500g of meat. Place meat in a zip-lock plastic bag and add the marinade. Squeeze out air, seal the bag, and turn to coat the meat. Refrigerate for up to 4 hours or overnight.

South American marinade

prep 5 min makes ⅓ cup (80g)

2 2 2 SmartPoints value per tablespoon



- 2 tbs soy sauce
- 1 tbs white wine vinegar
- 1 tbs canola oil
- 3 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp paprika
- ¾ tsp dried oregano
- ½ tsp salt

Large pinch ground cayenne pepper
1 Whisk all ingredients together.

Indian yoghurt marinade

prep 5 min makes 1 cup (250g)

1 1 1 SmartPoints value per tablespoon



- ¾ cup (180g) 99% fat-free plain yoghurt
- 2 tbs olive oil
- 2 tbs lime juice
- 3 garlic cloves, crushed
- 2 tsp finely grated fresh ginger
- 2 tsp garam masala
- 1½ tsp salt
- ½ tsp ground turmeric
- ½ tsp black pepper

Large pinch ground cayenne pepper
1 Whisk all ingredients together.

Basic lemon & herb marinade

prep 5 min makes ⅓ cup (80g)

3 3 3 SmartPoints value per tablespoon



- 2 tbs olive oil
- 3 garlic cloves, crushed
- 1 tsp finely grated lemon rind
- 2 tbs lemon juice
- 1 tbs chopped fresh thyme
- 2 tsp chopped fresh rosemary
- 1 tsp salt
- ¾ tsp ground black pepper

1 Whisk all ingredients together.