



# TASTY EXPRESS

SIMPLE, STYLISH & DELICIOUS DISHES FOR PEOPLE ON THE GO



SNEH ROY

**SNEH ROY** was brought up in Mumbai and now lives in Sydney with her husband, her two boys and a pen full of chooks. She is a food photographer, food stylist and designer. She is also the creative force behind the blog *Cook Republic*, which won Best Australian Blog of the Year in 2013. She has a food column in *Elle* magazine and is regularly featured in leading online and print publications all over the world.



**TASTY EXPRESS** is your invitation to sample more than 100 exciting recipes from renowned blogger **Sneh Roy** of the award-winning blog, *Cook Republic*.

Her simple but imaginative approach to cooking and her luscious photography have earned her legions of devoted followers. Here she presents a stunning range of new recipes and a scattering of her most popular creations.

Sneh's inspirations include the cosmopolitan eats of the urban food truck and inner city café, the fresh variety of a lively market and the unforgettable aromas of her childhood in India. She embraces healthy takes on modern classics like tacos, flatbreads, veggie burgers, granola and froyo, plus a few irresistibly naughty treats. Many of her hardworking creations can be easily packed away in a lunchbox or picnic basket for work, your next camping trip or potluck evening. The recipes are predominantly vegetarian, and they can be easily repurposed with your own favourite ingredients.

For Sneh, food is about sharing with family and friends at happy mealtimes, picnics and gatherings. It is also about quiet moments with a bowl of something comforting and nourishing. In *Tasty Express* she brings her quirky sense of fun, her food and her photography together and invites you to join her on a delicious, fun-filled journey.

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## BIG BREAKFAST BREAD

SERVES 6-8

*This is one of the quickest breads you will ever make. It's a spin-off from traditional focaccia, and can be baked with your favourite toppings – ham, sausage, salami, veggies and herbs. Wrap in baking paper, pack in a box and go on a picnic. Perfect for sitting on the lawn and pulling apart with fingers while sharing with friends and family.*

1½ TEASPOONS DRY YEAST

2 TEASPOONS CASTER SUGAR

2⅔ CUPS (400G) STRONG WHITE FLOUR

100G FINE SEMOLINA

2 TEASPOONS SALT

2 TABLESPOONS OLIVE OIL

EXTRA FLOUR FOR KNEADING AND DUSTING

10 CHERRY TOMATOES

3 SWISS BROWN MUSHROOMS, SLICED

1 LARGE KRANSKY SAUSAGE, SLICED

3 EGGS

OIL, TO DRIZZLE

FRESH THYME AND OREGANO

SALT FLAKES AND FRESHLY GROUND BLACK PEPPER

¼ CUP (20G) FINELY GRATED PARMESAN CHEESE

Stir the yeast and sugar into 300ml lukewarm water in a small bowl. Set aside for 10 minutes until mixture is frothy and bubbly.

Combine the flour, semolina, salt and olive oil in a large bowl, and make a well in the centre. Pour the yeast mixture into the well. Using a wooden spatula, stir the dough until it comes together loosely.

Dust a work surface with flour. Place the dough onto the flour and knead gently for a few minutes, until dough is smooth. Place the dough ball into a well-oiled bowl and cover with a tea towel. Rest for 30 minutes, until risen. Preheat the oven to 200°C. Line the base and sides of a 20cm square cake pan with baking paper.

Transfer the dough to the prepared pan, stretching to fill all the corners. Make sure the dough is raised around the edges. Arrange the cherry tomatoes, mushrooms and sausages over the dough. Crack the eggs in the gaps. Drizzle with oil and sprinkle with herbs. Bake for 15–20 minutes, until risen and golden brown.

Season with salt and pepper. Serve topped with the parmesan cheese.

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**Be careful not to overcrowd the bread with toppings. If the egg isn't finished at the end of baking, place under a hot grill until just cooked.**

If you have ever eaten at an Indian restaurant or ordered take-away, you could not have missed the samosa, a pyramid-shaped, deep-fried pastry stuffed with a delicious vegetarian filling. These croquettes offer a healthier version. What I love about them is their versatility. They can be shaped like burger patties to provide an excellent vegetarian option for your friends at a barbecue. They can be stuffed inside wraps or pita breads with lashings of spicy sauce and green salad for a nutritious meal. They are perfect lunchbox fillers and, dressed up right, make a sophisticated canapé at your next party.

## QUINOA SPICE CROQUETTES

MAKES 12-15

1 TABLESPOON OLIVE OIL, PLUS EXTRA TO PAN-FRY  
2 GARLIC CLOVES, FINELY CHOPPED  
½ CUP FRESH OR FROZEN PEAS  
2 LARGE POTATOES, BOILED, PEELED AND MASHED  
1 CUP (185G) COOKED QUINOA (SEE PAGE 48)

¼ CUP CHOPPED FRESH CORIANDER LEAVES  
2 TEASPOONS GROUND CUMIN  
1 TEASPOON GARAM MASALA  
SALT, TO TASTE  
SALAD LEAVES AND SRIRACHA SAUCE, TO SERVE

Heat 1 tablespoon oil in a frying pan on medium heat. Add the garlic and peas. Sauté for a minute or until soft. Remove from the heat and tip into a large bowl. Wipe the pan clean and set aside.

Add the potatoes, quinoa, coriander, cumin and garam masala to the garlic and peas. Season with salt. Mix well and form into slightly flattened oblong croquettes.

Heat 1 tablespoon of oil in the frying pan on medium-high heat. When the oil is hot, add 4-5 croquettes to the pan (depending on the size of the pan). Cook each side for about 4 minutes, flipping gently till golden on both sides.

Repeat with remaining croquettes and oil. Serve hot with salad leaves and sriracha sauce.

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Sriracha sauce is a Thai chilli sauce. It is available from most large supermarkets in the Asian section.



# ZUCCHINI NOODLES

## WITH THAI PESTO

SERVES 4

*This is one of my special recipes that I make time and time again. It is like a cold, green version of Pad Thai with all the sweet, sour, salty and spicy flavours enhanced by the crunch of the peanuts. It is also one of the best ways to eat raw zucchini, shredded into long, noodle-like ribbons with a julienne peeler. A great make-ahead lunch or picnic dish.*

100G RICE VERMICELLI NOODLES,  
COOKED AND DRAINED

2 LARGE ZUCCHINI, JULIENNED

1/2 CUP (80G) CRUSHED PEANUTS

LIME WEDGES, TO SERVE

### THAI PESTO

1/4 CUP (40G) RAW PEANUTS

1/2 CUP CORIANDER LEAVES

1/2 CUP BASIL LEAVES

1 TEASPOON RED CHILLI FLAKES

JUICE AND FINELY GRATED ZEST OF 1 LIME

1 GARLIC CLOVE

2.5CM PIECE OF GINGER

2 TEASPOONS FISH SAUCE

1 1/2 TABLESPOONS BROWN SUGAR

1/2 TEASPOON SALT

1/3 CUP (80ML) OLIVE OIL

For the Thai pesto, place all the ingredients into the bowl of a food processor, and process to a coarse pesto consistency. Set aside.

Place the cooled rice noodles into a large bowl and top with the zucchini. Add the pesto and toss to mix well. Top with crushed peanuts and serve with lime wedges.

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Julienne peelers are available in most kitchenware stores and look like a vegetable peeler with little sharp teeth around the blade.



*Sushi is my favourite food. I could eat it every single day of my life. And I am always experimenting with interesting ways to prepare it. This deconstructed sushi bowl has all the individual elements and flavours of sushi without the tedious rolling. The best thing is that you can mix it up whenever you make it by adding salmon, chicken, prawn, avocado or even mushrooms.*

## CITRUS SUSHI BOWL

SERVES 4

3 CUPS (660G) SUSHI RICE

1 CUP FROZEN EDAMAME BEANS

4 STRIPS OF DRIED WAKAME

1 SMALL EGGPLANT, SLICED

½ CUP POMEGRANATE SEEDS

1 BUNCH CHIVES, CHOPPED

½ CUP CORIANDER LEAVES, CHOPPED

1 SHEET NORI, CUT INTO STRIPS

### JAPANESE CITRUS DRESSING

JUICE AND FINELY GRATED ZEST OF 1 LEMON

JUICE AND FINELY GRATED ZEST OF 1 ORANGE

2 TABLESPOONS MIRIN

3 TABLESPOONS RICE VINEGAR

2 TABLESPOONS TAMARI SAUCE

1 TABLESPOON PONZU SAUCE

1 TABLESPOON HONEY

1 TABLESPOONS SESAME SEEDS

To make the Japanese citrus dressing, combine all the ingredients in a bowl.

Place the rice into a sieve and rinse under cold running water. Drain well. Place washed rice with 3 cups (750ml) water in a large saucepan, and bring to boil. Reduce the heat to low, cover and simmer for about 10 minutes, or until the water is absorbed. Remove from heat and stand, covered, for 10 minutes until slightly cooled. Drizzle with the Japanese citrus dressing and mix thoroughly, breaking up the lumps in the rice with a wooden spoon.

Place the edamame beans into a heatproof bowl and cover with boiling water. Stand for 1 minutes, then drain and plunge into a bowl of iced water. Drain and set aside.

Soak the wakame in a bowl of cold water for 10–20 minutes, until tender and increased to about 3 times its original size. Drain and set aside.

Heat a chargrill pan, and cook the eggplant slices for 3–4 minutes each side, until tender and slightly charred.

To prepare the sushi bowl, divide the rice among four bowls. Arrange the edamame beans, eggplant, pomegranate and wakame on the rice. Top with chives, coriander and nori.

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Frozen edamame beans, wakame and ponzu sauce are available from Asian grocery stores and some health food stores.





## STICKY CARAMEL CHICKEN WINGS

SERVES 6

### 1KG CHICKEN WINGS

2 TABLESPOONS GARLIC PASTE

1 TABLESPOON KECAP MANIS (SWEET SOY SAUCE)

1 TABLESPOON OLIVE OIL

1½ TEASPOONS SALT

½ TEASPOON GROUND CHILLI

CHOPPED CHIVES, TO SERVE

### STICKY CARAMEL SAUCE

½ CUP (100G) BROWN SUGAR

2 TABLESPOONS FISH SAUCE

2 TABLESPOONS LEMON JUICE

1 TEASPOON LIGHT SOY SAUCE

Place the chicken wings into a large bowl. Add the garlic paste, kecap manis, oil, salt and ground chilli. Mix well. Cover with cling wrap and refrigerate for an hour.

To make the sauce, heat a small heavy-bottomed saucepan on medium heat. Add the brown sugar and stir for a few seconds until it starts melting and caramelising. Reduce the heat to low and add the fish sauce, lemon juice and light soy sauce. Add ¼ cup (60ml) water and bring to a simmer. Cook for about 10 minutes, or until the sauce becomes sticky and thickens slightly. Remove from the heat and cool completely.

Preheat the oven to 200°C. Place the marinated chicken onto a large baking tray. Bake for 30–40 minutes, turning the chicken once halfway through cooking, until it is browned and starting to crisp. Serve hot with sticky caramel sauce and chives.

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*One year we bought several different varieties of chilli plants from the nursery. Later we had a bumper crop and Nick invented this recipe. It is his most requested recipe – by me! If you love a good hit of heat in your food, you must make this. You can also tone it down by adding less chilli, of course.*

## NICK'S CHILLI CHICKEN

SERVES 4

2 TABLESPOONS VEGETABLE OIL	1 CUP (250ML) CHICKEN STOCK
2 TEASPOONS GINGER PASTE	1 TEASPOON VINEGAR
2 TEASPOONS GARLIC PASTE	1 TEASPOON SOY SAUCE
500G CHICKEN THIGH FILLETS, CUT INTO 2.5CM PIECES	4 TEASPOONS CORNFLOUR
1 LONG GREEN CHILLI, DESEEDED AND SLICED	¼ CUP CHOPPED SPRING ONION TOPS (GREEN PART), TO GARNISH
1 SMALL RED CAPSICUM, DICED	STEAMED RICE AND SLICED CUCUMBER, TO SERVE
¼ CUP CHOPPED SPRING ONIONS	

Heat 1 tablespoon of the oil in a saucepan on high heat. Add 1 teaspoon each of the ginger and garlic pastes. Add the chicken and sauté for a few minutes, until browned. Remove from heat, take the chicken out of the pan using a slotted spoon and place into a bowl.

Return the pan to the heat and add the other tablespoon of oil. Add the remaining ginger and garlic pastes, chilli, capsicum and spring onions. Season with salt. Sauté for a minute, then add the chicken stock, vinegar and soy sauce. Return the chicken to the pan.

Reduce the heat to low and simmer for 3–4 minutes. Combine the cornflour with ¼ cup (60ml) water and stir in. Cook until the sauce boils and thickens.

Remove from the heat and garnish with spring onion tops. Serve with hot steamed rice and cucumber.

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# CHAI SPICED APPLE CRUMBLE

SERVES 8-10

## FILLING

450G APPLES, PEELED, CORED AND CUT INTO 1CM PIECES

4 CLOVES

½ STAR ANISE POD

1 TEASPOON GROUND CINNAMON

½ TEASPOON GROUND CARDAMOM

¼ TEASPOON GROUND GINGER

60G BROWN SUGAR

1 TABLESPOON PLAIN FLOUR

1 TABLESPOON LEMON JUICE

## CRUMBLE

2 CUPS (300G) PLAIN FLOUR, SIFTED

¼ TEASPOON GROUND NUTMEG

A PINCH OF SALT

160G BROWN SUGAR

200G UNSALTED BUTTER, SOFTENED

CLOTTED CREAM OR VANILLA ICE-CREAM, TO SERVE

Preheat the oven to 180°C. Grease a 23cm ovenproof frying pan or dish with butter.

To make the filling, place the apple into a large bowl. Place the spices into a mortar and grind to a fine powder with the pestle. Sprinkle the apple with the spice mixture, sugar, flour and lemon juice. Mix well with a spoon and set aside while you make the crumble.

To make the crumble, sift the flour, nutmeg and salt into a large bowl. Stir in the sugar. Take a little butter at a time and rub into the flour and sugar mixture. Keep rubbing until all the butter is used up and the mixture resembles breadcrumbs.

Spoon the fruit mixture into the prepared pan, and sprinkle the crumble on top. Bake for 30-40 minutes, or until the top is golden.

Serve warm with clotted cream or vanilla ice-cream.

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To make a gluten-free version, substitute almond meal or hazelnut flour for the plain flour.

