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BLUE SWIMMER CRAB COCKTAIL

2 cups of crab meat
1 iceberg lettuce
2 limes
½ cup mayonnaise
1 roma tomato
1 spanish onion
1 avocado
fresh coriander
chilli oil
salt and cracked black pepper

METHOD

Shred iceberg lettuce and set aside. Finely chop roma tomato, spanish onion, coriander and avocado, combine together in a bowl and season with chilli oil, Juice of 1 lime, salt and cracked black pepper. In a separate mixing bowl add crab meat, combine juice of 1 lime, lime zest and mayonnaise and mix.

TO SERVE:

Place a small amount of shredded lettuce into a nice glass, layer a small amount of the tomato and avocado salsa along with the zesty crab meat mix.



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FISH TACOS

FOR THE FISH:

500g cod
(or alternative), thawed
1 tbsp chilli powder
1 tsp cumin
1 tsp smoked paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp salt

FOR THE TACOS:

3 cups red cabbage (shredded)
1 carrot (shredded or grated)
1 green onion
2 tbsp lime juice
¼ tsp salt
spicy mayonnaise
corn tortillas
coriander (chopped)
lime wedges for serving

FOR THE SAUCE:

1 tbsp chilli powder
1 tbsp lime juice
¼ cup Greek yoghurt
¼ cup mayonnaise
1 tsp sriracha
¼ tsp garlic powder
¼ tsp salt

METHOD

Preheat the oven to 200 °C. In a small bowl, mix together the dry rub: chilli powder, cumin, smoked paprika, garlic powder, and onion powder. Pat the fish dry, then sprinkle it with 1 teaspoon salt and pat it in. Add the seasoning and pat it to cover the fish. Place the fish on a parchment lined baking sheet. Bake for 10 minutes, until tender. Then broil for 2 minutes until the top is lightly browned.

Thinly slice the cabbage. Shred or grate the carrot. Thinly slice the green onion. Place the cabbage, carrots and green onion in a bowl. Stir in the lime juice, and salt. To make the sauce, simply mix together the lime juice, yoghurt, mayonnaise, sriracha, garlic powder and salt. If desired, warm the tortillas by placing them on an open gas flame for a few seconds per side.

Assemble the tacos by topping the tortillas with fish, slaw, and sauce. Top with chopped coriander and a spritz of lime.



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EGGPLANT & POTATOES

1 cup olive oil
1 onion
5 cloves garlic
425g crushed tomatoes
½ bunch of fresh parsley

2 eggplants
6 large potatoes
2 tsp dried oregano
kosher salt and pepper

METHOD

Preheat the oven to 200 °C.

In a medium saucepan, add ½ cup olive oil over medium heat. Add the onions and the garlic and stir often, cooking until translucent about 5 minutes. Add the crushed tomatoes and parsley and stir in. Add a lid, turn the heat to low and simmer while you prepare the vegetables.

On a bare sheet pan, lay the eggplant slices evenly over the sheet pan and drizzle ¼ cup of the olive oil over the eggplant, brushing them all evenly with the oil. Sprinkle them with kosher salt and bake them at 200 °C for 20 minutes until golden.

Pull the eggplant off the sheet pan and evenly spread the potato rounds out over the sheet pan. Drizzle the potatoes with remaining ¼ cup olive oil and then sprinkle the potatoes with the dried oregano, salt and pepper. Layer the eggplant over the potatoes.

Now generously spoon the sauce over the eggplant rounds. Bake everything for another 15-20 minutes until the potatoes are tender. Serve hot or at room temperature.



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BROCCOLI FRITTERS

2-3 cups broccoli (boiled or unboiled, chopped)

2 large eggs

½ cup shaved parmesan

4 tbsp flour

1 garlic clove (minced)

salt and pepper

extra virgin olive oil (for frying)

sour cream light (optional – for serving)

fresh chives (chopped – for serving)

fresh lemon wedges (for serving)

METHOD

In a large mixing bowl, combine the chopped broccoli, eggs, parmesan cheese, flour, and garlic. Season well with salt & pepper. Stir until well combined.

Heat oil in a pan over medium heat and place the fritter mixture in with the help of an ice cream scooper.

Flatten them slightly with a spatula and space at least one inch apart. Let the fritters fry for about 2-3 minutes and then flip them over and fry for another 2 minutes on the other side until they're golden brown and cooked through.

Once cooked, transfer to a serving plate and serve warm with sour cream. Lightly season with salt & pepper and sprinkle over some chopped fresh chives. Serve with lemon wedges. Enjoy!



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HAYDEN'S CRAB LINGUINE

1 ½ cup crab meat
2 to 3 whole fresh pepperoncini (or small red chillies)
1 lime (juice)
2/3 cup extra virgin olive oil
1 tsp butter
½ cup of Sauvignon Blanc
4 garlic cloves, thinly sliced
¼ cup chopped Italian parsley
linguine or spaghetti
parmesan cheese (to serve)

METHOD

Boil pasta in salted water until al dente

Into a large heavy based frying pan heat extra virgin olive oil. Add garlic and chopped chilli. Add butter and continue to stir until it slightly browns. Add Sav Blanc and then fresh crab meat. Continue to sauté all ingredients until warmed through. Mix in with drained pasta adding ½ a cup of pasta water. Finally add Italian Parsley and mix through.

TO SERVE:

Serve in pasta bowl and garnish with little more Italian Parsley and healthy grating of fresh parmesan cheese.



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HONEY ROASTED CARROTS WITH FETA AND DILL

400g carrots
1-2 tbsp honey (plus more to drizzle)
1 tbsp Extra Virgin Olive Oil
2 fresh garlic cloves (minced)
fresh dill (plus more for garnishing)
½ tsp dill seasoning
sea salt and pepper
crumbled feta

METHOD

Preheat oven to 220 °C and line a large baking pan with baking paper.
Wash and peel carrots and slice off the ends on both sides. Cut the carrots into decent-sized diagonal pieces and place them in a large mixing bowl.

Add the olive oil, honey, garlic, fresh dill, salt & pepper to the bowl and toss/mix until the carrots are fully coated. Remove the carrots from the bowl and spread them out onto your prepared pan. Reserve the leftover liquid in the bowl to brush over the carrots later. Place the pan in the oven and roast for 20-25 minutes or until carrots are tender. During the last 5-10 minutes of cooking time, brush your reserved liquid over the carrots and dust over some of the dry Dill seasoning.

When finished cooking, transfer the carrots to a serving platter or bowl and sprinkle over your feta cheese.

Season and serve with fresh dill and extra honey drizzled over the top. Enjoy!



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CLASSIC CHICKEN BURGER

500g chicken mince
1 brown onion, finely chopped
1/2 cup dry breadcrumbs
5 local eggs, 1 lightly beaten
1 tbsp local olive oil
4 cheese slices
4 rashers bacon, rind removed

4 hamburger buns, split and lightly
toasted
1/2 cup grated cheese
beetroot (canned or fresh)
lettuce leaves
tomato chutney

METHOD

Mix together mince, onion, breadcrumbs, grated cheese and 1 beaten egg. Season well. Using hands, shape into 4 patties. Heat oil in a large frying pan over medium heat.

Cook patties for 3-4 minutes, each side, until golden and cooked through. Top each patty with a slice of cheese. Cook for 1 minute, until cheese softens. Meanwhile, cook bacon and eggs in a non-stick frying pan over medium heat for 1-2 minutes, until cooked to your liking.

Lay lettuce over the base of each bun. Top with chicken patty, bacon, beetroot, tomato chutney and an egg.



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SPICY TOFU DIPPERS

300g tofu
cooking oil
1/3 cup corn flour
1 tsp chilli powder
1/2 tsp cumin powder
2 tsp garlic salt
2 tsp paprika (smokey or sweet)

1 tbsp soy sauce
Less salt soy sauce or dipping sauce of
your choice
salt and pepper to taste

METHOD

Press some of the excess liquid from the tofu out using paper towel. Then cut your tofu into strips. Add the flour, spices, salt and pepper into a bowl and mix.

Pour the tamari sauce onto the tofu and use a cooking brush to ensure all sides are evenly covered. Dip the tofu pieces into the spice mix until all sides are evenly covered.

Heat oil in a fry pan and shallow fry the tofu dippers on each side until golden & crispy. Serve with either soy sauce or your favourite dipping sauce. Enjoy!



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VEGAN HUMMUS BOWL

1/3 cup hummus
1 cucumber, sliced
1 red onion, sliced
1 punnet cherry tomatoes, sliced
1 handful of olives
2 tbsp vegan feta

100g spinach or chopped lettuce
1/2 cup cooked rice
1 pita bread, pita chips or gluten
free crackers

METHOD

Place greens and rice in the bowl, if using (try packaged pre-cooked rice for a quick shortcut). If using rice, season it with salt and a drizzle of olive oil.

Top with hummus, sliced cucumber, sliced red onions, sliced tomatoes, olives and feta cheese. Eat with pita wedges, using the hummus as a dip / dressing for the veggies.



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CHILLI BLUE SWIMMER CRAB

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|-------------------------------------|--|
| 3 uncooked local blue swimmer crabs | 2 spring onions, cut into batons |
| 2 tbs peanut oil | 3 tomatoes, chopped |
| ½ red onion, thinly sliced | 2 tbs Chinese rice wine |
| 2 long red chillies, thinly sliced | 1 tbs each of brown sugar and kecap manis (or soy sauce) |
| 2 garlic cloves, finely chopped | 3 kaffir lime leaves, finely shredded |
| 2cm piece ginger, grated | 1 cup coriander leaves |

METHOD

Cut each crab into 6, using a cleaver, and make a few cracks in the shell of each piece using the blunt side of the knife.

Heat the oil in a wok over high heat until it starts to smoke.

Add onion, chilli, garlic, ginger and spring onion, then stir-fry for 1 minute or until fragrant. Add the crab and toss to combine.

Add tomato, rice wine, sugar and kecap manis, then toss to combine. Cover and steam for 4 minutes or until crab is cooked.

Serve immediately topped with kaffir lime leaf and coriander.



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