

HEY, GOOD LOOKING

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RECIPE BOOK

By Chef Carmel Carmichael

Chimichurri Steak Sandwich with Herb & Garlic Cheese Spread

Serves: 4–6 Total Time: ~40–45 min



Ingredients

- 1 sourdough loaf
- 2 sirloin steaks
- 2 cups pizza blend grated cheese
- 1 tub Coles Garlic & Herb Cream Cheese
- ½ tsp smoky paprika
- Pinch chilli flakes
- Salt & pepper, to taste
- ½ cup olive oil
- 2 tbsp red wine vinegar
- ½ cup parsley, finely chopped
- 3–4 garlic cloves, finely chopped or minced
- 2 small red chillies, deseeded and finely sliced
- ¼ cup fresh oregano, chopped
- ¼ cup fresh coriander, chopped
- 1 tsp salt
- ½ tsp black pepper

Method

MAKE THE CHIMICHURRI

- Combine all chimichurri ingredients in a bowl.
- Let it sit for 5–10 minutes before serving (longer is better—up to 2 hours for maximum flavour).

PREPARE THE CREAM CHEESE SPREAD

- In a bowl, mix garlic & herb cream cheese with smoky paprika, chilli flakes, salt and pepper.
- Set aside.

COOK THE STEAKS

- Season steaks with salt, pepper, and optional herb & garlic seasoning.
- Heat a pan over medium-high heat. Sear steaks 3–4 minutes per side for medium-rare.
- In the last minute, add a knob of butter and fresh herbs, spooning over the steak.
- Rest steaks for 5 minutes, then slice thinly.

ASSEMBLE THE TOASTS

- Spread the cream cheese mixture over slices of sourdough.
- Sprinkle with grated cheese.
- Toast in a sandwich press or grill until cheese is melted and bubbly.

FINISH & SERVE

- Top the cheesy toast with slices of steak.
- Drizzle generously with chimichurri.
- Optional: add fresh rocket for a peppery bite.



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Shanghai Beef Stir-fry with Noodles

Serves: 4 Total Time: ~25mins



Ingredients

Main

- 2–3 tbsp vegetable oil (for stir-frying)
- 400 g scotch fillet steak, cut into very thin strips
- 2 garlic cloves, peeled and sliced into slivers
- 1 tbsp fresh ginger, peeled and sliced into slivers
- 1 brown onion, halved and thinly sliced
- 1 capsicum (red or green), thinly sliced
- 1½ cups mixed mushrooms (enoki, Swiss brown, shiitake), roughly chopped
- 4 cups wombok (Chinese cabbage), thinly sliced
- 500 g Hokkien noodles (fresh or dried; see method for prep)
- 3 spring onions, sliced into 3–4 cm batons (reserve some green tops for garnish)

Marinade

- 2 tsp premium soy sauce
- 1 tsp sesame oil
- 1½ tsp cornflour
- 1 tsp sugar
- White pepper, to taste

Beef Stir-fry Sauce

- 3 tbsp premium soy sauce
- 2 tbsp dark soy sauce
- 3 tbsp oyster sauce
- 1 tsp chilli flakes (optional, adjust to taste)
- 1 tbsp sugar
- Salt and white pepper, to taste



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Shanghai Beef Stir-fry with Noodles

Serves: 4 Total Time: ~25mins



Method

PREPARE THE NOODLES

- If using fresh Hokkien noodles, soak in warm water for 2–3 minutes to loosen, then drain.
- If dried, soak in hot water for 5–7 minutes until softened, then drain well.

MARINATE THE BEEF

- In a bowl, mix beef with soy sauce, sesame oil, cornflour, sugar, and white pepper.
- Set aside for 10 minutes.

COOK THE BEEF

- Heat 1 tbsp oil in a wok over high heat.
- Add a small batch of beef and cook 1–2 minutes without stirring to sear, then toss briefly and remove.
- Repeat with remaining beef, adding more oil as needed. Set aside.

STIR-FRY THE VEGETABLES

- Wipe the wok clean and add 1 tbsp oil.
- Add garlic, ginger, and onion; stir-fry 2 minutes until fragrant.
- Add mushrooms, capsicum, and wombok; stir-fry another 2 minutes until just tender.
- Add spring onions and toss through.

COMBINE

- Return beef to the wok.
- Pour in the stir-fry sauce and toss everything together.
- Add noodles, stir-fry on high heat for 2–3 minutes until well coated and heated through.

SERVE

- Garnish with reserved spring onion tops (and sesame seeds if desired).
- Serve immediately.

Chicken Sausage Banh Mi Rolls

Serves: 4 **Prep:** 15–20 min **Cook:** 12 min



Ingredients

Main

- 4–6 chicken sausages (pre-cooked if short on time)
- 4 mini baguettes
- 1 Lebanese cucumber, peeled into ribbons
- Iceberg or baby cos lettuce leaves
- Fresh coriander sprigs
- Fried shallots (store-bought)

Quick Pickle

- 1 cup carrot, julienned
- 1 cup daikon or radish, julienned
- ½ cup white vinegar
- ½ cup warm water
- 2 tbsp sugar
- 1 tsp salt

Sauce

- ¼ cup hoisin sauce
- 1–2 tbsp sriracha (to taste)
- 2 tbsp Kewpie or regular mayo (optional, for richness)

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Chicken Sausage Banh Mi Rolls

Serves: 4 **Prep:** 15–20 min **Cook:** 12 min



Method

MAKE THE PICKLE

- Mix vinegar, warm water, sugar, and salt until dissolved.
- Add carrot and daikon, stir, and let sit at least 15 minutes (or use a pre-made batch).

COOK THE SAUSAGES

- Grill or pan-fry sausages until golden and cooked through.
- Slice lengthwise for easier serving

PREPARE THE SAUCE

- Mix hoisin, sriracha, and mayo into a smooth sauce.
- Transfer to a squeeze bottle if you have one.

ASSEMBLE

- Slice rolls open (not all the way through). Spread generously with sauce.
- Line with lettuce, add sausage, cucumber ribbons, and pickle.
- Top with coriander, fried shallots, and an extra drizzle of sauce.

Pan Seared Steak with Mediterranean Roasted Pumpkin, Sweet Potato & Halloumi Salad

Serves: 4–6 **Prep:** 20 min **Cook:** 25–30 min



Ingredients

Salad

- 5 cups kale & rocket mix
- 400 g pumpkin, skin on, sliced
- 200 g sweet potato, cubed
- 3 tbsp olive oil (for roasting)
- Moroccan spice (or preferred spice blend)
- Salt & pepper
- 300 g mini Roma tomatoes, halved
- 1 continental cucumber, sliced
- 1 red onion, chopped
- 200 g halloumi, pan-fried until golden
- ¼ cup mixed nuts & seeds (almonds, pumpkin seeds, sunflower seeds), toasted
- ½ bunch parsley, roughly chopped

Steak

- 500 g sirloin steak (80–100 g per person)
- 1 tbsp olive oil
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp herb & garlic seasoning (optional)
- 1–2 sprigs thyme & rosemary
- Small knob butter

Lemon Dressing

- 4 tbsp lemon juice
- 7 tbsp extra virgin olive oil
- 1 garlic clove, minced
- ½ tsp Dijon mustard
- Drizzle honey
- ¾ tsp salt
- ½ tsp black pepper



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Pan Seared Steak with Mediterranean Roasted Pumpkin, Sweet Potato & Halloumi Salad

Serves: 4–6 **Prep:** 20 min **Cook:** 25–30 min



Method

MAKE THE DRESSING

- Combine all dressing ingredients in a jar and shake or whisk well. Set aside.

ROAST THE VEGETABLES

- Preheat oven to 180°C.
- Toss pumpkin and sweet potato with olive oil, Moroccan spice, salt, and pepper.
- Roast 20–25 minutes until golden and tender. Set aside.

COOK THE HALLOUMI & NUTS

- Heat a drizzle of olive oil in a pan. Cook halloumi 1–2 minutes per side until golden.
- Toast nuts and seeds in a dry pan over medium heat for 2–3 minutes until aromatic.

PAN-SEAR THE STEAK

- Heat olive oil in a heavy pan over medium-high heat.
- Season steak with salt, pepper, and optional herb & garlic seasoning.
- Sear 3–4 minutes per side for medium-rare.
- In the last minute, add butter and thyme/rosemary; spoon butter over steak.
- Rest 5–10 minutes before slicing thinly against the grain.

ASSEMBLE THE SALAD

- In a large bowl or platter, combine kale, rocket, tomatoes, cucumber, & red onion.
- Drizzle with lemon dressing and toss.
- Add roasted pumpkin and sweet potato.
- Arrange halloumi and steak slices on top.
- Sprinkle with toasted nuts and parsley.
- Finish with extra dressing if desired.

