
30-MINUTE MEALS FOR BLOKES

NO-FUSS RECIPES FROM
THE SHED ONLINE COMMUNITY



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INTRODUCTION

Welcome to the first edition of The Shed Online Recipe Book: 30-Minute Meals for Blokes.

When it comes to food, we knew our Shedder Community wouldn't disappoint, so we asked them to send us their go-to recipes for a tasty meal that can be prepared in under 30 minutes.

Some Shedders provided several recipes. Others, just their favourite. Flicking through you'll find plenty to tempt your tastebuds without stretching your skills in the kitchen.

A big thank you to all our Shedders who contributed to this collection of ripper recipes. Feel free to download or print at will.

And a bit of a disclaimer: results may vary. Your output might look a tad different to the photos but we're sure it will be just as tasty!

Remember, like the original Men's Sheds, The Shed Online is a place for men to socialise, network, make friends and share skills. It aims to recreate the atmosphere of "real life" Men Sheds – a safe space where men can feel confident to discuss and exchange information.

Bon Appetite!
The Shed Team



HEARTY BEEF AND PASTA CASSEROLE

Recipe contributed Wynnum-Manly Men's Shed
Quick, easy and filling!

Ingredients

1. 500g MINCE
2. 30g BUTTER
3. 1 LARGE ONION DICED
4. 1 CLOVE GARLIC
5. ½ CUP TOMATO PASTE
6. 300g SOUR CREAM
7. 3 CUPS COOKED PASTA
8. ½ CUP GRATED CHEESE

Method

Combine the butter, onion, garlic and pepper in a frying pan and cook for about 5 minutes.

Add mince, cook for about 10 minutes until meat is brown and cooked through. Stir occasionally.

Stir in sour cream and tomato paste.

Cook for another 2 minutes.

Mix in pasta and put into casserole dish.

Sprinkle with cheese and heat through in microwave oven, or in conventional oven to brown the cheese.



CHICKEN CHEESE DELIGHT

Recipe contributed Wynnum-Manly Men's Shed



Ingredients

1. CHICKEN BREAST FILLET
2. GOOD, LARGE HANDFUL OF SPINACH LEAVES
3. CHUNK OF FETA CHEESE
(ABOUT A 3 CENTIMETRE PIECE CUT OFF A BLOCK)
4. GRATED CHEESE

Method

Place chicken onto baking paper.

Cut slices through top of fillet but not all the way through, at about one centimetre intervals.

Put a little oil in a frying pan on medium heat and throw in the spinach. Stir for a couple minutes and then add the feta and stir through till melted and mushy.

Place this mixture on top of chicken breast pushing it into the slits with a spoon or fork. Sprinkle with salt and pepper.

Put grated cheese on top and sprinkle with paprika.

Cook for 30 minutes at 180°c.

THIN CRUSTED GRILLED CHICKEN AND VEGETABLE PIZZAS

Ingredients

1. 4-INCH BALL OF READY-MADE PIZZA DOUGH
2. EXTRA VIRGIN OLIVE OIL
3. GOOD QUALITY TOMATO SAUCE
4. 4 GRILLED CHICKEN BREASTS, THINLY SLICED
5. 2 CUPS THINLY SLICED GRILLED BELL PEPPERS
6. ½ CUP SLICED BLACK OLIVES
7. ½ CUP OF TIGHTLY PACKED BASIL LEAVES, TORN INTO SMALL PIECES

Method

DOUGH:

Cut dough into 4 equal pieces. Roll each piece into a round shape 1/4 inch thick.

Lightly brush both sides of each round with olive oil.

Grill each round over direct medium heat on the BBQ until they are well marked (usually about 1-3 min).

SAUCE AND TOPPING:

Remove rounds from grill and place grilled side up.

Spread ½ a cup of sauce over the rounds, leaving a centimeter-inch border around the edges.

Arrange chicken/peppers/olives and basil on top of sauce.

Move pizza to grill. Grill until crisp (about 2-4 minutes).



Recipe contributed by
DAMBUSTER

I truly think God created Weber barbecues. They are great. Here's a little more cooking. Give it ago fellas! It's worth it and the kids will love it!

PORK SPARE RIBS

Recipe contributed by DAMBUSTER
Serves 2



*In ten minutes or so,
you should be sitting
down and eating!
Yum, yum!*

Ingredients

1. PORK CHOPS OR PORK RIBS FOR TWO
2. 2 POTATOES
3. 1 SWEET POTATO
4. 1 ONION (OPTIONAL)
5. COOKING OIL
6. BBQ OR HOI SIN SAUCE

Method

Halve the potatoes top to bottom and score across them with a sharp knife.

Do the same with the sweet potato.

Halve the onion.

Place all vegetables in a plastic bag with some cooking oil and swish around.

Place your ribs or chops in another plastic bag and add some BBQ sauce or Hoi Sin sauce.

Light the BBQ and let it get hot.

Place the potato on the BBQ and cook for 15 minutes.

Add the sweet potato and onion and cook for 15 minutes.

Take the meat from the plastic bag and drain it.

Add the meat to the BBQ and cook to your liking.

THE BEST PUMPKIN SOUP EVER!

Recipe contributed by DAMBUSTER

*I think you all need a bloody good feed!
So try this. I have had it a couple of times and yum,
yum, this is very good soup.*

Ingredients

1. ONE TABLESPOON OF OLIVE OIL
2. 1 BROWN ONION, CHOPPED
3. 1 GARLIC CLOVE, CRUSHED
4. 2 TEASPOONS OF GROUND CUMIN
5. 2 TEASPOONS OF GROUND CORIANDER
6. 1 LARGE BUTTERNUT PUMPKIN, TAKE THE SKIN OFF AND REMOVE THE SEEDS. CHOP ROUGHLY
7. 1 TABLESPOON OF CURRY POWDER
8. 1 CUP VEGETABLE STOCK
9. ½ CUP CREAM
10. SALT AND BLACK PEPPER
11. PARSLEY
12. YOGHURT



Method

Heat the oil in a large saucepan, over high heat.

Add the onion and garlic, and cook for a few minutes until golden, stirring occasionally.

Add cumin and coriander and cook for one minute, stirring, until aromatic.

Add the pumpkin and stir to coat.

Add the stock and curry powder, and bring to the boil, stirring.

Set aside to cool a bit, stir in the cream and transfer to a mixing bowl or blender and blend until smooth.

Season with salt and pepper.

Place in serving bowls and top with natural yoghurt. Sprinkle with coriander and serve.

BAMBOOZLE - A PEANUT CURRY MICROWAVED DELIGHT

I call this dish Bamboozle because it tastes nothing like the main ingredients – in fact you could not guess there are baked beans in it, and you cannot taste the cabbage.

Ingredients

(THIS MAKES 3 MEALS FOR 2 PEOPLE):

1. 1 CAN OF BAKED BEANS
2. CABBAGE – AS MUCH AS YOU CAN COOK IN YOUR MICROWAVE
3. 2 CUPS OR MORE OF COOKED MEAT – ANY TYPE: CHICKEN OR DICED CORNED BEEF OR ANYTHING IN-BETWEEN. I HAVE EVEN USED CUT-UP BBQ SAUSAGES
4. 2 HEAPED TABLESPOONS PEANUT BUTTER
5. CURRY POWDER (I USE KEEN'S)
6. 1 TABLESPOON CRUSHED GINGER
7. 1 TABLESPOON CRUSHED GARLIC
8. SWEETENER – ANY TYPE, HONEY OR SUGAR OR ARTIFICIAL SWEETENER

Method

MAKING THE CURRIED PEANUT GRAVY:

Because it will be 'watered down' by a lot of cabbage, the gravy is supercharged with curry and flavour. Just how much curry and flavour is up to the cook, but it must be a lot stronger than you first think. For example, I use ¼ of a tin of Keen's curry powder. The exception is the sweetener; you probably need less than you first think.

The gravy is made by crushing the baked beans in a bowl (use the back of a spoon) with ingredients 4, 5, 6, 7 and 8 to make a paste. More mixing later will catch up with any beans that did not crush properly the first time.

Add water to the paste to make it a gravy. I generally use a bit more than half a can of water.

Add the chopped-up meat, and try to keep it a bit chunky.



PAR-COOK THE CABBAGE:

Par-cook the cabbage in the microwave in a covered bowl. You'll need lots of cabbage if you have a strong tasting gravy.

MIX AND COOK:

Mix the gravy through the cabbage. You might like to save some gravy and meat for a second lot of cabbage.

Do a final microwave, cook for 8-10 minutes.

Hint:

If you make the curry too hot, tone it back by adding desiccated coconut – but the heat of the curry is a feature of this dish.

Serve with or without toast.

Recipe contributed
by Artwombat

CRISPY COCONUT DEEP-FRIED PRAWNS SERVED WITH SALAD OR CHIPS



Ingredients

1. 1 PACKET RAW PRAWNS, FROZEN, IMPORTED (SHELLED BOBBED AND TAILED)
2. COCONUT FLOUR
3. WHEAT FLOUR (SELF-RAISING IS OK)

Method

PRE-COOK:

Place a couple of servings of frozen prawns on a plate.

Defrost in microwave or until some start to go pink.

Drain the water off.

Dust them with a 50/50 mix of flour (2 and 3 above).

I usually do it in an ice-cream dish/bucket.

Deep-fry for 2 or 3 minutes on max temp. They should be crispy and thinly coated and moist on the inside.

SERVING:

Sweet chilli sauce goes well with coconut prawns or whatever your favourite sauce is. Serve with salad, chips or wedges.

NOTES:

The flour mix is not critical. Wheat flour gets too sticky and coconut flour is not sticky, so 50/50 seems to work well on defrosted and drained prawns.

I have tried various batters but this recipe is by far the best I have tried.

GOURMET MICROWAVED EGG

Recipe contributed by Artwombat

The feature of this recipe is it is quick and easy and there are no greasy pans to wash up. It can even be finger food.

Ingredients

1. 1 EGG
2. 1 PIECE OF BREAD
3. 1 SLICE OF CHEESE

Method

Push the toast into the bottom of a soup dish/cereal bowl (making a curved shape to hold the egg).

Break an egg onto the toast (it will microwave properly, there is nothing else to do with the egg).

Cover the egg with a cheese slice.

Cook in microwave until the cheese melts (about 2 minutes).

PLUM CHUTNEY

Mix Worcestershire sauce with plum jam to make a plum chutney to the taste you like, and serve as a side condiment.



MINI FRITTATAS

Prep time: 15 minutes



Ingredients

1. 6 EGGS
2. ½ CUP OF CREAM OR MILK
3. 1 POTATO
4. 1 SMALL ONION
5. 1 RASHER OF BACON
6. 1 CUP OF MIXED FROZEN VEGETABLES OR PEAS
7. 1 CUP OF CHEESE
8. SALT AND PEPPER

Method

Preheat oven to 180°C.

Thinly slice potato and onion.

Chop bacon into very small pieces.

Place the potato, onion and bacon and mixed vegetables into muffin trays.

Measure cream or milk into a jug, add the eggs and a pinch of salt and pepper and whisk.

Pour the egg and milk mixture into the muffin trays.

Measure out cheese and sprinkle over the top.

Cook in the oven for 25 minutes until set and golden brown.

Notes: Makes 8 frittatas and can be frozen.



Recipe contributed by
RPH Occupational
Therapy Team

MINI PIZZAS

*Prep time: 15 minutes
Makes 6 pizza muffins*

Ingredients

1. 3 ENGLISH MUFFINS
2. 1 ONION
3. 2 TABLESPOONS OF TOMATO SAUCE OR TOMATO PASTE
4. 1 RED CAPSICUM
5. 8 SMALL MUSHROOMS
6. 1 ½ CUP GRATED CHEESE
7. 2 SLICES OF BACON OR HAM
8. SMALL TIN OF PINEAPPLE
9. SPRINKLE OF MIXED HERBS

Method

Preheat oven to 180°C.

Chop the mushrooms, onion, pineapple and bacon (or ham) into small pieces.

Grate the cheese.

Split each muffin into two.

Place baking paper on an oven tray.

Place each piece of muffin on the tray.

Spread tomato sauce/paste evenly over each base.

Sprinkle on ingredients in the following order: onion, ham, capsicum, mushrooms, pineapple, cheese & mixed herbs.

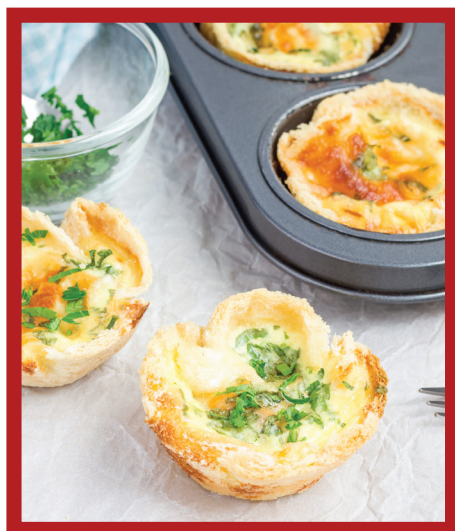
Place in the oven and cook for approximately 15 minutes until the cheese has melted.



Recipe contributed by
RPH Occupational
Therapy Team

MINI QUICHES

Recipe contributed by RPH Occupational Therapy Team



*Prep time:
15 minutes*

Ingredients

1. 6 SLICES OF BREAD
2. ½ CUP OF MILK
3. ½ CUP OF GRATED CHEESE
4. SALT, PEPPER AND MIXED HERBS
5. 1 RASHER OF BACON
6. 3 EGGS

Method

Preheat oven to 180° C.

Cut crusts off each slice of bread.

Roll each slice of bread very thinly.

Cut a line from the centre of the bread down, to roll into a cone shape.

Place each bread slice into a muffin hole and pat into place.

Chop bacon into very small pieces and place in bread cases.

Crack the eggs, milk, salt, pepper and mixed herbs into a bowl and mix.

Pour mixture into bread cases.

Sprinkle the cheese evenly over the top.

Bake in the oven until golden brown, approximately 25 minutes.

Allow to sit for 10 minutes before eating.

CHERRY TOMATO, MINT, SNOW PEA AND PEPPER SALAD WITH GARLIC AND LIME DRESSING

Ingredients

SALAD:

1. PUNNET OF CHERRY TOMATOES
2. 6 SPRING ONIONS
3. 1 RED PEPPER
4. HANDFUL OF SNOW PEAS
5. 3 LONG, RED, CHILLIES
6. LARGE BUNCH OF MINT
7. HANDFUL OF BASIL

DRESSING:

1. 1 LIME (JUICE AND SKIN)
2. GARLIC
3. 2 TEASPOON SALT
4. CRACKED PEPPER
5. CASTER SUGAR
6. OLIVE OIL

Method

Recipe contributed by Sediba

TO MAKE THE SALAD:

Chop all the salad ingredients: cherry tomato, spring onions, red pepper, snow peas, chillies, mint and basil.

You CANNOT add too much mint, it's impossible. Put in heaps and heaps. Australian mint is best here, but Vietnamese, spearmint, and anise mint will all work.

Place in a bowl, don't mix yet, place cling wrap over the top and place in fridge. Salad will keep for a day or two in the fridge if not stirred.

TO MAKE THE DRESSING:

The garlic cloves must not be cut by the blade of the knife until it has been crushed by the flat of the knife. Crush the garlic until it is 'juicing' on the board.

Now add ALL the salt that you would use for the salad (2 teaspoons approximately, to your taste).

Now crush the garlic and the salt and a magical chemical reaction will take place... it turns to jelly.

Only now can you mince it with the blade, not before (or it will taint and taste like every other salad).

Place "jelly" garlic in jar. Add heaps of cracked pepper.

Peel some skin from the lime and slice finely, add to the jar.

Add the juice from the lime as well. If you don't like it tart, use white vinegar instead.

Add enough olive oil, so that you have one third juice, two thirds olive oil.

Shake until it's all combined. Pour over salad and toss.



ROAST PUMPKIN WITH GARLIC AND OLIVES

Recipe contributed by Sediba

Ingredients

1. HALF A BUTTERNUT PUMPKIN
2. HANDFUL OF GARLIC GLOVES
3. HANDFUL OF BLACK OLIVES

Method

Pre-heat oven on high (200°C).

Cut butternut pumpkin in half and de-seed.

Peel heaps of garlic cloves.

Place garlic cloves and olives in the pumpkin hollow, rub olive oil on the pumpkin and place face down in a baking dish.

Roast until a knife slides in easily.



BACON, BROCCOLI AND PUMPKIN PASTA



Ingredients

1. 1 TABLESPOON COOKING OIL
2. 1 RED ONION, SLICED
3. 6 SHORT BACON RASHERS, CHOPPED
4. 500gms BUTTERNUT PUMPKIN, CUT INTO 2cm CUBES
5. 2 GARLIC CLOVES, SLICED
6. 4 SPRIGS OF THYME
7. 1 CUP OF CHICKEN STOCK
8. 250gms DRIED SPAGHETTI
9. 1 HEAD OF BROCCOLI, CUT INTO SMALL FLORETS
10. ¼ CUP OF CREAM
11. BASIL LEAVES
12. GRATED PARMESAN CHEESE

Method

Heat the oil in a saucepan.

Add the onion, bacon, and pumpkin, cook for 5 mins.

Add the garlic and thyme, then the chicken stock and 2 cups of water, bring to the boil and add the spaghetti. Cook for 10 mins. Add the broccoli, stirring occasionally until the sauce thickens.

Remove from the heat, take the thyme out and discard it. Stir in the cream, salt and pepper to taste, and serve.

TUNA AND TOMATO PASTA

*Ultra quick and flavoursome.
You do all the preparation while
the pasta is cooking.*

Ingredients

1. 500g OF PASTA
2. 4 RIPE TOMATOES, QUARTERED,
OR CHERRY TOMATOES, HALVED
3. 1 CLOVE OF GARLIC
4. 1 LARGE TIN OF ITALIAN TUNA IN OIL
5. FRESH ROCKET OR BASIL
6. GRATED PARMESAN CHEESE

Method

Cook the pasta.

Heat a non-stick fry pan to very hot.

Add the tomatoes, you want a sizzle and a bit of caramelisation.

After a minute or so add the garlic, a good grind of pepper and the tuna – oil and all.

Warm through, you don't want the tuna breaking up too much.

Toss through the pasta with rocket.

Top with parmesan cheese.



Recipe contributed by
woodandglassm

BOURBON AND ORANGE CHICKEN DRUMSTICKS

Now these drumsticks take a while to marinate. It's best to leave them overnight. They are definitely worth the wait.



Ingredients

1. 120gms ORANGE MARMALADE
2. 100ml SOY SAUCE
3. ¼ CUP OF MUSTARD
4. 2 OR 3 TABLESPOONS OF BOURBON
5. 2 CLOVES OF GARLIC, CRUSHED
6. 2 RED CHILLIES, CHOPPED
7. 8 CHICKEN DRUMSTICKS
8. 2 ORANGES (PREFERABLY WITH THIN SKINS), CUT INTO QUARTERS

Method

Mix the marmalade, and everything else in a saucepan, put it on low heat 'til it is warm.

Now let it cool a bit, and put it in a zip lock plastic bag.

Add the chicken to the bag, give it a shake, you can put it in the fridge overnight.

Heat the oven to 200 degrees or heat your Webber.

Put it all on to an oven tray, and cook for one hour.

You can alter the sauce to suit yourself.

We sometimes use pepper steak seasoning in it.

But use anything you like in it.

My wife is not overly keen on the pepper seasoning so she uses bush spices.

Serve with mashed potato. ENJOY.