



Here are a couple of delicious main course dishes suitable for adults and children. Look out for many more on the way.

### Trout with linguine, roasted pumpkin and dill



This recipe is from Yarra Valley Caviar who rear fresh water salmon and trout - they are a sustainable farm, no chemicals, hormones used and have strict organic farming guidelines.

We're reliably informed it's divine and that children loves this too.

Hint: To save time when you're next roasting pumpkin or butternut, roast some extra pieces for this dish.

Serves 4.

Preparation time: If the pumpkin is already cooked, 25 minutes, otherwise about 40 minutes.

#### INGREDIENTS

- 1 smoked Yarra Valley trout, skin removed and flesh flaked
- 400 grams diced pumpkin
- a pinch each of ground cumin, chilli flakes, sea salt
- 1 tablespoon of olive oil
- 400 grams dry linguine pasta
- 200 ml olive oil for frying
- 2 cloves of garlic, peeled and thinly sliced
- the zest of 1 lemon
- 1 teaspoon of chilli flakes or 2 dried chillies, chopped
- sea salt
- 12 basil leaves roughly torn for garnish

#### METHOD

1. Toss pumpkin in cumin, chilli, salt and the first measurement of olive oil.
2. Place on a baking tray and roast in a pre-heated 180°C oven until soft.
3. Cook the pasta according to packet instructions and drain. Pick over the flaked Yarra Valley smoked trout to ensure all the bones are removed. In a wide frying pan, add the second amount of olive oil and garlic.
4. Over a medium heat fry the garlic until the garlic is just beginning to brown around the edges.
5. Add the dried chilli, lemon zest and pumpkin.
6. Warm slightly then add the cooked pasta and toss lightly to warm the pasta through.
7. Season with sea salt then serve in pre warmed bowls.
8. Finally, scatter over the flaked Yarra Valley smoked trout and basil leaves.

Recipe courtesy of [Yarra Valley Caviar](#) and created by [James Barnes](#), chef and cookery teacher at Gold Coast TAFE, Queensland.



James Brown chef and cookery teacher at Old TAFE creator of Trout Linguine with roasted pumpkin & dill



### Roast chicken with lemon, dried cranberry and pistachio stuffing

Serves 4

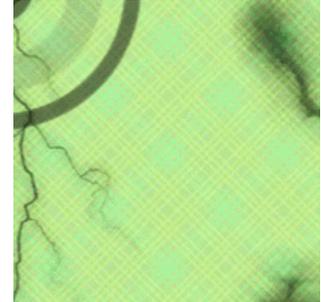


## INGREDIENTS

- 1 whole chicken
- 2 tbsp butter
- 1 onion, diced
- 3 tbsp pistachio nuts, roughly chopped
- loaf stale white bread, crust removed pulsed into crumbs
- 3 tbsp dried cranberries
- a bunch of sage, finely chopped
- 1 lemon and the zest
- salt and pepper
- 1 tablespoon olive oil
- 1 teaspoon sweet paprika

## METHOD

1. Pre-heat the oven to 180°C.
2. Melt the butter in a sauce pan, add in the onions and sauté on medium heat for 1-2 minutes, add pistachio nuts and sauté for a further minute before adding the crumbs, lemon zest, cranberries and sage, season with salt and pepper, stir well and set aside.
3. Rinse the chicken under cold water, removing inedible bits and dry with a kitchen towel.
4. Season the inside of the chicken with salt and pepper and a sprinkle of paprika.
5. Rub the outside with oil and season with salt, pepper and paprika.
6. Gently separate the skin from the breast at the cavity end of the chicken (not the neck end) and place the stuffing under the skin.
7. Fill chicken with remaining stuffing.
8. Place onto a baking tray and roast for about 1 hour or until golden and cooked. Serve with a tossed salad



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