Foodie fundraiser set to delight tastebuds

Some of the Territory's top chefs will cook up a storm to support Variety NT's Variety of Chefs gala dinner this weekend.

They will cook recipes on the stage, which will then be served to patrons attending the gala event.

This year, Hanuman Restaurant owner and head chef Jimmy Shu, My Market Kitchen's Lynton Tapp, The Walkabout Chef Steve Sunk and Rachael's on the Boardwalk's Rachael Ciesiolka, of MasterChef fame, have created a course each to delight the crowd.

Guests will be served the dishes alongside matching wines.

Mr Tapp — who also starred on MasterChef — will take to the stage to create a delicious dessert.

"I'm going to be doing a caramel parfait with a chocolate mouse and silver leaf brittle," he said.

He said he had been practising his dishes to make sure the flavours were balanced.

Mr Tapp said at home he whipped up light and easy sweets, including favourites such as golden syrup pudding and fruit cake. "I had to delve deep into my skill set to make something that matched the others' dishes with refined and delicious flavours," the keen foodie said.

Mr Tapp said guests would get to taste a wide range of flavours, with everything from fresh seafood dishes from Ms Ciesiolka to the fragrant flavours used by Mr Shu, who whips up delicious curries in his restaurant.

This is Mr Tapp's second year participating in the event, which raises money for sick and disadvantaged children in the Territory.

"I'm delighted to have been invited this year," he said.

The gala event will include an auction, with 'money can't buy' experiences, adventures, memorabilia, art and more up for grabs. The night also includes entertainment, nostalgia and, of course, some fascinating food with refined and delicious recipes with refined and delicious tastes.

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To grab your tickets to Saturday's Variety of Chefs dinner, which will be held at SkyCity Casino, visit the website variety.org.au

"You'll soon be throwing together delicious meals in minutes that can live a healthier lifestyle".

INGREDIENTS

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1 tbsp canola oil
1 onion, chopped
3 cloves garlic, finely chopped
250g beef mince
1 medium zucchini, grated
2 medium carrots, grated
400g can no-added-salt red kidney beans, drained and rinsed
400g can no-added-salt diced tomatoes

1 tbsp chilli sauce
2 tbsp paprika
1 tsp ground cumin
1 tsp ground coriander
1 tsp chilli flakes, optional

METHOD

1. Heat oil in a large frypan and fry onion, garlic and mince for about 5 minutes, until onions are clear and meat is browned.

2. Add the rest of the ingredients and simmer for 10 minutes with the lid off, stirring occasionally.

3. Roll up the Mexican mince in a tortilla with tomato, corn, onion, cucumber and lettuce.

Add a spoonful of natural low-fat yoghurt and chilli flakes for extra kick.

Serves 6

"Your body will thank you for the nutrients you get".

The Heart Foundation recommends that a good way to avoid these unnecessary salts and fats is to have a selection of tasty, healthy and easy to make meals that the whole family love at your fingertips.

Cooking a nutritious, balanced meal doesn't have to take hours.

Your body will thank you for the nutrients you get from all the fresh ingredients you are eating.

Plus, eating healthily and making good food choices is a great way to establish healthy eating habits in kids.

Not to mention it will teach your children to have a positive relationship with cooking and healthy foods, which they can carry on into later life.

The LiveLighter website has a range of recipes, all developed by dietitians, that will ensure you always have a wide range of healthy meal ideas to choose from.

It also has a handy meal and activity planner, which will help you ensure you are getting the right exercise to go with your new healthy eating regime.

For more tasty and nutritious recipes, visit the Mexican mince one on this page, or to find out more information about how you can live a healthier lifestyle, head to the website LiveLighter.com.au.

You'll soon be throwing together delicious meals in minutes that will keep the whole family full and satisfied.