

# HUNGER BITES

\$14 FEEDS FOR A FAMILY OF FOUR  
BY YOUR FAVOURITE COOKS AND CHEFS



Featuring recipes by Marco Pierre White | Neil Perry | Maggie Beer | Luke Mangan |  
Luke Nguyen | Ed Halmagyi | Stephanie Alexander | Iain Hewitson and many more

**THIS MEANS THE WORLD**

World Vision 

# **“HAVING ENOUGH TO EAT IS SOMETHING EVERY CHILD SHOULD BE ABLE TO TAKE FOR GRANTED.”**



No matter where you live, serving up a healthy and affordable family meal day after day can be a challenge – even more so during a pandemic.

World Vision knows this well. We've been helping parents feed their children in some pretty desperate places for 60 years.

That's why we asked some of our best-loved chefs and cooks to share recipes that would feed a family of four for \$14 or under – the average cost of a weekly grocery shop in Kenya.

The 17 recipes these food masters came up with blew us away.

In these pages you will find new recipes, and new takes on old favourites, from culinary maestros and World Vision child sponsors such as Maggie Beer and Neil Perry.

My heartfelt thanks go to these generous contributors for sharing our vision for a cookbook to support our fellow human beings in a time of great need.

When you put the *Hunger Bites* recipe book to use, you not only put food on your own table – you help World Vision put meals on the tables of those who need them most.

You make the world a better place.

Having enough to eat is something every child should be able to take for granted, and every parent should be able to provide. No mother or father should have to bear the pain of having their child go to bed hungry – or grow too weak to play. Many parents are struggling to provide food while suffering from hunger themselves.

In a world where there is enough for everyone, we can put this right.

You can also learn more about the Child Hunger Crisis in this book and create awareness in your community – starting at your own dinner table, with your own family.

Thank you.

A stylized, handwritten signature in black ink, appearing to read 'D Wordsworth'.

**Daniel Wordsworth**  
Chief Executive Officer  
World Vision Australia





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\$14 CAN BUY  
DINNER FOR  
THE WHOLE  
FAMILY.

IN KENYA, IT'S  
FOOD FOR  
THE WHOLE  
WEEK.



The pandemic is inflating food prices like never before. In Australia, food costs have gone up by 3.5%, so a bottle of orange juice you bought last year for \$6 may now cost \$6.20. In other countries, the surge is astronomical: 56.9% in Togo, 53.5% in Myanmar and 38.3% in Mozambique, making nutritious food out of reach for communities already struggling with poverty.

### **WHY IS THERE A GLOBAL HUNGER CRISIS?**

The world produces enough food to feed all 7.9 billion people. And yet, one in nine people still goes hungry every day. Due to a deadly mix of **conflict, climate change and COVID-19**, a global hunger crisis is escalating in areas such as East Africa and Afghanistan. Because of more war, conflict and refugees. Because of more extreme weather disasters. Because of pandemic-fuelled poverty, more families are being pushed towards famine than ever before.

### **CHILDREN ARE THE HARDEST HIT**

For people living below the poverty line, hunger means more than a missed meal. It means going without food for days and being unable to access the nutrition your body needs to survive.

**Every 10 seconds a child dies of long-term undernutrition.** But thanks to World Vision supporters like you, we are working towards a zero hunger world. If every one of us did something to help – even the smallest thing – we could end world poverty for good.

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## **10 THINGS YOU CAN DO TO HELP END CHILD HUNGER**

1. Eat sustainably, consider your impact on the environment
2. Reduce your food wastage at home
3. Contribute to the [Child Hunger Appeal](#)
4. Use your power as a voter and ask the [Australian Government to send food aid](#)
5. [Sponsor a child](#) to empower a community
6. [Make a donation](#) to fight poverty
7. Tell others about the [global hunger crisis](#)
8. Support [climate-friendly farming](#)
9. Be a champion of ending world poverty
10. [Give a gift](#) that feeds a hungry child

ADAM D'SYLVA'S

# ORECCHIETTE WITH BROCCOLI

HUNGER BITES





## ADAM D'SYLVA

Executive chef and co-owner of Melbourne restaurants Tonka and Coda and Boca Gelato, Adam's Indian-Italian heritage has resulted in stunning, innovative dishes. [codarestaurant.com.au](http://codarestaurant.com.au)

**“Food means survival in some countries and my heart goes out to the families struggling to feed their families. I hope this cookbook helps change their lives in some small way.”**

### INGREDIENTS

500g orecchiette pasta

Table salt for pasta water

2 heads broccoli, cut into small pieces, using stalk as well

4 birdseye chillies, sliced finely

5 cloves garlic, chopped

4 anchovy fillets (optional)

½ bunch flat leaf parsley, washed and chopped finely, stem and leaf

Thyme sprigs

150ml extra virgin olive oil

Sea salt and freshly ground black pepper to taste

Parmesan to garnish

### METHOD

1. In a heavy-based pot, sauté chilli and garlic with olive oil until aromatic.
2. Deglaze pot with 1 cup of water. Add broccoli and thyme and cook for about 30 minutes until broccoli is tender. Add 1 cup of water whilst cooking. You may need another cup of water.
3. In a large pot of boiling water, add salt to taste like the sea. Add orecchiette pasta and cook until three-quarters cooked - so still quite underdone. Reserve 1/2 cup of pasta water before straining pasta.
4. Add parsley and cooked orecchiette. Stir and cook further until sauce covers pasta.
5. Check for seasoning. There should be enough salt from the pasta water. Add freshly cracked pepper and grated parmesan on top

### REALITY BITES

**EVERY 10 SECONDS A CHILD DIES OF UNDERNUTRITION.**

Children become undernourished much faster than adults. A lack of nutrition means stunting (they don't grow) and wasting (they are severely underweight).



ALICE ZASLAVSKY'S  
**GAJAR MAKHANI**  
Indian-style butter carrot

HUNGER BITES



Image and text from *In Praise of Veg* by Alice Zaslavsky, photography by Ben Dearnley. Murdoch Books \$59.99





## ALICE ZASLAVSKY

School teacher turned food writer, broadcaster and cook, the former MasterChef contestant is passionate about creating achievable, yet delicious fare and connecting kids with food.  
[aliceinframes.com](http://aliceinframes.com)

**“Every child should have the right to fresh, nutritious food. It shouldn’t matter where you happen to be born.”**

### INGREDIENTS

25g butter

1 tbsp vegetable oil

½ cup (150g) raw cashews

1 garlic clove, finely chopped

½ tbsp finely grated fresh ginger

½ tbsp brown mustard seeds

2 curry leaf branches, leaves picked (about 35-40 leaves)

½ bunch of coriander (cilantro), leaves picked, stems and roots washed well and finely chopped

1.5 tsp garam masala

½ tsp ground turmeric

½ tsp ground cardamom

½ tsp mild chilli powder

¾ cup (375g) Greek-style yoghurt

400g carrots, peeled and cut into 3cm pieces on the diagonal

½ tbsp brown sugar

350g tomato passata (pureed tomatoes)

½ cup (250ml) coconut cream, plus extra to serve

Steamed basmati rice

Naan or roti bread

### METHOD

1. Heat the butter and oil in a wide saucepan over medium-high heat. Add the cashews and toss for 3 minutes, or until toasted and golden.
2. Add the garlic, ginger, mustard seeds and curry leaves and cook, stirring, for 2 minutes, or until aromatic. Set aside half the cashew mixture for serving.
3. Add the coriander stems and spices to the pan and cook, stirring constantly, for 1 minute, or until fragrant. Stir in the yoghurt until combined, then add the carrot and stir to coat. Stir in the sugar, passata, coconut cream and 1 cup (250ml) water and bring to a simmer.
4. To stop the sauce from cooking down too quickly, partly cover the pan with a lid. Simmer over low heat for 45 minutes, or until the thickest piece of carrot you can find is fork-tender, and the gravy has thickened and reduced slightly.
5. Serve drizzled with extra coconut cream and scattered with the reserved cashew mixture and coriander leaves, with rice and naan or roti bread.

*Tip: Fantastic naan and roti bread are readily available at supermarkets. Look for ones with a short shelf life and not too many ingredients. Try popping them over some heat to take on an almost-authentic tandoor char, or into the toaster to crisp up a little.*

### REALITY BITES

**Hunger is killing more people than COVID-19. Every minute, 11 people die from lack of food; 7 die from COVID-19.**

DARREN PURCHESE'S

# CHICKEN CONGEE

with ginger and spring onion

HUNGER BITES



Photo courtesy of Ari Hatzis





## DARREN PURCHASE

Darren Purchase is one of Australia's most respected pastry chefs and has worked in some of the finest hotels and restaurants in London and Australia. The regular MasterChef judge owns cake and dessert shop, Burch & Purchase Sweet Studio. [burchandpurchase.com.au](http://burchandpurchase.com.au)

**“There are over 41 million people in Africa and the Middle East at risk of famine. My involvement in this project will hopefully help draw attention and awareness, to all Aussies, of this urgent humanitarian catastrophe.”**

### INGREDIENTS

#### CONGEE:

1L chicken stock

1L water

10g ginger, peeled and sliced

4 spring onions

150g jasmine rice, washed and drained

1 chicken, whole

1 tsp salt

#### GARNISH:

½ bunch coriander, washed

4 tbsp fried shallots

Light soy sauce, to taste

White pepper, to taste

Sesame oil, to finish

### METHOD

1. Use a sharp knife to cut the two breasts away from the chicken. Also cut the legs away from the frame. Reserve the breast and legs and add the chicken bones into a large saucepan and top with the 1 litre of water.
2. Bring the water to the boil and simmer for 30 minutes. Strain the stock and reserve.
3. Remove any meat from the chicken skeleton and reserve. Discard the bones.
4. Place the store-bought chicken stock, pre-made chicken stock, two chicken breasts, two chicken legs and thighs, ginger, spring onion, rice and salt into a large saucepan.
5. Turn the heat to medium and bring the contents of the pan to a boil. Turn the heat to low and simmer for 30 minutes or until you have a thick soupy consistency, and the rice has started to break down.
6. Pull the chicken pieces out with tongs and leave to cool on a plate for 10 minutes.
7. Turn the heat back on to low to thicken the soup until the rice begins to turn into porridge.
8. Shred the cooled chicken pieces into small strips using your fingers or a knife, discarding any bones or skin.
9. Add the shredded chicken back to the pot and stir in. Reheat if needed and spoon the congee into bowls. Finish each bowl with the garnish bits and serve.

### REALITY BITES

**Imagine if you were too weak to go to school, stand up or play. In communities suffering famine, hunger isn't just a tummy rumble - it can kill.**

DOMINIQUE RIZZO'S

# NONNA'S PASTA AL FORNO

with pork and pea ragu & cheesy bechamel

HUNGER BITES





## DOMINIQUE RIZZO

Dominique Rizzo is a Queensland-based chef, author, presenter and former restaurateur who creates purely delicious, healthy and real food inspired by modern Italian flavours. [dominiquerizzo.com](http://dominiquerizzo.com)

**“Food is my passion, so my heart breaks for the many children suffering because of hunger. By contributing to this cookbook, I want to support the important work of World Vision and encourage other Australians to help out too.”**

### INGREDIENTS

500g pork mince  
500g frozen peas  
150g grated cheese  
600ml full cream milk  
2 x 400g diced tin tomatoes with basil, onion and garlic  
500g penne pasta  
4 tbsp flour  
Salt and pepper

### METHOD

1. Preheat oven to 180°C.
2. Heat a non-stick pan over a moderate temperature and cook the pork mince until done, drain off the juices into a separate saucepan and set aside.
3. Add the two tins of diced peeled tomatoes to the pork mince. Half fill one tin with water and add this to the pork and tomatoes, season with salt and pepper. Bring the pork ragu to a simmer and cook for 20 minutes.
4. Meanwhile whisk 4 tbsp of plain flour into the milk and add this into the saucepan with the pork juices. Stir over a moderate heat until the mixture thickens to the consistency of custard, season with salt and pepper and stir through half the grated cheese. Set the bechamel aside.
5. Cook the pasta as per the instructions on the side of the pack. Drain and mix the pasta with  $\frac{3}{4}$  of the pork ragu sauce, add peas and half the bechamel sauce.
6. Pour the pasta mix into a baking dish and top with the remaining sauce, bechamel and grated cheese. Bake the pasta for 20 minutes or until the cheese is golden and melted.

### REALITY BITES

**ALMOST 40% OF  
THE WORLD'S  
POPULATION  
CAN'T AFFORD  
A HEALTHY DIET.**

**Malnutrition doesn't  
mean not having  
enough food - it means  
not having enough  
nutritious food.**



ED HALMAGYI'S

# NONNA'S MEATBALLS

HUNGER BITES





## ED HALMAGYI

World Vision child sponsor Ed Halmagyi is best known as Fast Ed from Better Homes and Gardens – a chef with a talent for transforming elegant restaurant cuisine into family-friendly recipes. [fast-ed.com.au](http://fast-ed.com.au)

**“Here in Australia, you can enjoy beautiful, fresh food all year round. Unfortunately, for millions of hungry people on the other side of the world, this is just a dream.”**

### INGREDIENTS

500g budget beef mince  
 2L stock (made from powder or cubes, beef, chicken or vegetable)  
 8 cloves garlic, minced  
 ¼ cup finely grated parmesan  
 1 tsp ground cinnamon  
 ½ bunch parsley, very finely chopped  
 ½ cup breadcrumbs  
 Sea salt flakes and freshly-ground black pepper  
 1 brown onion, very finely diced  
 2 sticks celery, very finely diced  
 ¼ cup extra virgin olive oil  
 1 tsp dried sage  
 2 bay leaves  
 700ml tomato passata  
 1 cup fine polenta

### METHOD

1. Combine the mince, ½ cup stock, half the garlic, grated parmesan, cinnamon, parsley and breadcrumbs in a bowl. Season with salt and pepper, then mix thoroughly, until smooth.
2. Form into 40 small balls with wet hands, then refrigerate for 1 hour, until firm.
3. Sauté the onion and celery in half the oil in a large saucepan for 5 minutes, until softened.
4. Add the sage, bay leaves and remaining garlic and cook for 2 more minutes. Pour in the stock and passata. Season with salt and pepper and continue simmering.
5. Fry the meatballs in batches in the remaining oil until browned. Transfer to the sauce and simmer for 30 minutes, until the sauce has thickened.
6. Pour the remaining stock into a medium saucepan and bring to a boil. Scatter in the polenta, then boil for 5 minutes, until thickened. Serve with the meatballs and sauce

### REALITY BITES

*\*Global prices since Feb 2020*

### WHICH FOOD PRICES\* ARE INCREASING THE MOST?



**Rice**  
 ↑11.8%



**Lettuce**  
 ↑12.5%



**Tomatoes**  
 ↑15%



**Cheese**  
 ↑17.4%



**Oranges**  
 ↑22%



**Apples**  
 ↑13.1%



**Bread**  
 ↑12.7%



**Potatoes**  
 ↑15.1%



# CLIMATE EDUCATION BRINGS HOPE TO DROUGHT- RAVAGED KENYA







In Naapong, in north-western Kenya, the drought hit hard. Not only did the long dry wipe out much of the community's food supply, the few remaining livestock that provided food and milk were also stolen by bandits. It forced parents to forage for roots and leaves, or even hunt rodents to feed children often too tired to play or learn.

While the community received food aid, longer-term solutions to build capacity, such as climate-smart farming techniques, were needed. The community was shown how to dig 'zaipits', 60cm<sup>2</sup> holes that capture the little rain that falls, and more efficient sowing and irrigation methods.

The community planted sorghum, maize, green grams, and cowpeas. After the first season, each family received 3kg of cowpeas, while the program's participants were also paid in other foods, such as maize, beans and oil.

Project manager Fred Mzee said while rainfall was still scarce in the region, the World Vision program was delivering some hope to a community ravaged by climate change. "I keep on giving them hope," Fred said. "The rains may be delayed, but we must persist."





HETTY MCKINNON'S

# EGG, PEA AND GINGER FRIED RICE

HUNGER BITES



To Asia, With Love by Hetty McKinnon, Published by Plum, RRP \$39.99, Photography by Hetty McKinnon.





## HETTY MCKINNON

Known as the 'salad queen', Aussie-born, New York-based Hetty is the founder of Sydney's Arthur Street Kitchen whose concept is 'local food for local people.' [arthurstreetkitchen.com](http://arthurstreetkitchen.com)

**"I remember doing the 40 Hour Famine when I was a teenager. It's sad to know that world hunger is still an issue. I feel that if every one of us did something to help, we can really stop this."**

### INGREDIENTS

**4 large eggs**, beaten

Vegetable or other neutral oil

**2.5cm piece of ginger**, peeled and finely chopped

**740g (4 cups) cooked brown or white rice** (or a combination), preferably chilled in the fridge overnight

**1 tbsp tamari** or gluten-free soy sauce

**310g (2 cups) frozen peas**

**2 shallots**, finely sliced

**Sea salt** and **white pepper**

### REALITY BITES

**Timor-Leste - one of Australia's closest neighbours - has one of the highest rates of child stunting in the world.**

### METHOD

1. Season the egg with a good pinch of sea salt. In a hot wok or large frying pan, heat 1 tbsp of oil for just a few seconds, then pour in the beaten egg. Cook over medium-high heat for 10-15 seconds, allowing the bottom to set slightly, then turn the egg with a stainless-steel spatula until just set.
2. Break up the egg slightly, then remove from the wok or pan and set aside.
3. Heat another big drizzle of oil in the wok or pan, add the ginger and fry for 20 seconds to flavour the pan. Add the rice, breaking it up with the spatula, and fry for about 2 minutes.
4. Next, add the tamari or soy sauce, peas and a few big pinches of sea salt and toss well. Continue to stir-fry for 4-5 minutes until the peas are cooked, then add the egg and mix well. Cook for another minute or so until everything is heated through. Add a few turns of white pepper. Taste and season with a little more salt if needed.
5. Take the pan off the heat and stir through the sliced shallots. Serve immediately.

*Substitute for peas: diced carrot or corn.*

*Vegan: omit the egg.*



IAIN 'HUEY' HEWITSON'S  
**DUBLIN CODDLE**

HUNGER BITES





## IAIN 'HUEY' HEWITSON

Iain Hewitson, aka Huey, is a chef, author and TV personality who's an advocate of simple and 'real' food and has been hugely influential in Melbourne's and Victoria's food scenes. *Huey's Fabulous Fast Food for One (or Two) on YouTube*

**"I decided to get involved with this recipe book knowing how many people live with the threat of starvation. I think everyone can play a role in helping to end child hunger. Whatever your skills are – whether you're a cook, a teacher or a dancer – there is always a way to help."**

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### INGREDIENTS

**4 thick pork sausages**

**3 large potatoes**, peeled and sliced

**Vegetable oil**

**3 medium brown onions**, halved and finely sliced

**¼ savoy cabbage**, finely shredded

**Packet chicken stock**

**French mustard**

### METHOD

1. Preheat oven to 180°C.
2. Bring a pot of water to a slow simmer. Add sausages (making sure they are covered with water) and gently cook until firmish when squeezed between fingers. Remove.
3. Neatly place potatoes, in one layer, in a pan that can go into the oven. Almost cover with stock, season and cook in the oven until almost tender.
4. Heat a little vegetable oil in another pan, add onion and sauté until tender. Add cabbage and cook until it wilts. Season and place in a layer over potatoes.
5. Wipe out pan, add a little more oil and brown sausages all over. Then place on top of vegetable mix.
6. Put in the oven and cook for 10 mins. Place on serving plate and sprinkle with mustard.

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### REALITY BITES

**When families in poverty don't have enough to eat, many marry off their daughters – some as young as 10 years old – to survive.**



JUSTIN NARAYAN'S

# ASIAN STYLE CHICKEN DRUMSTICKS

HUNGER BITES







## JUSTIN NARAYAN

Inspired by his Fijian-Indian heritage, MasterChef 2021 winner Justin Narayan began cooking at just 13. The Perth-based cook hopes to one day have a food truck or restaurant featuring Indian flavours where some profits go to feeding and educating children in India. [justinnarayan.cooking](http://justinnarayan.cooking)

**“Food for me carries a lot of meaning. It represents what I love but more importantly, it is sustenance for the human body. World Vision is an organisation that’s been around for a while, and done a lot of good work, so being able to work together is a huge honour.”**

### INGREDIENTS

400g long grain white rice  
8 chicken drumsticks  
Half a bunch spring onion  
4 garlic cloves  
2 red long chillies  
15g ginger  
80ml oyster sauce  
20ml fish sauce  
80ml low sodium soy sauce  
2 tbsp grapeseed oil or canola oil  
1 large bunch, 200g broccolini  
75ml water  
1 lime  
75ml water  
Salt

### REALITY BITES

**Since COVID-19 happened, millions of refugees in camps across East Africa have had food rations cut by as much as 60%.**

### METHOD

1. Preheat the oven to 220°C. Cook the rice by following packet instructions.
2. Finely slice the white and green part of the spring onion, setting aside the green part for garnish. Then slice garlic, chillies and ginger into matchsticks, setting aside half of the chillies for garnish.
3. Pat dry the chicken drumsticks using a paper towel, or a clean tea towel, and then coat in oil and ½ tsp of salt. Sear until golden brown in a preheated and ovenproof frying pan (for the love of God make sure it’s an ovenproof frying pan) or cast-iron skillet on high heat. Remove drumsticks and set aside. Resist the urge to lick fingers. Turn the heat down to medium.
4. Place ginger, garlic, spring onion, and chilli into the pan and stir fry for 1-2 minutes until they smell nice. Pour in water, soy sauce, oyster sauce and fish sauce and bring to a simmer. Drop the drumsticks and resting juices back into the pan, turning the drumsticks to coat in the sauce and place in the oven for 15 minutes, turning halfway.
5. While the chicken is in the oven, drizzle your broccolini with oil and a pinch of salt. Toss, then char in a hot pan for 5-6 minutes until nicely charred and slightly softened. To serve, scoop the rice into a bowl and garnish with half the spring onion.
6. Lay the drumsticks in another bowl and drown them with sauce and garnish with chilli and the rest of your spring onion. Pile your broccoli on a plate. Enjoy!

KHANH ONG'S  
**GARLIC  
NOODLES**

**HUNGER BITES**







## KHANH ONG

Third placegetter in MasterChef 2018, Khanh Ong is a partner in Melbourne restaurant, The George on Collins. He holds strongly to his Vietnamese culinary roots and is known for his authentic, flavour-packed dishes. [thegeorgeoncollins.com.au](http://thegeorgeoncollins.com.au)

**“Having spent part of my childhood in a refugee camp, I know what it’s like to not have enough to eat. If there is a way to help others in similar situations, I’m all for it.”**

### INGREDIENTS

2-3 tbsp of butter  
1 tbsp oil (olive is fine)  
Half a bulb of garlic, finely chopped  
2 tbsp fish sauce  
1 tbsp kecap manis - sweet soy (optional)  
2 tbsp oyster sauce  
2 tsp sugar  
250g packet thin egg noodles  
(can use 2-minute noodles)  
Parmesan to serve  
Chives to garnish

### METHOD

1. Heat butter and oil in a frying pan on medium low heat with garlic for between 5 and 7 minutes before the garlic sizzles or browns.
2. Add the sauces and sugar for 1 minute on medium heat.
3. Cook noodles to packet instructions and add to garlic mixture.
4. Toss, then serve on a large plate.
5. Cover with a generous sprinkling of parmesan and scissor in some chives. Meet your new favourite noodles!

### REALITY BITES

**370 million children did not receive school lunches in 150 countries because of COVID-related school closures. These children missed out on an estimated 39 billion in-school meals – for many their most reliable source of nutritious food.**



LUKE MANGAN'S

# PAPPARDELLE PASTA

with mushrooms, lemon butter  
and maple bacon

HUNGER BITES





## LUKE MANGAN

Chef, author and entrepreneur Luke Mangan OAM is an Australian food institution. He's cooked for presidents and princes, and owns a string of exquisite restaurants here and abroad, including eateries on board P&O cruise ships. [lukemangan.com](http://lukemangan.com)

**“Food has been such a big part of my childhood. My hope is that every child can find joy in sharing a meal with their family, wherever they are in the world.”**

### INGREDIENTS

600g pappardelle pasta  
Parsley, chopped

#### MUSHROOM MIX:

2 eshallots, sliced  
3 cloves garlic, chopped  
2 tbsp butter,  
450g mixed mushrooms, sliced

#### LEMON BUTTER:

90g butter, at room temperature  
20g confit garlic  
10g salt  
Juice of half a lemon  
Lemon zest

#### MAPLE BACON:

4 slices prosciutto  
2 tbsp maple syrup

### METHOD

#### Mushroom Mix Method:

1. In a saucepan melt butter then add in sliced eshallots and chopped garlic without giving it any colour.
2. Add mushrooms and cook out until juices have evaporated.

#### Lemon Butter Method:

1. Place the butter in a mixing bowl and whip until soft and pale.
2. Add the remaining ingredients and 2 tsp water and mix well.

#### Maple Bacon Method:

1. Preheat oven to 180°C.
2. Line a tray with baking paper and place the prosciutto on top.
3. Add the maple syrup over the top of the prosciutto and place in the oven for 5 minutes or until caramelised.

#### To serve:

1. Cook the pappardelle according to the packet instructions.
2. While the pasta is cooking, cook your mushrooms until the moisture has evaporated, then add the lemon butter and allow to melt through.
3. Strain the pasta, reserving some of the water, and add to the mushroom mix. Stir to combine.
4. Finally, add the chopped parsley and check for seasoning. Divide the pasta evenly among four serving bowls, place the glazed maple bacon on top.

### REALITY BITES

**In Kenya, the drought is so bad farm animals die and people are driven to eat animals such as vultures and hyena meat. (The children say it doesn't taste very good!)**



LUKE NGUYEN'S

# **BEEF WOK-TOSSED**

with wild betel leaf & lemongrass

HUNGER BITES



*The Food of Vietnam, Cookbook published by Hardie Grant & Photographer Alan Benson.*



## LUKE NGUYEN

Renowned for flavour-packed Vietnamese food, Luke Nguyen is a chef, food writer, TV presenter and owner of award-winning Sydney restaurant, Red Lantern. [redlantern.com.au](http://redlantern.com.au)

**“I’ve built my career around the joys of working with food, but I know a full pantry is a privilege many people don’t have. By working with World Vision, I hope to bring greater awareness to the food shortages so many people around the world are experiencing.”**

### INGREDIENTS

- 2 tbsp vegetable oil
- 1 lemongrass stem, white part only, finely diced
- 2 garlic cloves, finely diced
- 2 chillies, finely diced, plus extra to garnish
- 300g lean beef, thinly sliced
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 2 tsp sugar
- 15 betel leaves, roughly sliced (found at Asian grocer. Can substitute for perilla leaves or shiso leaves)
- Coriander sprigs, to garnish

### METHOD

1. Add the oil and lemongrass to a smoking-hot frying pan or wok.
2. Cook for 5-10 seconds, or until fragrant, then add the garlic and chilli.
3. Now add the beef and stir-fry for 2 minutes.
4. Season with the fish sauce, soy sauce and sugar, add the betel leaves and stir-fry for a further minute.
5. Transfer to a plate and garnish with the coriander and extra chilli. Serve with steamed jasmine rice.

### REALITY BITES

**From 2005 to 2018, thanks to supporter funds, World Vision worked with a community in Ethiopia to tackle climate change. Today, almost 3,000 hectares have been reforested – a result that can be seen from space.**





Benard Nyataya, food aid hero and emergency relief extraordinaire.

## **BENARD BRAVES CROCODILE-INFESTED WATERS TO GET FOOD TO STARVING CHILDREN**

Meet the James Bond of the aid world. For World Vision emergency relief officers like Benard Nyataya, getting food to hungry mouths can be dangerous work – not unlike scenes from a Hollywood action movie.

He is part of a crack team of famine busters who deliver food to places few others would want to go. Braving lions, crocodiles, scorpions and gunfire, navigating risky airdrops and being winched out of isolated, conflict-ridden communities is all in a day's work. That's because in South Sudan, war has forced people to spread far and wide in search of a home.

### **72 HOURS FROM PICK UP TO DELIVERY**

When an emergency hits, these hunger heroes can get just 72 hours' notice to deploy. They may be cut off from the world for the next two to three weeks due to their remote locations – and must be fit, mentally tough and possess a MacGyver-style creativity to survive and do their job. People's lives literally depend on it – as do theirs.

"The toughest part of the work is in managing the risks both for the people we serve, our staff and the aid we handle," said Benard. The complexities of South Sudan's conflict mean that community clashes can erupt at any time without warning.

“The sound of rapid gunfire, explosions at close range, women wailing and children crying ... these are just some of the countless memories that are tough to forget.”

He is supported by a team of logisticians, nutritionists, food monitors, safety and resilience officers and ICT personnel, all drawn from the national pool. “I have a lot of respect for women who sacrifice in order to be a front-line worker,” said Benard. “They have to battle against their male colleagues and are not given preferential treatment, yet they deliver exemplary results ... and they do it with a smile.”

### **THE GREATEST CHALLENGE IS THE HEARTBREAK**

For Benard, the toughest challenge is the heartbreak he sees when he arrives at a

destination village. “One woman could not contain herself and burst into tears sharing how she had run out of options for feeding her children. She had lost her husband in the war,” said Benard.

She boiled grass and other leaves for the children to eat. Occasionally, she would start a fire late in the evening to give the children the impression that something was being cooked, and in the process they would fall asleep. “This was the only way she could get them to sleep,” explained Benard.

Despite the dangers of the job, Benard hopes to continue doing what he is doing – being a real-life action hero, an emergency-relief extraordinaire. “I am passionate about my work and hope I can continue to help South Sudan’s most vulnerable people.”



In Ulang, one of World Vision’s most remote work locations in South Sudan, Benard discusses plans for the next food delivery.

**THIS  
MEANS  
THE  
WORLD**



MAGGIE BEER'S

# FISH AND CRISPY POTATOES

HUNGER BITES







## MAGGIE BEER

A household name, Maggie Beer AM is an Australian cook, writer, former restaurateur and TV presenter who lives in the Barossa Valley. [maggiebeer.com.au](http://maggiebeer.com.au)

**“We are indeed the lucky country and are blessed with so many fresh, wonderful ingredients in Australia. It saddens me to know that in some countries, families can’t afford even basic food items such as corn or rice. No child should ever go hungry.”**

### INGREDIENTS

1.8kg waxy potatoes  
4 tsp salt flakes  
½ cup extra virgin olive oil  
4-8 fish fillets of choice  
4 tbsp unsalted butter  
2 lemons  
Pinch of salt and pepper to season

### REALITY BITES

**In Australia, it takes an hour of work to afford 10 common food items, such as bananas, rice and eggs. In South Sudan, it takes eight days.**

### METHOD

1. Preheat oven to 230°C. Cut potatoes in half with skin on and place in a large saucepan with salted cold water. Bring to the boil, then simmer for 20 minutes. Once soft, remove from the heat, drain, and set aside to cool down slightly.
2. Squash potatoes with skin on and place in a large mixing bowl. Add 4 teaspoons of salt flakes and drizzle over extra virgin olive oil. Lightly toss the potatoes for good coverage of oil, then place them into a heavy based baking dish (you may wish to add a little extra virgin olive oil to the base first to avoid sticking) and place in the oven. Bake for 20-25 minutes until golden and crunchy.
3. Place newspaper on the bench, and spread out the flour, seasoned with a pinch or two of salt flakes. Take fish from the fridge (it's important to keep it cold until you are ready to cook it) and coat lightly but well with the seasoned flour, dusting off the excess prior to cooking.
4. Melt butter in a large frying pan and when sizzling, add the fish fillets, one at a time, skin side down. Cook until golden on the skin side, approximately 2 minutes, then carefully turn over and cook for approximately another minute until golden.
5. Turn the heat off and add the juice of half a lemon to the frypan and season with some freshly ground black pepper. Once the potatoes are cooked, place onto a serving dish, add the fish and some lemon quarters and serve with a homemade mayonnaise/dip and some fresh herbs.



MARCO PIERRE WHITE'S

# SPAGHETTI CARBONARA

HUNGER BITES





## MARCO PIERRE WHITE

Marco Pierre White is a British chef, restaurateur and TV personality known for his stunning, contemporary creations. At 32, he became the youngest ever British chef awarded three Michelin stars. Today, Marco's passion for serving up superb dishes continues with P&O Cruises (UK). [marcopierrewwhite.co](http://marcopierrewwhite.co)

**“I’ve travelled the world and cooked at the best restaurants, but I’ve also seen how the less fortunate live. When visiting India in 2019 I saw the poverty, the misery, the desperate hunger. While I can do something to help, I will. And I implore others to do all they can too.”**

### INGREDIENTS

8 slices pancetta  
500g packet spaghetti  
8 egg yolks (cage-free)  
2 cloves garlic, crushed  
½ cup thickened cream  
Grated parmesan cheese, for serving  
Salt and pepper, to taste

### METHOD

1. Preheat oven to 180°C.
2. Lay pancetta on a baking tray and place in the oven to bake until crispy, about 15 minutes. Remove from oven, transfer to a board and cut into 2cm pieces. Set aside.
3. Bring a large pot of well salted water to a boil over high heat, using a deep frying pan as a lid. Add spaghetti and cook, until al dente or to your liking.
4. While the pasta is cooking, whisk egg yolks and cream together with a fork.
5. Drain cooked pasta and add to the warmed fry pan and set over medium heat. Add egg/cream mixture and toss to combine.
6. Sprinkle serving plates with grated parmesan cheese and cooked pancetta. Add some cooked spaghetti. Complete layering until all pasta and pancetta have been used. Season to taste.

### REALITY BITES

**There is more war and conflict now than 30 years ago, leading to more families fleeing their homes. Refugees and displaced people are often the hardest hit by hunger crises.**



NAGI MAHASHI'S

# SMOKED SAUSAGE AND RICE

HUNGER BITES





## NAGI MAEHASHI

Nagi Maehashi went from finance executive to founder of wildly popular RecipeTin Eats - a website with clever, family-friendly cooking that suits the lives of busy people. [recipetineats.com](https://www.recipetineats.com)

**“Growing up, money was tight, but my mum still ensured we dined like royalty, because she was so creative in the kitchen. This is why I know it’s possible to make great, fresh food even if you’re short on time and on a budget.”**

### INGREDIENTS

- 3 tbsp extra virgin olive oil
- 5 garlic cloves, finely minced
- 2 onions (medium), chopped (or 1 large)
- 1 yellow capsicum, cut into 1.5cm squares
- 1 red capsicum, cut into 1.5cm squares
- 400g (about three) kransky or other smoked sausages, sliced 0.5cm thick
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp pepper
- $\frac{3}{4}$  tsp smoked paprika  
(substitute with normal paprika if you wish)
- $1\frac{1}{2}$  cup long grain white rice, uncooked
- $2\frac{1}{2}$  cups chicken stock/broth,  
low sodium (or veg stock)
- 2 cups frozen peas, thawed
- 2 tbsp parsley, chopped (optional)

### METHOD

1. Cook sausage: Heat 2 tbsp oil in a large heavy based pot over medium high heat. Add sausages and cook until golden. Remove with a slotted spoon.
2. Cook onion and garlic: Add remaining 1 tbsp oil. Add garlic and onion, cook for 2 minutes. Add capsicum and cook for 2 minutes until onion is translucent.
3. Add rice and liquid: Add rice, chicken stock, paprika, salt, pepper and the sausage. Stir, bring to boil, then reduce heat to low so it's simmering very gently.
4. Cover and cook: Cover with lid, cook 20 minutes.
5. Add peas and rest: Remove pot from stove. Working quickly, remove lid, add peas, then quickly put the lid back on. Rest 10 minutes – the residual heat will cook the peas.
6. Fluff and serve: Add parsley. Use a fork to fluff the rice. Serve immediately!

### REALITY BITES

**“Famine” is declared in a region when at least 20% of families have extreme food shortages and more than 30% of children suffer from malnutrition. By then lives are already lost.**



NEIL PERRY'S

# CHILLI CON CARNE

with sweetcorn and rice

HUNGER BITES



Profile Image: Studio Latessa



## NEIL PERRY

Neil Perry AM is a chef, author, TV presenter and the creative force behind some of our finest restaurants including the Rockpool Group and newly opened Margaret in Sydney, as well as community meal program Hope Delivery. [margaretdoublebay.com](http://margaretdoublebay.com)

**“We are in an incredibly privileged position to work with the best produce in the country, but there’s so many people who struggle day to day just to put food on the table. I’ve always felt a responsibility to give back. That’s one of the reasons I first sponsored a child with World Vision many years ago.”**

### INGREDIENTS

3 tbsp vegetable oil  
1 brown onion, diced into 1cm pieces  
2 garlic cloves, crushed  
1 medium (200g) red capsicum, de-seeded, diced into 1cm pieces  
500g beef, coarsely ground/minced  
2 tbsp tomato paste  
400g can crushed tomatoes  
420g can red kidney beans, drained  
300g rice, prepared using packet directions  
4 sweetcorn, on the cob, with husks intact

#### Spice mix:

6g smoked paprika  
1.4g sweet paprika  
3.2g cumin powder  
3.2g coriander powder  
2.4g dried oregano  
2.1g chilli powder  
7g salt

### METHOD

1. Warm oil in a heavy based shallow pot or deep pan over low heat. Add onion, garlic, capsicum, and cook, stirring occasionally until vegetables are very tender – avoid browning.
2. Add spices and stir fry for 2-3 minutes, until they have lost their raw aroma – be careful as they can stick and burn easily.
3. Add beef to pan and stir fry until opaque in colour. Add tomato paste and stir fry for 5 minutes, then add crushed tomatoes, enough water to just cover, and mix well to combine.
4. Simmer gently, stirring occasionally, for 45 minutes or until meat is tender, sauce has reduced, and flavours are well balanced. Stir through kidney beans, then taste and adjust seasoning as necessary. Add a little extra water throughout cooking as required to prevent sauce from drying out.
5. Meanwhile, cook rice according to packet directions, and whole corn in its husk in plenty of salted boiling water, until the kernels are fork tender and bright in colour – about 10 minutes, depending on freshness.
6. Spoon rice and chilli con carne between four serving plates, then place corn alongside for your family to peel themselves and eat directly from the cob.

### REALITY BITES

**89% of severely malnourished children World Vision treated with superfoods made a full recovery.**



STEPHANIE ALEXANDER'S

# BARLEY, POTATO, MUSHROOM AND LEAFY GREENS SOUP

HUNGER BITES



Profile Image: Armelle Habib



## STEPHANIE ALEXANDER

Stephanie Alexander AO is a national treasure, and our leading food educator, as well as being a chef, prolific author and the founder of Stephanie Alexander kitchen gardens in schools. [stephaniealexander.com.au](http://stephaniealexander.com.au)

**“While we teach children the power of positive food habits here in Australia, I think it’s also important to make them aware of the circumstances in many communities around the world. There is no greater joy than simply sharing food, but this is a daily struggle for people living in countries where famine follows your every footstep.”**

### INGREDIENTS

Half cup pearl barley  
10g dried porcini wild mushrooms  
Extra virgin olive oil  
1 large onion, peeled and sliced  
half fresh chilli, seeded and finely chopped  
4 cloves garlic, sliced  
4 waxy potatoes, peeled and chopped into 2cm cubes  
4 large flat mushrooms, roughly chopped  
1.5L well flavoured meat or poultry stock  
2 cups sturdy greens, trimmed of tough stems and roughly torn (silverbeet, cavolo nero, turnip tops, beetroot tops or a mixture)  
Salt  
Freshly ground black pepper  
Freshly grated pecorino or parmesan  
Swirl of extra virgin olive oil to finish

### METHOD

1. Pour boiling water over the barley and leave for 15 minutes. Drain.
2. In another bowl pour boiling water over the dried mushrooms. Leave for 15 minutes, lift from the soaking water, squeeze dry and roughly chop.
3. Heat 3 tbsp olive oil in a large heavy based saucepan and add onion, garlic and chilli. Sauté for a few minutes until onion has started to collapse and then add the potatoes. Cook, stirring briskly to keep the vegetables moving and to prevent them sticking. Continue to cook until the potatoes have started to brown.
4. Add the chopped wild mushrooms and the chopped flat mushrooms, stir briskly for a few minutes. Now add the stock and the drained barley. Bring to simmering point.
5. Lower heat and simmer for 15 minutes. Add all of the torn greens and simmer for another 20 minutes or until the barley is tender. Taste for seasoning and adjust.
6. Serve into shallow bowls and finish each portion with some grated cheese and a final swirl of extra virgin olive oil. (This soup tastes even better the next day).

### REALITY BITES

**To treat severe malnutrition, World Vision gives children Plumpy Nut – a special peanut paste which immediately boosts essential vitamins and minerals. It tastes yummy, too!**



TOMI BJÖRCK'S

# LAO GAN MA CARAMEL PORK

HUNGER BITES





## TOMI BJÖRCK

Tomi Björck is one of Finland's most cherished chefs with restaurants in Finland, Sweden and Australia. Tomi is a World Vision Goodwill Ambassador and has been a child sponsor since 2013. [tomibjorck.fi](http://tomibjorck.fi)

**"I have two wonderful children who will never have to face hunger. As a father I can't close my eyes when a devastating hunger crisis is threatening so many people. I want to be involved in doing good. I think that is the responsibility of anyone who is reasonably well off.**

**I have been sponsoring a child through World Vision for many years. It's important for me to be sure that my donations support the most vulnerable children and their communities. Support and aid are needed now more than ever since we are threatened by a never-before-seen hunger crisis."**

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### INGREDIENTS

600g pork neck

Salt, pepper

1½ cups long grain rice

Dressing:

1 can (200g) Lao Gan Ma crushed chilli dressing (supermarket or Asian grocery store)

50ml soy sauce

50ml honey

100ml chicken stock

2 tbsp lemon juice/ vinegar

1 bunch coriander chopped

### METHOD

1. **Pork:**

Pre-heat oven to 155°C. Season pork all over with salt and pepper. Cook pork in oven until done, for around 2 hours. Remove, let it rest and chop into 4cm

2. **Dressing:**

Mix everything together.

3. **Finishing:**

Deep fry pork bites, or cook in a pan with oil, until super crispy. Add dressing and mix well. Serve with steamed rice.

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### REALITY BITES

**Ending child hunger is not a quick fix. Most of our work in this area relies on long-term child sponsorship by World Vision supporters for long-term and lasting solutions that empower the community.**



