

# PEOPLE2PEOPLE'S DISTRACTION COOKBOOK

*Cookbook for professionals seeking  
simple-to-execute recipes*



# INTRO

This little 'tried & true' holiday distraction cookbook has been created for you, from the culinary hearts of our team, their kids, families, and pets. With school holidays looming, we decided to collect our most successful recipes, for you to try in your kitchen.

We hope you enjoy this collaborative cookbook; recipes created in our kitchens and ready to be recreated in yours with your families and friends. Cherish the wonderful memories as you create delicious things. And if you feel like sharing, we'd love to receive your pics using the hashtag [#p2pcookbook!](#)

Stay safe and healthy,

**The Kitchen Team** at people2people

## TREATS

- Chunky Chocolate Ice Cream Sandwiches
- Ginger and Lime Kisses
- Yummy Cinnamon Scrolls
- White Chocolate Cheesecake
- Spiced Pear and Walnut Muffins
- Chewy Chocolate Chip Biscuits
- Fudgey Moorish Brownies
- Baked Rice Pudding

## A CLEVER PLACE FOR VEGGIES

- Smoothie with hidden veggies

## BREKKIE, LUNCH OR DINNER

- Mixed Berry French Toast
- Le French Croque Monsieur
- Mighty Good Meatballs
- Orange Sunshine Burgers
- Wrap-your-own Spring Rolls with a Splash!
- Pineapple and Pork Skewers
- Mini Pepper Pizzas



# Chunky Chocolate *Ice Cream* Sandwiches

## *Ingredients: Makes 10 sandwiches*

- 125g butter, softened
- ½ cup brown sugar
- 1 egg
- 175g self-rising flour
- 1 tablespoon cocoa
- Vanilla bean ice cream
- ½ cup chocolate sauce to drizzle

*Step 1: Preheat an oven to 170°C. Line two baking trays with paper.*

*Step 2: Beat the butter and sugar until light and creamy. Sift in the flour and cocoa combining well, then stir through the chocolate.*

*Step 3: Roll the mixture into balls around a heaped tablespoon each. Press the top lightly with a fork. Place into the oven for 15-18 minutes. Cool on the tray then move to a wire rack. Store in an airtight container.*

*Step 4: When ready to fill, sandwich two together with slightly softened ice cream. Serve with warm chocolate sauce.*

Source: [Herald](#)

**Stephanie's suggestion:** Add berries (raspberries, strawberries are my favourites), and coconut powder on top, and this recipe will get even better.



## Ginger and Lime Kisses

### *Ingredients: Makes 12 kisses*

- 160g softened butter (half for the kisses, half for the filling)
- ½ cup caster sugar
- 2 tablespoons gold syrup
- ¾ cup flour
- 2 eggs
- ½ cup self-rising flour
- 2 tablespoons ground ginger
- ¼ tablespoon baking soda
- 1 tablespoon ground cinnamon
- 50g cream cheese, at room temperature
- ½ tablespoon vanilla essence
- 2 and ¼ cups icing sugar
- 1 tablespoon finely grated lime zest

*Step 1: Preheat an oven to 170°C. Line two trays with baking paper. Beat the butter, sugar and golden syrup until light and fluffy. Add the eggs one at a time, beating well.*

*Step 2: Combine the flours, ginger, cinnamon and baking soda in a bowl. Add half to the egg mixture, beating through, then the remainder until well combined. You may need to finish mixing by hand.*

*Step 3: With a dessertspoon, spoon onto the baking paper, keeping a 4cm gap between each. For even cooking, bake one tray at a time for 18 minutes until light and spongy to touch. Leave to cool before moving to a rack.*

*Step 4: For the filling, beat the butter, cream cheese and vanilla until smooth. Add the icing sugar, zest,. Sandwich the kisses together with two teaspoons of filling and store in an airtight container. Do not stack or they will stick together.*

Source: [Herald](#)

**Sally's hint:** *There's nothing more enjoyable than a cup of tea (or coffee!) and a couple of those biscuits in the afternoon.*



# Yummy Cinnamon *Scrolls*

## **Ingredients: Serves 12**

- 2 cups Self Raising Flour
- 90g Butter, chopped
- 2/3 cup milk
- 120g Butter, softened
- 4 tablespoons Soft Brown Sugar
- 2 teaspoons cinnamon sugar (or half cinnamon and half White Sugar)
- 1 cup Icing Sugar
- 1 tablespoon boiling water

*Step 1: Preheat oven to 180°C. Sift Self Raising Flour and salt into bowl, then rub chopped Butter into flour using your finger tips.*

*Step 2: Make a well in the centre and add almost all the milk. Mix lightly to make a soft dough (add the rest of the milk if necessary). Knead dough on a lightly floured surface until smooth. Roll out dough to a 25 x 40cm rectangle of 5mm thickness.*

*Step 3: To make the filling; beat the Butter with Brown Sugar and cinnamon sugar with electric beaters until light and fluffy. Spread evenly over the dough rectangle.*

*Step 4: Roll up dough from the long side and using a sharp knife, slice the dough into 3cm pieces. Place scroll pieces into the holes in a muffin tin, greased tray cut-side up. (Avoid using a baking tray, as the contents will leak/spread). Cook for 20-30 minutes or until golden.*

*Step 5: Drizzle with icing. To make the icing; combine Icing Sugar and boiling water in a small bowl beat until smooth.*

*Source: [Chelsea](#)*

**Liz's words:** *Yummy in the morning! Yummy after lunch! Still yummy after dinner! There's nothing else to say about cinnamon scrolls. They are DELICIOUS.*



# White **Chocolate** Cheesecake

## Ingredients: Serves 8-10

- 300g digestive biscuits
- 150g unsalted butter, melted, plus extra to grease
- 400g white chocolate
- 300g full-fat cream cheese
- 250g mascarpone
- 300ml double cream
- 200g strawberries or raspberries, to serve

*Step 1: Crush the biscuits in a food processor until completely ground. Add butter and whizz again until you have the desired crumbly consistency.*

*Step 2: Grease and line the base of a 23cm deep, loose-bottomed cake tin. Add the biscuit mixture to the cake tin and pat it flat. Leave to set in the fridge for approximately 30 mins.*

*Step 3: Begin melting the chocolate in a heatproof glass bowl over a small pan of hot water on a low heat. Stir occasionally to prevent sticking. Remove from the heat and leave to cool for 10 mins until barely warm but still liquid.*

*Step 4: Meanwhile whisk the cream cheese and mascarpone together. Add double cream and keep whisking until the mixture is just holding its own shape. Finally, add the melted chocolate and whisk until just combined.*

*Step 5: Spoon the mixture over the cooled and set biscuit base, then smooth the top. Return to the fridge to cool for at least 6 hrs until the topping is set. Finally, decorate with fruit.*

Source: [Good Food](#)

**Hannah's backstory:** A few years back, I looked for a recipe for my Mum's birthday, and found this one. This was my biggest baking success so far; it was so good that my Mum now makes it every year for my birthday.

# Spiced *Pear* & *Walnut* Muffins

## *Ingredients : Makes 12 muffins*

- 2 pears, peeled, cored and diced
- 1/3 cup sugar
- 1 cup brown sugar, packed (1/3 for the topping)
- 1/3 cup vegetable oil
- 2 bananas, mashed
- 2 eggs
- 2 teaspoons vanilla
- 2 tablespoons butter, melted (for the topping)
- 2 ¼ cups flour (¼ for the topping)
- 2 teaspoon baking powder
- 2 teaspoon cinnamon (1 for the topping)
- ¼ teaspoon nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon salt
- 1 cup walnuts or pecans (1/3 for the topping)

*Step 1: Preheat oven to 180°C. Lightly grease or line muffin tin with paper liners.*

*Step 2: Combine the pears and sugars. Toss until the pears are well coated.*

*Step 3: Combine flour, baking powder, salt, cinnamon, nutmeg, and ginger. Set aside.*

*Step 4: Beat together bananas, eggs, oil and vanilla until blended. Add the dry ingredients into the banana mixture; mix well. Fold in pears and walnuts just until combined. Spoon into prepared muffin cups, dividing batter equally.*

*Step 5: For the topping, combine brown sugar, chopped walnuts, flour, butter and cinnamon. Sprinkle evenly over the muffins.*

*Step 6: Bake for 25-30 minutes or until golden.*

Source: [Gratefulprayerthankfulheart](http://Gratefulprayerthankfulheart)

**Jayden's backstory:** *I have always been a chocolate muffin kind of guy, but when a friend suggested this recipe, I tried it, out of curiosity. I'm now more of a spiced pear & walnut muffin kind of guy.*



# Chewy Chocolate Chip *Biscuits*

## *Ingredients: Serves 30*

- 200g Butter
- 1 cup White Sugar
- 1 cup Brown Sugar
- 2 eggs
- 2 tsp vanilla essence
- 3 cups Standard Grade Flour
- pinch of salt
- 1 tsp Baking Powder
- 2 cups chocolate chips

*Step 1: Preheat oven to 180°C.*

*Step 2: Melt Butter, and add both sugars and cream these together. Beat in the eggs and vanilla then mix in the dry ingredients. Roll into medium sized balls, making sure the mixture is not too wet! Put on a well greased baking tray. They shouldn't spread too much so flatten slightly.*

*Step 3: Bake for 8-10 minutes.*

*Tip: you can easily halve this recipe. Or roll half into a log, wrap in cling film and freeze. Cut into 15 pieces while still frozen and bake.*

Source: [Chelsea](#)

**James' suggestion:** I LOVE them when they are still warm, so I would usually warm them up in the oven (100° for a few minutes) before eating them, but my wife loves them once colder. Try both ways and figure out what works best for you.



## Fudgey Moorish *Brownies*

*Ingredients: Makes a tray of brownies*

- 140g Butter
- 250g Caster Sugar
- ½ cp Cocoa powder
- 2 eggs
- ½ cup flour

*Step 1: Preheat Oven to 160°C bake. Line a 20 x 20 tin with baking paper.*

*Step 2: In a Microwavable bowl combine butter, sugar and Cocoa. Microwave for 30 second bursts and stir until butter is melted.*

*Step 3: Add eggs and whisk to combine. Add flour and stir to combine.*

*Step 4: Pour into your tin and smooth over.*

*Step 5: Add toppings if you want to (I add dollops of Nutella and Condensed milk and swirl into the batter with a skewer).*

*Step 6: Bake for 20 – 25 mins. Leave to cool for 30 minutes before cutting.*

*Source: [Bluebells Cakery](#)*

**Marissa's suggestion:** My family loves making this brownie recipe. It's simple but delicious. Add chocolate chips on top and serve it with vanilla ice cream and a glass of fresh orange juice. You won't be disappointed.



## Baked Rice *pudding*

### *Ingredients: Serves 6*

- 4 large eggs
- $\frac{3}{4}$  cup granulated sugar
- 3 cups milk
- 1 cup heavy whipping cream
- 2 teaspoons vanilla extract
- 1  $\frac{1}{2}$  teaspoons ground cinnamon
- 3 cups cooked rice , cooled (leftover rice works great!)
- 1 cup raisins

*Step 1: Preheat oven to 175°C.*

*Step 2: Beat the eggs and sugar together. Slowly pour in the milk and cream and mix well. Add the vanilla and cinnamon and mix well. Add the rice and raisins and stir to combine.*

*Step 3: Pour mixture into a greased casserole dish. Any oven-safe dish will work--you can use one pan to bake at least 9x9" or bigger, or smaller individualized serving dishes.*

*Step 4: Place the filled casserole dish inside a larger, oven-proof dish. Add about 2 inches of water to the larger pan (or enough to fill about halfway up the side of the rice pudding dish). This method will help the pudding to have a custard texture.*

*Step 5: If using a 9x9" or slightly larger pan, bake for 40-50 minutes or until the top has set (It's okay if it jiggles just slightly). Serve warm.*

*Leftovers store well in the refrigerator for up to 5 days.*

Source: [Tastesbetterfromscratch](#)

**Meaghan's words:** *I've never been a big fan of rice pudding, but this one is amazing. With strawberry jam, this recipe is next level of yumminess.*



# Smoothies with *Hidden* Veggies

## Ingredients:

- 1 cup milk
- 1 small banana, fresh or frozen
- 1/2 cup fresh or frozen fruit (blueberries, strawberries, mango, apple, or kiwi)
- ½ cup veggies
- Optional add ins (pick 1-2): 1 to 2 teaspoons seeds, avocado, honey, maple syrup, rolled oats

*Step 1: Add chosen ingredients to a blender and blend until very smooth, stopping to scrape down the sides of the bowl and adding more liquid if needed. Serve immediately.*

## Flavour combinations:

- Blueberry Cocoa: Milk / banana / blueberries / spinach / cocoa powder
- Strawberry Banana: Milk / banana / strawberries / cauliflower / hempseeds
- Mango Coconut Sweet Potato: Coconut milk / avocado / mango / sweet potato
- Honey Peach: Milk / banana / peaches / summer squash / flaxseed
- Tropical Greens: Milk / banana / kiwi / kale / chia seeds
- Tangy Peach: Kefir (instead of milk) / banana / peach / honey / cauliflower
- Beet: Milk / avocado / strawberries / beets / maple syrup

Source: [Yummytoddlerfood](https://www.yummytoddlerfood.com/)

*Olivia's suggestion: My favourite flavour combination? Strawberry Banana!*





## Mixed *Berry* French Toast

*Ingredients: Makes 4 slices of bread (2 servings)*

- 4 slices bread
- 4 eggs
- 1 cup milk (240 mL)
- 1 tablespoon vanilla
- 1 tablespoon cinnamon
- 2 cups mixed berries (200 g): blueberries, raspberries, and blackberries
- 2 tablespoons lemon juice
- $\frac{1}{3}$  cup granulated sugar (65 g)

*Step 1: Whisk eggs, cinnamon, vanilla and milk together in medium-large bowl to create egg wash.*

*Step 2: Dunk bread in egg wash.*

*Step 3: Melt butter in a skillet on medium-low heat and cook bread for 2-3 minutes.*

*Step 4: Mix berries, sugar, and lemon juice in medium pan over low heat crushing and stirring berries until they form a thick sauce.*

*Step 5: Lay out slices and spread compote in between each slice then on top. Garnish with confectioners' sugar (optional).*

*Step 6: Enjoy!*

Source: [Tasty](#)

**Anthony's suggestion:** To bring this recipe to the next level, go to a French bakery and buy a baguette – your taste buds will say thank you.



## 'Le *French* Croque Monsieur'

### *Ingredients:*

- 5 tablespoons butter
- 1 tablespoon flour
- 2/3 cup milk
- Sea salt
- Freshly grated nutmeg
- Sliced country bread (not sourdough or whole wheat)
- Thin slices of French ham
- Thin slices of Gruyere cheese

*Adults will eat two sandwiches each: each sandwich require 2 slices of bread, one slice of ham and one slice of gruyere.*

*Step 1: Preheat the oven to 150°C. Prepare a bechamel sauce: in a small saucepan over medium heat, melt 1 tablespoon butter. When bubbles have subsided, add flour and whisk vigorously for 1 minute. Slowly whisk in milk until smooth. Bring to a boil and cook until thick. Remove from heat, and season to taste with salt and nutmeg.*

*Step 2: Spread two slices of bread generously with sauce. Lay two slices of ham on top of each, and top each with a slice of cheese. Top each with a slice of bread.*

*Step 3: In a small saucepan, melt remaining the 4 tablespoons butter. Brush the sandwiches on both sides with butter, making sure that the edges are well covered. Bake until heated through and cheese is bubbling.*

*Step 4: Transfer sandwiches to a rimmed baking sheet and spoon remaining bechamel over top. Plate and serve.*

*Source: [NY Times](#)*

***Bianca's tip:*** Depending on how hungry you are, you can use one or two slices of bread for each sandwich. Make sure you don't miss step 4 – this step **MAKES** the difference.



## Mighty Good Meatballs

### *Ingredients: Makes 2-4*

- 250g veal mince
- 250g pork mince
- ½ C breadcrumbs
- 3 teaspoons garam masala
- 2 cloves garlic (crushed)
- 1 egg (lightly beaten)
- 1 tablespoon marmite
- 2 large capsicum
- 2 tins of tomatoes
- 1 large onion
- Bunch of baby carrots
- Chillies (what you can handle!)
- 2 cloves garlic (crushed)
- 1C stock
- 2 courgettes
- Olive oil, herbs, pepper and salt

*Step 1: Combine meatball ingredients. Shape into balls – slightly smaller than a golf ball – to make around 24 balls. Put in fridge to firm up a little while preparing sauce.*

*Step 2: Dice onion and capsicum and thinly slice chillies. Cut courgette into slightly bigger chunks (about 1.5cm).*

*Step 3: Heat 2 tablespoons oil on medium high heat in a deep pan. Fry meatballs in batches to seal (not cook all the way through). Set aside while you make the sauce.*

*Step 4: Heat 2 tablespoons oil on medium heat in a deep pan or pot and sauté capsicum, courgette, garlic, onion, and chilli for 5 minutes or until onions are soft. Add stock, herbs and carrots and simmer for 5 minutes. Add tomatoes and simmer for 10 minutes. Season with pepper and salt. Add meatballs and simmer for 5-10 minutes until heated/cooked through.*

**Raquel's suggestion:** *Serve with some delicious starchy carbohydrate of your choice! I'd go with fettuccine, but mashed potato or a crusty bread roll work perfectly too.*



# Orange *Sunshine* Burgers

## *Ingredients: Makes 6 small burgers*

- 2 handfuls cornflakes, about 25g
- 225g beef mince
- Small bunch basil leaf, ripped into small pieces
- 1 large egg, beaten
- Few handfuls plain flour, about 75g
- 1 tablespoon vegetable oil
- 6 each mini burger buns, lettuce leaves and tomato slices
- Tomato ketchup, to serve

*Step 1: Heat oven to 180°C. First, crush the cornflakes by placing them in a freezer bag, then breaking with the rolling pin. Put in a bowl.*

*Step 2: Tip the mince into another bowl, add the basil and a little ground pepper. For lean mince you may need to add 1 tbsp beaten egg to help it bind, then mix it well. Put some flour on a plate and some beaten egg on another plate.*

*Step 3: Take about a sixth of the mince mix and shape it into a small burger. Do this by squashing it quite firmly in the palm of your hand.*

*Step 4: Next roll the burger in the flour. Then roll it all over in a little egg. Then roll it quite liberally in the crushed cornflakes. Now place it on the oiled baking sheet and start the process again until you have used up all the mix. Try to keep the sizes even so that the burgers cook in the same time.*

*Step 5: Lightly drip oil onto the top of each burger using a pastry brush and bake in the centre of the oven for 15-20 mins until cooked through. Serve the burgers in the split buns with lettuce, tomato slices and some ketchup.*

Source: [Good Food](#)

***Suhini's backstory:*** *I usually cook this recipe for brunches on Sunday. Accompanied with fries or a healthier salad, one to two small burgers should be enough for one person.*



## Wrap-your-own Spring Rolls with a **SPLASH!**

### *Ingredients: Makes 8-10*

- 300g pack cooked rice noodles
- 400g mixed veggies (red peppers, beansprouts, carrots, spring onions)
- 140g cooked prawns
- 100g cooked chicken
- 2 garlic cloves
- Ginger
- Soy sauce
- 8-10 sheets of brik or filo pastry
- 1 egg
- Sesame seeds
- Ketchup
- 1 tablespoon white wine vinegar

*Step 1: Get your home team to slice the mixed veggies and put them in separate bowls. Cut the chicken in small pieces and cook it. Finely chopped your garlic cloves and your ginger piece.*

*Step 2: Heat oven to 180°C. Let them choose which ingredients they want (noodles are essential) and if they want to graze as they choose, that's fine – all the ingredients are cooked or can be eaten raw. Add a bit of garlic, ginger, and a tiny dash of soy to each bowl and let them mix everything together.*

*Step 3: Lay a sheet of pastry in front of each child. Ask them to spoon the filling down one side of each sheet then give them the (beaten) egg and a brush so they can brush around the edges. Then help them to roll them up neatly (fold the sides first, then roll them up).*

*Step 4: Lift the rolls onto a baking tray, and sprinkle with sesame seeds. Try to remember which child made which roll and bake for 20-25 mins or until golden.*

*Step 5: Make the dipping sauce. Get the kids to mix ginger, ketchup, white wine vinegar and a pinch of caster sugar together until the sugar has dissolved.*

**Lisa's suggestion:** *I spent hours making these gorgeous spring rolls for the voracious womb raiders who live in my house. As per usual, they refused to eat what I made and insisted on two minute noodles instead. The upside was, my partner and I loved them!*



## Pineapple & Pork *Skewers*

### *Ingredients: Serves 4*

- 400g pork fillet
- 4 tablespoons light muscovado sugar
- 60ml cider vinegar
- 1 tablespoon fish sauce
- ½ small pineapple, peeled, cored and cut into chunks (or use ready prepped fresh pineapple, drained well)
- 1 green pepper, deseeded and cut into squares (optional)
- 4 spring onions, trimmed and cut into 4 equal lengths
- Small bunch coriander, chopped (optional)
- Cooked rice or pitta, to serve

*Step 1: Cut the pork into cubes. Heat the sugar and vinegar in a pan over a low heat until the sugar melts. Add the fish sauce and cool. Tip in the pork and mix well so that all the cubes are covered in sauce.*

*Step 2: Heat the barbecue. If you are using coals, wait until they turn white. If you are indoors, heat a griddle pan. Thread the pork and pineapple onto skewers, alternating pieces with the pepper and spring onion.*

*Step 3: Barbecue or griddle the skewers for 3-4 mins each side (you may need to cook them for longer if griddling). Sprinkle with coriander, if you like, then serve with rice or slide into pitta breads.*

Source: [Good Food](#)

***Amit's suggestion:*** What I do love about this recipe is how flexible it is. You can easily swap pineapple for apples and it will still be delicious!



## Mini Pepper Pizzas

### *Ingredients: Makes 4 mini pizzas*

- 4 bell peppers, halved and cored
- 1 tbsp. extra-virgin olive oil
- Salt
- Freshly ground black pepper
- 1/2 c. pizza sauce
- 2 c. shredded mozzarella
- 1/2 c. finely grated Parmesan
- 1/3 c. mini pepperoni
- 1 tbsp. chopped parsley

*Step 1: Preheat oven to 180°. On a sheet tray, drizzle peppers with olive oil and season with salt and pepper.*

*Step 2: Spoon sauce onto each pepper half. Sprinkle with mozzarella and Parmesan and top with pepperoni. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.*

*Step 3: Garnish with parsley before serving.*

Source: [Delish](#)

**Aiden's suggestion:** For those craving pizzas, but on a diet or trying to eat healthier, this recipe is a good compromise. And it's SUPER easy.





## ABOUT PEOPLE2PEOPLE

Established in 2005, people2people is an award-winning recruitment agency that has grown to eight offices across Australia and New Zealand, employing more than 110 staff. Partnering with candidates and clients, we offer professional and personalised recruitment services.

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