



BBQ recipes

We all love a BBQ with friends and family during our hard-earned time off. Kicking back with a beer or two, some snags – the perfect Australian weekend.

The only thing that would make it better is if we could give Howard and his IR laws a roasting at the same time. Pricking the Howard Devilled sausages with a BBQ fork, dousing some Non-Core Promises spicy beef patties with some Truth Overboard sauce.

Well, if this is your idea of a perfect weekend, here's how you can relax and help the Rights at Work campaign at the same time! Hold a Rights at Work BBQ.

Ingredients

- 1 tablespoon olive oil
- 1/4 cup soy sauce
- 1/4 cup barbecue sauce
- 2 tablespoons sweet chilli sauce
- 2 onions
- 2 cloves of garlic
- 1/2 red capsicum
- 1/2 green capsicum

Truth overboard barbecue sauce

Slice onions, peel and finely chop garlic, dice capsicum. Heat olive oil in a small saucepan, add onions and garlic and cook until onions are transparent. Add all other ingredients, cover and simmer for 5 minutes. Serve with barbecued steaks and sangers.

Ingredients

- 12 lamb cutlets
- 10 large pitted green olives
- Zest of 2 lemons
- 1 tbsp grated parmesan
- 2 cups fresh bread crumbs
- 50 mls olive oil
- White pepper to taste

Medicare Cuts lamb cutlets

Combine all the ingredients apart from the lamb in a blender and process until smooth (alternatively, crush well using a mortar and pestle). Coat the lamb cutlets and grill on the BBQ until ready.

Ingredients

- 14 small potatoes
- 4 eggs, hard-boiled and peeled
- 6 spring onions, chopped
- 1 cup good quality mayonnaise
- Generous amount of salt, to taste

Never, ever have a GST potato salad

Peel potatoes and boil until tender. Drain potatoes and cool. Dice potatoes, eggs and spring onions. Place all ingredients in bowl and stir gently to combine. Store in fridge until ready to serve.

Ingredients

- 450 g pork sausages
- small onion, thinly sliced
- small glass of white wine
- 1 tablespoon white wine vinegar
- 1 tablespoon tomato puree
- good shake of Worcestershire sauce
- 1 teaspoon English mustard
- pinch of cayenne pepper
- 3 - 4 tablespoons of double cream
- salt and black pepper

John Howard devilled sausages

Heat oil in a heavy frying pan and slowly cook the sausages for about 10 minutes. Add the onions and cook for a further 10 minutes. Turn the heat to high, add white wine and vinegar, boil gently to reduce. Add the redcurrant jelly or tomato puree, Worcestershire sauce, mustard and cream. Heat for a further three minutes until sauce is reduced. Season to taste. Can be prepared before the BBQ.

Ingredients

- 8 Fresh Turkey Thigh Chops
- 3 teaspoons finely chopped garlic
- 6 teaspoon finely chopped ginger
- 3 tablespoon soy sauce
- 3 teaspoon finely chopped red chilli
- 3 spring onions, finely chopped

WorkChoices Turkey Chops

Combine the beef, garlic, chilli, onion and 2 tablespoons of coriander in a bowl. Mix well, using wet hands. Shape into patties. Brush with oil, place on BBQ and cook through.

Ingredients

- 500g ground lean beef mince
- 1 clove garlic, crushed
- 1 small red chilli seeded and finely-chopped
- 1 small brown onion, peeled and grated
- 2 tbsp chopped fresh coriander
- 1 tbsp vegetable oil, for brushing
- ½ cup loosely packed fresh coriander leaves
- 1 tbsp chilli oil
- Salt and freshly ground black pepper
- ¼ cup sweet chilli sauce

Non-Core Promises spicy beef patties

Combine the beef, garlic, chilli, onion and 2 tablespoons of coriander in a bowl. Mix well, using wet hands. Shape into patties. Brush with oil, place on BBQ and cook through.

Ingredients

- 4 pork loin medallions
- 2 tbsps Wholegrain Mustard
- 2 tbsps Honey
- 2 tbsps Lemon Juice
- 2 tbsps Olive Oil
- 1 tbsps ground coriander
- 1 tsp parsley flakes
- 1 tsp chives

Budget Pork Barrelling Pork steaks

Combine the mustard, honey, olive oil, lemon juice, coriander, parsley flakes and chives in a large shallow dish. Add the pork medallions and coat in the marinade. Leave to marinate for 30 minutes. Grill on the BBQ



Five things you can do right now to help fight for your rights at work.

1 Invite your friends and colleagues to join the Rights at Work campaign email list.

We have over 160,000 members, and we are growing every day. We keep people updated with concrete actions they can take to fight attacks on our rights at work. Join in here:

▶ www.rightsatwork.com.au/joinin

2 Find out The Facts about the IR laws.

Talk about them with your family and colleagues. Read case studies and find out what the new laws mean for you on our website.

▶ www.rightsatwork.com.au/thefacts

3 Fund the fight.

Donate now to help keep the ACTU's groundbreaking television ads on air. Every dollar goes into the ad campaign fund, and every dollar counts.

▶ www.rightsatwork.com.au/donate

4 Join a union today.

A union is your best protection against John Howard's IR laws. A simple phone call to the Unions Australia can put you in touch with the union that's right for you.

▶ Join today on 1300 486 466 (1300 4 UNION).

5 Share your stories.

Talk to other Rights at Work supporters on our online forum. Discuss workplace issues, politics, unions, and more with supporters all around Australia.

▶ www.rightsatwork.com.au/community