

Cheap Eats

[00:00:12] Sid

G'day, welcome to Western Sydney University. I'm Sid Sharma and I've got things every student should know. Today is kind of an important episode because we're talking about food. Now I don't want to say that one episode is more important than another but food is kind of vital and you can't survive on two minute noodles for the whole time you're at Uni.

Lucky for you studying at Western means that you're a stone's throw away from some of the cheapest and most delicious food in Sydney. Food writer Andrew Levin's also known as Levin's is going to tell you about five suburbs with cheap eats in Western Sydney.

[00:00:50] Andrew

So I'm a bit of everything. I used to have a restaurant. I was head chef and owner of a restaurant, but we closed in 2014 and I kept my connection to the food world by writing about food and so [00:01:00] after writing for various websites, I now have a column in the Sydney Morning Herald's good food section, a contributor to the good food guide.

[00:01:07] Sid

Oh awesome!

[00:01:08] Andrew

Which is the big kind of Australia-wide guide to everything that's good in food in Australia and my forte is cheap eats, so I wrote The Cheap Eats guide for the good food guide this year.

[00:01:22] Sid

Number one. Well, let's start off with Cabramatta as one of the places on your list for the best cheap eats in Sydney.

[00:01:29] Andrew

For me, I guess yeah the number one spot that everyone should head to - it's not it's not that far out from from most campuses or you know City Sydney CBD in general. It's pretty easy to get there. There's a train station - Cabramatta. So you would get banh mi which is you know, the yeah amazing Vietnamese sandwich on a French bread with you know, your pickled vegetables, you have, you know, an array of meats, mayonnaise, pate, spring onions, good serving of mammy seasoning for the MSG hits but [00:02:00] my favourite place to get that is KK Bakery, which is in a mall off the Main Street on Cabramatta, John Street is a main street and KK Bakery, they do a chicken bahn mi and normally when you get a chicken bahn mi in Sydney it is like, you know, you might get like a barbecued chicken or shredded or it'll be like chicken slices,

but this place they, they have in ovens like alongside where they're baking all the bread, they have an oven that have chicken marylands so, you know the thigh and the and the drumstick and they just roasting it in a master stock for hours.

[00:02:30] Sid

Wow!

[00:02:31] Andrew

And then to order, they slice the baguette open then they rip apart of a bunch of the meat from from this, you know, slow roasted chicken maryland throw it on there with these big sticks of pickled daikon and all the veggies. Yeah. It's so legit. And of course it's a bakery that bread is fresh and soft and you know crunchy on the outside.

[00:02:49] Sid

Yeah, and the chicken as well.

[00:02:50] Andrew

It's yeah, it's bangin, and then I'm going to completely botch this pronunciation, so apologies to all Vietnamese listeners and just listeners in general, but the drink is from [00:03:00] a sugarcane juice place. There are many sugar cane juice places in Cabramatta. This place is called Thu Phung N. Um, and what's great about this place is that they, they shred the sugar cane and then they let it pool in this big like pool of of ice and kumquats. So you have this small amount of acidity from the kumquats which are like a small like citrus fruits. Like I'm sure you can find it in most Sydney-based grandparents' gardens. You know, you actually eat kumquats whole.

[00:03:29] Sid

Yeah. That's how I've had them. Yeah, you know, not in sugar cane juice.

[00:03:34] Andrew

Yeah, normally sugar cane juice can be quite overpoweringly sweet, but this, this small amount of citrus makes it such a massive (?) and because it's sitting in this pool of shaved ice, it's so cold and you can get it in one of those bubble tea cups, or if you want to destroy the environment, you can get a styrofoam one.

[00:03:48]

Haha. So are these places all really close by to each other?

[00:03:51] Andrew

No, but the beauty of Cabramatta is it's not, it's relatively small like a kind of you know, the main drag, you got to walk up one part of it to the other part and at the most [00:04:00] northern point, unless I've got my directions, is it the most northern or most southern point, could be west or east- I'm terrible at directions. But at the top of John Street is my favorite restaurant, is for all around, they do all like almost everything. It's called Phu Quoc and it's my favorite spring rolls in Sydney.

[00:04:19] Sid

Yum.

[00:04:19] Andrew

Because they do the rice paper rolls that are cooked for a long time in the oil, so they're super crisp. It's not the gross kind of like egg pastry that you find at most takeaway spots and within it you have like a great mix of like a pork and prawn I think, and then you get it with you have the really fresh lettuce and the fresh herbs and there's a great array of herbs that you know see a lot of menus that you have the shiso leaf, you have different variations of different varieties of mint and so you wrap the spring roll bits up in lettuce and herbs and then dip it in the dipping that they, like the chili fish sauce dipping sauce.

[00:04:55] Sid

It sounds so good.

[00:04:56] Andrew

Yeah, they also do the excellent sugarcane prawn [00:05:00] where you make a mince out of the prawn, then you wrap it around a piece of sugarcane and then you grill it and then you cut it up and eat that with, we wrap that up with the herbs, the lettuce and then rice paper rolls and then dip it and they do some other great salads and fresh rice pastry. They got an amazing menu that I've you know, in 10 years of eating there have not even gotten through half of because they just have my favorite things on there that I always get.

[00:05:19] Sid

And they have good pho there as well?

[00:05:20] Andrew

There's a few more celebrated pho places in Cabramatta. You should definitely explore. There's a few, one of my favourites is called Pho Tau Bay. My favorite pho is in Bankstown. So we talk about that later.

[00:05:35] Sid

Yeah, definitely.

[00:05:37] Andrew

But I have one last place in Cabramatta.

[00:05:39] Sid

Go for it.

[00:05:39] Andrew

It's called Tan Viet. It's a Vietnamese fried chicken joint and my absolute pick is, because Vietnamese fried chicken is, like, it's not battered, it's just they fry the whole chicken you get this beautiful crisp skin and they cut it into pieces and you eat it with either a chicken soup - with chicken noodle soup, or you can have the dry noodles. So it's dry noodles with herbs and a bit of like fried [00:06:00] shallots and then a cup of soup on the side and that's my way to do it. So the fried chicken with dry noodle at Tan Viet is an absolute must eat.

[00:06:07] Sid

Yeah. It sounds like Cabramatta's such a great place for good Vietnamese food.

[00:06:11] Andrew

My favorite bahn mi, my favorite all around Vietnamese restaurant in Sydney, my favorite spring rolls and my favorite chicken. So yeah, Tan Viet, Phu Quoc and KK Bakery.

[00:06:23] Sid

Number two. Well, let's move on to Bankstown, seeing as you just mentioned it.

[00:06:28] Andrew

Yeah. We'll keep things Vietnamese for a while.

[00:06:29] Sid

Yeah, you know, we'll ease into other things as well. So, tell me about your favorite pho place in Bankstown.

[00:06:34] Andrew

It's called pho AN - I think it's maybe just called AN.

[00:06:38] Sid

Yeah, I've been there.

[00:06:39] Andrew

And it is - it runs like a well-oiled machine, every time I go there it feels bigger. It's this huge spot that well I think it can seat well over a hundred diners, which is completely different to every other pho place in Sydney, which is normally quite small hole in the wall kind of vibe but like, you know that broth that pho broth[00:07:00] is so good, so important the stock from the, from the bones but obviously like a nice amount of spices. You can really taste the star anise and other great kind of sweet tasting things in there. Apparently, I've seen a video with the like one of the owners of pho AN and say that their secret ingredient is dried sandworm.

[00:07:18] Sid

What is sandworm?

[00:07:20] Andrew

I don't think I need to know, I'm just like 'whoa interesting'. I'll never research that because I might be disgusted by it. But yeah, but that apparently that's what's, that's what's the secret to the amazing stock is. I always - my wife gets the chicken the pho ga, but I always get the pho tai with the rare beef.

[00:07:35] Sid

I've had the pho ga there and I think it was, yeah definitely hands down the best pho that I've had in Sydney. Yeah. It was awesome.

[00:07:41] Andrew

So great. So I mentioned bahn mi's earlier - one of my - in the same way that Phu Quoc is my favourite all around Vietnamese restaurant, I think Bay Ngo, so b-a-y-n-g-o is my favorite, favorite like all around bahn mi spot. So if you want a really really great selection of different bahn mi's, especially [00:08:00] if maybe you are going to Uni there, say like five days a week and you want a very cheap lunch that's different and doesn't get boring. I think it's like four dollars for a bahn mi at this joint. They do like five different kinds of pork bahn mi, like different, you know different process pork, you have barbecue pork you can have, you know, the different slices of cold pork, they do chicken bahn mi. They do fish bahn mi. They do meatball bahn mi, they do a vegetable bahn mi. They may even do egg bahn mi.

[00:08:26] Sid

Wow!

[00:08:27] Andrew

It's really really cheap. They've got a great selection of like imported drink boxes of like different flavors that you wouldn't see at most other supermarkets. Yeah, and it's really close to a lovely open area where you can get a table, you can watch people that live in Bankstown playing checkers, and it's down the road from another really great juice spot that I can't remember right now. But if you want an avocado shake, which is another great Vietnamese kind of drink - very caramelly kind of milkshake, with I think it's like avocado condensed milk and ice cubes. Yeah, definitely give that give that a go.

[00:08:59] Sid

You can hardly taste the avocado right?

[00:09:00] Andrew

It's like super caramelly and it's let's add a little bit of lime.

[00:09:03] Sid

Yeah. It's delicious. Any other places in Bankstown that you particularly like?

[00:09:06] Andrew

There's a really great Lebanese franchise called Jasmine - Jasmine One.

[00:09:09] Sid

Yeah.

[00:09:11] Andrew

There's one of those in Bankstown too.

[00:09:13] Sid

So yeah Bankstown sounds like it's a really really great place to grab some cheap eats, you know lunch, dinner, whatever.

[00:09:18] Andrew

Yeah and really close to the Bankstown campus as well.

[00:09:27] Sid

Number three.

[00:09:28]

No we should talk about Parramatta campus.

[00:09:30] Sid

Let's do that. Alright.

[00:09:32] Andrew

My hometown if you want to eat something cheap in Parramatta on, I think it's Thursdays in the main square the kind of plaza near Westfield there. Yeah, they have food trucks on Thursday. Oh, it's like almost like a market. So you can get like, you know organic fruit and like there's some like ladies selling cakes and they have some pretty, like always different rotating food trucks that show up there too. You can generally get a pretty decent meal for around the ten/twelve dollar mark there.

But yeah, my favourite place to eat on [00:10:00] the cheap in Parramatta is called Honey Persian. That's obviously a Persian joint. Honey Persian is great for they do like excellent skewers of meat and with really beautiful like saffron rice or they do this kind of -I can't remember name of it now, but the rice is like, rice with dill and broad beans and like heaps of butter.

[00:10:20] Sid

Oh yeah, yeah.

[00:10:21] Andrew

And they do an excellent eggplant dip and then, what is the, it's like it's an Indian dish that Persian food also shares too, it's the rice and -

[00:10:32] Sid

Oh, biryani!

[00:10:32] Andrew

Biryani - yeah. I always forget the name of that.

[00:10:35] Sid

I love that.

[00:10:36] Andrew

Mostly because I'm terrified of pronouncing it.

[00:10:38] Sid

You did just good.

[00:10:38] Andrew

Good, but their biryani there is one of my favourites, like a really really generous, generous amount of meat. It's not stodgy, the rice is really fresh.

[00:10:47] Sid

Yeah.

[00:10:48] Andrew

Yeah, really really love Honey Persian.

[00:10:50] Sid

Yeah, Persians flavours lends so well to that kind of cooking right - to Indian.

[00:10:54] Andrew

Yeah. Yeah, definitely. Yeah, but if you are living in Parramatta, or studying at Parramatta [00:11:00] and you want something excellent to eat, the next suburb - and it's not even really a suburb, kind of still is part of Parramatta. It's called Harris Park.

[00:11:07] Sid

I love Harris Park.

[00:11:08] Andrew

So Harris Park is I guess kind of like the Indian capital of when it comes to food in Sydney.

[00:11:15] Sid

They call it Little India, right?

[00:11:16] Andrew

Yeah, totally. Yeah, it is. I don't know the period of the basically it's a bunch of terrace houses that were not restaurants in the early 90s, sorry early nineteen hundreds I mean and gradually like towards the end of the 20th century, they became Indian restaurants but they still have this like facade of a house, but they are like kind of smallish Indian restaurants that offer different curries and different styles of Indian food at each spot.

[00:11:44] Sid

It's really interesting walking down because yeah, it just looks like a suburban street, but then you'll you know, the air will smell fragrant with Indian food and spices and you know people are driving down blasting Indian music. It's a really great spot.

[00:11:55] Andrew

And if you ever go at night, it's gorgeous. Everything just lit up buzzing.

[00:12:00] Sid

Yeah, Yeah, totally buzzing.

[00:12:01]

It's really really amazing. So it would have to be like one of the most crazy places that also is not like it's an alcohol free zone.

[00:12:07] Sid

Yeah.

[00:12:08] Andrew

So like people are just like going out having a great time eating amazing food. And yeah.

[00:12:12] Sid

My parents are from India and they swear by Harris Park. That is the only place I feel that they will go to get good authentic Indian food. Sometimes they prefer it to their own cooking. So that's a very big thing for Indian people to admit.

[00:12:24] Andrew

So my favourite two places in Harris Park are both vegetarian places to eat and they both offer cheap lunches and they have an insanely big menu that like, you know, you could eat there every single day for an entire year and I reckon you wouldn't get through everything they offer, especially Chatkazz. So Chatkazz specialises in Indian. Particularly Mumbai Street food.

[00:12:45] Sid

Street food, yeah.

[00:12:47] Andrew

And this can range from like - what's it's called that amazing little - is it bell puri?

[00:12:53] Sid

Oh, panipuri.

[00:12:56] Andrew

Great little puffs of chickpea flour that you crack open with a spoon and then you shovel
[00:13:00] in some chickpeas and yogurt and

[00:13:04] Sid

Potato, coriander sometimes.

[00:13:05] Andrew

Amazing, what's the fruit, the dipping sauce is made.

[00:13:10] Sid

Oh, it's made out of Tamarind, Tamarind Chutney.

[00:13:12] Andrew

Yeah, and so you put your pile that on top and then and shovel, it shut and try and shove that entire thing in your mouth. It's very great snack. But then so Chatcazz also just does completely wild like western-influenced street food as well.

[00:13:26] Sid

Haha, I love that stuff!

[00:13:27] Andrew

So and I apparently a lot of it is like stuff that you'll find at like roadside like service stations in India. Yeah, so you can get things where it'll be like a soft white roll and you open up and there's like a -

[00:13:39] Sid

Potato.

[00:13:40] Andrew

Potato. Yeah, like a bit like a potato cake or yeah and chutney and yogurt. Yeah. They also do like their take on like pizza and sandwiches. Yeah like yeah. It's really crazy. Yeah, you can go there and have more traditional food. I love their - I'm glad you're here because you can remind me before I tell.

[00:13:59] Sid

So they've got like they've got [00:14:00] South Indian food there as well as you've got like dosas and idlis and stuff.

[00:14:03] Andrew

Of course. Yeah there but then like they also do my favorite. What's just like the standard chickpea Curry?

[00:14:07] Sid

Oh right, like chole bhature.

[00:14:10] Andrew

Yes, exactly. Yeah that and that's one of my go tos I always get when they're in the company comes like sizzling hot so good in like such an amazing depth of flavor to their curries and then over at Taj in the end, who's got Taj Indian sweets. Yeah, because they actually like their main thing is they have this enormous counter. You can see there's you soon as you walk in, walk in this colorful array of Indian sweets and they all taste insane.

[00:14:35] Sid

I grew up eating those. Yeah, it's so good.

[00:14:37] Andrew

It's the only place that like, my wife lives in India for a while and I love julebi, which is the fried red sugary crunchy sweet thing and she used to get that fresh off the streets where she, where she was staying and refuses to eat anywhere else. But Taj is the one place where I can get her to eat it.

[00:14:56] Sid

Yeah. It's so authentic for that kind of stuff.

[00:14:58] Andrew

And they do [00:15:00] they do a northern Indian style thali, which is like a kind of dish almost like a tray with different holes in the tray and each hole has a different curry in it. You got a big piece of bread and some sometimes a pappadum or some pickle and then you kind of like just mix and match with all of them. You got the Northern style one and the southern style one. Is the southern one a bit spicier?

[00:15:20] Sid

Yeah a little bit. South Indian food is generally, you know much more on the tongue with its, with its spice and less cream creamy.

[00:15:26] Andrew

Yeah. Yeah. Yeah. So yes, I mean, yeah Taj and Chatcazz. They're such great fun experiences. The Taj lunch specials are amazing, they're different every single day. Yeah, and they do if you - I can't remember which day, one of them is like a black bean curry that they do that's like one of my favorite things to get but I always forget which one it is.

[00:15:46] Sid

Oh rajma or something. I think it's also called.

[00:15:48] Andrew

Yeah highly recommend that if you can figure out which day the black bean curry day is - that's that's the day you should definitely go.

[00:15:52] Sid

By the way, I mean like Taj and Chatkazz are cheap all year round.

[00:15:56] Andrew

Man. It's impossible. I've been there with 10 people and don't crack \$100.

[00:16:00] Sid

Oh, yeah, exactly. Yeah.

[00:16:02] Andrew

It's so insanely cheap. So yeah Harris Park is absolute like go spend some time there too. As big of a recommendation as I would give Parramatta in terms of, you know, visiting some of it just feels so different to the rest of Sydney.

[00:16:14] Sid

Yeah, definitely.

[00:16:15] Andrew

And so yeah, we've talked about a lot about Vietnamese and Indian which I think of the two of the biggest cuisines that you can get out in Western Sydney. If you're a big fan of Thai food,

majority of the best Thai stuff is in Sydney, in Chinatown a little part of Chinatown called Thai - Thainatown.

[00:16:32] Sid

Thainatown!

[00:16:33] Andrew

That don't, don't look for that kind of stuff over here.

[00:16:35] Sid

All the Thai restaurants in Sydney are always puns - like their names are puns. Yeah Thairrific or Thaiphoon.

[00:16:40] Andrew

Avoid those ones for the most part! Ha ha ha.

[00:16:49] Sid

Number four.

[00:16:50] Andrew

One cuisine that you can find an abundance of in Western Sydney is Middle Eastern.

[00:16:54] Sid

Right.

[00:16:55]

Be it Lebanese. We spoke a bit about Persian and the two places that I would [00:17:00] absolutely recommend for that are Granville where I lived for a time. I lived very close to a place called El Jannah.

[00:17:07]

Oh I love El Jannah so much! It's a Sydney institution.

[00:17:10] Andrew

Yeah, there's a chain is it, that there's it was one of them in Punchbowl is one of them in Liverpool

[00:17:15] Sid

Campbeltown now as well. Well the Granville one is the OG right? It's the original.

[00:17:19] Andrew

Yeah. That's right. They've changed the owners tons of times in the many years they have been opened, but I live close enough to it that I would wake up and smell the chickens cooking over charcoal.

[00:17:29] Sid

Why did you move?! Ha ha.

[00:17:31] Andrew

Because we took it for granted. I, we - OD'd on that so they have a garlic sauce, which is legendary. It's called toum. And you spread it on everything. It's just like all it is is garlic and olive oil.

[00:17:42] Sid

You could bathe in that stuff.

[00:17:44] Andrew

Yeah. It's because it's like closest to like a mayonnaise, but it's intensely garlicky. It's unbelievable on Lebanese bread. You have, you have the pink and green pickles. So that's like cucumber pickles and your turnip pickles, beautiful fresh tabouli, my favorite hummus and Sydney is from the Granville branch of El Jannah. It's like the most rich in tahini.

[00:18:00] Sid

Yep.

[00:18:01] Andrew

So highly recommend taking a big a biggest server that home and if you are looking to save some money it is less than \$10 to get a full chicken from El Jannah take away.

[00:18:13] Sid

Wow, you'll not find that anywhere else.

[00:18:15] Andrew

No. Yeah, totally and the chickens are unbelievable. They cut them, they splay them open and cook them over coals in amazing herbs. It's so good.

[00:18:23] Sid

Yeah, El Jannah is definitely a must.

[00:18:26] Andrew

And I thought we talked a lot about lunch and dinner foods, but my favourite place to get a cheap breakfast is in Granville and indeed, you know, you'll find one of these spots over most of Western Sydney and that is Manoosh.

[00:18:36] Sid

Oh, yeah.

[00:18:37]

Manoosh, it is Lebanese Pizza. And you can find there's three of my favorites in Granville. My favourite one is called Afran Lebnan and it's cross the road from a Lebanese Butcher on the side closest to Parramatta Road of Granville station.

[00:18:52] Sid

Yep.

[00:18:53] Andrew

And they do my favourite. It's called like lahmacun, which is the minced lamb and tomato manoosh, so manoosh like it's like a very very thin base and some of them crisp up a lot. So it's almost like you're eating an like a big biscuit.

[00:19:07] Sid

Yeah.

[00:19:08] Andrew

You'd have trouble finding a manoosh for more than five four dollars. I think it's three dollars at most points gets you a manoosh with oregano. Oh, so it's big puffy like disc of dough covered in oregano and spices - zatar spices, and then you get like different vegetables that you like tomato, capsicum, Spanish onions, olives and the best places do like big fresh mint leaves as well. And then you wrap it up and that's \$3 that isn't that unbelievable breakfast

[00:19:35] Sid

So good and actually like pretty healthy as well.

[00:19:38] Andrew

Yeah, definitely. Yeah.

[00:19:39] Sid

Having all your big food groups.

[00:19:40] Andrew

Yes. My favourite place to get non-vegetarian curries is Himalaya in Granville.

[00:19:45] Sid

Oh, yeah.

[00:19:46] Andrew

Well, I think that's a chain too. But my favorite one is in Granville.

[00:19:49] Sid

Yep.

[00:19:49] Andrew

Just like a great selection of you know goat curries, chicken curries, beef curries, lamb curries and even great vegetable ones too, like okra curries.

[00:19:58] Sid

Yeah, love that stuff.

[00:20:00] Andrew

Brilliant selection of the breads as well. Just a great place to eat with a big group, because you can order as much as many curries as possible.

[00:20:07] Sid

Yeah, so it sounds like again Granville's a bit of a mixed bag. Like you've got so much Middle Eastern food there, you know your manoosh, like even some Indian food as well.

[00:20:19] Sid

Number five.

[00:20:21] Andrew

Auburn is an absolute must visit if you are a kebab fan.

[00:20:24] Sid

Yep.

[00:20:25] Andrew

Yeah, and I imagine everyone is a kebab fan. So you should head to New Star Kebab in Auburn, which is just like one of the best institutions it is so reliable. It's open till 1 a.m. every night of the week. And then I think 3 a.m. on Saturdays and, on Fridays and Saturdays.

[00:20:40] Sid

That's really close to the station, right?

[00:20:41] Andrew

Super close.

[00:20:42] Sid

Super close. Yeah.

[00:20:43] Andrew

Yeah, and it's like brilliant neon light. You'll know you're there because all the entire street's lit up by the neon lights of New Star Kebab, but it's one of like four Turkish kebab spots on Auburn Road, and they just cook over charcoals, just smoke billowing into the street. It smells and [00:21:00] looks unreal. New Star Kebab - I've eaten - trust me guys I've eaten at all of them, and New Star Kebab is my favourite. Just go there, get the mixed grill plate you get a, a skewer of chicken, you get a skewer of diced lamb and then you get a skewer of the lamb mince.

[00:21:16] Sid

Yum.

[00:21:16] Andrew

And if you watch the guy grilling your skewers, he doesn't use gloves or tongs. He uses pieces of fresh Turkish bread to turn the meat around and then he soaks up all the dripping juices from the meat and then puts that in your -

[00:21:32] Sid

In your plate.

[00:21:32]

In your takeaway container or plate.

[00:21:34] Sid

Oh my goodness.

[00:21:34]

Yeah, you can eat this amazing bread. It's absorbed all this extra smoke and meat when you get it with like a great little selection of dips and some, some pickled cabbage and the salad it's such an amazing spread. They do really cheap kebabs if you are hungover, they do -

[00:21:50] Sid

Or about to be hungover.

[00:21:51]

Yeah, they do three, I think it's like three or four dollar piece of pizza that's bigger than your head and covered in like kebab meat and Turkish sausage and it's just [00:22:00] so doughy and satisfying.

[00:22:02] Sid

It's great comfort food. You know, like especially if you're like in the middle of exam time or something. You just need something cheap and filling and comforting.

[00:22:10] Andrew

Yeah, there used to be a lot of Turkish and Persian restaurants on Auburn Road, and there are less and less of them in more recent years. There's a lot more Afghani food, which I need to go and explore and there's some Pakistani there's that what's that? Really famous Pakistani? Yes Student Biryani.

[00:22:27] Sid

I love Student Biryani!

[00:22:28] Andrew

There's one of those on Auburn road. Yeah.

[00:22:30] Sid

And they're so cheap, so cheap like, oh my goodness. Like it's like \$5.00 for a giant bowl of Biryani.

[00:22:36] Andrew

Yeah.

[00:22:37] Sid

Which you would probably not even find in India. Yeah, like or in Pakistan. So wow, that's awesome.

[00:22:41] Andrew

Yeah. Yeah. So there's look there's, there's no shortage of great food in the Western Sydney and I like even even there's suburbs that I wouldn't go like 'I'll go here for this' - there's still, you're looking to find a good manoosh spot.

[00:22:52] Sid

Yeah.

[00:22:53] Andrew

You know in that in that suburb. Yeah, you still going to find like decent take away. I know you asked me to give you five but I just realised that I gave you six. So, you know, my [00:23:00] my suburbs that I - you should definitely go to visit.

[00:23:03] Sid

Western Sydney.

[00:23:04] Andrew

In Western Sydney for cheap eats are Cabramatta, Harris Park, Parramatta, Granville, Auburn. What are we forgetting? Bankstown.

[00:23:12] Sid

Bankstown! Okay. It's like Western Sydney is bursting at the seams in terms of all of this amazing International Cuisine, but one is most notably left off. Where is the Australian food Levins?

[00:23:25] Andrew

Ah - like I wish I could recommend like a place where you could try Aboriginal Cuisine. Yeah, but beyond that like, you know, white Australian food, we just like I feel like, I associate Australia with being lucky enough to share it with so many other different cultures and so Australian food to me is everyone else's food.

[00:23:44] Sid

Right - It's a take away curry.

[00:23:46] Andrew

A country of Thieves.

[00:23:48] Sid

Late night kebab. That's Australian food, right?

[00:23:50] Andrew

Yeah, I guess, you know, I don't know if you want a pie, you can.

[00:23:55] Sid

Basically, you're better off sticking to these recommendations instead of -

[00:23:59] Andrew

Drive, drive up the country [00:24:00] one time and just stop at every place selling pies and find a good one. But yeah, as far as I have a chef friend Dan Hong who says that Australia's International dish is salt and pepper squid. So go to a, you know, any any great Chinese or Thai place and get some of that on your plate.

[00:24:22] Sid

I guess that's an awesome list of cheap eats all around Western Sydney. So thanks so much for coming in having a chat Andrew.

[00:24:28] Andrew

No, thank you so much for having me Sid.

[00:24:32] Sid

Thanks for listening, subscribe and keep an ear out for future episodes. If you have anymore questions, head to westernsydney.edu.au. I'm Sid Sharma. See you soon.