

# 5/6P COOKBOOK 2021 FEAST - OZHarvest

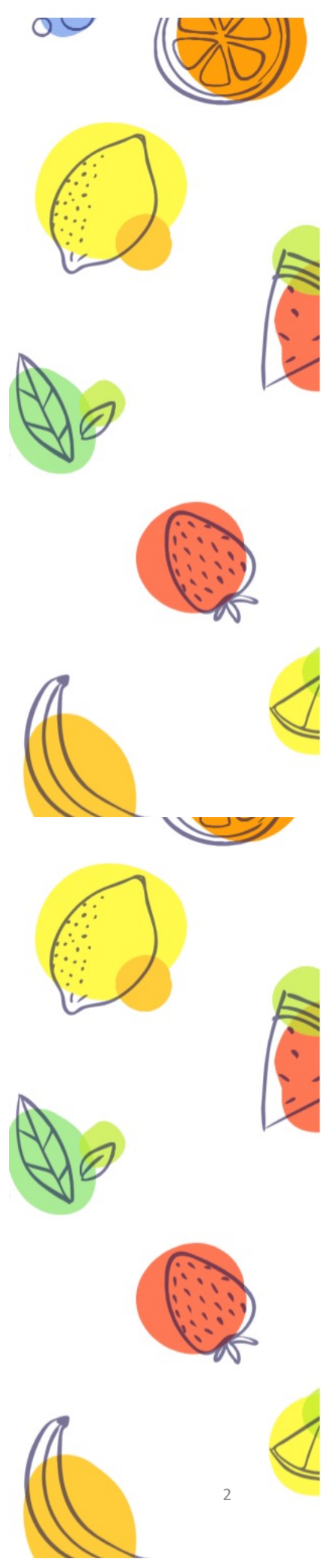
## About this book...

In term 1 2021, 5/6P, along with the other Stage 3 students at Putney Public School, participated in an OzHarvest FEAST Cooking program.

Students learnt:

- The structure and components of an informative text including procedures.
- How to follow and create healthy recipes.
- How to reduce food waste by using leftover ingredients found in their pantry and fridge.

The students then used this knowledge to plan and make their own family favourite recipes. These recipes encourage healthy eating, reduce food waste and ensure we are serving up crowd pleasers all the time.



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## RECIPE NAME

Spaghetti Bolognese

## CREATED BY

Julian Antonis

Prep time

10 min

Cook time

30 min

Serves

5 ppl

## INGREDIENTS

80g Celery	250 g beef mince
2 Garlic cloves	100 g tomato paste
1 carrot	400 g canned tomatoes
1 brown onion	100 g Parmesan cheese
50 g Olive oil	1 packet Spaghetti
250 g pork mince	500ml Water

## EQUIPMENT

2 Cooking Pots  
1 Wooden Spoon

## PROCEDURE

### Bolognese

1. Place chopped celery, garlic, carrot and brown onion into pot with Olive oil until onions brown
2. Add Pork and beef mince, stirring until brown
3. Add tomato paste and canned tomatoes and stir
4. Add Water, bring to boil and allow to simmer for 30 min

### Spaghetti

1. Follow directions as per package



## HOW DOES THE RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

It has lots of veggies and good food to eat

# Spaghetti Bolognese

Created by Zac

<u>Ingredients</u>	Prep time	cook time	serves
	30 minutes	25 minutes	8 servings

1 kg minced beef  
5 large mushrooms-chopped  
1 onion chopped  
5 garlic- crushed  
1 bottle tomato puree  
1 full spaghetti packet  
1 tomato paste  
salt and pepper



## Procedure

In a frying pan cook mince until brown -stirring all the time

In a pot pour in tomato puree

Stir in garlic and mushrooms

Add salt and pepper to taste

Add cooked mince

Cook on low heat for 20 minutes

Fill another saucepan with water

Bring to boil

Add pasta stir boil for ten minutes

Serve pasta in bowl and add 2 or 3 ladle of bolognese sauce on top



# Steamed spare ribs

## Ingredients

- 1tb corn starch
- 1/2tb black-bean sauce
- 250g spare ribs
- 1L water

## Equipment

- knife
- chopping board
- bowl
- plate
- spoon
- wok
- wok lid
- steamer

## Prep time

10mins

## Cook time

20 mins

## serves

3 people

## Method

1. Using a chopping board cut 250g spare ribs into bite-sized pieces.
2. Put the chopped meat into a bowl, sprinkle 1tb corn starch into the chopped spare ribs, mixing the corn starch to coat all the meat.
3. Once all the meat is coated, spoon 1/2tb black-bean sauce and mix until all the meat is coated.
4. Once mixed transfer the meat onto a plate.
5. Boil 1L of water in the wok.
6. Place a steamer in the wok.
7. Place the dish onto the steamer.
8. Put a wok cover over the wok.
9. Turn the stove on and wait for 20mins.
10. When the times up, turn off the stove and take out the dish.
11. Serve and enjoy!!!

## Why is this dish healthy?

It is meat which makes you stronger and gives you energy. It is also not deep fried or fried.



# Steamed spare ribs

1.



5.



9.



2.



6.



10.



3.



7.



4.



8.





# Hannah's healthy fruity smoothie! What you will need

## Ingredients that you will need:

10 Blueberries 1 cut in half for later(optional)

4 strawberries

5.3g of greek yogurt

1 cup of vanilla soy milk

A whole banana

Add Ice if you want it to be cold or pop it in the freezer



## Equipment you will need:

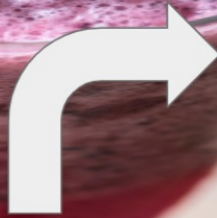
GIANT spoon

A blender

Cups preferably 2

Chopping board

Small knife



Servings	Prep Time	Making Time
2	2 min	5 min

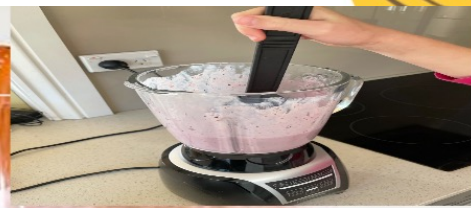
## STEPS TO MAKING IT



Add all fruit whole  
Into the blender



Mix it for  
30 seconds



Then stir it  
For 30 seconds



Pour the smoothie into  
2 cups and ENJOY

## Good Waste Tips

Banana peels can go into compost.  
and strawberry tops  
you can feed to a dog.



## Why we love this dish

It's a quick healthy meal that  
will be a family favourite







## Satay chicken recipe by Ethan McCarthy

Preparation: 15 minutes      cooking time: 20 minutes

### Ingredients

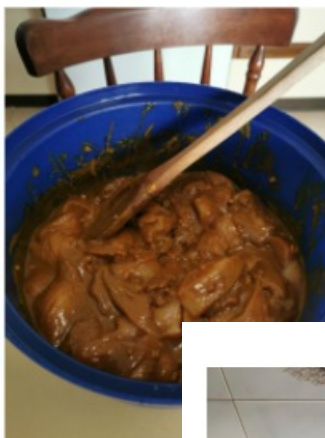
- ½ cup (130g) crunchy peanut butter
- ¼ cup (60ml) chicken stock
- 2 tablespoons honey
- 2 tablespoon soy sauce
- 1 tablespoon thai red curry paste
- 1 tablespoon lemon juice
- 3 tablespoon mild curry powder
- 500g chicken thigh fillet, cut into 3cm pieces
- 1 cup (250ml) coconut milk
- 1 small red onion
- 1 Red capsicum
- 1 Bok Choy

### Steps

1. Mix peanut butter, chicken stock, honey, soy sauce, lemon juice and curry powder in a large bowl until well combined.
2. Then add chicken and mix until all the chicken is covered in sauce.
3. Cover and refrigerate for several hours or overnight.
4. Take the chicken out of the refrigerator, separate the chicken from the sauce then put the sauce in a saucepan and add coconut cream or coconut milk; cook, stirring until the sauce boils and thickens slightly.
5. Cut up the veggies into thin strips.
6. Heat 2 tablespoons of peanut oil in a frying pan and wait for it to get hot then add chicken.



7. After about 5 minutes add the onion and just keep stirring. After a few minutes stir in the red capsicum.
8. When the capsicum is cooked, add the Bok Choy and stir until it is cooked.
9. Serve on a bed of rice and drizzle with the satay sauce





# BANANA MUFFINS

## HEATHY DELICIOUS BANANA MUFFINS

### INGREDIENTS

- 3 cups of self raising flour
- 1 1/4 cups milk
- 1 egg, beaten
- Half a cup of brown sugar, firmly packed
- 90 grams of butter, melted
- 1 teaspoon of cinnamon
- 2 small bananas mashed

### NUMBER OF SERVINGS

12

### TIME TO PREPARE

40 Minutes

### TIME TO COOK

20 Minutes

### EQUIPMENT NEEDED

- 12 hole muffin tray
- 2x Large bowls
- Flour sifter
- Large spoon

### METHOD

1. Preheat oven to 180 degrees Celsius and grease the muffin tray.
2. Sift flour into a mixing bowl. Add brown sugar and cinnamon then mix until combined.
3. Combine milk, egg, banana and butter in the other bowl.
4. Make a well in the centre of the dry ingredients. Add wet ingredients into the well and then mix until just combined.
5. Pour the batter into the muffin tray until each hole is 3/4 full.
6. Bake for 20 Minutes or until a skewer comes out clean. Put on cooling rack until cool.
7. Enjoy!

### SERVING IDEAS FOR HEALTHY EATING

Serve muffins warm with natural yoghurt and fresh fruit

### NUTRITION AND FOOD WASTE

You can make this more nutritious by replacing the sugar with honey.  
Put the banana skins in the compost to help your garden and food waste.

# Photos of each step of the recipe

1.



2.



3.



4.



5.



6.



7.







# Potato Gnocchi

By Olivia P

Prep time:	Cook time:	Serves:	Ingredients:	Equipment:
1.5 hours	2 mins	6	Potatoes (1.5kg) Flour (2 cups) Olive Oil (1 tbsp) Cheese Water	Measuring cup, dish, strainer, deep pot, knife, potato peeler, fork, stove top, chopping board, tray, tablespoon, baking paper



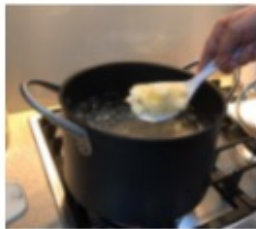
Gather 1.5kg of potatoes, and other ingredients.



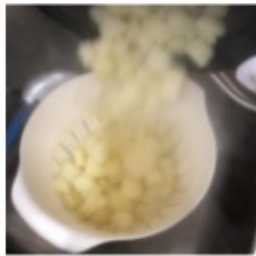
Peel the potatoes until there is no skin left on them.



Chop the potatoes into small pieces.



Cook the potatoes until they are soft enough to mash.



Strain the potatoes.



Put potatoes in a flat dish and mash.



Add 1 tbsp of oil into the mashed potato.



Mix 2 cups of flour into it.



Knead softly into the potato. Making sure the mash doesn't separate.



Carefully roll the potato into strands.



Cut the potato strands in pieces with a blunt knife.



Use your thumb to roll on a fork for a line pattern.



Place gnocchi in boiling water for about 2 mins until they rise to the top.



Add favourite sauce to the gnocchi.



Serve, top with parmesan cheese and enjoy!

How does the recipe address food waste and healthy eating?

- The potato skin can be baked and eaten, or composted.
- Tomato based sauce is better than a cream based sauce.



## Erins Banana berry smoothie

By Erin Tuson

Prep time: 5 mins

Cook Time: 0 mins

Servings: 2

### Ingredients:

1 banana  
2 cups of mixed berries  
2 cups of vanilla yoghurt  
Crushed ice  
¼ cup of honey (optional)

### Equipment:

blender or nutribullet  
2 cups for serving  
Measuring spoons

## Method

1. Gather all of your ingredients together and put them in your blender or nutribullet.

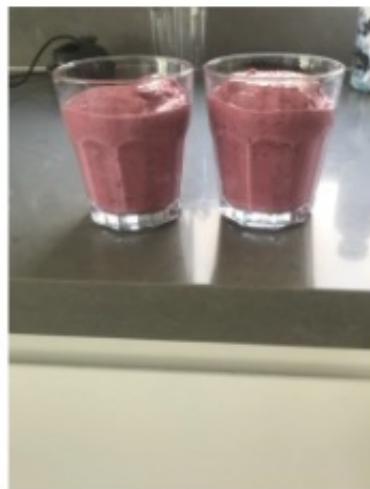




2. Now blend your ingredients together until your smoothie is smooth and there are no chunks of berries.



3. Once you have done that carefully pour your smoothie into 2 serving cups.



### Health tips and how to save food waste

1. Health tip: You can use less honey or even no honey to make it healthier, but it will still be delicious!
2. Food waste tip: If you have any yucky bananas they will go great in smoothies so you don't have to chuck them out.
3. Health tip: You can add low fat yoghurt to make it healthier.



# Egg strips

By Amy Bai

## UTENSILS:

Bowl  
Whisk or chopsticks  
Pan  
Spatula  
Knife  
Chopping board  
Plate

## TOTAL TIME:

5 - 10 MINS

## Prep Time:

2-3mins

## INGREDIENTS:

3 eggs  
Oil

## SERVES:

3

1.



First, crack and whisk the eggs in a bowl.

2.



Next add about a teaspoon of oil.

3.



Ready the pan with a bit of oil.

4.

5.

Carefully pour approx. 1/3 of the egg into the pan. Spread it around the pan until it is round.

After about a minute, flip it with the spatula to the other side.

7.

8.

Repeat steps 4 and 5 with the rest of the egg.

Finally, slice the 3 circles into thin strips and .....

### *Healthy eating and food waste.*

This recipe is healthy and doesn't produce food waste because it only uses egg and you don't waste anything other than the shell.

Enjoy



# Caesar salad.

By Sydney

Prep in **5 minutes**

Serves **2 people**

Cook time **7 minutes**



## Ingredients

- Half a whole iceberg lettuce
- 1 packet of Caravan brand croutons - olive oil and sea salt flavour
- 1 bottle of Paul Newman's Creamy Caesar dressing
- Salt and pepper to taste
- Parmesan cheese

## Equipment

- Strainer
- Chopping board
- Sharp knife
- Bowl
- Tongs
- Measuring cups & spoons
- Plate and utensils

## Method

Step 1: Wash your hands before you start. Prepare your iceberg lettuce by tearing the leaves off the core and washing them one by one under water. Place in a strainer and allow to drain excess water.

Step 2: Once your lettuce is dry, cut it up and place it in the bowl.

Step 3: Measure  $\frac{1}{2}$  cup Caesar dressing and pour over lettuce. Mix the lettuce well until coated in dressing. Add more if you prefer. Place the lettuce in a serving bowl.

Step 4: Sprinkle croutons and parmesan over the lettuce. Add salt and pepper to taste (optional) and serve.

## Tips:

Place in the fridge and serve cold. You can add your favourite healthy toppings such as avocado, eggs, grilled chicken and more.

## Ingredients:

- ☐ Large wholemeal wrap
- ☐ Tomato pizza sauce 3 tablespoons
- ☐ Pizza shredded cheese 2 to 3 handfuls
- ☐ Shredded ham 2 handfuls
- ☐ Pineapple chunks 60 g

## Equipment:

- Oven
- Oven tray
- Pizza cutter
- Spoon



Created by Jamie

Prep time: 5 mins

Cook time: 10 mins

Serves: 1

## Method:

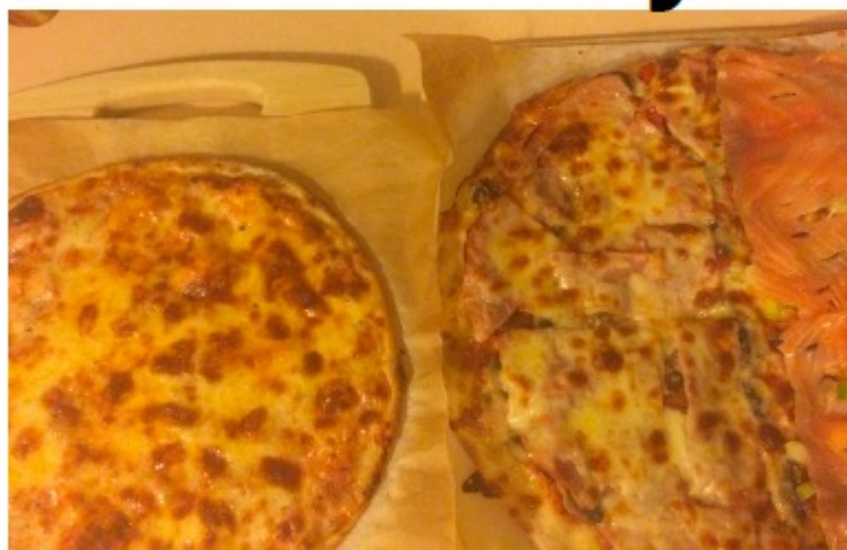
- Preheat the oven to 200 degrees c
- 1 Wholemeal wrap onto a pizza tray.
- Cover the wrap with 2-3 tbsp of Tomato pizza sauce
- Sprinkle the shredded pizza cheese on top
- Sprinkle the shredded ham
- Sprinkle the pineapple chunks

The ingredients are fresh and organic. We used all the ingredients and did not chuck any out.



# Delicious Cheesy Pizza

By Jet



Prep time: 1h 30m Cook time: 9m Serves: 2-3

## Ingredients

Flour 1 cup, yeast 1 teaspoon, olive oil 1 tablespoon, 2 grinds salt, 1/2 cup warm water, pizza sauce, extra flour (for kneading), cheese/toppings.

## Equipment

1 cup, 1/2 cup, teaspoon, tablespoon, bowl, rolling pin, spoon, oven, table, glad wrap, pizza tray.

## Method

1. Put the yeast into the cup of warm water then stir and wait for 15 minutes.
2. Add the yeast mixture to the flour, salt and oil into your bowl then stir until it turns into a sticky ball.
3. Put flour onto your table then knead for 10 minutes. After that make it into a ball and leave it in a bowl covered with glad wrap for 1 hour.





4. Preheat the oven to 250°C.
5. Roll the dough out into a circle.
6. Place the pizza base on the tray.
7. Add your sauce on the pizza base then add your toppings.
8. Put the pizza into the oven and let it bake for 9 minutes or until the crust is golden brown..
9. Enjoy your yummy pizza!



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## Healthy Tips

1. Use whole wheat flour instead of regular flour.
2. Put healthy toppings on the pizza like vegetables.



# Tacos

By Oliver Guanaria

It is healthy because you use veggies and fruit to create it and it helps by using weird looking lettuce.

Prep time: 5-6 minutes      Cooking Time: 30 minutes

Ingredients: 600g lean beef  
1 Old El Paso Hard and Soft Taco Kit  
2 Handfuls of mixed lettuce  
Cherry Tomatoes  
1 Avocado sliced  
1 Onion chopped

## Steps:

1. Heat a little oil in a frying pan and cook onion until soft.
2. Sizzle and stir meat over high heat for 5 minutes.
3. Add taco spice mix and  $\frac{1}{2}$  cup water.
4. Simmer until sauce thickens
5. Warm tacos in microwave for 30 seconds
6. Load tacos with meat, lettuce, avocado, cherry tomatoes and salsa to serve







## INGREDIENTS

10 TACO SHELLS

1 KG BEEF MINCE

5 LETTUCE LEAVES

2 TOMATOES

1TSP OLIVE OIL

1 ONION

2 TSP GROUND CUMIN

2 TSP GROUND CORIANDER

1 TSP PAPRIKA

¼ GROUND CAYENNE PEPPER

250G 1 CUP TASTY CHEESE

# TACOS

BY MICAH HALL

MAKES 10

PREP TIME

20 MIN COOK

15 MIN PREP



STEP 1. PREHEAT OVEN TO 160-180°C.

STEP 2. HEAT OIL IN MEDIUM PAN WHILE CUTTING

ONION (1). ONCE FINISHED CUTTING, PLACE

ONION IN PAN. ADD CUMIN, PAPRIKA,

CORIANDER AND CAYENNE PEPPER AND STIR

FOR 30 SECONDS (2). ADD MINCE. STIR AND

BREAK APART MINCE AND COOK UNTIL

MINCE HAS BROWNED (3). YOU CAN ALSO ADD BEANS.

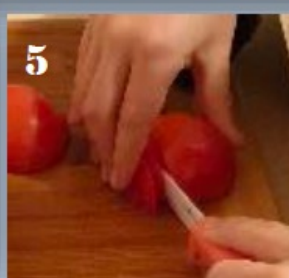
STEP 3. PUT TACO SHELLS IN OVEN FOR 8 MINUTES (4).

STEP 4. CUT TOMATO, LETTUCE AND AVOCADO AND GRATE CHEESE. YOU CAN ADD OTHER FOODS IF YOU LIKE (CAPSICUM, CARROT) (5,6,7,8).

ONCE ALL STEPS ARE DONE, SERVE AND ENJOY!

HOW DOES THIS RECIPE ADDRESS FOOD WASTE AND HEALTHY EATING?

IT HAS VEGETABLES (TOMATO, LETTUCE, EXTRAS) AND MINIMAL SUGAR (-2G) AND LEFTOVERS CAN GO TO OTHER DINNERS (THE VEGETABLES AND THE MINCED MEAT). YOU CAN ALSO COMPOST THE FOOD SCRAPS.





# how to make fried rice



## ingredients / equipment

- 1-2 bacons
- 1 plate of rice
- 1 carrot or onion
- 1 egg
- 1 teaspoon of salt
- oil
- fry pan

prep time    bake time    serves

5min

15min

1



## step 1

cut the bacon, onion or the carrot into small pieces.

## step 2

put oil around the fry pan and start putting in bacon, onions and carrots.

## step 3

after mixing for a while, pour the egg in and mix it.

## step 4

finally put the rice in and pour a teaspoon of salt

done



# Family Fabulous Lasagne!!!

By Micah.L



## Lasagne

Prep time: 30 minutes  
Cook time: 90 minutes  
Serves: 6-8 people

### Ingredients for Meat Sauce:

- Two carrots
- 2 small onions (or one large)
- 3 cloves of garlic
- 7 mushrooms
- 140g tomato paste x 2
- 785g jar of tomato, onion, garlic pasta sauce
- 500g of minced beef
- 1 tablespoon of olive oil
- ¼ cup of water

### Ingredients for lasagne sheets:

- Bechamel sauce
- 450g of shredded cheese x 2
- 375g of lasagne sheets

## Cooking equipment

### WHAT YOU NEED...

Measuring spoon and measuring cup

Medium knife

Cutting board

Wooden spoon

Bowls for chopped vegetables

Large casserole dish

Medium pot

Aluminium foil

## Prepare Ingredients for the Meat Sauce

1. Dice the onions.
2. Peel the carrots, then Cut the carrots in half lengthways and then thinly slice.
3. Lightly brush ore peel the mushrooms until clean, then thinly slice.
4. Crush or finely chop the garlic putting it into a little separate bowl.





# Cook the Meat Sauce (continued)

5. Heat 1 tablespoon of olive oil in a medium pot over medium-high heat.

6. Add the onions, carrots, mushrooms and garlic. Stir occasionally for about 5 minutes of until vegetables are softened.

7. Add the beef mince and cook up, breaking up the lumps with the wooden spoon until browned.

8. Add the pasta sauce, 2 tubs of tomato paste, and a  $\frac{1}{4}$  cup of water to the pot. Now Stir until all ingredients are mixed together.

9. Slowly bring the sauce to a light simmer, reduce heat to low and cook.

10. Stirring occasionally, let the sauce simmer for 10 minutes.

11. Turn off the heat and let the sauce sit to develop the flavour.



## Prep and Cook the Lasagne

12. Preheat the oven to 180° (fan-forced).

13. While the oven is pre-heating, lightly oil a deep rectangle casserole dish to prevent the lasagne sheet from sticking to the dish.

14. Lay the lasagne sheets to cover the bottom of the casserole dish and spread a thin layer of meat sauce over it, making sure to cover the whole sheet.

15. Roughly spread a  $\frac{1}{4}$  of Bechamel sauce over the meat sauce and lightly sprinkle with cheese.





# Prep and Cook the Lasagne (continued)

16. Repeat steps 14 and 15 to make 1-2 more layers.

17. On the last layer (this should be the 3rd layer or 2), use up the remaining meat sauce and bechamel sauce and cover with a generous amount of cheese.

18. Loosely cover the casserole dish with foil and bake in oven for 35-40 mins, then remove foil and cook for further 10-15 minutes or until the cheese is browned.



## Tasty Hint:

To make it better you can have it with garlic bread from your local bakery.

You can even top it up with some delectable lemon lime bitters.





# POPPY SEED CAKE

By Maddie

Prep Time

10 Mins

Cook Time

50 Mins

Serves

12 Serves

## INGREDIENTS

- 200 Grams Margarine
- 1 Cup Sugar
- 4 Eggs
- 1 Pinch Salt
- 1 ½ Cup Self Raising Flour
- 100 Grams of Poppy Seeds
- ⅓ Cup Sweet Red Wine
- ¼ Cup Sugar

## EQUIPMENT

- Bowl
- Measuring Cup
- Mixer
- Spoon
- Oven
- Beater
- Saucepan
- Round cake pan

## PROCEDURE

1. Melt Margarine and Melt 1 cup of Sugar Together in a saucepan on stove
2. Separate Whites and yolks of eggs and add Yolks into bowl with margarine
3. Add salt and a 1 and a ½ cups of flour
4. Add poppy seeds and wine
5. Beat
6. Mix ¼ cup of sugar and egg whites together and beat until fluffy but not stiff
7. Fold sugar/egg white into Mixture
8. Grease round cake pan and add mixture to pan
9. Put into oven ( 180 degrees) For 50 mins  
50 Minutes later
10. Take out of oven and Enjoy ( It tastes better with a spread of butter)

## FOOD WASTE AND HEALTHY EATING

- Egg scraps can go into compost
- Eggs are healthy

## RECIPE

# BRILLIANT BRUSCHETTA



**Prep Time:** 15m      **Cook Time:** 6m  
**Serves:** 5

## Method:

1. Wash hands, herbs and vegetables before you start.
2. Grab a cutting board and a knife and finely chop the tomatoes and put them into a bowl.
3. Finely chop parsley, basil and garlic, scrape into a bowl.
4. Mix until combined.
5. Add in  $\frac{1}{4}$  of Olive oil and 3 TBSP of caramelized balsamic vinegar. Mix until combined.
6. Add a pinch of salt to the bowl.
7. Ask an adult to turn on the power on for the toaster.

8. Put the bread in the toaster and toast for about 3 minutes or until golden.

## Ingredients:

- Pane Di Casa Bread 5 slices
- 410g of tomatoes
- Parsley 11g
- Basil 10 leaves
- Garlic 3 cloves
- Olive Oil  $\frac{1}{4}$
- Salt
- Caramelized Balsamic Vinegar 3 TBSP



## Utensils:

Chopping Board

Toaster

Bowl

2x Spoons

Knife

Measuring cup  $\frac{1}{4}$

Cheese Board

5x Plates



9. Place bread on a cheese board and add mixture to the bread.

10. Serve and enjoy.

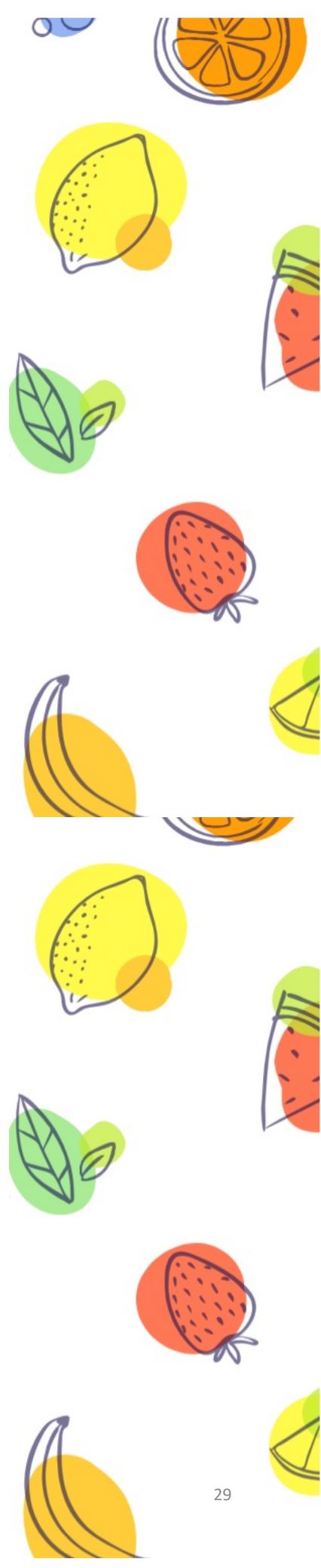


## How does this recipe address food waste and healthy eating?

We used the bread that would otherwise be thrown away by toasting it. The tomatoes and herbs are very good for you and the olive oil is also very healthy.

## Healthy tips:

For more flavour and in some chopped onions.





# Fresh Fruit Smoothie



## Ingredients

- 5 STRAWBERRIES
- 1 BANANA
- 3 RASPBERRIES
- 1 GRAPE
- $\frac{1}{4}$  A CUP OF WATER

## Serves

1

## Time

5 MIN

## Food Waste

THIS WILL MAKE NO FOOD WASTE EXCEPT FOR THE BANANA PEEL WHICH COULD BE COMPOSTED SO I THINK

ADDRESSES FOOD WASTE PRETTY NICELY

## Equipment

- TAP
- BLENDER
- MEASURING CUP
- CUP

## Method



- 1 START BY WASHING YOUR HANDS AND FRUIT
- 2 THEN GET YOUR BANANA AND PEEL IT AND PUT THE WHOLE THING INTO THE BLENDER
- 3 ADD 5 STRAWBERRIES WITH THE TOP ON, 3 RASPBERRIES AND 1 GRAPE
- 4 GET YOUR MEASURING CUP AND MEASURE  $\frac{1}{4}$  OF WATER AND POUR IT INTO THE BLENDER
- 5 PUT THE LID ON AND BLEND UNTIL WELL COMBINED
- 6 TAKE LID OFF AND POUR INTO AND CUP
- 7 ENJOY YOUR FRESH,HEALTHY SMOOTHIE





# How To Make The Best Rose Pink Rice Crispy Treats

*By Chloe*

Prep: 10 min

Cook: 5 min

Serves: 9



## Ingredients

2 tbs unsalted butter  
melted

100g vanilla marshmallows

2 cup crispy rice pops

150g white chocolate melts

## Equipment

spoon

knife

square baking pan

3 bowl

## Steps

1. Wash your hands
2. Grease and line a 18 x 20cm (3 cm deep) slice pan with baking paper.
3. In a large, microwave-safe bowl put the butter and marshmallows, then the microwave for 1 minute, or until the marshmallows melt. Mix well until well and smooth.
4. Work fast, add rice pops and fold until fully coated. Put the mixture into the pan . Press the mixture into a compact pan using the back of a spoon. Cool for or up to 30 minutes.
5. In a microwave safe bowl, place chocolate that melts. Microwave for 3 minutes on a medium, mix halfway, or smooth until melted.
6. then drizzle the chocolate with a spoon
7. enjoy

## Heathy Tip

instead of chocolate use  
passion fruit

## Pizza scrolls

### Ingredients:

Puff pastry , pizza cheese, ham,  
butter , 2 eggs

### Equipment:

Baking tray , butter knife, sharp  
knife , chopping board

Step 1 - preheat oven to 180 degrees.

Step 2 - place a sheet of puff pastry down  
onto a board then spread the butter all  
around the pastry.

Step 3 - chop up the the ham into little  
pieces and sprinkle the ham and cheese on  
top of the pastry.

Step 4 - roll up the pastry finely , later slice  
into 12 pieces.

Step 5 - place the scrolls on the tray and  
then brush egg yolk on the top of the  
scrolls.

Step 6 - place it in the oven for 15 minutes  
and then enjoy.

