

**OZ HARVEST  
FEAST COOKBOOK  
TAMBREY PS  
ROOM 21 & 18**

**2023**

**FEAST**

**ROOM 21**

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# BERRYGOOD BLUEBERRY PANCAKES

20  
MINUTES

3  
PEOPLE

**EQUIPMENT**  
FRYING PAN  
MEASURING CUPS  
TEASPOON  
TABLESPOON  
MIXER  
EGG FLIPPER

## INGREDIENTS

1 1/2 CUPS OF  
SELF RAISING  
FLOUR

1 TEASPOON  
OF BAKING  
POWDER

1 TABLESPOON OF  
COCO POWDER

2 EGGS

1/4 MILK  
(ADD MORE  
IF NEEDED)

1 TABLESPOON  
OF VANILLA  
EXTRACT

1/4 OF  
BLUEBERRIES  
OR FROZEN  
BLUEBERRIES

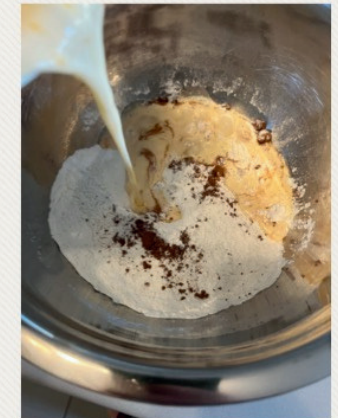


**SKILLS**  
MIXING  
WORKING  
WITH HEAT  
FRYING

**DARCEY  
WEBSDALE**

**\* MAKE SURE YOU WASH  
YOUR HANDS**

**\* MAKE SURE YOUR  
BATTER IS SMOOTH  
AND NO CHUNKS  
UNLESS THE  
BLUEBERRIES.\***



STEP 1: WASH YOUR HANDS  
AND GRAB A BOWL. IN YOUR  
BOWL PLACE YOU SELF  
RAISING FLOUR, BAKING  
POWDER AND COCO  
POWDER.



STEP 3: POUR YOU EGGS,  
MILK, VANILLA INTO YOUR  
FLOURS AND ADD YOUR  
BLUEBERRIES.

STEP 2: GRAB A  
SMALLER BOWL  
AND CRACK 2 EGGS,  
MILK WITH  
VANILLA EXTRACT.



STEP 4: TURN  
YOUR FRYING ON  
AND PLACE YOUR  
BATTER  
IN TO THE PAN AND  
WAIT FOR  
BUBBLES.



STEP 5: KEEP  
DOING STEP 4  
UNTIL ALL YOUR  
BATTER IS ALL  
USED UP AND  
THEN WHEN YOUR  
DONE ENJOY



# Tremendous Tacos



Cooking time  
**45** Min

## Skills

- Work with heat
- Grating/chopping
- Mixing/measuring



1. Preheat the oven to 180 degrees fan forced.



2. Turn stove on and put oil in the pan.

## Ingredients

- 1 packet of taco mix.
- 1kg of mince
- 3 carrots
- 1/2 a cucumber
- Cheese
- 10 cherry tomatoes
- Sour cream/ sauce
- 1/2 an onion
- Tacos shells
- 1 table spoon of oil

## Equipment

- Knife/ serrated knife
- Chopping board
- Grater
- Pan
- Plates/container
- Tray
- Wooden spoon



3. Grate cheese and carrots and chop onion, cherry tomatoes, cucumber and baby coss.



4. Add mince in the pan and stir with taco mix.



5. After stirring for a bit put the taco shells in the oven.



6. Put every thing in a tray or plate except the mince put that in a container and serve sour cream and sauce and enjoy.

**By Indee**



# Terrific Tortilla Pinewheels

## Ingredients

Mayonnaise  
Flour tortilla  
Cheese  
Half a red onion  
Spinach  
Carrot  
Cucumber

## Skills

Chopping  
Grating  
Folding

## Equipment

Cling wrap  
Grater  
Knife  
Chopping  
board

Prep time  
10-15 minutes

Serve 5 people  
per slice

FROM THE  
MASTER CHEF  
KIARA

## Step 1



Chop the cucumber into slices, grate the carrot and finely chop the spinach and onion.

## Step 3



Starting at the bottom with the grated carrot roll the tortilla until sealed. Wrap in cling wrap then place in the fridge for 5-10 minutes.

## STEP 6

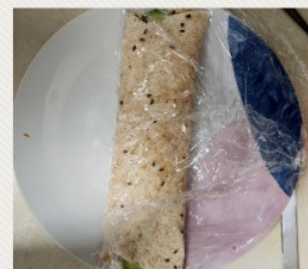


## Step 2



Get one tortilla and spread a thin layer of mayonnaise over it. towards the middle and add 2 slices of cheese, as by your wish add as much spinach and onion. 7 or 10 slices of cucumber and as per your which of grated carrot.

## Step 4



Unwrap from the plastic wrap

## Step 5



Insert toothpicks and slice the tortilla into wheels

SERVE WITH  
HOMEMADE FRUIT  
JUICE ENJOY



# MASHY BALLS

**40**

**20  
minutes**

Ingredients

**Potato's**

**Crumbs**

**Eggs**

**Oil**

**BBq sauce**

**Spring onion**

**Skills**

Chopping  
Cooking  
Working  
with heat

**Tools**

**Potato peeler**

**Potato masher**

**Bowls**

**Chopping board**

**Knife**

**Tongs**

**Frying  
pan**

**Step 1 get potato's and everything ready**

**Step 2 peel potato's get a bowl and mash them**

**Step 3 get a medium sized ball of mashed potato do it to the rest**

**Step 4 crack eggs get crumbs and dip all balls in it**

**Step 5 get frying pan and put oil in and wait till oil bubbles**

**Step 6 cook the Mashy balls in the frying pan spin around with tongs and after five mins take some out and put new ones in**



**ENJOY**

**By  
Blair**

**Tip add spring onion if want**



# TERRIFIC TACOS



## INGREDIENTS

- 1 KG OF MINCE
- 2 CARROTS
- FOUR LEAVES OF LETTUCE
- 2 SPRING ONION
- 2 TOMATOS
- 120 G OF STEAK SEASONING
- 1 LEMON
- 1 BOTTLE OF SOY SAUCE
- 1 BOTTLE OF SWEET CHILLI SAUCE
- 500G OF SOUR CREAM

Time 30 to 60 mins



- ### EQUIPMENT
- WOK
  - KNIFE
  - PLATES
  - SPOON
  - GRATER
  - CUTTING BOARD

- ### SKILLS
- CUTTING
  - GRATING
  - HEAT

BY COOPER AND MORDY

FIVE STAR

## STEP 1

TURN ON WOK CUT SPRING ONION AND OPEN MINCE AFTER 5 MINS PUT IN WOH



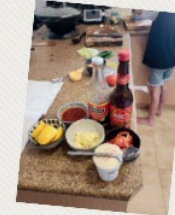
## STEP 2

SLICE LETTUCE AND TOMATO GREAT CARROT AND CHEESE



## STEP 3

TURN OFF WOK AND PREPARE SAUCES AND PREHEAT OVEN TO 180 DEGREES



## STEP 4

PUT TACO SHELLS IN OVEN FOR 12 MINS AND TORTILLAS IN MICROWAVE



## STEP 6

MOVE EVERYTHING TO SERVING BENCH AND BEGIN SERVING



TIP YOU DON'T NEED TO ADD ALL THESE SPECIFIC INGREDIENTS



# Crispy chicken

By Donald

20-22  
mins



6



Mix flour and milk till creamy



Add flour and egg

## Ingredients

- Flour
- Milk
- Chicken
- Two eggs

## Equipment

- Pan
- Tongs
- Whisk



Wash hand before mixing chicken



Add milk

## Skill

- = Mix
- Chop chicken

## Tips

Oil doesn't  
Splash



Dip in the mix



Put on plate redo till none leftover and

# Yummy Banana smoothie

Serves 4  
people

By Taniya

10  
mins

## Ingredient

2 Banana

2 Strawberry

125g of blueberries

10g nuts

2 Table spoon honey

1/2l milk

## Equipment

Chopping board

Bleander

Knife

Glass

Bowl

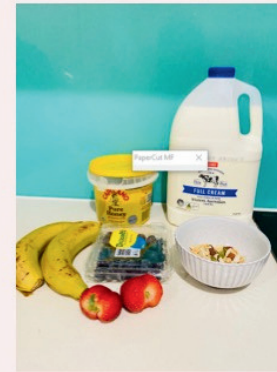
## SKILL

MIXING

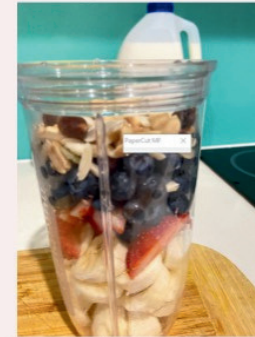
Sliceding

## Tip

Add a straw for  
fun



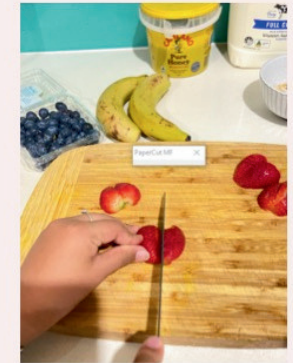
Step1:There is all  
ingredient



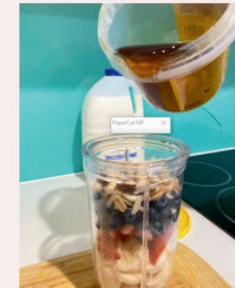
Step3:Put all  
ingredients on  
bleander



Step 4:Put milk  
on bleander



STEP2:Sliced banana ,  
strawberry and  
blueberries and nuts



STEP4:Put honey on  
bleander



Step6: We are  
ready now



BY: ZAYNAH AND STELLA

# REFRESHING SMOOTHIE BOWLS

# STEPS:

Serves 2 people

5 mins

Equipment:  
Blender  
Measuring cup  
2 spoons  
2 bowls

## Ingredients:

2 Cups of ice

2 cups of frozen blueberries and strawberries

1/2 cup of mango juice

## Toppings:

Strawberry  
Kiwi

Skills  
Blending  
Cutting  
Measuring

Tip: add a little bit of water for better consistency



1. PUT IN 2 CUPS OF ICE



2. PUT 2 CUPS OF FROZEN BLUEBERRIES & STRAWBERRIES



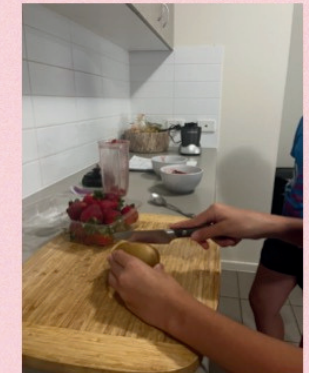
3. ADD 1/2 CUPS OF MANGO JUICE



4. POUR THE MANGO JUICE INTO IT AND CLOSE THE LID TIGHTLY



5. BLEND 5 FOR MINS



6. SLICE 2 KIWIS, 4 STRAWBERRIES, AND PUT IT ON TOP OF YOUR SMOOTHIE BOWL



TAKE TWO SPOONS AND ENJOY



# SUPER STRAWBERRY THICK SHAKE

COOPER.D AND MASON

9



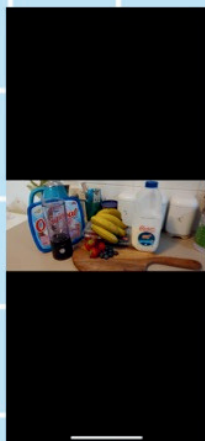
## Ingredients

- 2 STRAWBERRIES
- 1 BANANA
- 5 BLUEBERRIES
- 1 CUP MILK
- 2 TABLESPOON OF ICE CREAM

- |               |                  |
|---------------|------------------|
| <b>Skills</b> | <b>Equipment</b> |
| CUTTING       | KNIFE            |
| BLENDING      | BLENDER          |
|               | CHOPPING BOARD   |
|               | 1 CUP            |

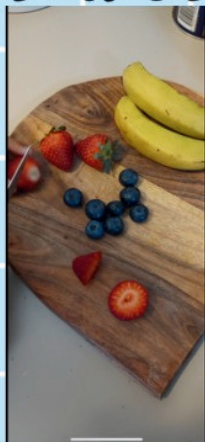
Tip: serve with a strawberry on the side

STEP 1



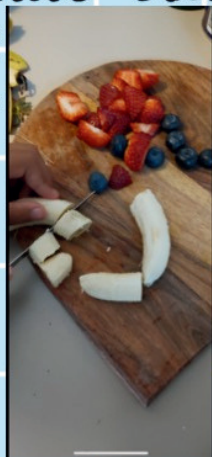
PUT INGREDIENTS ON CHOPPING BOARD

STEP 2



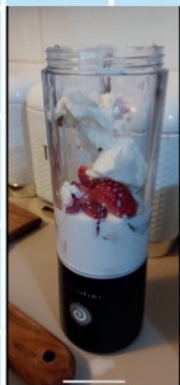
START CHOPPING THE FRUIT

STEP 3



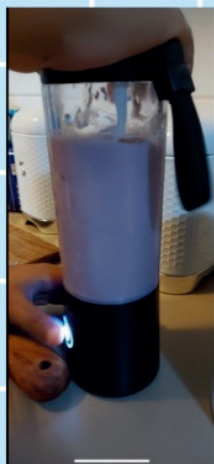
SLICE THE STRAWBERRIES AND THE BANANA INTO ONE QUARTER

STEP 4



ADD ICE CREAM AND CUT UP FRUIT INTO THE BLENDER

STEP 5



BLEND FOR 30 SECONDS

STEP 6



ENJOY 😊

# STEP

1

BY CRUZE  
AND  
DECLAN



ASSEMBLE ALL YOUR  
INGREDIENTS.

# STEP 4



CUT UP ALL THE TOMATOES,  
LETTUCE AND AVOCADO.

# BEEFY BURRITOS

# STEP 2



DICE THE RED ONION  
AN GARLIC.

# STEP 5



THEN ASSEMBLE YOU  
BEEFY BURRITOS.

# STEP 3



PUT THE RED ONION AND  
GARLIC IN THE PAN AND  
LET IT SIZZLE FOR 4 MINS  
THEN PUT GROUND MINCE  
IN THE PAN.

# STEP 6

# ENJOY



# INGREDIENTS

-SUNFLOWER OIL

RED ONION

GARLIC CLOVES

GROUND CUMIN

GROUND CORIANDER

DRIED OREGANO

500G BEFORE MINCE

CASTER SUGAR

1 T TSP WHITE  
VINEGAR

400G TOMATOES

FLOWER OR CORN  
TORTILLAS

500G COOKED RICE

# Skills

CHOPPING

STIRRING

WRAPPING

RESPONSIBILITY

# Equipment

Rice cooker

Knife

Plate

Pan

Chopping board

# Tips

Put 2 tsp of water in  
the mince

Don't put to much oil



# INGREDIENTS

2 limes

60m(1/4cup)light  
olive oil

1/2 cup fresh  
coriander leaves  
chopped

1/4 cup fresh mint  
leaves chopped

800g chicken thigh fillets  
fat trimmed, cut into,  
2cm pieces

1-2tsp water

130g cl/ 2cup)bought  
tzatziki

Fresh mint leaves to  
serve

Lime wedges, to  
serve

# CHICKEN KEBABS

BY JACOB AND FIONN



SERVINGS

## TIP

Wash your hands every  
time you finish the step

Wet skewers so skewers  
don't burn

## EQUIPMENT

5 skewers

Grinder

Glass bowl

Rubber tongs

Frying pan

## SKILLS

Grinding lime

Juicing limes

Flipping over kebabs

Putting chicken on skewers



# STEPS 11



## STEP 1



Finely grate the rind of the limes, juice the limes. Place the lime rind, lime juice, chilli, garlic, oil, coriander and chopped in the bowl of a food processor and process until smooth. Transfer to a glass or ceramic bowl. Add the chicken and stir to coat cover and place in the fridge for 20 minutes to marinate.

## STEP 2

Thread the chicken  
onto skewers: brush  
with marinade

## STEP 3

Preheat a barbecue grill  
or chargrill or high. Cook  
the skewers for 5 mins  
each side or until cooked  
through

## STEP 4

Gradually add the water to the  
tzatziki until it reaches the  
consistency of thickened cream.  
Place the skewers on a serving  
plate. Top with mint leaves. Serve  
with limes wedges. And tzatziki



2 cups self raising flour

## SCONES

Ingredients

- 1tbsp caster sugar
- 60g Devondale unsalted butter chilled chopped
- Pinch of salt
- 1/2cup buttermilk
- 1/2 tsp ground nutmeg

54 people like it

*Bee to you*

55min



Preheat oven to 220c/200c fan-forced. line a baking tray with baking. Paper position oven rack in the top half of oven

### Step1

**Step2**  
Sift flour nutmeg sugar and salt in to bowl.add butter

Mack a well in centre of mixture.add butter and pumpkin .using a flat -bladed knife stir until a stiky dough forms. Turn out onto a lightly floured surface knead gently until just smooth.

### Step3

### Steps

By Lyneve

By  
Tarlani



# BY KEISHA

## Pizza Bon Appetite

### Ingredients

Dough  
Flour  
Cheese  
Ham  
Tomato  
sauce

Equipment  
- chopping  
- oven  
- plates  
- knife

Skills  
- mixing  
- slicing  
- working  
with a lot  
of heat  
- making



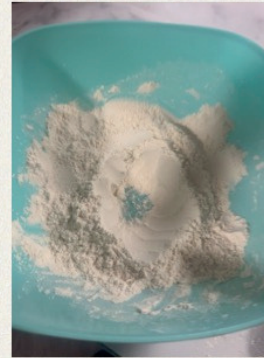
15 - 20 MINS  
5 PEOPLE

### STEP ONE



PLACE FLOUR AND SALT INTO A FOOD PROCESSOR

### STEP TWO



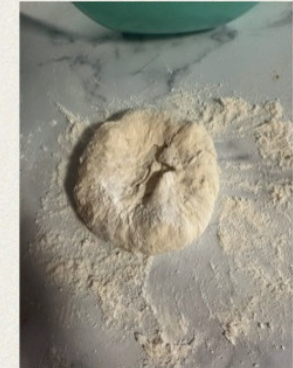
DISSOLVES YEAST IN A LITTLE LUKEWARM WATER THEN STIR IN REMAINING WATER

### STEP THREE



MAKE A WELL IN THE CENTRE OF FLOUR MIXTURE AND OIL INTO THE WELL AND GRADUALLY WORK THE FLOUR IN FROM THE SIDES

### STEP FOUR



REMOVE DOUGH FROM BOWL AND KNEAD BY HAND UNTIL SMOOTH AND ELASTIC

### STEP FIVE



PLACE DOUGH IN A CLEAN BOWL, COVER WITH A DAMP CLOTH AND LEAVE TO RISE IN A WARM PLACE UNTIL DOUBLED IN VOLUME



DIVIDE DOUGH INTO TWO AND ROLL OUT ON A LIGHTLY FLOURED SURFACE

### STEP SEVEN



ADD DESIRED TOPPINGS AND BAKE AT 220 DEGREES (220 FAN FORCED) FOR 15-20 MINUTES OR UNTIL GOLDEN



# ADDISON AMAZING



HALF AN HOUR

## BURGERS

BY ADDISON POOLE

SERVES 4



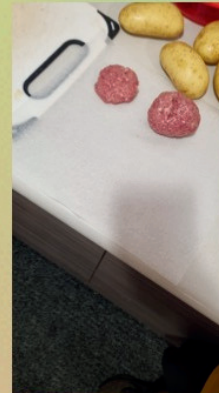
STEP ONE  
MIX THE MEAT WITH  
ONE  
CUP OF WATER  
AND ADD THE PACKET



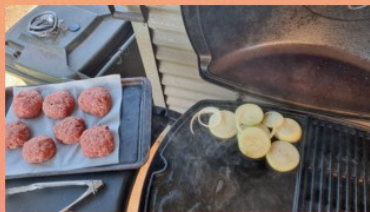
STEP TWO  
CUT THE  
POTATOES  
IN HALF



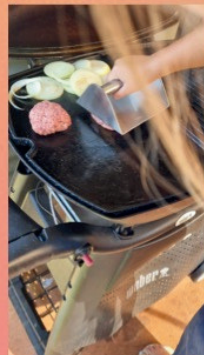
STEP THREE  
PUT THE  
POTATOES  
IN OIL AND  
SALT



STEP FOUR  
THEN ROLL  
THEM INTO  
BALLS



STEP FIVE  
PUT THE  
ONION ON  
THE  
BARBECUE



STEP SIX  
PUT THE PATTIE'S ON  
THE  
BQ THEN SQUASH  
THEM



STEP SEVEN  
EAT AND  
ENJOY

## INGREDIENTS

1 SLICE OF CHEESE

2 SQUEEZES OF

BARBECUE SAUCE

ONION

1 MEAT PATTY

1 BUN



# Omelette

BY RACHEL KILLEN

## STEP ONE



In a small bowl, whisk the eggs, salt, and pepper together until lightly frothy.

## STEP TWO



In an 8-inch non-stick pan, heat the oil over medium-low heat

## STEP THREE



Pour in the eggs and tilt the pan to make sure it's evenly spread out, then turn the heat down to low. Cook the omelette for 2 to 3 minutes or until the edges are cooked through and the top is slightly wet but not runny.

## STEP FOUR



If you'd like to add filling, add it to half of the omelette

## STEP FIVE



Then use a spatula to fold the empty half on top and slide the omelette onto a plate.

## STEP SIX



Garnish with chopped herbs.

Serves  
1

Equipment:  
Frying pan, whisk  
Measuring spoons  
Bowl

*Bonaparte (In joy)*

Ingredients :

2 large eggs  
Kosher salt and freshly ground black pepper, to taste

½ tablespoon olive oil, butter, or bacon grease  
¼ cup diced ham

Enough grated cheese to sprinkle over the omelette

Some things to garnish  
¼ cup Peas and corn as a side

Skills:

Working with

heat

Whisking



# Breakfast Shake

By Jack and Royston



## STEP1

Get all of the ingredients



## STEP2

Get the equipment



## STEP3

Put the milk weetbix and banana



## STEP4

Put 2 scoops of milo



## STEP5

Blend for one minet



## STEP6

Tip into 2 cups and enjoy

## Ingredients

One Banana 2 weatbix 2and a half of milo 500mL of milk

## Equipment

A cup, knife, blender, spoon and a straw

## Skills

Cutting pouring and blending

Tip wash your hands before starting



# Burgers and Wedges is GOATED

Serves  
4

Total prep and cooking  
time 15 minutes

Ingredients  
4 burger buns  
4 patty's  
Lettuce leaves  
BBQ sauce  
1 onion  
4 potatoes

Skills  
Working with  
heat  
Chopping  
Flipping

Equipment  
Barbecue  
Air fryer  
Knife  
Tongs  
Fry pan  
Wooden  
spoon

TAJ AND  
CASEY

Tip  
Don't put to much oil  
on the bbq

Step 1 dice the  
lettuce and onion  
thinly



Step 3 heat air fryer  
to 175c and cook  
wedges 3 to 5  
minutes

Step 4 turn BBQ on and  
cook patty for 6 to 7  
minutes after the patty's  
cook the onion on the  
fry pan until golden  
brown

Step 2 wash the  
the potatoes and  
cut potatoes in half  
5 times



Step 5 assemble your  
burger in anyway you  
want then eat





# Sensational Salmon

## Sushi

By Emily and Momina

45



4

### Ingredients

- 2 cups white rice
- 4 seaweed sheets
- 4 tbsp whole egg mayonnaise
- 1 pack of smoked salmon
- 1 avocado

### Equipment

- Serving plate
- Chopping board
- Knife
- Bamboo Roll

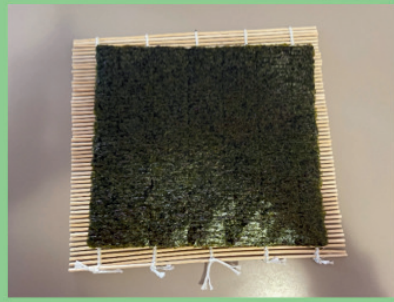
### Skills

- Slicing
- Rolling

### Tip

Swap for any other filling of your choice if you want

# Method



1. Place a bamboo roll onto a clean work surface. Place a seaweed sheet ( shiny side down) onto the bamboo roll



2. Use wet hands to spread 3/4 cup of rice over seaweed toward you, leaving a 3 cm wide border along the top edge.



3. Spread a line of mayonnaise along the centre of the rice, top with a strip of salmon and some sliced avocado. Pick up the edge that is closest to you while rolling the mat over the enclosed rice and filling into the seaweed.



4. Repeat steps 1-3 with the remaining seaweed sheets, rice and filling to make more.



5. Cut sushi rolls into 2 cm thick slices. Arrange on a platter and serve with soy sauce (optional).



6. Have for a meal or snack. ENJOYYYY!!!!



# Delicious Damper

## ingredients :

3 cups of self raising flour

Pinch of salt

$\frac{3}{4}$  a cup of water

80g of butter

$\frac{1}{4}$  a cup of plain flour

## equipment :

Large bowl

chopping board

Spoon/whisk



Step 1 : Add 3 cups of self Raising flour



Step 2 : Then grind a pinch of salt into your hand and drop it into the bowl



Step 3 : add 80g of butter and mix with hands



Step 4: pour  $\frac{3}{4}$  a cup of water into the bowl and mix with a spoon/whisk



Step 5 once done spread plain flour onto a choosing board and knead with hands, and then put it in the oven.



Step 6: after cooking for 20-25 minutes take it out and let it cool.

Skills : mixing, kneading and mixing with hands

By : Mya Cunningham



# PIZZA SCROLLS

INGREDIENTS

EQUPTMENT

1 PASTRY SHEET,  
HALF A CUP  
OF TOMATO  
SAUCE, 1  
HANDFUL OF  
CHEESE, 1 HAND  
FULL OF HAM

PLATE,  
SPOON, AIR  
FRYER

SKILLS

COOK TIME

ROLLING,  
CUTTING

15  
MINUTES



PUT YOUR PASRY SHEET ON  
YOUR PLATE



ADD YOUR  
SAUCE



ADD YOUR HAM AND  
CHEESE



ROLL THE PASTRY



CUT INTO SMALL  
PICES



PUT IN AIR FRYER  
AND THEN ENJOY

BY KYRAH



## Ingredients

Get one punnet  
strawberry wash it with  
stem removed  
Get 2 teaspoon of lemon  
juice and 2 cups of 520gm  
of nature yoghurt  
Pour 1 cup of 250ml water  
Blend the strawberry with  
the water and lemon juice

## Equipment

Blender, food processor, moulds, pop sticks, 2 cups and 2 teen spoon

strawberry ice  
blocked

Pour the strawberry into  
the yogurt then mix  
combined then pour the  
mixture into 6-8 ice block  
moulds and gently place  
the ice block stick into  
the middle of the moulds.

Freeze over night for at  
least 3 hours before eating  
then get 1/4 cup of honey  
and 2 cups of full fat plain  
Greek yoghurt and get 2  
small cooked beet cubed

[170]



Prep  
Time  
10 minutes

## Looks like



# Trina

# 21



6 SERVE 12 MIN

EQUIPMENT

INGREDIENTS

SAUCE PAN

2 2 CUPS OF RICE

3 4 CUPS OF COLD WATER

1 2 CUP RICE VINEGAR

2 TBSP CASTER SUGAR

1 2 TSP SALT

200G FROM SALMON CUT INTO K M

6 NORI SHEETS

1 AVOCADO HALVED, STOVED, DEEDED

LIGHT SOY SAUCE TO SERVE

PICKLED GINGER

PLATE

STEP 1 PLACE THE RICE IN A SIEVE RINSE UNDER COLD RUNNING WATER TO REMOVE ANY EXCESS STARCH UNTIL WATER RUN CLEAR PLACE THE RICE AND WATER IN A LARGE SAUCEPAN COVERED HIGH HEAT. BRING TO THE BOIL REDUCE HEAT TO LOW AND COOK

STEP 2 COMBINE THE VINEGAR, SUGAR AND SALT IN A SMALL BOWL. USE A WOODEN PADDLE TO BREAK UP RICE LUMPS WHILE GRADUALLY ADDING THE VINEGAR MIXTURE GENTLY FOLDING COMBINE CONTINUE FOLDING AND FANNING

STEP 4 PLACE A SUSHI MAT ON A CLEAR SURFACE WITH SLATS RUNNING HORIZONTALLY PLACE A NORI SHEET USE WET HANDS TO SPREAD SIXTH OF THE RICE OVER TO THE NORI SHEET LEAVING 3CM WIDE BORDER ALONG THE EDGE FURTHEST AWAY FROM YOU

STEP FOUR PLACE SALMON AND AVOCADO, ALONG WITH THE CENTRE OF THE RICE, HOLDING FEELING IN PLACE WHILE ROLLING THE MAT OVER TO ENCLOSE RICE, RICE, SALMON AND VEGETABLES

STEP 4

STEP 5

USE A SHARP KNIFE TO SLICE SUSHI WIDTHWAYS GO TO 1.5 CM THICK SLICES, PLACE SOME SERVING DISHES, SOY SAUCE, WASABI,



BY MILA



# HONEY SOY CHICKEN RICE PAPER ROLLS

BY MAYSON  
FARRELL

## INGREDIENTS

(120g dried rice vermicelli noodles)  
(2tbsp fresh lime juice)  
(2tbsp fish sauce)  
(450g Coles grilled chicken skewers honey soy)  
(1 large Lebanese cucumber (cut into match sticks))  
(1/2 fresh coriander)  
(8 large fresh mint leaves)  
(8 large paper rolls)

## PREP TIME

10 minutes 15 minutes cook

## SERVES

8

small bowls  
pan non stick  
barbecue plate  
plates  
serving platter  
large bowl

## EQUIPMENT



cook the noodles following the packs instructions combine with fish sauce and lime juice in a small bowl

heat a large non stick pan or barbecue plate over medium heat brush oil add the skewers and cook turning occasionally for 10 minutes or cook through the meat put on a serving plate

mean while arrange the noodles cucumber coriander and mint on a serving plate beside a large bowl of warn water

to assemble dip the rice paper rolls into a bowl of warm water for 10 20 seconds or just until soft place mint noodles cucumber carrot and coriander and chicken in the middle of the roll up and close



# RECIPE NAME: TUNA SUSHI BOWL

SERVES 4 PEOPLE  
PREP TIME 15 MIN  
5 MIN TO COOK



## INGREDIENTS

2 CUPS OF LONG, WHITE GRAIN RICE. GRAMS OF CANNED TUNA IN DRAINED OIL. TWO GREEN, FINELY CHOPPED ONIONS, TABLESPOONS OF FINELY CHOPPED PARSLEY LEAVES. SALT REDUCED SOY SAUCE ONE 1/4 OF A CUP OF MIRIN. 2 TBS OF CASTER SUGAR. 1 TABLESPOON OF TOASTED SESAME SEEDS. CHOPPED ICEBERG LETTUCE EVERYTHING. ONE AVOCADO SLICED. ONE LESBAMESE CUCUMBER THAT IS CHOPPED. 1 SHEET OF NORI SEAWEED.

EQUIPMENT  
POT, STOVE, BOWL,  
JUG, KNIFE,  
CHOPPING BOARD  
AND FORK

MADE  
BY: AVA

## STEPS :

STEP :1  
COOK THE RICE LIKE WHAT'S ON THE PACKET.

STEP:2  
MEANWHILE, USE A FORK TO FLAKE THE TUNA IN THE BOWL. ADD ONION AND PARSLEY. TOSS TO COMBINE SOY SAUCE, MIRIN, SUGAR, OIL AND SESAME SEEDS IN A SMALL JUG, AND STIR UNTIL THE SUGAR HAS DISSOLVED.

STEP:3  
ARRANGE RICE, LETTUCE, AVOCADO AND MIXTURE INTO A SERVING BOWL. TOP WITH THE NORI SHEET CUT.





# MINI BANANA MUFFINS

**PREP TIME**  
**15**  
**MINUTES**

**STEP ONE**

**PREHEAT OVEN TO 180C 160C  
FAN FORCED . GREASE A 24-  
HOLE MINI MUFFIN PAN**

**STEP TWO**

**COMBINE YOGHURT AND  
BANANA IN A LARGE BOWL  
GRADUALLY STIR IN FLOUR  
UNTIL JUST COMBINED**

**STEP 3**

**SPOON MIXTURE INTO MUFFIN  
HOLES BAKE FOR 15 MINUTES  
OR UNTIL A SKEWER INSERTED  
INTO THE THE CENTRE COMES  
OUT CLEAN SET ASIDE IN THE  
PAN FOR 2 MINUTES TO COOL  
SLIGHTLY BEFORE  
TRANSFERRING TO A WIRE**

**SERVES**  
**24**

**NOAH  
GREGORY**

## INGREDIENTS

**2 MEDIUM BANANAS SMASHED**

**180G (2 3 CUP) THICK AND  
CREAMY YOGHURT**

**150G (1 CUP) SELF RAISING  
FLOUR**



## EQUIPMENT

**LARGE BOWL**

**SPOON TO MIX**

**MUFFIN PAN**

**SKEWERS**



# BROCCOLI AND FETA QUESADILLA

## STEP 1

COOK THE BROCCOLI IN A STEAMER BASKET OVER A SAUCEPAN OF BOILING WATER FOR 3-4 MINUTES OR UNTIL BRIGHT GREEN AND TENDER CRISP. DRAIN WELL THEN COARSELY CHOP.

## STEP 2

PLACE THE CHICKPEAS IN A SMALL BOWL. USE A FORK TO ROUGHLY MASH, KEEPING SOME TEXTURE. COMBINE THE BROCCOLI, FETA AND TOMATO IN A SEPARATE SMALL BOWL.

## SEASON.

## STEP 3

SPREAD THE CHICKPEAS OVER ONE HALF OF THE WRAP. TOP WITH THE BROCCOLI MIXTURE AND SPINACH. FOLD TO ENCLOSE FILLING. PLACE IN A SANDWICH PRESS (SEE NOTES) AND TOAST UNTIL GOLDEN.

## INGREDIENTS:

70G BROCCOLI, CUT INTO FLORETS  
70G CAN EDGELL SNACK TIME CHICK PEAS WITH ZESTY VINAIGRETTE, UNDRAINED  
20G FETA, CRUMBLLED  
1 SMALL VINE RIPENED TOMATO, FINELY CHOPPED  
1 X 42G SIMSON'S PANTRY LITE LOW CARB SUPER GRAINS WRAP  
20G BABY SPINACH



PREP TIME 1  
10MINS SERVING  
BY  
ZANE



Faridah ABDULRAZAK

# Zucchini slice

Cook  
time 30  
mins

5 Servings

## Ingredients

5 eggs , 150 g white self raising Flour, 375g grated zucchini , 1 large diced onion, 200g chopped rindless bacon, 1 cup grated cheddar cheese, 60 ml vegetable oil

## Equipment

Large bowl, fork, 30 by 20 lamington pan



Preheat  
oven  
175c



Beat eggs in a large  
bowl



Add cheese onion bacon  
zucchini and oil and stir



Line Grease  
lamington pan



Pour into prepared pan



Bake in oven for about  
30 minutes



# By brock

## Chicken nuggets

25  
min Serves 2



### INGREDIENTS | EQUIPMENT

1 egg lightly beaten

1/2 or 45 grams of  
cornflake crumbs

200g chicken breast fillet  
cut up into 3cm pieces

290g orange sweet  
potato peeled and cut  
up into 1cm pieces

Olive oil spray

Sauce to serve with  
optional

Oven 200c

Bowls

Pastry  
cutter

1

Place egg and bread  
crumbs in separate  
bowls dip pieces in  
egg then in bread  
crumbs place on  
prepared  
tray

2

Use a 4cm diameter star  
pastry cutter cut stars  
from the sweet potato  
place on remaining  
part of tray

Spray chicken and  
potatoes with olive oil  
bake sweet potatoes for  
10 mins Then add  
chicken and bake for  
10-15 mins cook until  
chicken is cooked  
through and sweet  
potato chips are ready to  
serve





BY: CHANTELE

# Green smoothie

Serves-2  
Prep time-10mins

## INGREDIENTS

- 20g baby spinach leaves
- 1 cup coles frozen pineapple pieces
- 1 kiwi fruits peeled, chopped
- 1/2 cup [125ml] almond, coconut or dairy free milk
- 1\2 cup chopped frozen banana

## EQUIPMENT

- knife
- peeler
- measuring cups
- freezer fridge

## TIPS AND TRICKS

Serve smoothie immediately



Place spinach, pineapple, kiwi fruit, banana and milk into a clean blender.



Blend until smooth



Pour into a drinking glass



# BY LUCY

## HOW TO MAKE ZUCCHINI FRITTERS

PREP TIME:  
20 MINUTES  
SERVES: 7

### INGREDIENTS :

400G MEDIUM ZUCCHINI, ONE AND A HALF CUPS SELF RAISING FLOUR, ONE AND A HALF CUPS CHEESE, THREE SHALLOTS, ONE EGG WHISKED, ONE QUARTER OF PARSLEY, TWO TEA SPOONS OF DRIED OREGANO LEAFS ONE QUARTER TSP OF NUTMEG, ONE TEASPOON OF SALT, ONE TEASPOON OLIVE OIL.

### CUT THE ZUCCHINI



### GRATE THE ZUCCHINI



### SQUEEZE



ADD FLOUR, CHEESE, SHALLOTS, EGG, PARSLEY, OREGANO, SALT AND NUTMEG



### TOOLS :

MEASURING CUPS, KNIFE, GREATER, COLANDER, VOWEL, SPOON, NON STICK FRYING PAN, PLATE GROUND

MIX WELL AND PUT INTO A PAN FOR ONE AND A HALF MINUTES



ENJOY!!!



# Quiches

6

30min

## Ingredients

6 rashers  
streaky bacon  
100g feta  
crumbles  
4 eggs  
1 cup (250ml) of  
thickened cream  
9 cherry  
tomatoes

## Equipment

Blow  
Whisk  
Baking paper  
Baking rack  
Oven

By Roslyn  
Bonney

Preheat oven to  
180 grease 6  
holes of  
1/2cup[125]  
Texas muffin pan  
and line the base  
with baking  
paper arrange 1  
bacon strip  
around the holes

## Step 1

Whisk the eggs  
and cream in a  
bowl until it well  
combine pour over  
the top with  
cherry tomatoes

## Step 2

Bake for  
25-30mins or until  
firm to touch set  
aside it the pan for  
5mins to cool down  
before carefully  
turning it on to a  
wire rack to cool  
completely

## Step 3





# Avocado animals

## Ingredients

- 1 English muffin
- 2 tbsp cream
- 1 avocado
- 1 mini cucumber
- 4 current
- 1/2 tsp sesame seeds



Hannnah  
Rm18

## Equipment

- Knife
- Cutting board
- Plate
- Butter knife



Then cut the  
avocado into  
Squares and  
put on the  
Muffin

Serves 2  
Prep time 10m



First grab your  
English  
Muffin and toast it  
or however  
You like it



Second put the  
spreadable cream  
cheese  
On your muffin





**Prep time: Serves:**  
**25m 4**

INGREDIENTS:

1.75L (7 CUPS) GLUTEN-FREE  
MUSSEL STOCK CHICKEN  
STYLE

1 1/2 TBSP GLUTEN-FREE  
TOM YUM PASTE

2 FRESH MAKRUT  
LIME LEAVES

2CM-PIECE FRESH GINGER,  
PEELED, THINLY SLICED

2 CARROTS, PEELED, HALVED  
LENGTHWAYS, THINLY  
SLICED DIAGONALLY

150G SNOW PEAS, TRIMMED,  
HALVED CROSSWAYS

16 GREEN PRAWNS, PEELED,  
DEVEINED, TAILS INTACT

500G BOUGHT  
ZUCCHINI NOODLES

2 TBSP FRESH LIME JUICE

2 TBSP FISH SAUCE

FRESH CORIANDER LEAVES  
TO SERVE

LIME WEDGES, TO SERVE

Quick Thai-style prawn  
zoodle soup

STEP 1

COMBINE THE STOCK, TOM YUM  
PASTE, MAKRUT LIME LEAVES AND  
GINGER IN A LARGE SAUCEPAN.  
BRING TO A GENTLE BOIL OVER  
MEDIUM HEAT

STEP 2

ADD THE CARROT AND COOK FOR 5  
MINUTES THEN ADD THE SNOW  
PEAS AND PRAWNS. COOK FOR 2  
MINUTES OR UNTIL THE PRAWNS  
CHANGE COLOUR. ADD THE  
ZUCCHINI NOODLES, LIME JUICE  
AND FISH SAUCE. COOK FOR 1  
MINUTE OR UNTIL THE ZUCCHINI  
SOFTENS SLIGHTLY.

STEP 3

DIVIDE THE SOUP AMONG  
SERVING BOWLS. TOP WITH  
CORIANDER. SERVE WITH  
LIME WEDGES.



BY NISS



The prep time for this recipe is 15 minutes and the time to cook this recipe takes 50 minutes

# Banana bread

By: Charli Scott

This recipe serves 10 people



Preheat oven to 180.c



Brush a 11 x 12cm base measure loaf pan melted dairy spread lightly grease.



Sift combined flours and cinnamon into a large bowl. stir the sugar and make a well in the middle of the bowl



Mash up two medium bananas in a large bowl as well with eggs, milk, and melted butter. stir well, then add the mix to the flour mix stir just to combined. then spoon the mix into the pan and smooth the surface



Then when ready your banana bread should look like this or some things like the picture

- INGREDIENTS**
- melted butter to grease
  - 265g (1 3/4 cups) self-raising flour
  - 40g (1/4 cup) plain flour
  - 1 tsp coles cinnamon ground
  - 140g (2/3 of a cup) firmly packed brown sugar
  - 2 overripe medium bananas, mashed
  - 2 eggs lightly whisked
  - 125ml (1/2 cup) skim milk
  - 50g butter, melted, and cooled

Little handy tip - please eat it before it gets moldy

Finished on the the 2/11/2023

## EQUIPMENT

- whisk
- knife
- bowl
- tray
- baking paper
- sift



MADE BY FINN  
ARMSTRONG

# CHEESY, GARLIC BREAD, JAFFLES

PREP TIME,  
5MIN

## INGREDIENTS

- 50GBUTTER
- 1 GARLIC CLOVE, CRUSHED
- 1 TEASPOON CHOPPED FRESH PARSLEY
- 4 SLICES OF WHITE BREAD
- 1/2 MOZZARELLA

SERVES

2 PEOPLE

## EQUIPMENT

JAFFLE MAKER  
GRADER



GARLIC ,PARSLEY AND IN A  
SMALL BOWL



RESERVE 1/4 OF THE GARLIGS AND  
BUTTER , SPREAD BOTH SIDES OF  
BREAD, SLICE WITH REMAINING  
BUTTER AND CHEESE TO RESERVE  
THE BUTTER AND STIR UNTIL  
COMBINED



PRE-HEAT JAFFLE MAKER DIVIDE  
MIXTURE BETWEEN TWO SLICES  
BREAD, TOP EACH WITH THE  
REMAINING SLICE COOK MAKE IT FOR  
2 TO 3 MINUTES, OR UNTIL GOLDEN  
SERVE



# Kingston Bartlett

## TUNA AND SALAD WRAPS

### INGREDIENTS

Prep time

15  
minutes

Serves  
8

Equipment  
Bowl, fork and  
knife

STEP 1:  
COMBIN TUNA,  
YOGHURT, CHIVES, BASIL  
AND CELERY INTO A  
BOWL AND SEASON  
WITH PEPPER.

STEP 2. PLACE 4 LAVASH  
SHEET ON A FLAT  
SURFACE, ARRANGE  
ALONG 1 SHORT END,  
LEAVIN HALF THE TUNA  
MIXTURE AND HALF  
THE TOMATO ROLL UP  
THE LAVASH TO  
ENEROSE CUT INTO  
QUARTERS REPEAT  
WITH REMANING  
LAVISH, TUNA, LETTUCE  
MIXTURE AND TOMATO  
AND SERVE

200G CAN TUNA IN  
SPRING WATER AND  
DRAIN. 125G PLAIN  
YOGHURT .1TBSP OF  
CHOPPED FRESH BASIL  
AND CHIVES. 1 SMALL  
CELERY STALV FINELY  
CHOPPED. 2 SHEETS OF  
WHOLEMEAL LAVA  
SHEEF. 40G MIXED  
LETTUCE LEAVES 1  
SMALL TOMATO AND  
FINELY CHOPPED  
ASSEMBLE AND SERVE



# By jerry

## Mini banana muffins

Prep time  
15m

Serves  
24

### ingredients

2 medium bananas  
mashed

2/3 cups of thick  
vanilla yoghurt

150g self raising  
flour

### equipment

Large bowl

24 hole muffin  
pan

Wooden  
spoon



Preheat oven to  
180c. Grease a 24  
hole muffin pan



combine yoghurt  
and banana in a  
large bowl.  
Gradually stir in  
flour until just  
combined.



spoon mixture into  
muffin holes. Bake for  
15m or until a skewer  
inserted into the  
centre comes out  
clean. Set aside in the  
pan for 2m to cool  
slightly before  
transferring to a wire  
rack



Jensen

# Dip with Dino dippers

Prep time Serves  
30mins 8 serves

Ingredients  
carrot  
2 garlic  
16 slices of  
wholemeal bread  
cooking spray  
1 tsp ground  
cinnamon  
1 tbsp olive oil  
1 tbsp lemon juice

Equipment  
oven, knife,  
pot, sauce  
pan, shape  
cutters  
cutting  
board

1. pre heat oven to 220/200 fan forced



2. place carrot and garlic in a large saucepan



3. with cold water bring to the water to the oven



4. For 26mins wait until carrots are nice and tender when finished drain



5. for 5mins use dinosaur cutters for the shape



6. from bread place on a baking tray spray with oil bake 7mins until crispish can be taken off when served have a delicious meal





# 15MINS CHICKEN, BROCCOLI AND CASHEW STIR FRY



PREP TIME 15  
Serve 

EQUIPMENT  
FRYING PAN, SINK, BOWL, MEASURING  
CUP, PLATE, TONGS, SPOON AND FORK

## INGREDIENTS

HALVE OF A CUP UNSALTED  
CASHEW TOASTED, ONE THIRD OF A  
CUP OF OYSTER SAUCE, HEAD OF  
BROCCOLI CUT IN TO FLORETS STEM  
HALVED LENGTHWISE AND THINLY  
SLICED, 29SP CRUSHED GINGER AND  
2TSP OF MINCED GARLIC 1 LARGE  
RED ONION CUT INTO WEDGES  
450G PKT HOKEKIEN NOODLES  
500G CHICKEN LEG FILLETS THINLY  
SLICED

STEP1  
COOK NOODLES AND DRAIN WELL  
STEP2  
MEANWHILE HEAT OIL IN PAN OVER  
HIGH HEAT  
STEP3  
STIR FRY CHICKEN 2 BATCHES FOR 2  
MINUTES MOVE PLATES BETWEEN  
BATCHES  
STEP4  
COMBINE  
CHICKEN, GARLIC, GINGER, BROCCOLI STEM  
IN PAN  
STEP 5  
STIR FRY 4 MINS ADD OYSTER SAUCE  
WITH ONE QUARTER CUP WATER  
STEP 6  
CASHEW STIR FRY 2 MINS DIVIDE  
NOODLES AND STIR FRY AMONG BOWS  
SERVE NOW

By klayton



# HOW TO MAKE A BACON BURGER

1

PUT THE PAN OVER MEDIUM HEAT FOR BACON AT THE SAME TIME PUT THE PATTY OVER MEDIUM-HIGH HEAT

BACON 1-3 MINUTES EACH SIDE, PATTY 2-3 MINUTES EACH SIDE

2

GET YOUR CHEESE AND BUNS READY

3

WHEN YOUR MEAT IS FINISHED COOKING YOU CAN START TO CONSTRUCT YOUR BURGER. ADD SAUCE IF WANTED

# INGREDIENTS

6 SLICES OF THICK CUT BACON

3 TABLESPOONS OF MAYONNAISE

1 TABLESPOON OF KETCHUP

1 TABLESPOON OF SPICY BROWN OR DIJON MUSTARD

2 BRIOCHE BUNS

1 SLICE OF TASTY CHEESE

1 BEEF PATTY



1 PERSON PER BURGER

IT TAKES 45 MINUTES



BY CARTER AND ARCHIE



# Banana bread



Serves

Cost per person

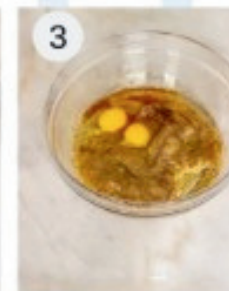
Prep time

10

\$1.10

15 min

## Step-by-step instructions



preheat oven to 180 degrees

Stir combined Flour cinnamon In large bowl

mash bananas in large bowl add eggs milk and melted butter stir till combined

### INGREDIENTS

- 265g self raising flour
- 1tsp ground cinnamon
- 2 cups of brown sugar
- 2 over ripe bananas
- 2 eggs
- 125ml of milk
- 50g melted butter

### COOKING TOOLS

- whisk
- knife
- bowl
- bread tray
- baking paper



Bake in preheated oven for 45-50 mins

Set aside for 5 minutes

# now enjoy!

Made by: Isabella flahavin



# THANK YOU

We would like to thank the Oz Harvest FEAST Program for providing us with this amazing opportunity.

We learnt:

- How to cook sustainably
- That it is easy to produce less food waste
- How to use food and utensils safely
- The importance of hygiene
- To use our collaboration and co-operation skills

It is also important to us to recognise the community help that we had throughout the term. Thank you to those who took time out of their day to volunteer. We appreciate you!

The students are now excellent chefs, so kick your feet back, choose a recipe and enjoy a meal made by them!