



THE HEIGHTS SCHOOL

DON'T WASTE ME!

The Heights Kitchen Scraps Cookbook



ACKNOWLEDGEMENTS

We would like to thank Oz Harvest for allowing our school to partake in the FEAST program.

We have all found this program to valuable in our learning about food and sustainability, healthy eating, and cooking tasty foods.

As 'change makers', we can make more informed decisions about the way we use foods, how we can contribute to community programs, and how we can inspire and influence others to reduce food waste in Australia.

We look forward to continuing to fight food waste and being part of the solution to make our world a better place.

INTRODUCTION

This Amazing cookbook was created by some talented year 7's at The Heights School in 2020. This cookbook is full of delicious recipes using ingredients that would otherwise be thrown out. By using these recipes, you are helping the environment and the future generations.

We were assigned this cookbook to make by Oz harvest which is Australia's number one food rescuing company. This book contains multiple different meals for breakfast, lunch, dinner and of course dessert.

Over the past few weeks, we have been answering questions and researching lots and lots about food waste. We have all learnt so much by reading this book and we hope you learn so much too!

It all started at the start of 2020 in our Home Economics lessons. We were told we were making a cooking book for Oz-Harvest and we all looked forward to it. We started by answering questions on 2 slideshows that Oz-harvest kindly provided, and we watched multiple videos to get us educated on the subject. We then started the construction on the cookbook, which we are all working very hard on so we hope you enjoy these otherwise wasted food recipes.

Sincerely the 2020 Year 7 students at The Heights School.



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COVID-19 SAFETY IN KITCHENS

The risk of getting sick with COVID-19 from eating or handling food (including frozen food and produce) and food packages is considered very low.

Take everyday actions to prevent the spread of COVID-19.

Continue following basic steps for food safety and eat nutritious foods to take care of your physical and mental health.

Things to do in the kitchen to keep COVID safe...

Effective hygiene

- Handwashing (before, after and during cooking).
- Using gloves to prevent spreading germs and bacteria.
- Cover your mouth if coughing/sneezing.
- If sneezing, use tissues and wash your hands. Before going back to cooking.
- Have limited people in the kitchen 1-3 max.

- Rinse fresh fruits and vegetables under cold, running water to clean.
- Scrub uncut firm produce (e.g., potatoes, cucumbers, melons) with a clean brush.
- Regularly clean kitchen counters and use disinfectant. Before preparing food on the kitchen counter, rinse the disinfected area with water.

If you have any of the COVID-19 symptoms stay away from others and stay away from food others will be eating.

Some of the symptoms include...

- Fever
- Coughing
- Sore throat
- Shortness of breath

HEALTHY EATING & THE AUSTRALIAN DIETARY GUIDELINES

Healthy Eating:

Healthy Eating is a diet that is based on healthy snacks and meals. This means cutting out high calorie meals is necessary; it also means that healthy fruits and vegetables are also necessary in meals.

Eating healthy can also decrease the chances of getting harmful and life-threatening diseases, these diseases include Heart Disease, Diabetes, Heart Problems and so many more health problems.

For a Baby - it is required that they should consume between 700 and 900 calories per day.

What can we do to have a better diet?

- Limit the amount of sugar you consume.
- Reduce the amount of high fat foods.
- Increase the amount of fruits and vegetable consumed.

For a Toddler – It is required that they should consume between 1,000 and 1,400 calories per day.

For a Teen – For a male it is required to consume 2,800 calories per day and for a female it is required at about 2,200 calories per day.

For an Adult – For a female it is estimated up to 2,400 calories and for a male it is up to 3,000 calories.

HOW DO THE RECIPES ADDRESS FOOD WASTE?

These recipes help minimise food waste because the ingredients that are needed for the recipe are things that were going to turn into food waste but was saved from going to waste.

Leftovers can be used; there are many recipes that can help you create a delicious meal that reduces food waste. For example, you could use the leftover veggies from last night's dinner to make a type of dip (like hummus or guacamole).

Common foods that get wasted are fruits, bread, milk, eggs, cheese, meat, cooked leftovers and fish; this can be stopped by freezing foods or making a new dish.

Every year there is around 6.5 million of food wasted and 4.5 million from that is edible, that's why these recipes can help a lot with reducing food waste. To reduce food waste, it is highly

recommended for people to freeze foods if you know that the food is not going to be eaten before the best before date.

Reference List

House Beautiful, The top 10 most wasted foods in UK households (2020), The Top 10 Most Wasted Foods In The UK – Jamie Oliver Food Waste Campaign (housebeautiful.com)

Love Food hate waste, Why save food? (2018),
Why Save Food | Love Food Hate Waste



HYGIENE

Clean Environment

If there is a spillage make sure to clean it up as soon as possible to prevent bacteria build up.

Make sure that your work bench, sinks and stoves are all cleaned before cooking.

Clean Food

Have a separate cutting board for meats and vegetables to prevent cross-contamination.

Keep your hot foods hot and keep your cold foods cold to prevent cross-contamination.

Wash your vegetables before cooking to get rid of germs or bacteria because people constantly touch them in the stores. Use different utensils and plates for raw and cooked food.



Clean Body

If you have longer hair make sure that your hair is tied up so that no loose hair gets in your food. Before cooking it is important to wash your hands so that no germs get on your food and to prevent cross contamination.

SAFETY WITH THE OVEN, STOVE, AND OTHER COOKING APPLIANCES

One of the most important things to do when using a gas oven or stove, is to always make sure that the flame is on. If it isn't open, it will lead to a gas leakage, which is not only for cooking, but also highly flammable. This can be very dangerous.

Ovens and stoves should have no form of fabric nearby as this will lead to a fire and should not be left on if not supervised. This will cause a fire hazard.

Never stick a fork into a toaster, as it will lead to electric shock if there is still an electric current within the toaster as the power point is still on. Forks and other eating utensils will conduct the electricity carrying it from the fork to you, leading to electric shock.

Always handle the oven with great care and use oven mittens to prevent burns from happening, as metals can absorb heat from the oven very easily.

Always keep your hands on the skillet handle and supervised while the flame is on otherwise it can lead to burnt food and hard to touch skillet due to all the heat it absorbs. If the fire is off but the skillet is still there always have the handle facing inwards so that it prevents people from walking into the handle and making the food fall and oil spilling, which can cause severe burns to the body.



SAFETY WITH KNIVES

Whilst also being one of the simplest things held in the kitchen, knives are also one of the most dangerous things, leading to shallow and deep cuts that happen by accident.

To prevent the danger of cuts, one of the obvious, but still important things to do, is to hold the knife pointing downwards to prevent injuries.

Also, never run in a kitchen; you should only walk to avoid injuries while holding dangerous utensils.

Always use the appropriate knife when cutting the food. Never place the knife any other way but flat on the chopping board.

When using a knife, always curl your fingers in a bear claw to prevent serious cuts or injuries.

Never wave a knife around and always walk safely with a knife by holding it by your side pointing the sharp edge down.

Never ever place a knife in murky or soapy water, otherwise it leads to accidents of people sticking their hand into the sink, then having their hand come out with cuts and other injuries. You should place it on the dish rack as people will be able to visibly see the knife and know not to touch it.



SAFE ATTIRE

Safe attire when it comes to the kitchen, is to always wear tidy and tucked in clothing to prevent clothing from burning due to an open fire and having tucked in clothing will prevent burning clothing.

However, if this event occurs, stop, drop, and roll, and if someone else is nearby, get to the floor and use a fire blanket to put out the fire.

One of the most important things needed for safe attire when inside the kitchen, is an apron. This will heavily prevent boiling water that splashes towards you, or boiling oil that spatters.

And whenever you are handling handles or racks that you believe gained heat due to it being near a flame or in the oven, always use oven mittens to prevent painful burns on your hands.



Aside from aprons, you can wear long sleeved clothing to prevent minor burns that would happen due to hot water or oil.

It is also good to wear sturdy shoes, with tied shoelaces to prevent tripping and any accidents occurring in the kitchen.

SAFE ENVIRONMENT

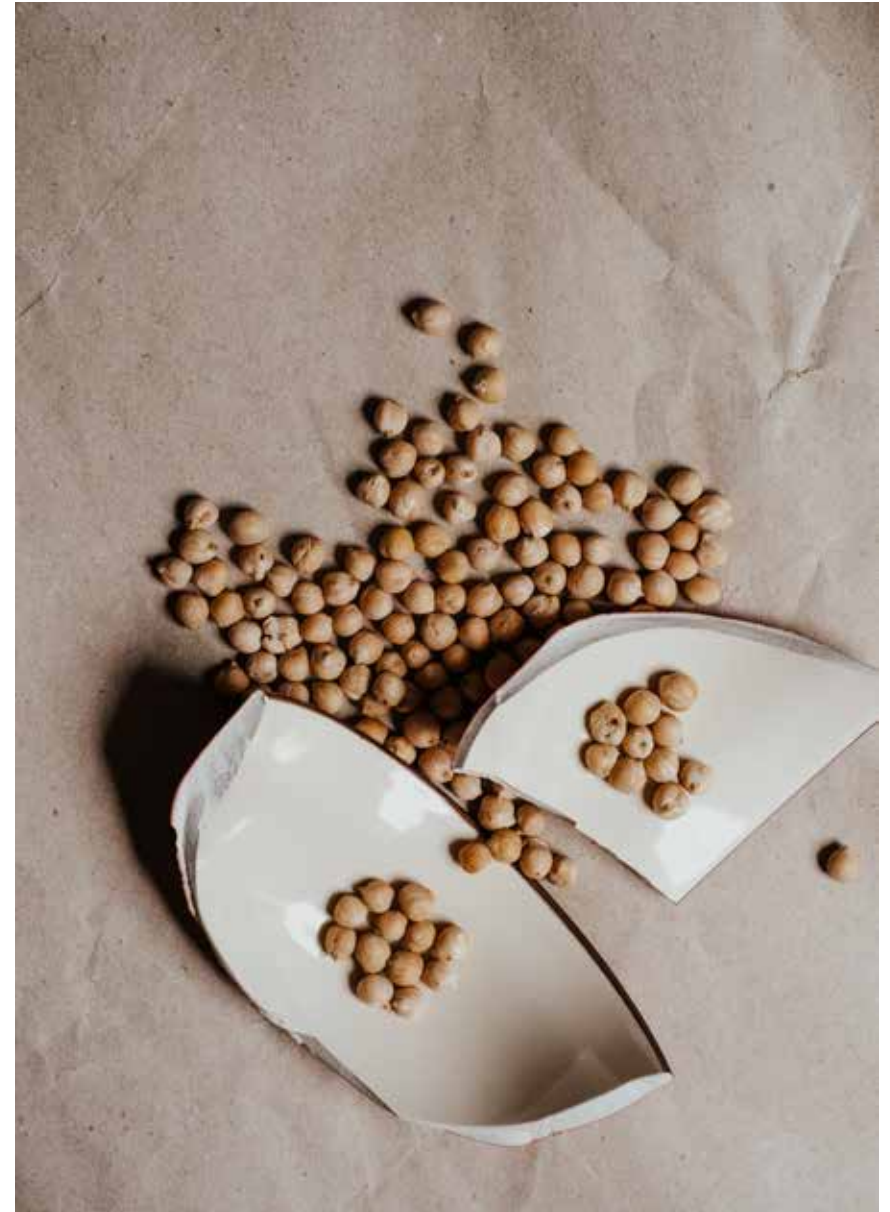
Always make sure to have a fire blanket and fire extinguisher readily available when cooking to help prevent any kitchen injuries or accidents.

Make sure all kitchen draws, ovens, or dishwashers are closed to prevent tripping hazards when cooking.

If plates or glass are dropped and broken, clean them up as soon as possible to prevent cuts or injuries.

Always remove broken cooking utensils with newspaper and handle with care to prevent further cuts and injuries.

Always follow the kitchen rules to prevent injuries and work in a safe environment.





WHAT OZ HARVEST IS ABOUT?

Oz Harvest is a program that specializes in saving food and other food products to give to people that are less fortunate. They are Australia's leading food charity, delivering food to a few 1000 charity.

The charity started out in 2004, being founded by Ronni Khan. She started it after she saw the amount of food going to waste from restaurants, fast food stores and other food vending stores. To combat the problem of food waste Ronni Khan made Oz Harvest.

When they did start, they had many of their donations from the Goodman + Foundation. They delivered 4000 meals in their first month.

the whole of Australia. It collects over 180 tons of food every six days. This food comes from over 3500 food donors 3 of which are hotels, airports, and TV shoots.

Learning is extremely important to the business. Ronni Khan wants to teach all Australian schools about food wastage, and why it should be stopped. She created a foundation called FEAST, which teaches students about saving food, and not wasting it, as well as where food comes from and new "wasty recipes".

Oz Harvest had opened the first rescued food market. This market is the Oz Harvest Market in Sydney. The store is based on the theory of 'give what you can and get what you need.' They have a working Oz Harvest food truck that they use for spreading the food that they have around, and the truck is also available for company, community, and other private functions around Sydney.



The truck also helps communities around the state of Sydney.

1 third of food that people buy ends up into rubbish bins because it might be starting to go off a little but can still be used or people buying food when they don't need it then it going to waste because they don't eat it.

In Australia we waste about \$20 billion a year on wasted food that got chucked out. Oz Harvest is trying to stop all this money, time, crop, and water going to waste.

The charity company also says that they are still open for companies that are looking for food from Oz Harvest.



Check out Oz Harvest's website at

<https://ozharvest.org>

Here are some of Oz Harvest's pages that we used:

1. <https://www.ozharvest.org/what-we-do>
2. <https://www.ozharvest.org/news-and-media>
3. <https://www.ozharvest.org/our-family/>

WHAT IS FOOD WASTE?

Globally and in Australia – Food waste is the food that does not get eaten or used at all in any way, and in the end the food gets thrown away. Food that goes out, rots, or isn't the correct shape and size, get thrown out.

Food waste is also the food that is wasted/lost in the process of the four stages, which are known as

- (1) producers,
- (2) processors,
- (3) retailers, and
- (4) consumers.

Globally, the amount of food that is wasted equals up to about 1.3 billion tonnes each year. 1.3 billion tonnes of food is the same amount as \$940 billion wasted each year.

Approximately, one in about nine people do not have food to eat, which means about 793 million people are undernourished and are struggling without food.

The food that gets wasted by humans and everyone around the world could be given to people and countries globally that need it to survive.

About 50% of the fruits and vegetables that people buy is wasted, which could go to better use and families.

One burger wasted to equal to the same amount of water that could be used for a 90-minute shower.

Food waste causes 8% of the greenhouse gases which are heating the planet. In the entire world, there is enough food to feed everyone.

Food waste is not helpful for the environment and the entire world. Food waste must be stopped as soon as possible, so people from hunger and poverty don't suffer, as there is just enough food feed everyone in the world.



Global Food Waste and its Environmental Impact | Green Living
| RESET.org

Food Waste Facts - OzHarvest

WHERE DOES FOOD COME FROM?

Many people think that the food you use in your everyday life comes straight from the supermarket, but it goes to many more places than just the supermarket.

Firstly, the main sources of food come from animals and different types of plants which have been harvested from farm.

Some examples of food that comes from animals are lamb, beef, pork, chicken, egg and goat.

Some examples of food that comes from plants are vegetables and fruits.

Food imported from different countries like China and India must go through deep cleaning to get rid of fruit flies and other bugs and diseases that might be on the fruit and vegetables. Then they must go through

a shape check to see if it matches the correct shaping and then it goes through packaging. Then it goes to the different supermarkets around the state. This process is the same with food that came from other states around Australia.

If the food comes from the same state, it goes under a less serious cleaning process and then goes to the shaping section and either gets thrown out or gets taken to the packaging. Once packaged, it gets put in van along with other food and then sent to the supermarkets for purchase.

Bibliography

Where does our food come from? (angelfire.com)

RECIPES

The following is a collection of our favourite recipes that we have researched and collected that are not only tasty and delicious but would also support reducing food waste at home.

We hope you enjoy reading through the recipes and experimenting with cooking at home.





BREAKFAST

banana fritters

banana pancakes

breakfast pizza muffins

chickpea potato hash browns

french raisin toast

fruity tootie toast

oat omelette

scallywag fritters

sourdough veggie fritters

sunnyside pita pizza

BANANA FRITTERS

INGREDIENTS

100g plain flour

1 teaspoon baking powder

Pinch of salt

150ml of water

1 tablespoon oil

1 banana

Sugar and coconut for coating

METHOD

1. In a bowl, add the flour, baking powder and salt. Add the water and oil and whisk together. The consistency should be thick and be able to coat a spoon. If it is too thick, add a drop more water, too thin, add a little more flour. Set aside.
2. Peel the banana, cut in half, and then slice lengthways in half so you have 4 pieces. Dip each piece in the batter to coat.
3. Heat a fry pan with oil. Do not overfill the pan with oil.
4. Carefully place the bananas in the fry pan, cooking both sides until golden brown. To tell if the oil is hot enough, drop a tiny bit of batter, the size of a pea into the oil. If it sizzles and floats to the top immediately, the oil is hot enough.
5. Place the fritters on some kitchen paper to remove excess oil and then dip into a bowl with sugar and coconut to coat.
6. Serve immediately as they are or with some maple syrup drizzled over the top or a spoonful of ice cream!

BANANA PANCAKES

INGREDIENTS

180g plain flour

25g sugar

2 ½ teaspoons baking powder

1 pinch cinnamon

1 pinch salt

2 medium ripe bananas

240ml milk

2 eggs

60ml oil

METHOD

1. In a medium bowl, whisk together plain flour, sugar, baking powder, cinnamon, and salt. Set aside.
2. In a separate bowl, mash the bananas with a fork. Add the eggs and pour in the milk and oil, mixing until just combined.
3. Heat a large fry pan over medium heat with half the oil. For each pancake, spoon about ¼ cup of the batter onto the fry pan.
4. Cook until bubbles form over the surface of the pancakes, then flip with a spatula, and cook 1 or 2 additional minutes.
5. Serve warm, with maple syrup drizzled on top and any fruit toppings of your choice.



BREAKFAST PIZZA MUFFINS

INGREDIENTS

1 English muffin, split in half

1 small tomato, diced

1 teaspoon oil

1 thin sliced bacon or ham, diced

¼ cup mozzarella or cheddar cheese, shredded

Chopped basil, for garnish

METHOD

1. Preheat the oven to 230°C and line a baking tray with baking paper.
2. Place the English muffin halves cut side up on the baking sheet.
3. Top each muffin with tomato and drizzle with oil. Sprinkle the bacon over the tomatoes, then top with the mozzarella.
4. Bake for 10 to 12 minutes, or until the cheese is melted and beginning to brown.
5. Sprinkle with basil and serve and enjoy!

CHICKPEA POTATO HASH BROWNS

INGREDIENTS

2 potatoes, boiled

½ cup canned chickpeas, rinsed

½ cup finely chopped spinach

Salt to taste

Pinch black pepper

½ teaspoon cumin powder

½ teaspoon butter

½ teaspoon lemon juice

1 egg

½ cup breadcrumbs

METHOD

1. In a large bowl, add the potatoes and chickpeas and mash the mixture well.

Add the salt, pepper, cumin powder, butter, and lemon juice. Mix well.

Add the spinach and ensure the mixture is well combined.

2. Divide the mixture into equal portions and roll into a ball the size of your palm.

Next, flatten the ball mixture between your palms shaping them into flattened patties.

Set aside.

3. In a bowl, add the egg and lightly whisk. Set aside. On a plate, add the breadcrumbs.

4. Dip each hash brown patty into the egg and then coat the patty with breadcrumbs.

5. Heat oil in a large fry pan over medium-low heat. Once hot, add the hash brown patties in the fry pan and cook for 2 to 3 minutes on each side, until golden brown.

6. Place the cooked hash browns on a paper towel to remove excess oil.

7. Serve and enjoy with baked beans!

FRENCH RAISIN TOAST

INGREDIENTS

4 slices raisin bread

2 bananas, thinly sliced

80ml milk

½ teaspoon vanilla essence

1 teaspoon maple syrup

1 tablespoon butter

METHOD

1. In a bowl, add the milk, eggs and vanilla essence and mix well.
2. Cut the slices of raisin toast into quarters.
3. In a fry pan, melt ½ a tablespoon of butter over medium heat until foaming.
4. Dip the bread pieces, one at a time, in the milk and egg mixture.
5. Cook for 1 minute on each side or until golden brown.
6. Repeat with more butter and the remaining bread pieces and milk and egg mixture.
7. Serve the French toast on a plate and top toast pieces with sliced bananas.
8. Drizzle with maple syrup over the top and serve and enjoy!

FRUITY TOOTIE TOAST

INGREDIENTS

5 slices sourdough or multigrain bread, toasted

½ cup cream cheese

¼ cup sliced strawberries

2 tablespoons blueberries

2 tablespoons fresh blackberries

1 teaspoon honey

METHOD

1. Spread the toast slices with cream cheese.
2. In a bowl, add the strawberries, blueberries and blackberries and mix together.
3. On a plate, add the toast slices and add the mixed berries on the top of the toast.
4. Drizzle honey over the top.
5. Serve and enjoy.

OAT OMELETTE

INGREDIENTS

1 egg

1/3 cup milk

4 tablespoons rolled oats

Pinch of salt

1 tablespoon grated cheese

Oil or butter for cooking the omelette

1/4 cup mixed berries



METHOD

1. In a bowl add the egg and milk and whisk together. Add the oats and a pinch of salt. Mix well until combined.
2. Heat oil in a fry pan over medium heat. Pour the egg mixture into the fry pan and put a lid on the pan. Cook for 2 minutes and 30 seconds. Take the lid off the fry pan and, using a spatula, flip the omelette (do not lift the omelette too high to avoid tearing the omelette).
3. Once flipped, sprinkle the cheese on the top of the omelette and cook for a further minute.
4. Slide the omelette out onto a plate. Top with mixed berries.
5. Serve and enjoy with a cup of tea.

SCALLYWAG FRITTERS

INGREDIENTS

500g leftover cooked vegetables

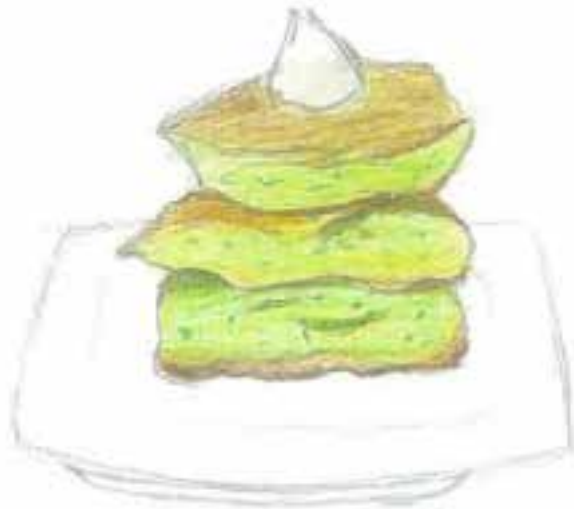
1 teaspoon curry powder

1 egg, lightly beaten

50g wholemeal flour

Salt and pepper to taste

1 tablespoon oil



METHOD

1. In a large bowl, add the cooked vegetables and mash together.
2. Add the curry powder, then add the beaten egg. Mix well.
3. Next, add the flour, salt and pepper and mix well to combine.
4. In a fry pan, heat the oil over a medium heat. Drop in heaped tablespoons of the vegetable mixture, placing them well apart. Flatten them a little with the back of the spoon and shape into rounds.
5. Cook for about five minutes on one side, then flip over and cook for a further 3-4 minutes on the other side. If it looks like the fritters might burn, turn the heat down a little.
6. Repeat the process until all the mixture has been used up.
7. Place the cooked fritters on paper towel to remove any excess oil.
8. Serve on a plate with tomato sauce and coleslaw or a vegetable salad.

SOURDOUGH VEGGIE FRITTERS

INGREDIENTS

Sourdough starter

2 spring onions, chopped

½ cup peas and corn

1 tablespoon oil

METHOD

1. In a large bowl, add the spring onions, peas, and corn. Pour in sourdough starter slowly, mixing it into the spring onions, peas, and corn. The starter should envelop the vegetables but remain thick. If this hasn't yet been achieved, add a bit more sourdough starter.
2. Heat a fry pan with oil over medium heat. Gently drop large tablespoons of batter into oil. Fry for approximately 3 minutes per side until golden. Flip and fry the other side for another 3 minutes or until golden.
3. Remove fritters to a platter and sprinkle with grated cheese.
4. Serve and enjoy.

SUNNYSIDE PITA PIZZA

INGREDIENTS

1 Pita Bread

¼ Cup Grated Cheese

¼ Teaspoon Dried Oregano

Pinch of Red Pepper Flakes

½ Cup Baby Spinach Leaves

1 Egg

Pinch of Salt and Pepper

1 Tablespoon Parmesan Cheese

METHOD

1. Preheat the oven to 160°C and line a baking tray with baking paper.
2. Place the pita bread on the baking tray and sprinkle with the cheese, oregano, and red pepper flakes.
3. Arrange the spinach leaves over the cheese, leaving a small nest in the centre of the pita.
4. Crack the egg into the nest of the pita and season with salt and pepper.
5. Cook until the egg whites are set, about 8-10 minutes (the yolks will still be runny).
6. Remove the baking tray from the oven and transfer the pita to a cutting board.
7. Sprinkle with parmesan cheese.
8. Serve and enjoy!



SALADS, SOUPS & STARTERS

balsamic bruschetta

broccoli, mushroom, carrot & haloumi salad

cheesy bacon potato bites

chicken soup

corn cakes with avocado puree and chorizo

guacamole dip

leftover pide

lentil and tomato soup

mince lettuce cups

minestrone soup

pumpkin soup

shiitake mushroom salad

sweet potato curry soup

tabbouleh salad

vegetable chips

vegetable soup

wacky mac pasta salad

BALSAMIC BRUSCHETTA

INGREDIENTS

6 tomatoes, diced
Cup chopped fresh basil
¼ cup shredded Parmesan cheese
2 cloves garlic
1 tablespoon balsamic vinegar
1 teaspoon olive oil
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1 leftover loaf of bread, toasted and sliced

METHOD

1. Preheat grill on oven to a medium to high temperature.
2. For the tomato topping, cut tomatoes in half then dice into 1cm small pieces.
3. Place the tomato and remaining topping ingredients in a bowl and gently toss to combine.
4. Set aside for 5 to 10 minutes for the flavours to meld and the tomatoes to become juicy and soften slightly.
5. For the bread, brush each side of bread with oil then grill until golden and crusty - about 1-2 minutes on each side. Take out of the grill.
6. Rub one side of the surface of the bread lightly with the garlic.
7. To assemble the bruschetta, spoon the tomato topping onto the toasted bread with some of the juices.
8. Drizzle the top with more olive oil and serve immediately.



BROCCOLI, MUSHROOM, CARROT & HALOUMI SALAD

INGREDIENTS

1 cup broccoli florets

1 carrot, finely chopped

½ cup mushroom

2-3 slices halloumi cheese

½ teaspoon chat masala

¼ teaspoon black pepper powder

**Italian balsamic salad dressing,
as needed**

Salt to taste

Spring onions, to garnish

METHOD:

1. Fill a large bowl with cold water and ice and set aside.
2. Bring a medium sized pot of salted water to boil over high heat. Carefully place the carrots and broccoli in the boiling water and let cook for 1-2 minutes. Remove the vegetables by draining in a colander and then place them directly into the icy water to stop the cooking. After 5 minutes, drain the vegetables and set aside.
3. In a fry pan, heat the olive oil over a medium high heat. Sauté the carrots and broccoli for a few seconds. Set aside.
4. In the same fry pan, add the mushrooms and sauté for a few seconds.
5. In a large bowl, add the cooked vegetables and black pepper powder, chat masala, salad dressing and salt. Mix well.
6. Heat a grill pan over medium heat and add the halloumi cheese.
7. Fry on both sides for few seconds.
8. On a plate, add salad and garnish with spring onions and halloumi cheese.
9. Serve and Enjoy!

CHEESY BACON POTATO BITES

INGREDIENTS

2 cups white potatoes

2 cups cheddar cheese, shredded

2 green onions, sliced thin

1 egg

3 slices cooked bacon, diced

1 teaspoon garlic powder

METHOD:

1. Preheat the oven to 200 °C.

2. Shred the potatoes and place them in a tea towel. Wring out the excess water (it doesn't have to be extremely dry).

3. In a large mixing bowl, add the shredded potatoes, cheese, green onions, egg and garlic powder. Mix until everything is well combined, then add the bacon and mix one last time.

4. Grease a mini muffin tin and fill each cup right to the top with the potato mixture. You can press it down a little bit.

5. Bake in the oven for 20-25 minutes until the edges are a golden brown and the tops are very lightly browned.

6. Remove and let them rest for 5 minutes.

7. Remove the muffins and serve with a side of sour cream.

CHICKEN SOUP

INGREDIENTS

1 leftover roast chicken frame - bones, giblets, etc.
1 teaspoon whole black peppercorns
2 bay leaves
2 tablespoons Vegeta seasoning
2 large carrots, chopped
1 large onion, diced
1 cup green beans, chopped
1 cup chopped vegetables (any leftovers in the fridge)
4 large potatoes, diced
Salt and pepper to taste

METHOD:

1. In a large stock pot place the chicken frame, bones, giblets etc.
2. Add enough water to cover chicken frame and gently simmer for 90 minutes, covered.
3. Remove all bones and chicken frame but leave any chicken pieces in the soup.
4. Add peppercorns, bay leaves, Vegeta seasoning, carrots, onions, green beans and potatoes.
5. Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.
6. Season to taste with salt and pepper and serve.

CORN CAKES WITH AVOCADO PUREE & CHORIZO

INGREDIENTS

1 medium avocado
1 tablespoon lime juice
½ cup plain flour
½ cup self-raising flour
2 eggs, lightly beaten
½ cup milk
1 ½ cups frozen corn kernels, thawed
2 tablespoons chopped fresh coriander
1 chorizo sausage, thinly sliced
Fresh coriander sprigs, to serve

METHOD

1. Place chopped avocado and lime juice in a large blender jug. Using a hand stick blender, process the ingredients until smooth. Season with salt and pepper.
Transfer to a bowl and set aside.
2. Sift plain flour and self-raising flour into a large bowl. Make a well in centre.
3. Whisk the eggs and milk together in a jug. Add to the flour pouring into the centre of the well and whisk until smooth.
4. Stir in corn and coriander. Season with salt and pepper.
5. Heat oil in a fry pan over medium heat. Spoon 2 heaped tablespoons of the corn mixture into the fry pan and spread slightly with a spoon.
6. Cook for 2 to 3 minutes each side or until golden and cooked through.
Transfer to a plate. Cover to keep warm.
7. Repeat with the remaining mixture.
8. Add chorizo slices to the fry pan. Cook for 1 minute each side or until crisp.
Drain on paper towel to remove excess oil.
9. Place corn cakes on a serving plate. Top with a dollop of avocado puree, cooked chorizo and a coriander sprig.
10. Serve and enjoy.

GUACAMOLE DIP

INGREDIENTS

¼ cup finely minced onion

3 avocados

1 ½ tablespoons fresh lime juice (or lemon juice)

1 large tomato, deseeded and diced

¼ cup coriander leaves and tender stems, chopped

¼ teaspoon ground cumin

¼ teaspoon garlic powder

½ teaspoon salt and pepper to taste

METHOD

1. Add diced onion to a small bowl then cover with warm water, set aside for 5 minutes then drain. This "de-flames" the onions, making them less intense.
2. Cut avocados in half, lengthwise and remove the seed. Using a spoon, scoop out the avocado flesh and add to a bowl.
3. Add lime juice then use a fork to mash until soft, but still chunky.
4. Stir in the tomato, coriander, cumin, garlic powder, onions, salt and pepper.
5. Taste the guacamole and adjust with additional salt or lime juice.
6. Serve immediately or cover with plastic wrap by pushing the plastic wrap down onto the guacamole and refrigerate up to one day.
7. Serve with cut pita bread or corn chips.



LEFTOVER PIDE

INGREDIENTS:

450g bread flour

7g sachet instant fast acting yeast

1 tablespoon caster sugar

1 teaspoon table salt

300ml warm water (between 28°C – 37°C)

3 onions, caramelised and cooled

100g Parmesan cheese, grated

100g cheese (any type have), grated

100g tomatoes (e.g. sundried, cherry, salad), roughly chopped

Small bunch fresh thyme, finely chopped

Drizzle of olive oil

Pinch of sea salt crystals (not Rock)

METHOD:

1. Preheat the oven to 190 °C.
2. Place flour and salt into a bowl and mix well and make a well in the centre.
3. Add the yeast and sugar into the lukewarm water and mix until all dissolved. Slowly incorporate the flour and yeast solution together until you have a rough dough. At this stage the flour has basically absorbed the water, but we have not developed the gluten protein to make it a smooth firm dough.
4. Lightly flour a work surface and tip the dough out of the bowl and begin to knead. The longer you work the dough the firmer and smoother it will become. A good way to check it is to take your index finger and gently press the dough - if it springs back, it's ready! If the indentation stays, work the dough longer.
5. When ready, place back in the bowl and cover with cling film. Allow to rest at room temperature until doubled in size (normally 35 -45 minutes).



LEFTOVER PIDE (CONTINUED)

6. Tip it out of the bowl and knock the dough back just for a minute or two then roll out to approximately 3 cm thickness.

7. Place on a flat non-stick baking tray, lining the centre of the dough with the cooled caramelised onions, grated cheese, tomatoes, olives or whatever you have, and a scatter of parmesan cheese.

8. To shape the bread, fold in the top corner to meet the centre and fold the opposite corner on top. Repeat this process for the other corners. You should be left with a diamond in the middle of the bread where the onions and cheese are exposed.

9. Drizzle with olive oil and a good pinch of sea salt crystals and sprinkle of fresh thyme.

10. Cover with cling film again and prove the bread for 15-20 minutes or until the bread has again just under doubled in size. (Proving should be quicker this time as yeast has been activated in the resting stage.)

11. Bake in oven for 18 minutes.



LENTIL & TOMATO SOUP

INGREDIENTS

1 tablespoon olive oil

1 small brown onion, coarsely chopped

400g leftover vegetables, peeled and chopped

2 x 400g cans brown lentils, rinsed, drained

1 x 400g can diced Italian tomatoes

500ml liquid stock

500ml (2 cups) boiling water

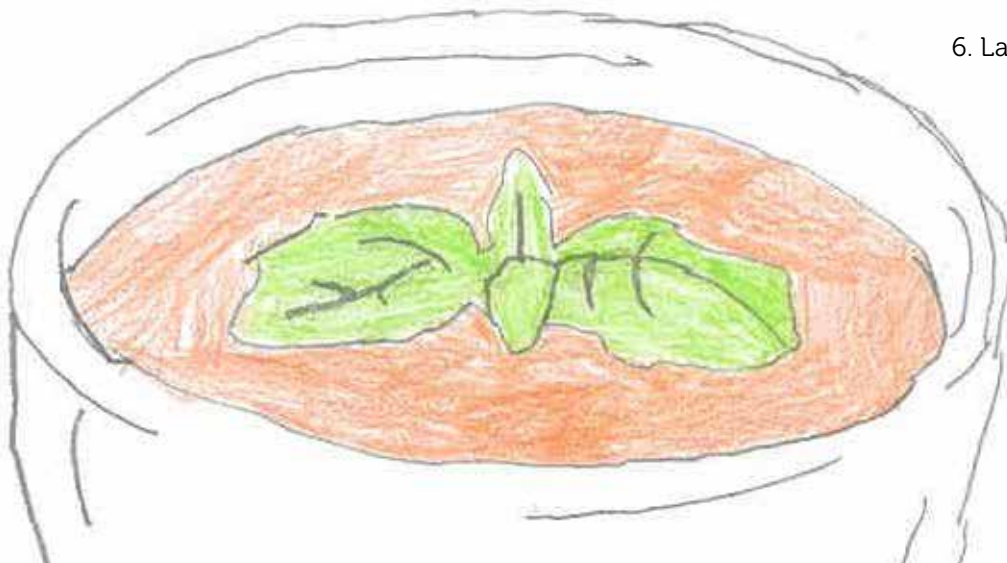
¼ cup parsley

Salt and pepper to taste

Bread rolls, to serve

METHOD

1. Heat the oil in a large saucepan over medium heat. Add the onion and vegetable mixture and cook, stirring occasionally, for 3 minutes or until the vegetables slightly soften.
2. Add the lentils, tomato, stock and water.
3. Cover and bring to the boil over high heat. Reduce the heat to medium and cook, partially covered, for 8-10 minutes or until the vegetable mixture is just tender.
4. Add the parsley and stir until well combined.
5. Taste and season with salt and pepper.
6. Ladle the soup among serving bowls and serve with the bread rolls.



MINCE LETTUCE CUPS

INGREDIENTS:

1 tablespoon oil
1 brown onion, finely chopped
1 garlic clove, finely chopped
500g mince (pork, chicken, beef, Quorn)
8 button mushrooms, thinly sliced
1 carrot, peeled, coarsely grated
1 zucchini, coarsely grated
2 tablespoons hoisin sauce
8 iceberg lettuce leaves

METHOD:

1. Heat the oil in a large frying pan over medium-high heat.
2. Add the onion and garlic and cook, stirring, for 5 minutes or until the onion softens.
3. Add the mince and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until the mince changes colour and is cooked through.
4. Add the mushroom, carrot and zucchini, and cook for 2 minutes or until the carrot is tender.
5. Add the hoisin sauce and cook for 2 minutes or until the mixture is heated through.
6. Spoon the mince mixture into the lettuce leaves.
7. Serve and enjoy!



MINESTRONE SOUP

INGREDIENTS:

120g penne pasta

1 tablespoon oil

1 onion, chopped

1 garlic clove, crushed

1 carrot, chopped

1 celery stick, chopped

4 cups vegetable stock

1 tin crushed tomatoes

1 tin cannellini beans, drained and rinsed

Salt and pepper to taste

Grated parmesan cheese and sliced bread to serve



METHOD:

1. Cook the pasta according to packet instructions, rinse well with cold water and set aside.
2. Heat oil in a large saucepan over medium heat.
3. Add the onions and garlic and cook for a few minutes until it softens.
4. Add the carrot and celery and continue to cook until the vegetables soften.
5. Add the vegetable stock and bring to a boil, then reduce the heat to simmer.
6. Add the beans, tin tomatoes and pasta noodles. Mix well and cook until warmed through.
7. Add the salt and pepper to taste. Serve in bowls with grated parmesan cheese on top and warm bread.

PUMPKIN SOUP

INGREDIENTS:

1kg pumpkin (skin and seeds removed) chopped

1 onion roughly chopped

2 medium-sized potatoes, peeled and diced

1 large carrot, peeled and diced

2 cloves garlic crushed

4 cups low sodium chicken or vegetable broth (stock)

Salt and pepper to taste

½ cup half and half (or light cream)

½ cooked bacon to serve (optional)

Fresh parsley to serve (optional)

METHOD:

1. Place all ingredients, except cream, in a large saucepan.
2. Bring to a simmer over medium heat until vegetables are tender. Test with a fork to see if vegetables have cooked through.
3. Take off heat. Using a hand stick blender, blend until smooth.
4. Add the cream and stir through (do not boil after adding cream).
5. Add any salt or pepper if needed and serve with bacon and parsley (if desired).



SHIITAKE MUSHROOM SALAD

INGREDIENTS:

1kg shiitake mushrooms
1 ¼ cups flour
½ cup cornstarch
1 teaspoon baking powder
1 teaspoon salt
1 egg, beaten
2 teaspoon garlic powder
1 teaspoon paprika
450ml soda water
3 tablespoons fresh chopped thyme
(divided)
Salt for seasoning
canola oil for frying

To Serve
Leftover rice or mixed vegetables, chopped and peeled
Sesame Sauce
¼ cup soy sauce
2 tablespoons brown sugar
2 tablespoons rice vinegar
1 garlic clove, minced
1 teaspoon sesame oil
1 teaspoon cornstarch

METHOD:

1. Add the flour, cornstarch, baking powder, garlic powder, paprika and salt to a medium bowl and whisk to combine. Add in the soda water combined with the beaten egg a little at a time and stir until it looks like a thick pancake batter. You might not use all the soda water, so add it in slowly.
2. Next add in 2 tablespoons of the chopped thyme and stir. Set the batter aside for 20 minutes. As the batter sits it will get thicker so you may need to add a little more to get it to the right consistency.
3. Fill in a deep heavy bottomed pot halfway to the top with the canola oil. Heat until the temperature reaches 190C.
4. Remove the stems from the mushrooms. Dip the mushrooms in the batter, letting the excess drip off a bit and then carefully put in the oil to fry. You can use 2 forks to do this or a fry basket, so you don't burn your fingers.
5. Let the mushrooms fry for 4 minutes, turning, until they are golden brown. Remove the mushrooms from the pan and place on a paper towel lined plate and season immediately with salt and the extra chopped thyme.
6. Fry the mushrooms in batches.
7. In the meantime, make the sauce by adding all of the ingredients to a small saucepan. Cook the sauce for about 2 minutes until it begins to thicken. Add in the fried shiitake mushrooms and toss to coat.
8. Garnish with green onions and sesame seeds. Serve immediately over rice or with leftover mixed vegetables.

SWEET POTATO CURRY SOUP

INGREDIENTS:

Leftover sweet potato curry

2 vegetable stock cubes, made up to 500ml stock

2 cups leftover cooked green beans

2 spring onions, finely chopped

Chilli flakes to serve (optional)

Slices of bread to serve

METHOD:

1. Add the leftover sweet potato curry to a large saucepan and pour in the stock.
2. Bring up to the boil and then transfer to a food processor to blend into a creamy consistency.
3. Transfer back to the saucepan.
4. Add in the leftover cooked green beans and heat through before serving.
5. Serve with a sprinkling of spring onions and chilli flakes if you like.

TABBOULEH SALAD

INGREDIENTS

¾ cup burghul (cracked wheat), rinsed
3 cups fresh flat-leaf parsley leaves, chopped
¾ cup fresh mint leaves, chopped
3 medium tomatoes, finely chopped
1 small white onion, finely chopped
2 tablespoons olive oil
1/3 cup lemon juice

METHOD:

1. Place burghul in a bowl. Cover with boiling water. Stand for 20 minutes or until softened. Drain. Rinse under cold water. Drain, pressing out water with a metal spoon.
2. Place burghul, parsley, mint, tomato and onion in a bowl. Stir to combine.
3. Place oil and lemon juice in a jug. Whisk to combine. Drizzle over tabbouleh.
4. Season with salt and pepper.
5. Toss to combine.
6. Serve and enjoy.

VEGETABLE CHIPS

INGREDIENTS:

2 sweet potatoes

4 parsnips

4 carrots

1-2 tablespoons oil

1 tablespoon dried rosemary

1-2 teaspoons garlic powder

½ tablespoon cornmeal

Salt to taste

METHOD:

1. Set the air fryer to 180°C.

2. Peel and trim all the vegetables, cutting into ½ inch long strips.

3. Separate the vegetables into individual bowls (sweet potato, parsnips, carrots).

Drizzle oil over the vegetables and sprinkle with rosemary, garlic powder and cornmeal.

Toss the vegetables well to combine the ingredients.

4. Place the sweet potatoes in the air fry basket making sure not to go over the maximum line of the basket. Cook the sweet potatoes for 8-10 minutes or until crispy.

Set aside cooked sweet potatoes.

5. Next place the parsnips in the air fry basket and cook for 4-6 minutes or until crispy.

Set aside cooked parsnips.

6. Lastly, place the carrots in the air fry basket and cook for 10-15 minutes or until crispy.

7. Serve the vegetable chips warm, fresh out of the fryer.

Note: Using an air fryer is a great alternative to deep frying food because it uses hot air circulation to cook food and it reduces some of the harmful effects of oil frying.

VEGETABLE SOUP

INGREDIENTS:

¼ cup vegetable oil
1 large onion, peeled and chopped
2 cloves garlic, minced
2 large carrots, peeled and diced
2 ribs celery, chopped
3 cups leftover vegetables (peeled and chopped into bite-sized chunks)
2 ½ cups vegetable, chicken, or beef stock
1 bay leaf
1 teaspoon five-spice powder
½ teaspoon ground cumin
Salt and black pepper to taste

METHOD:

1. In a large stockpot or soup pan, heat the vegetable oil.
2. Add the onion and gently cook until it begins to soften and turn yellow.
3. Add the garlic, carrot, and celery and cook for another 5 minutes, taking care not to burn the garlic.
4. Add the chopped vegetables and stir.
5. Add the stock, bay leaf, and spices, if using.
6. Cook until all the vegetables are soft and cooked through, about 20 minutes.
7. Blend the soup in the pot using a stick blender or pour into a food processor and blend. You can create a smooth soup or leave it a little chunky.
8. Cook the soup for another 5 minutes to reduce slightly.
9. Season with salt and pepper to taste.
10. Serve and enjoy!

WACKY MAC PASTA SALAD

INGREDIENTS:

Salt and ground pepper

1 bunch medium asparagus, trimmed

450g Wacky Mac spiral pasta

1 bunch watercress

1 punnet red and yellow cherry tomatoes, halved

Zest of 1 lemon

½ cup olive oil

Juice of 2 lemons

1 cup feta cheese, crumbled

METHOD:

1. Bring a large pot of water to a boil over high heat. Add salt and return to a boil.
2. Prepare an ice-water bath; set aside.
3. Add asparagus to boiling water and cook until crisp-tender, about 3 minutes.
4. Drain and immediately transfer to ice-water bath to cool.
Drain and cut on the bias into 1-inch pieces.
5. Meanwhile, bring a second large pot of water to a boil over high heat. Add salt to the pasta and cook according to package directions.
Drain and rinse under cold water.
6. Transfer pasta to a large bowl.
7. Add asparagus, watercress, tomatoes, and lemon zest.
8. Drizzle with olive oil and lemon juice and season with salt and pepper.
9. Toss to combine. Top with feta and serve.



LUNCH & DINNER MEALS

battered fish with avocado sauce

oven baked chicken schnitzel

bubble & squeak

burritos

cheesymite scrolls

easy enchiladas

easy peasy pizza toast

fried rice

leftover carbonara

potato gratin

quick stirfry

spinach and ricotta pastries

stuffed capsicums

sweet chilli tuna wraps

veggie falafels

vietnamese cold rolls

BATTERED FISH WITH AVOCADO SAUCE

INGREDIENTS

800g fresh or frozen fish fillets, deboned and patted dry

1 ¼ cup plain flour

½ cup cornstarch, divided

1 teaspoon baking powder

480ml soda water

1 teaspoon salt and lemon pepper

Oil for frying

Avocado Sauce

1 avocado

1/3 cup sour cream or yoghurt

½ garlic clove, finely grated

½ lemon, juiced

1 tablespoon oil

1 tablespoon coriander

Salt and pepper to taste

METHOD

1. In a medium bowl, mix together 1 cup flour, ¼ cup cornstarch, baking powder, salt and lemon pepper. Stir in the soda water, a little at a time to make the batter. It should be the consistency of pancake batter, not too thick but enough to coat the back of a spoon. Set aside.

2. In another bowl, mix together the remaining ¼ cup flour and ¼ cup cornstarch. Dip each fish fillet in the dry flour/cornstarch mixture and coat both sides. Shake off any excess flour. Dip the floured fish fillet into the soda batter using a fork and allow any excess batter to drip off.

3. Heat oil in a deep pan and carefully add the battered fish to the hot oil. Cook the fish one or two pieces at a time until golden. Once cooked, place the battered fish on paper towels to soak up any excess oil.

4. For the avocado sauce, combine all the ingredients in a food processor and blend until a smooth consistency. Use a little water to adjust the thickness of the sauce if needed.

5. Serve battered fish on a plate and drizzle with avocado sauce.

OVEN BAKED CHICKEN SCHNITZEL

INGREDIENTS

1 loaf of day-old bread (for 100g breadcrumbs)

4 boneless, skinless chicken breasts

½ cup flour

1 teaspoon salt

¼ teaspoon pepper

½ teaspoon paprika

½ teaspoon garlic powder

1 teaspoon dried oregano

1-2 eggs

1-2 tablespoons oil

METHOD

1. To make breadcrumbs: Take any leftover day-old bread and cut the bread into large cubes. Place the bread in a food processor and using the pulse function, carefully pulverise the bread until you have a consistency you like.

Don't over-process the bread, as you may have breadcrumbs that are too fine. Use immediately or store in a snaplock bag in the freezer for up to 3 months.

2. Preheat oven to 200°C. Lightly grease a baking sheet on a baking tray with a little oil and place in the oven to heat while preparing the schnitzel.

3. Cut each chicken breast in half lengthways to have thin chicken fillets. Combine the breadcrumbs, seasoning and oregano in a shallow dish. In another dish, place the flour and add the egg to another separate dish. Lightly beat the egg with a fork to break it up.

4. Coat the chicken breast fillets with flour. Then dip the fillets into the beaten egg. Next, coat the fillets with breadcrumbs.

5. Remove the baking sheet from the oven and place the crumb chicken fillets on the hot baking sheet. Drizzle lightly with oil and return to the oven. Bake for 10 minutes, then turn the schnitzel over and bake for a further 10 minutes to cook the other side of the fillet. Cook until schnitzels are golden and crispy on the outside and cooked through the meat.

BUBBLE & SQUEAK

INGREDIENTS

1 red onion, finely chopped

1 tablespoon cooking oil

4 rashers bacon, cut into small pieces

450g leftover mashed potato

**300g leftover mixed cooked vegetables – e.g. parsnips,
green beans, brussel sprouts, cabbage, carrots, cauliflower, broccoli
or peas, chopped into small pieces**

Salt and pepper to taste

25g cheddar cheese, grated

25g butter, melted

Plain flour

METHOD

1. Heat the oil in a frying pan and cook the finely chopped onion for 4-5 minutes until soft. Add the cut bacon and cook for a further 3-4 minutes or until it begins to turn a golden colour.

2. Remove the pan from the heat and transfer the bacon and onions into a large bowl.

3. Add the mashed potato, cooked vegetables and cheese to the bowl and season well. Mix well and divide the mixture into six portions.

4. Using your hands, shape each portion into a round cake. Put a little flour on a plate and coat each cake in flour on both sides.

5. Put onto a greased baking tray and brush with a little melted butter.
Bake in a preheated oven (200°C) for 25 minutes or alternatively fry on both sides until golden brown.

BURRITOS

INGREDIENTS

- 1 tablespoon oil**
- 1 onion, peeled and diced**
- 500g mince (beef, chicken, lamb, turkey, Quorn)**
- 2 teaspoons ground cumin**
- 1 teaspoon coriander**
- 1 teaspoon paprika**
- 2 tablespoons tomato paste**
- 1 zucchini, grated**
- 1 capsicum, finely diced**
- 1x 420g tin corn kernels, drained**
- 1x 400g tin kidney beans, drained and rinsed**
- 6 tortillas or soft wraps**
- 1 cup cheese, grated**
- 2 tomatoes, diced**
- 4 lettuce leaves, shredded**
- 1 spring onion, end trimmed and chopped**



METHOD

1. In a fry pan, heat the oil over medium heat. Cook the onions until they become soft and yellow in colour.
2. Add the mince and cook until browned, about 6 minutes. Make sure to stir the mince to break up the lumps.
3. Add the cumin, coriander, paprika and season with salt and pepper. Cook for 1 minute.
4. Add the tomato paste and stir through. Add the zucchini, capsicum, corn and kidney beans.
5. Turn the heat down to low-medium and let simmer uncovered for 10 minutes, stirring occasionally.
6. To serve, place one tortilla on a plate. Place one spoonful of the mince mixture on the tortilla.
7. Sprinkle with cheese. Add tomatoes, lettuce and spring onions.
8. Fold the sides of the tortilla and roll up to enclose the filling.

CHEESY MITE SCROLLS

INGREDIENTS

2 cups self-raising flour

30g butter

¾ cup grated cheese

1 cup milk

1-2 tablespoons Vegemite, or to taste

METHOD

1. Preheat the oven to 200°C. Lightly grease an oven tray and line with baking paper.
2. Sift flour into a bowl. Using your fingertips, rub in the butter with the flour until the mixture resembles breadcrumbs.
3. Mix in ¼ cup of cheese.
4. Make a well in the centre of the flour mixture. Add milk, and using a butter knife, mix quickly to form a soft and sticky dough.
5. Turn out the mixture onto a lightly floured board. Knead gently, then press out to a rectangle about 5mm thick, with the long side facing you.
6. Using a spatula, spread the Vegemite completely over the dough. Sprinkle evenly with remaining cheese.
7. Roll dough up like a swiss log. Cut into 1.5cm slices. Place on the prepared tray, cut-side up, overlapping slightly.
8. Bake for 15-20 minutes until golden and the base sounds hollow when tapped.
9. Cool slightly before serving.
10. Store leftover scrolls in an airtight container for up to 2 days. Leftover scrolls can be frozen.

EASY ENCHILADAS

INGREDIENTS

Enchilada Sauce

1 tin crushed tomatoes

1 bottle tomato passata sauce

1 teaspoon sugar

Salt and pepper to taste

Filling

1 onion, chopped

Leftover roast meat (chicken, beef, pork, lamb), chopped or shredded

1 packet fajita seasoning

1 tin kidney beans, drained and rinsed

A little coriander, chopped

1 pack tortilla wraps

2 tablespoons grated cheese

2 tablespoons oil



METHOD

1. Preheat oven to 190°C.

2. For the enchilada sauce, add a little oil to a saucepan and gently fry the garlic. Add the chopped tomatoes, passata, sugar, and season with salt and pepper.

3. Bring to a boil and then reduce the heat down to a simmer, cover with a lid and cook for 10 minutes. Remove the sauce from the heat and set aside.

4. For the filling add a little oil to a fry pan over medium heat and fry the onions for a few minutes before adding the roast meat.

5. Add the fajita seasoning and stir through well before adding the kidney beans.

6. Add half of the enchilada sauce and a little chopped coriander into the frying pan and stir ingredients together.

7. In a large ovenproof dish, roll the meat and kidney bean mix into the tortilla wraps. On the top of the tortillas, spoon the tomato sauce and sprinkle the top with cheese.

8. Bake in the oven for 20 minutes, or until golden brown.

9. Serve and enjoy!

EASY-PEASY PIZZA TOAST

INGREDIENTS

2 slices of bread, toasted

1-2 tablespoons pizza sauce

½ cup cheese, grated

Sliced salami or bacon, optional

Vegetables of your choice (capsicum, mushroom, onion, olives, pineapple, tomato, jalapenos, spinach)

½ teaspoon oregano

METHOD

1. Preheat the grill of your oven. Prepare an oven tray lining with baking paper.
2. Place the toasted bread on the baking tray and add a spoonful of pizza sauce on top of the toasted bread, spreading with the back of a spoon.
3. Sprinkle grated cheese over the top of the pizza sauce.
4. Add the vegetable toppings and meat to cover the bread slice.
5. Sprinkle a little oregano over the top.
6. Place the pizza slices in the grill and allow to cook until the cheese has melted around 3 to 4 minutes.
7. Remove from the grill and allow to cool for a few minutes.
8. Serve and enjoy!



FRIED RICE

INGREDIENTS

2 tablespoons of oil

½ onion, diced

2 cloves of garlic, diced or whole

1 cup of chopped mixed vegetables

¾ cup leftover cooked meat

1 ½ cups leftover cooked rice

2 eggs, lightly beaten

2 tablespoons soy sauce

Salt and pepper

METHOD

1. In a fry pan or wok, heat 2 tablespoons of oil over medium-high heat.
2. Sauté the onion until softened, add garlic and sauté until golden brown.
3. Add the leftover meat and heat through.
4. Add the chopped vegetables and cook until they have slightly softened.
5. Add the leftover cooked rice. If it is dry and crumbling, pour in a few tablespoons of water to the pan to steam and soften.
6. Make a small well in the centre of the pan/wok and pour the beaten eggs in the centre, scramble the eggs, and mix into the rest of the ingredients.
7. Add the soy sauce and mix well to combine with the mixture.
8. Serve and enjoy!



LEFTOVER CARBONARA

INGREDIENTS

30g unsalted butter

4 bacon rashers, thinly sliced

2 tablespoons pine nuts

4 eggs, beaten

300ml thickened cream

3 garlic cloves, crushed

1/3 cup finely grated parmesan, plus extra to serve

500g spaghetti noodles

2 cups cooked leftover meat or seafood, shredded

2 tablespoons chopped flat-leaf parsley, plus extra to serve

METHOD

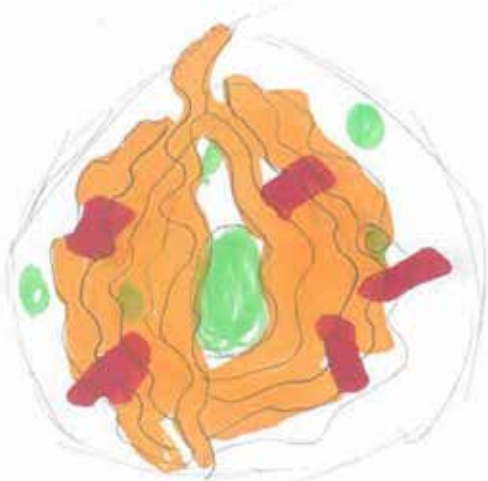
1. In a fry pan, add the butter and heat over medium-low heat. Add the bacon and cook until just starting to crisp. Add the pine nuts and cook, stirring, for a further minute or until they start to brown.

2. In a large bowl, whisk together the eggs, cream, garlic and parmesan. Add bacon and pine nuts, and season with salt and pepper.

3. Cook the pasta according to packet instructions, then drain well.

4. Immediately add the hot pasta to the egg mixture and toss for 1 minute, allowing the heat from the pasta to cook the sauce.

5. Stir through the meat and parsley and serve topped with extra parmesan and parsley.



POTATO GRATIN

INGREDIENTS

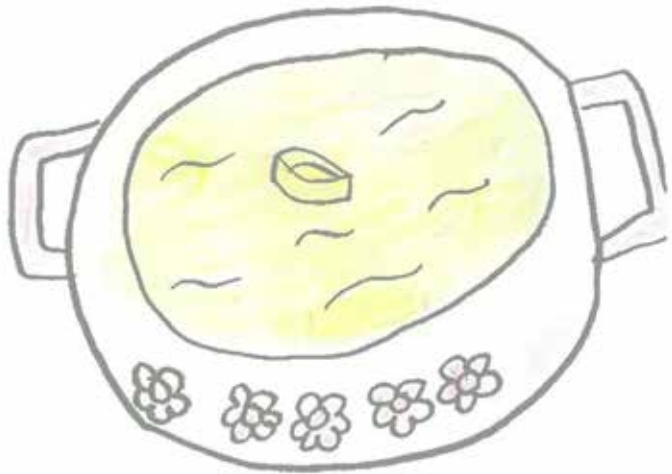
1kg potatoes – skin on and thinly sliced

1 cup thickened cream

2/3 cup grated cheese

Salt and pepper to taste

2 tablespoons fresh herbs, chopped



METHOD

1. Preheat the oven to 160°C. Lightly grease an oven baking dish
2. Arrange a layer of potato slices, slightly overlapping, on the bottom of the baking dish.
3. Spoon some of the cream over the top of the potatoes and then sprinkle a bit of grated cheese. Repeat this process to make 3 more layers of potatoes, cream and cheese. Finish with grated cheese sprinkled on the top.
4. Cover the baking dish with foil and roast in the oven for 60 minutes. Check if the potatoes are cooked by piercing them with a knife. If they are still firm, leave them to cook under the foil for a bit longer (check every five minutes).
5. Once the potatoes are cooked, remove the foil, scatter over the remainder of the cheese and chopped herbs and cook until golden brown.
6. Remove from the oven and allow to stand for 10–15 minutes, then serve.

QUICK STIR-FRY

INGREDIENTS

300g minced meat (e.g. chicken, turkey, pork, beef, Quorn)

2 garlic cloves, crushed

2 or 3 vegetables (e.g. onions, spring onions, carrots, broccoli, peppers, onions, courgette, sugar snaps, spinach, celery, cabbage bok choy etc) - chopped or shredded

1 teaspoon Chinese five spice powder (or pinch each of chilli powder or flakes, ground ginger, ground coriander)

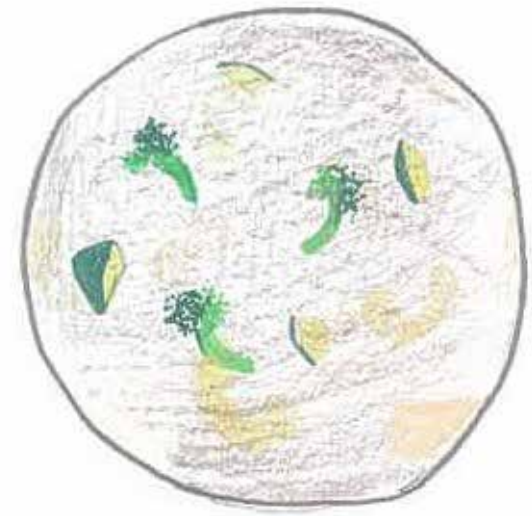
2 tablespoons soy sauce

2 tablespoons sesame or vegetable oil for frying

1 pack of dried egg noodles, cooked according to packet instructions

METHOD

1. Add $\frac{1}{2}$ the oil to a wok or non-stick frying pan. Brown the mince and set aside.
2. Add the rest of the oil to the pan with the garlic, spices and chopped vegetables.
3. Stir-fry for a few minutes, then add the soy sauce.
4. Combine the stir-fry mix with the cooked noodles.
5. Serve and enjoy!



SPINACH & RICOTTA FILO PASTRIES

INGREDIENTS

6 sheets of filo pastry

½ cup spinach

130g ricotta cheese

½ onion, diced

1 garlic clove, minced

3 tablespoons parmesan cheese

1 egg, whisked

1 teaspoon dried dill

1 teaspoon lemon juice

Salt and pepper to taste

50g butter, melted

METHOD

1. Preheat the oven to 190°C. Prepare the baking tray, lining with baking paper and set aside.
2. In a tea towel, place the ricotta cheese and spinach. Wrap the tea towel by twisting the top to make a bag. Squeeze the liquid from the cheese and spinach by twisting the tea towel. Place the ingredients in a large bowl.
3. In another bowl, add the onion, garlic, parmesan cheese, egg, dried dill, lemon juice, salt and pepper. Stir the ingredients until they are combined well.
4. Place one filo pastry sheet onto a clean bench top. Brush the filo pastry sheet with a little melted butter. Fold the filo pastry sheet in half, short end to short end.
5. Spoon 1/3 cup of the spinach and ricotta mixture onto a short edge, leaving a 6cm border on each side. Fold borders over filling and roll, enclosing the filling.
6. Transfer the rolled pastry onto the prepared baking tray. Repeat this process with the remaining pastry and filling to make 6 rolls.
7. Brush rolls with melted butter. Place the baking tray in the oven and bake for 20 minutes or until golden and crispy.
8. Serve and enjoy!

MEDITERRANEAN STUFFED CAPSICUMS

INGREDIENTS

3 medium leftover capsicums (red, yellow or green)
1 onion, chopped
1 teaspoon dried thyme
1 teaspoon dried mint leaves
1 teaspoon dried rosemary
1 teaspoon dried dill
¼ cup lemon juice
1 cup chicken broth
½ cup couscous or leftover rice
1 teaspoon olive oil
400g mince (chicken, beef, pork, lamb, turkey or Quorn)
Salt and pepper to taste
¼ cup pine nuts
½ cup crumbled feta cheese



METHOD

1. Preheat oven to 220°C. Slice the capsicums in half lengthwise and remove seeds, then place on a baking tray with greased baking paper, cut side down. Bake for 13-15 minutes. When capsicums are browned nicely, remove from the oven and set aside.
2. Meanwhile, in a sauté pan, heat olive oil and add onions and spices. Sauté onions until they have a nice brown colour, about 5 minutes. Add the mince and cook until mince is no longer pink, about 4 minutes.
3. To the sauté pan with the onions and meat, add the chicken broth, ½ of the lemon juice and couscous. Stir well and bring to a boil. Once it reaches a boil, immediately turn it down to low and cover. Let it sit covered for 4-5 minutes until all of the liquid is absorbed and the couscous is tender. Add salt and pepper to taste, as well as the remaining lemon juice, toasted pine nuts and ½ of the feta cheese.
4. Turn the roasted capsicums cut-side up, and fill with mixture. Be generous when filling and overflow the top of the capsicum a bit. Top the filled capsicums with the remaining feta cheese. Return the capsicums to the oven and bake for about 5 minutes or until the feta is slightly melted.
5. Serve warm with a side of cold tzatziki.

SWEET CHILLI TUNA WRAPS

INGREDIENTS

185g tin tuna or salmon in spring water, drained and flaked

1/3 cup mayonnaise

2 tablespoons sweet chilli sauce

4 bread wraps or pita bread

60g baby spinach leaves or rocket lettuce

1 carrot, grated

METHOD

1. In a bowl, combine the tuna, mayonnaise and sweet chilli sauce. Season to taste.
2. Spread mixture evenly between the wraps.
3. Top with spinach and carrot.
4. Roll to enclose the filling.
5. Store any leftovers in an airtight container in the fridge for up to 3 days.

VEGGIE FALAFELS

INGREDIENTS

1x 420g tin chickpeas

¼ cup chopped parsley

1 small zucchini, grated

1 teaspoon ground cumin

¼ cup self-raising flour, plus 1 tablespoon extra

1 tablespoon olive oil

¼ cucumber, chopped

½ tomato, chopped

Tzatziki sauce

METHOD

1. Place the chickpeas, parsley, zucchini and cumin into a food processor and process until smooth and thick. Avoid over processing as mixture may become too wet.
2. Stir through ¼ cup of self-raising flour, adding a little extra if mixture is too wet.
3. Shape the mixture into 8 small patties and dust the patties with the 1 tablespoon extra flour.
4. Heat the olive oil in a frying pan over medium heat.
5. Cook the patties for 2-3 minutes side or until they are golden brown.
6. Set aside the patties to slightly cool.
7. Serve with tzatziki sauce and chopped vegetable sticks.

VIETNAMESE COLD ROLLS

INGREDIENTS

Leftover roast chicken, shredded

80ml kecap manis

4 rice paper wrappers

1 carrot, grated

80g purple cabbage, shredded

1/3 bunch coriander leaves

½ cucumber, thinly sliced

30g bean sprouts

Sweet chilli sauce to serve

METHOD

1. Preheat the oven to 160°C. In a roasting dish, place the leftover roast chicken and brush with 2 tablespoons of kecap manis. Heat the chicken in the oven for 15 minutes or until the chicken is heated through and golden in colour.
2. For the rice paper rolls, soak 1 rice paper wrapper in a bowl of warm water for 10 seconds, then place on a clean, damp tea towel.
3. Place a little of the chicken along one end of the rice paper. Top with carrot, cabbage, coriander, cucumber, sprouts and a little extra kecap manis.
4. Fold in the sides of the wrapper, then roll up to enclose. Repeat this process to make 4 cold rolls.
5. Serve the cold rolls with sweet chilli sauce for dipping.



DRINKS

banana split smoothie
berry me smoothie
frosty basil smoothie
gingerbread smoothie
go green smoothie
lassi drink
rocking refresher
smooth operator
sunshine juice
tropical paradise smoothie

BANANA SPLIT SMOOTHIE

INGREDIENTS

2 bananas (frozen)

½ cup oats

2 tablespoons tahini

1 tablespoon maca powder (optional)

2 cups almond milk

½ banana, sliced to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed.
3. Blend for 1 minute or until desired consistency is reached. Pour the drink into 2 glasses. Garnish with sliced banana.
4. Drink and enjoy!



BERRY ME SMOOTHIE

INGREDIENTS

1 cup raspberries (fresh or frozen)
½ cup blueberries (fresh or frozen)
½ cup plain Greek yoghurt
1 cup ice cubes
1 apricot, pitted and chopped
2 tablespoons rice malt syrup
1 tablespoon flax seeds
1 tablespoon lemon juice
Berries and fresh mint to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 30-40 seconds or until desired consistency is reached.
3. Pour the drink into 2 glasses. Garnish with mint and berries.
4. Drink and enjoy!

FROSTY BASIL LEMONADE

INGREDIENTS

3 cups of water

1 ½ lemons, peeled, halved

¼ cup fresh basil leaves

1 cup ice cubes

Basil and fresh lemon wedge to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 30-40 seconds or until desired consistency is reached.
3. Pour the drink into 2 glasses. Garnish with basil leaves and lemon.
4. Drink and enjoy!

GINGERBREAD SMOOTHIE

INGREDIENTS

2 cups almond milk (soy or full cream milk can also be used)

1 banana (frozen)

1 tablespoon almond butter

2 tablespoons maple syrup

Pinch of allspice

½ teaspoon cinnamon

½ teaspoon ginger powder

½ cup ice cubes

Gingerbread cookie to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 40-60 seconds or until desired consistency is reached.
3. Pour the drink into 2 glasses. Garnish with a gingerbread cookie.
4. Drink and enjoy!

GO GREEN SMOOTHIE

INGREDIENTS

½ avocado, peeled and pitted
1 banana, sliced
1 kiwi fruit, peeled and chopped
½ cup pomegranate seeds
½ small bunch spinach, washed
1 ½ cups soy milk
2 tablespoons honey
½ cup ice cubes
Pomegranate seeds to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 40-60 seconds or until desired consistency is reached. Add more milk if required to reach the desired consistency.
3. Pour the drink into 2 glasses. Garnish with pomegranate seeds.
4. Drink and enjoy!

LASSI DRINK

INGREDIENTS

1 cup of plain yoghurt

2 cups of water

¼ cup fresh mint leaves

A pinch of salt

A pinch of cumin powder

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then slowly increase to a medium to high speed. Blend for 1-2 minutes or until blended and smooth in texture.
3. Pour the drink into 2 glasses. Garnish with fresh mint leaves.
4. Drink and enjoy!

ROCKIN' REFRESHER

INGREDIENTS

2 kiwi fruit, peeled and sliced

½ rockmelon, peeled and cubed

1 mango, peeled, pitted and cubed

1 cup water

Fresh mint to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 30-40 seconds or until desired consistency is reached.
3. Pour the drink into 2 glasses. Garnish with fresh mint.
4. Drink and enjoy!

SMOOTH OPERATOR

INGREDIENTS

1 banana (frozen)

1 teaspoon vanilla essence

½ cup orange juice

½ cup plain Greek yoghurt

1 orange, zested, peeled and quartered

Sliced bananas and orange zest to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 40-60 seconds or until desired consistency is reached. Add more yoghurt if needed to reach desired consistency.
3. Pour the drink into 2 glasses. Garnish with sliced banana and orange zest.
4. Drink and enjoy!

SUNSHINE JUICE

INGREDIENTS

1 ripe mango, peeled, pitted and cubed

(save some for garnish)

1 cup pineapple, cubed

½ lime peeled

Fresh mint to garnish

METHOD

1. Push all the ingredients through a juicer.
2. Discard the pulp.
3. Pour the drink into a glass. Garnish with mango cubes and fresh mint.
4. Drink and enjoy!



TROPICAL PARADISE SMOOTHIE

INGREDIENTS

1 orange, peeled and quartered

1 banana, peeled and sliced

1 cup coconut water (or fruit juice)

1 cup mango chunks (frozen)

1 cup pineapple chunks (frozen or tinned)

Fruit to garnish

METHOD

1. Put all the ingredients into a blender and secure the lid.
2. Start the blender on its lowest speed, then increase to its highest speed. Blend for 30-40 seconds or until desired consistency is reached.
3. Pour the drink into 2 glasses. Garnish with fruit.
4. Drink and enjoy!





DESSERTS

apple cinnamon turnovers

apple pie popcorn

avocado chocolate mousse

banana blondies

bread & butter pudding

beetroot brownies

carrot cake

chocolate mug cake

coconut banana nice cream

cucumber cake

fruit muffins

fruit salad

granola fruit parfait

lemon cake bars

pavlova

pear & apple ravioli fritti

pineapple bliss balls

strawberry banana cake

APPLE CINNAMON TURNOVERS

INGREDIENTS

1 sheet frozen puff pastry, thawed
1 cup sliced apples (stewed)
2 tablespoons sultanas
1 tablespoon sugar
¼ teaspoon cinnamon
15g butter, cut into small pieces
1 egg white, lightly whisked
Extra sugar, to sprinkle over the pastry

METHOD

1. Preheat oven to 190°C.
2. Line a baking tray with baking paper.
3. Cut the pastry into four even squares. Fold each square of pastry over to form a triangle, then open out flat again.
4. Layer the apple over one side of each piece of pastry, leaving a ½cm border around the edges.
5. Sprinkle over the sultanas, sugar, cinnamon and butter.
6. Brush the edges of the pastry with water and fold over to form a triangle. Press the edges to seal and then crimp the edges using a fork.
7. On top of the turnover, pierce the pastry with a fork to make three small ventilation holes.
8. Brush the triangles with the whisked egg white and sprinkle with a little extra sugar.
9. Bake the turnovers for 15-18 minutes or until the pastry becomes golden brown.

APPLE PIE POPCORN

INGREDIENTS

- ¼ cup popcorn kernels**
- 2 tablespoons coconut oil**
- ¼ teaspoon vanilla essence**
- ½ tablespoon sugar**
- ½ teaspoon ground cinnamon**
- ¼ teaspoon nutmeg**
- 1/8 teaspoon allspice**
- ¼ cup dried apple pieces, chopped**



METHOD

To Cook the Popcorn

1. Put the popcorn kernels into a brown paper bag.
2. Loosely fold just the top of the paper bag so the popcorn kernels don't spill out.
3. Place the paper bag in the microwave, lying side down, flat on the microwave plate.
4. Microwave for 2 minutes but no more than 2 minutes 30 seconds), until there are 3-second gaps or more between popping sounds.
Be careful not to overcook the popcorn.
5. Carefully remove the paper bag from the microwave. When opening the paper bag, make sure to keep your hands and face away from the top of the bag so that you do not burn yourself when the steam inside the bag is released.
6. Put the popcorn in a large bowl.

To Make the Topping

7. In a saucepan, melt the coconut oil (30 seconds). Once melted, immediately take the saucepan off the heat to avoid burning the oil.
8. Mix in the vanilla essence, sugar, cinnamon, nutmeg, allspice and dried apple pieces.
9. Pour the mixture over the top of the popcorn and mix with a large spoon or spatula.
10. Serve with ice cream or enjoy with a cool movie!

AVOCADO CHOCOLATE MOUSSE

INGREDIENTS

2 large avocados

¼ cup cocoa powder

2 teaspoons vanilla essence

3 tablespoons maple syrup

1/3 cup coconut cream

150g dark chocolate (70%), melted

Extra grated dark chocolate, to serve

Fresh fruit, to serve

METHOD

1. Cut the avocados in half and remove the stone.
2. Scoop the flesh into a large bowl of a food processor.
3. Add the cocoa powder, vanilla, maple syrup and coconut cream.
4. Process for 10 seconds. Scrape down the sides and process for a further 10 seconds.
5. Add the cooled, melted chocolate. Process for 10 seconds or until creamy and smooth in texture.
6. Serve into dessert dishes and top with grated chocolate and fresh fruit.
7. Enjoy!



CHOCOLATE CHIP BANANA BLONDIES

INGREDIENTS

3 bananas, peeled and mashed

1/3 cup coconut sugar

1/3 cup nut butter (peanut or almond)

1/4 cup milk (almond, soy or coconut)

1 teaspoon vanilla essence

1 cup almond flour

1 cup oat flour

1/2 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon cinnamon

1/2 teaspoon salt

2/3 cup vegan chocolate chips

METHOD

1. Preheat oven to 180°C.
2. Line a square baking dish with baking paper or grease with oil to prevent sticking.
3. Measure 1 cup of mashed banana and add to a large bowl along with the coconut sugar, nut butter, milk, and vanilla essence. Mix together to combine.
4. Add the almond flour, oat flour, baking soda, baking powder, cinnamon, and salt to the batter.
5. Mix all ingredients together until combined.
6. Fold the chocolate chips into the batter.
7. Pour and spread batter evenly across the baking dish.
8. Bake for 35 minutes.
9. Remove from oven and allow the blondies to cool completely before slicing.

CHOCOLATE BEETROOT BROWNIES

INGREDIENTS

250g dark chocolate melts

250g butter

250g caster sugar

3 eggs

150 self-raising flour

250g beetroot (vacuum-packed beetroot)



METHOD

1. Preheat the oven to 180°C
2. Grease the baking tin. Line the bottom with baking paper.
3. Place the beetroot into a large jug and purée the beetroot until thick and smooth. Do not purée the beetroot too much as it will be too watery for the mixture.
4. Heat the butter in a saucepan over a low heat. As the butter melts add the chocolate and mix with a wooden spoon until melted.
5. In a medium bowl, whisk the eggs. Add the sugar to the eggs and whisk together until combined.
6. Carefully add the melted chocolate and butter to the egg mixture and beat until smooth.
7. Sift the flour into the brownie mixture. Carefully fold the flour into the mixture.
8. Add the grated beetroot and gently mix it in.
9. Pour the mixture into the prepared baking tin and smooth over the top with a scraper.
10. Bake for 20 to 25 minutes. A skewer pushed into the middle should come out with a few moist crumbs clinging to it, but not wet mix.
11. Remove baking tin from oven and leave on a wire rack to cool before cutting into squares.
12. Dust the squares with icing sugar and serve.

Note: Beetroot can be puréed using a hand blender for a gooier filling.

BREAD & BUTTER PUDDING

INGREDIENTS

6 slices raisin toast or fruit bread

6 eggs

¼ cup sugar

2 cups skim milk or soy milk

1 banana, mashed

1 apple, grated

1 teaspoon vanilla essence

1 teaspoon, cinnamon

METHOD

1. Preheat the oven to 180°C and line a baking dish with baking paper
2. Cut slices of bread in half diagonally (two triangles) and then layer in the baking dish.
3. In a bowl, mix together eggs, sugar, milk, mashed banana, grated apple and vanilla essence.
4. Pour mixture over the bread and sprinkle the cinnamon over the top.
5. Bake in the oven for 30 minutes.
6. Serve with fruit and ice cream.

CARROT CAKE

INGREDIENTS

Cake

1 $\frac{3}{4}$ cups self-raising flour, sifted

$\frac{1}{2}$ teaspoon salt

1 teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon baking soda

4 eggs

1 $\frac{1}{4}$ cups brown sugar

1 cup cooked carrots, puréed

$\frac{1}{2}$ cup crushed pineapple

1 cup desiccated coconut

$\frac{1}{2}$ cup sunflower oil

Icing

75g cream cheese

1 teaspoon vanilla essence

1 $\frac{1}{2}$ cups icing sugar

METHOD

1. Preheat the oven to 180°C. Grease a round cake tin.
2. In a large bowl, add the flour, salt, cinnamon and baking soda. Mix the ingredients with a spoon.
3. In a separate bowl, whisk together the eggs with the sugar, vanilla essence, carrot, pineapple, coconut and sunflower oil.
4. Add the flour mixture to the egg mixture and mix ingredients well until combined.
5. Spoon the mixture into the cake tin and bake for 40-50 minutes or until golden brown.
6. Cool in the tin before turning out.
7. For the icing, add the cream cheese vanilla essence and icing sugar into a large bowl. Using an electric mixer, beat the ingredients together until smooth.
8. Spoon the icing over the top of the cake and spread with a knife.
9. Cut into slices and serve on a plate.

CHOCOLATE MUG CAKE

INGREDIENTS

1 tablespoon and 2 teaspoons cocoa powder

3 tablespoons spelt, white, oat or gluten free flour

Pinch of salt

1 ½ tablespoons caster sugar

¼ teaspoon baking powder

2-3 teaspoons coconut or vegetable oil

(you can also use mashed banana or apple sauce)

3 tablespoons milk

½ teaspoon vanilla essence

METHOD

1. In a bowl, add the cocoa powder, flour, salt, caster sugar and baking powder. Mix well to combine.
2. Add the oil, milk and vanilla essence. Mix well to combine.
3. Transfer the mixture to a greased mug or ramekin.
4. Cook in the microwave for 30-40 seconds or in an oven at 180°C for 12 minutes.
5. Serve and enjoy!



CREAMY COCONUT BANANA NICE CREAM

INGREDIENTS

4 bananas, peeled and sliced (frozen)

1/3 cup coconut cream

1 tablespoon vanilla essence

Pinch of sea salt

1/8 teaspoon spearmint essence

(optional for a mint ice cream)

Toppings

Sliced bananas

Toasted coconut flakes

Chocolate chips

Cacao nibs

Coconut caramel sauce

METHOD

1. Place the frozen banana slices into a food processor or high-powered blender.
2. Add the coconut cream, vanilla essence and sea salt.
3. Process until smooth, stopping the machine as needed to break up any chunks of banana that form.
4. Once the ice cream mixture is the texture of soft serve ice cream, serve into bowls immediately.
5. Add toppings of your choice.
6. The ice cream can be stored in the freezer for a firmer texture.
7. Enjoy!



CUCUMBER CAKE

INGREDIENTS

2 fresh cucumbers

315g to 330g plain flour

400g caster sugar

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon cinnamon

¼ cup mixed nuts

(blend of almonds, pistachios, cashews)

205ml sunflower oil

3 eggs, lightly beaten

METHOD

1. Preheat oven to 160°C.
2. Line a bread or cake tin with baking paper or grease with oil to prevent sticking.
3. Wash and peel the cucumbers and coarsely shred them using a grater. Place the cucumber shreds in a colander and apply slight pressure to the mixture to remove excess moisture so that they are not drippy. Set aside.
4. In a large mixing bowl, combine the flour, sugar, baking powder, baking soda, cinnamon and nuts.
5. Add the shredded cucumber, oil and eggs to the dry mixture. Using an electric mixer on medium speed, beat all the ingredients till they are combined well (approximately 2 minutes).
6. Pour the batter into the prepared baking tin.
7. Place in the oven and bake for 1 hour or until an inserted skewer comes clean.
8. Serve plain or with any topping as desired.

FRUIT MUFFINS

INGREDIENTS

1 ½ cups self-raising flour

½ cup caster sugar

½ cup plain yoghurt

½ tablespoon oil

1 egg

¾ cup fruit, chopped

(use any leftover fruit you like such as strawberries, blueberries, bananas, etc.)

METHOD

1. Preheat the oven to 180°C
2. Grease a muffin tray with oil or butter.
3. In a large bowl, mix the flour and sugar together.
4. Create a well in the centre of the flour mix.
5. In a separate bowl, mix together the yoghurt, eggs and oil.
6. Pour the egg and yoghurt mix into the flour mix and gently stir using a spatula, gradually adding the chopped fruit (don't over work the batter).
7. Using a tablespoon, spoon the muffins into the patty pans or a lightly greased muffin tins. Fill the muffin cups ½ full with the mixture. Do not overfill.
8. Place the muffin trays into the oven and bake for 20–25 minutes.
9. Once cooked, take the muffin tray out and cool for 5 minutes on wire racks.
10. Transfer to a plate to serve.



FRUIT SALAD

INGREDIENTS

1 cup mixed berries, sliced

(strawberries, raspberries, blackberries)

½ cup blueberries

1 kiwi fruit, sliced

½ cup pineapple pieces

½ cup grapes

½ cup rock melon

1 cup watermelon, chopped

Any other leftover fruit

¼ cup honey

3 tablespoons lime juice

Fresh mint for garnish

1 tablespoon vanilla essence

METHOD

1. Prepare fruit by cutting into pieces.
2. In a large bowl, toss together the cut fruit using a spoon.
3. In a separate bowl, add the honey and lime juice. Mix well to combine.
4. Spoon the dressing over the mixed fruit and toss to combine.
5. Serve the fruit salad into dessert bowls and garnish with fresh mint.
6. Add ice cream for a cool summer treat!

GRANOLA & FRUIT PARFAIT

INGREDIENTS

4 cups yoghurt (Greek, plain or flavoured)

1 ½ cups raspberries (fresh or frozen)

¼ cup sugar

2 peaches or nectarines, diced (fresh or tinned)

2 cups blueberries (fresh or frozen)

½ cup pineapple pieces (fresh or tinned)

Any additional fruit you would like to use

1 cup granola

Mint leaves for garnish

METHOD

1. Place raspberries and sugar into a small bowl. Mash the raspberries with the sugar until a sauce forms; leave some larger pieces intact.
2. In a large bowl, add the peaches/nectarines, blueberries, pineapple and any other fruit you are including. Toss gently with a spoon to mix the fruit together.
3. To make the parfait you will layer the ingredients into a glass cup or dessert dish. To begin spoon the yoghurt into the cup/dish, making sure to just cover the bottom.
4. Drizzle 2 tablespoons of raspberry sauce over the yoghurt.
5. Next add the mixed fruit and top with several tablespoons of granola.
6. Repeat this process for the remaining dishes.
7. Garnish the top with fruit and mint leaves. Keep refrigerated.
8. Enjoy!

LEMON CAKE BARS

INGREDIENTS

150g butter, melted

$\frac{3}{4}$ cup caster sugar

$\frac{1}{4}$ teaspoon salt

4 tablespoons lemon juice

2 eggs, lightly beaten with a fork

1 $\frac{1}{4}$ cups plain flour, sifted



METHOD

1. Preheat the oven to 180°C
2. Grease the baking tin. Line the bottom with baking paper.
3. In a large mixing bowl, add the melted butter, sugar, salt and lemon juice.
4. Add the beaten eggs and stir once again using a mix until the ingredients are well combined.
5. Add the plain flour to the mixture and mix until the flour is well combined with the other ingredients.
6. Pour the mixture into the prepared baking tin and smooth over the top with the spatula.
7. Bake for 20 minutes. A skewer pushed into the middle should come out with a few moist crumbs clinging to it, but not wet mix.
8. Remove baking tin from oven and leave on a wire rack to cool before cutting into squares.
9. Dust the squares with icing sugar and serve.

PAVLOVA

INGREDIENTS

6 egg whites

1 ½ cups caster sugar

½ cup white sugar

2 tablespoons cornflour

2 teaspoons lemon juice

1 cup whipped cream (to decorate)

1 cup mixed berries and cut fruit (to decorate)

METHOD

1. Line a baking tray with baking paper.
2. Beat egg whites until stiff peaks form.
3. Gradually add the caster sugar to the egg whites and mix until mixture becomes thick and glossy.
4. Mix the white sugar and cornflour together in a separate bowl.
5. Fold sugar mixture and lemon juice into egg white mixture.
6. Place mixture on baking tray and mould into a circle about the size of a dinner plate.
7. Bake at 150°C (fan forced) for 45 minutes to 1 hour. It will be ready when it is dry to touch.
8. Allow to cool in the oven with the oven door ajar.
9. Once cool, decorate the pavlova with whipped cream and fruit.

PEAR & APPLE RAVIOLI FRITTI

INGREDIENTS

4 sheets frozen puff pastry, thawed

4 tablespoons water

Vegetable or canola oil, for deep-frying

Icing sugar and vanilla ice cream, to serve

Filling

½ apple, peeled, deseeded and diced

½ pear, peeled, deseeded and diced

3 prunes, pitted

½ cup dried apricots

1 tablespoon toasted pine nuts

Finely grated zest of 1 lemon

6 amaretti biscuits, crushed

METHOD

1. Place the apple and pear into a pan with water and cook over medium heat for 4-6 minutes until the fruit is tender.
2. Allow the fruit to cool slightly, then pulse in a food processor with the prunes, apricots, pine nuts, lemon zest and biscuits until you have a coarse paste.
3. Place a sheet of puff pastry on a clean work surface and slice into 4 long strips.
4. Place four ½ teaspoon filling along 2 of the strips at 2-3cm gaps, 2cm in from the edges. Use water to brush along the top of each strip around the filling.
5. Gently press to seal the edges, pushing out any air. Use a ravioli cutter or sharp knife to cut out 4 ravioli from each strip, then trim the edges. Repeat with remaining pastry and filling.
6. Place on a baking tray lined with baking paper and chill for 10 minutes to firm.
7. Half-fill a large saucepan with oil and heat to 190°C. Carefully lower 4-5 ravioli into the oil. Cook for 1-2 minutes on one side until golden, then flip over and cook for a minute.
8. Drain the ravioli on paper towel, keep warm and repeat with remaining ravioli.
9. Dust with sugar and serve with ice cream.
10. Enjoy!

PINEAPPLE BLISS BALLS

INGREDIENTS

1 packet biscuits, crushed to a fine crumb

395ml can sweetened condensed milk

450g can crushed pineapple, drained and squeezed to remove excess liquid

½ cup shredded coconut

½ cup extra shredded coconut for rolling balls

METHOD

1. In a large bowl combine the biscuit crumbs, condensed milk, pineapple, and ½ cup of shredded coconut together.
2. Take one tablespoon sized amount of the mixture and roll it into balls using your hands.
3. Gently roll the bliss balls in the extra coconut to cover.
4. Set aside on a tray and once finished, chill before serving for half an hour.
5. Keep stored in an airtight container in the fridge.



STRAWBERRY BANANA CAKE

INGREDIENTS

1 $\frac{3}{4}$ cups plain flour
1 teaspoon baking powder
 $\frac{3}{4}$ teaspoon baking soda
2 bananas, mashed
 $\frac{1}{3}$ cup coconut oil, melted
 $\frac{1}{3}$ cup honey
 $\frac{1}{4}$ cup plain yoghurt
1 egg
2 teaspoons vanilla essence
1 cup chopped strawberries



METHOD

1. Preheat oven to 180°C.
2. Line a baking tray or cake tin with baking paper or grease with oil to prevent sticking.
3. In a large bowl, add the flour, baking powder and baking soda and mix with a spoon. Set aside.
4. In another bowl, add the mashed banana, coconut oil, honey, yoghurt, egg and vanilla and mix well until combined.
5. Add the flour mixture into the bowl with the mashed bananas and mix well until combined.
6. Fold the chopped strawberries into the batter.
7. Pour and spread batter evenly across the baking tray or cake tin.
8. Bake for 20 minutes. Remove the baking tray or cake tin from the oven and cover the tray loosely with foil. Return the tray to the oven.
9. Turn the oven temperature down to 160°C and bake for 35 minutes or until a skewer inserted in the middle of the cake comes out clean.
10. Remove from oven and allow the cake to cool completely before slicing.

MEET OUR CHEF'S & ARTISTS

YEAR 701 (2020)

Khol	Jake
Dhyani	Het
Jasmine	Brandon
Toby	Shayla
Damian	Ava
Aryan	Anahat
Wade	Jineet
Maddison	Alessia
Sharnae	Chelsia
Ha	Dominique
Mason	Patwin
Sher Min	
Tara	
Hae-Gyu	
Blake	
Lina	
Kiran	
Sinali	

YEAR 702 (2020)

Varsha	Kealie
Hibah	Nhan
Wyatt	Dev
Thomas	Yannan
Jessica	Tirth
Zadeed	Jamie
Vanessa	Haru
Aritro	Maddison
Charlotte	Isabella
Sebastian	Cooper
Tarquin	Ashmitha
Asif	
Amalie	
Jules	
Caleb	
Bethushan	
Rohit	
Ohasha	

MEET OUR CHEF'S & ARTISTS

YEAR 703 (2020)

Abby A	Cooper
Abby B	Rajvi
Matthew C	Aaron
Remus	Levi
Saskia	Mia
Kirsten	Kiralee
Matthew G	Ella
Zoe	Dinodya
Declan	Michael
Jayme	Maddy
Taylah	Jordan
Isaac	Trinity
Thomas	Gil
Harley	
Leon	
Tiana	
Samin	
Levi	

YEAR 704 (2020)

Maddison A	Lily
Nethra	Sienna
James	Palak
Victor	Madison R
Sneha	Maverick
Frank	Diya
Jimmy	Tanish
Jasmeet	Riley
Bradley	William
Melrose	Izzy
Sebastian	Sienna
Arunesh	Saad
Nicholas	
Cooper	
Sterling	
Ridimaa	
Naunidh	
Akshay	

Gen Lempens - Teacher
Food & Fibres Technology
The Heights School

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Bag with fruit / Photo by Anna Shvets from Pexels
Fresh produce on crates / Photo by Mark Stebnicki from Pexels
Broken plate / Photo by cottonbro from Pexels
Chickpeas on broken plate / Photo by Vie Studio from Pexels
Knife cutting / Photo by Vie Studio from Pexels
Apron / Photo by Lisa from Pexels
Gas Stove / Photo by Magda Ehlers from Pexels
Washing Tomato / Photo by Miriam Alonso from Pexels
Washing Hands Soap / Photo by cottonbro from Pexels
Hand Sanitiser / Photo by Anna Shvets from Pexels
Pancakes with Banana / Photo by Visual Stories || Micheile from Pexels
Bruschetta / Photo by Lucie Liz from Pexels
Fried Rice Pan / Photo by Anna Tarazevich from Pexels
Berry Smoothie / Photo by Antonio Janeski from Pexels
Muffins and Teapot / Photo by alleksana from Pexels
Kneading dough / Photo by ROMAN ODINTSOV from Pexels
Sprinkle salt / Photo by ROMAN ODINTSOV from Pexels
Pouring oil / Photo by RODNAE Productions from Pexels
Tomatoes / Photo by RODNAE Productions from Pexels
Photo by Erik Mclean from Pexels tomato soup
Tomato Soup / Photo by Erik Mclean from Pexels
5 colours veg / Photo by Sharon McCutcheon from Pexels
Safe Kitchen / Photo by Skylar Kang from Pexels
Pineapple with Sunnies / Photo by Lisa from Pexels

Avocado / Photo by ready made from Pexels
Tomatoes / Photo by ready made from Pexels
Lettuce / Photo by NastyaSensei from Pexels
Pumpkin / Photo by Nataliya Vaitkevich from Pexels
Burrito / Photo by pixabay from Pexels
Capsicums / Photo by Evgeniy Akimenko from Pexels
Mango / Photo by Ph m Thành Đ t from Pexels
Mint / Photo by SHVETS production from Pexels
Pineapple / Photo by Polina Tankilevitch from Pexels
Choc mousse / Photo by ROMAN ODINTSOV from Pexels
Beets / Photo by Eva Elias from Pexels
Popcorn / Photo by Keegan Evans from Pexels
Lemon cake grating / Photo by SHVETS production from Pexels
Chocolate bar / Photo by Vie Studio from Pexels
Mug / Photo by lilartsy from Pexels

INSPIRED RECIPE RESOURCE LIST

WRAP 2018, Love food, hate waste, LFHW Brand, <https://www.lovefoodhatewaste.com>

Newslife Media 2021, Taste.com, <https://www.taste.com.au>

Chowhound 2021, Red Ventures Company, <https://www.chowhound.com/recipes/overnight-oats-summer-fruit-31804>

EatingWell.com 2021, Allrecipes Food Group, <https://www.eatingwell.com/recipe/250486/chickpea-potato-hash/>

Simply Delish 2020, Simplydelish.net. <https://simplydelish.net/tooty-fruity-french-toast-stack/>

Newslife Media 2021, Deliscious, <https://www.delicious.com.au/recipes/pear-apple-ravioli-fritti/1a142c9b-ae76-42fa-a7ae-c8933eb3c9a8>

