

# Citrus Coleslaw

**Type:** Salad    **Serves:** 30    **Recipe source:** Healthy Food Fast

**Fresh from the garden:** cabbage, orange spring onions, capsicum

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Bowls	1 orange
Saucepan	3 cups cabbage, shredded
Knives	2 spring onions, diced
Tongs	1 small capsicum, seeded & diced
Whisk	
Wooden spoon	

## **What to do:**

- 1.** Grate the orange rind and set aside.
- 2.** Peel and slice orange into segments or rings.
- 3.** Combine orange with cabbage, spring onions and capsicum in a serving bowl.
- 4.** Mix dressing ingredients in a separate bowl and add orange rind.
- 5.** Pour over salad and mix well.

**Variation:** Use pink grapefruit instead of orange. Add sliced kiwi fruit or grated carrot.

For a creamy low-fat dressing, mix  $\frac{1}{4}$  cup yoghurt,  $\frac{1}{4}$  cup mayonnaise, juice of  $\frac{1}{2}$  lemon and 1 teaspoon mustard.

# Sang Choy Bow

**Type:** Main Serves: 30 tastes

**Recipe source:** Healthy Food Fast

**Fresh from the garden:** Lettuce, shallot, ginger, garlic, celery, capsicum, mung bean shoots, mushrooms.

## EQUIPMENT:

Wok or frypan  
Measuring spoons  
Garlic crusher  
Measuring cups  
2 x wooden spoons  
Bowls  
Knives  
Chopping boards

## For serving:

Serving platter  
Tongs

## INGREDIENTS:

500g minced lean pork  
1 tablespoons olive oil  
6 spring onions, finely chopped  
2 garlic cloves, crushed  
1 medium red capsicum, seeded & diced  
2 small piece ginger, peeled and chopped  
1 stick celery, diced  
100g button mushrooms, diced  
1 cup cooked rice  
1 teaspoon cornflour  
2 tablespoons soy sauce  
1 tablespoon fish sauce  
1 tablespoon rice wine vinegar  
1 tablespoon chilli sauce  
1 cup mung bean shoots  
Lettuce leaves/cups

## What to do:

1. Heat oil in wok or frypan.
2. Cook pork quickly until separate and cooked through then set aside leaving oil in pan.
3. Place onions, garlic, ginger, celery, capsicum, mushroom and rice into the hot pan gently stirring until softened.
4. Return the pork to the pan and mix well.
5. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly.
6. Spoon the filling onto the lettuce leaf.

**Serving suggestion:** Place leaves on a platter and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.

# Lamb & Mushroom Kebabs

**Type:** Main Serves: 30 tastes

**Recipe source:** Healthy Food Fast

**Fresh from the garden:** mushrooms, capsicum, tomatoes, red onion

<p><b>EQUIPMENT:</b></p> <p>Frypan Measuring spoons Measuring cups Skewers Bowls Knives Chopping boards</p> <p><b>For serving:</b></p> <p>Serving platter Tongs</p>	<p><b>INGREDIENTS:</b></p> <p>500g lean lamb round 1 tablespoons olive oil 3 med red onion, wedges 30 cherry tomatoes 2 medium red capsicum, seeded &amp; diced</p> <p><b>Marinade:</b></p> <p>2 tablespoons soy sauce 2 teaspoons wholegrain mustard 2 teaspoons mint jelly</p>
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## What to do:

1. Thread lamb and vegetables onto skewers.
2. Mix marinade ingredients together and heat gently on low heat in small saucepan.
3. With a pastry brush coat meat and vegetables with marinade.
4. Preheat frypan to moderately hot.
5. Cook kebabs for 5 - 10 minutes, turning frequently and brushing with marinade.

## Hint:

Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning.

## Serving suggestion:

Serve kebabs with pita bread and a salad of diced tomatoes, sliced cucumber, pineapple chunks, diced olives and crumbled feta.

Alternatively, serve on a bed of warm, cooked and crushed potato, sweet potato and chopped herbs.

# Apple & Banana Hotcakes

**Type:** Dessert Serves: 30 tastes  
Healthy Food Fast

**Recipe source:**

**Fresh from the garden:** apples bananas

## EQUIPMENT:

Frypan  
Measuring spoons  
Measuring cups  
Bowls  
Knives  
Chopping boards

## For serving:

Serving platter  
Tongs

## INGREDIENTS:

2 eggs  
2 teaspoons butter,  
melted  
2  $\frac{1}{2}$  cups milk  
2 cups SR flour  
2 Tablespoons sugar  
3 medium apples, grated  
1 teaspoon vegetable oil  
3 ripe bananas, sliced  
1 Tablespoon honey

## What to do:

6. In a large bowl beat eggs, margarine and milk.
7. In a separate bowl mix flour and sugar.
8. Gradually stir dry ingredients into the wet mixture until smooth.
9. Fold in apple.
10. Heat oil in the frypan over medium heat.
11. Add 2 - 3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake. Cook until golden brown.
12. Serve with banana and drizzled honey.

## Variation:

Add  $\frac{1}{4}$  cup sultanas to the dry mixture.

# Quinoa, Spinach & Feta Soda Bread

**Type:** Bread/Side      **Serves:** 30 tastes **Recipe source:** Healthy Food Fast  
**Fresh from the garden:** spinach

## EQUIPMENT:

Baking trays  
Measuring spoons  
Measuring cups  
Bowls  
Knives  
Chopping boards

## For serving:

Serving platter  
Tongs

## INGREDIENTS:

2 cups SR flour  
 $\frac{1}{4}$  cup quinoa  
60gm butter, chopped  
1 cup spinach, finely shredded  
100g feta, crumbled  
1 cup buttermilk  
Extra quinoa to sprinkle on top

## What to do:

13. Preheat oven to 220 degrees celcius.
14. Place quinoa in a small bowl and cover with plenty of cold water.
15. Set aside for 15 minutes to soak. Drain well.
16. Place the flour in a large bowl and use your fingertips to rub the butter into the flour until mixture resembles breadcrumbs.
17. Add the spinach and feta and stir to combine.
18. Add the quinoa and buttermilk and stir until a soft but sticky dough forms.
19. Turn dough onto a lightly floured surface and gently knead until smooth.
20. Shape the dough into a 20cm round and place on lined tray.
21. Cut a cross in the top of the dough.
22. Sprinkle the dough with extra quinoa.
23. Bake for 15 minutes. Reduce oven to 180 degrees celcius and bake for a further 30 minutes or until golden brown.