

Fried Rice

Type: Main

Serves:30

Recipe source: Taste.com.au

Fresh from the garden: eggs, onion, capsicum, Chinese cabbage, peas

EQUIPMENT:	INGREDIENTS:
Frypan	1 cup long grain rice
Knives	2 eggs, beaten
Measuring spoons	1 teaspoon olive oil
Measuring cups	100g leg ham, diced
Wooden spoon	1 onion, diced
	1 capsicum, diced
	2 cups Chinese cabbage
	1 cup green peas, cooked
	1 cup corn kernels
	1 cup bean shoots
	2 spring onions, diced
	3 t soy sauce
	1 T oyster sauce
	1 cup prawns
	t = teaspoon
	T = tablespoon

What to do:

1. Cook rice following directions, drain and cool completely.
2. Lightly oil frypan with oil and pour in eggs to make a thin omelette on medium – low heat.
3. When omelette is set transfer to a plate and slice thinly.
4. Set aside.
5. Lightly oil frypan and cook ham and onion until golden brown.
6. Add capsicum, cabbage, peas, corn and prawns (optional).
7. Cover and toss well for several minutes.
8. Add remaining ingredients except omelette.
9. Stir until sauce has mixed through.
10. Fold in sliced omelette.
11. Serve hot.

Italian Pasta Salad

Type: Salad

Serves:30

Recipe source: Healthy Food Fast

Fresh from the garden: parsley, capsicum, mushrooms, tomatoes, snow peas

EQUIPMENT:

Saucepan
Knives
Measuring spoons
Measuring cups
Wooden spoon
Sieve

INGREDIENTS:

2 ½ cups pasta shapes
1 punnet cherry tomatoes
12 black olives, pitted & sliced
1 capsicum, seeded & diced
6 mushrooms, sliced
1 cup snow peas, strings removed & sliced
2 T chopped parsley
1 T lemon juice
185g tin tuna in spring water, drained
½ cup Italian dressing

t = teaspoon
T = tablespoon

What to do:

- 12.** Cook pasta following directions, drain and cool completely.
- 13.** Toss tomatoes, olives, capsicum, mushrooms, snow peas, parsley, lemon juice and tuna together.
- 14.** Mix through pasta.
- 15.** Pour the dressing over salad.
- 16.** Serve.

Veggie Curry

Type: Main

Serves:30

Recipe source: Taste.com.au

Fresh from the garden: eggplant, garlic, onion, ginger, capsicum, pumpkin, cauliflower/broccoli/beans, Chinese cabbage, mixed herbs, potatoes, carrots

EQUIPMENT:

Pot
Knives
Measuring spoons
Measuring cups
Wooden spoon

INGREDIENTS:

2 cups rice
1 eggplant, cut into thick slices
Salt
1 T olive oil
2 cloves garlic
1 small piece ginger, peeled & sliced
1 large onion, chopped
2-3 T red or green curry paste
2 potatoes, peeled & cubed
2 carrots, peeled & cubed
½ butternut pumpkin, peeled & cubed
1 capsicum, seeded & chopped
1 cup cauliflower, or broccoli, or green beans
425g can diced tomatoes
1 cup coconut milk
2 T chopped herbs (basil, oregano)

t = teaspoon

T = tablespoon

What to do:

- 17.** Cook rice following packet directions.
- 18.** Sprinkle eggplant with salt and leave for 30 minutes.
- 19.** Rinse, pat dry well on paper towels and cut into cubes.
- 20.** Heat oil in a large saucepan and add garlic, ginger and onion cooking gently to soften.
- 21.** Stir in curry paste over low heat.
- 22.** Add vegetables and canned tomatoes and stir well.
- 23.** Cover tightly and bring to the boil, then simmer until vegetables are tender, 20 – 40 minutes depending on size.
- 24.** Add coconut milk and simmer for a further 5 minutes.
- 25.** Add herbs and stir well.

Grilled Pineapple & Star Fruit

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

Fresh from the garden: pineapple, star fruit

EQUIPMENT:	INGREDIENTS:
Bowls	1 pineapple
Saucepan	1 star fruit, sliced
Knives	1 T shredded coconut
Tongs	
Whisk	
Wooden spoon	
	T = teaspoon
	T = tablespoon

What to do:

1. Preheat grill and line tray with foil.
2. Remove top and base of pineapple, then cut away skin, removing as many eyes as possible.
3. Cut pineapple in half lengthways.
4. Then slice into half rounds 5mm thick.
5. Grill till golden brown on each side.
6. Serve with starfruit and sprinkle with coconut.

Hint: This may be cooked on BBQ plate.

Another name for star fruit is **carambola**.

Banana Bread

Type: Dessert, snack **Serves:** 30 tastes
Fresh from the garden: Banana, eggs

Recipe source: Taste.com

<p>EQUIPMENT:</p> <p>Loaf tin Whisk Fork Measuring spoons Sifter Measuring cups Wooden spoons Bowls Knives Chopping boards</p> <p>For serving:</p> <p>Serving platter Tongs</p>	<p>INGREDIENTS:</p> <p>Melted low-fat dairy spread, to grease</p> <p>265g (1 3/4 cups) self-raising flour</p> <p>40g (1/4 cup) plain flour</p> <p>1 teaspoon ground cinnamon</p> <p>140g (2/3 cup, firmly packed) brown sugar</p> <p>125ml (1/2 cup) skim milk</p> <p>2 eggs, lightly whisked</p> <p>50g butter, melted, cooled</p> <p>2 overripe bananas, mashed</p>
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What to do:

1. Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease.
2. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
3. Sift the combined flours and cinnamon into a large bowl.
4. Stir in the sugar and make a well in the centre.
5. Place the milk, eggs, melted butter and banana in a medium bowl, and stir until well combined.
6. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
7. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes.
8. Turn onto a wire rack to cool completely. Cut into slices to serve.