

Asian Noodle Soup

Type: Main

Serves:30

Recipe source: Taste.com.au

Fresh from the garden: beansprouts, chilli, ginger, Chinese cabbage, spring onion, coriander

EQUIPMENT:	INGREDIENTS:
Large Pot	4 cups chicken stock
Ladle	¼ Chinese cabbage, finely sliced
Knives	1 small chilli
Measuring spoons	2 T coriander, chopped
Measuring cups	1 bunch bok choy, shredded
Wooden spoon	1 t ginger, finely chopped
	2 T soy sauce
	1 T fish sauce
	125g Hokkien egg noodles, cooked
	1 cup skinless chicken, cooked & shredded
	1 cup mung beans sprouts
	1 spring onion
	t = teaspoon
	T = tablespoon

What to do:

1. Combine stock and cabbage in a large pot and bring to the boil.
2. Simmer over gentle heat for 5 minutes or until tender.
3. Add chilli, coriander, bok choy, ginger and sauces.
4. Divide hot noodles and chicken for between each bowl.
5. Ladle soup mixture over noodles.
6. Add beansprouts.
7. Garnish with spring onion.

Chicken & Veggie Stir-Fry

Type: Main **Serves:** 30 tastes **Recipe source:** Healthy Food Fast
Fresh from the garden: snow peas, garlic, carrots, onion, celery, capsicum, bok choy

EQUIPMENT: Wok or frypan Measuring spoons Measuring cups Bowls Knives Chopping boards For serving: Serving platter Tongs	INGREDIENTS: 2 cups rice 1 teaspoon vegetable oil 250g chicken thigh fillets, in strips 2 cloves garlic, crushed 1 onion, chopped 2 carrots, thinly sliced 1 stick celery, sliced 1 capsicum, seeded & diced 125g snow peas, sliced 1 bunch bok choy, roughly chopped 2 teaspoons cornflour 2 Tablespoons soy sauce $\frac{1}{2}$ cup chicken stock 1 Tablespoon sweet chilli sauce
---	--

What to do:

1. Cook rice following packet instructions.
2. While cooking, heat oil in the wok or frypan and stir-fry chicken until almost cooked.
3. Set aside.
4. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes.
5. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes.
6. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice.

Variation: Use lean pork instead of chicken and try noodle instead of rice.

Salsa

Type: Salad

Serves:30

Recipe source: Healthy Food Fast

Fresh from the garden: tomatoes, Lebanese cucumber, red onion, parsley, lemon

EQUIPMENT:	INGREDIENTS:
Bowl	4 ripe tomatoes. Chopped
Juicer	2 Lebanese cucumber, chopped
Knives	1 red onion, chopped
Measuring spoons	2 teaspoons lemon juice
Measuring cups	4 teaspoons olive oil
Wooden spoon	2 Tablespoons parsley, chopped
	t = teaspoon
	T = tablespoon

What to do:

8. Combine all ingredients.
9. Toss well.

Hint:

Salsa will keep for 3-4 days, covered in the refrigerator.

Variation:

For a spicy Mexican salsa add 1 ripe avocado, 1 small red chilli and 1 tablespoon fresh coriander.

Serving suggestion:

Spoon over grilled fish or chicken or as a delicious topping on bread.

Nectarine & Berry Salad

Type: Dessert

Serves:30

Recipe source: Healthy Food Fast

Fresh from the garden: mint, nectarines, strawberries

EQUIPMENT:	INGREDIENTS:
Bowl	6 ripe nectarines
Juicer	250g strawberries
Saucepan	½ cup mint
Knives	Dressing
Measuring spoons	250ml fresh orange juice
Measuring cups	¼ teaspoon vanilla essence ¹
Wooden spoon	Tablespoon caster sugar
	t = teaspoon
	T = tablespoon

What to do:

- 10.** Toss fruit and mint together.
- 11.** Combine dressing ingredients in a small saucepan and stir over low heat until sugar has dissolved.
- 12.** Increase temperature and simmer for 5 minutes.
- 13.** Remove from heat and cool.
- 14.** Pour dressing over fruit and chill.

Variation:

Use canned peaches if nectarines are not in season.

Serving suggestion:

Serve with reduced-fat ice cream or yoghurt.

Indian Flatbread

Type: Bread/Side

Serves: 30 Tastes

Recipe source: SAKG

Fresh from the garden:

EQUIPMENT:	INGREDIENTS:
To cook the bread: 2 baking trays 2 heavy-based frying pans rolling pin spatula or egg flipper tongs For the dough: small bowl mixer with large bowl and dough hook attachment large bowl clean tea towel	To cook the bread: flour for dusting the workbench For the dough: 2 teaspoons sea salt 2 cups lukewarm water 5 tablespoons extra virgin olive oil 1 kg plain flour, plus a little extra for dusting

What to do:

- You will form your breads using the dough made for you by the previous class.
- At the end, you will make the dough for the class following you.
- Preheat the oven to 120°C and place the baking trays in the oven.
- Tip out the dough and divide it into 32 even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
- Do not play with or knead the dough - if you do your bread will be tough to eat!
- Dust the workbench with some flour. Flatten a piece of dough (using the heel of your hand) into a round shape and use the rolling pin to roll it out thinly, to about 10 cm in diameter.
- While the dough is being shaped, heat both frying pans until hot.
- Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes.
- Flip it over with your spatula and cook for a further 3 minutes. You should be able to cook a few at a time.