

# 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:

Large Pot  
Ladle  
Knives  
Measuring spoons  
Measuring cups  
Wooden spoon

## INGREDIENTS:

4 cups chicken stock  
¼ Chinese cabbage, finely sliced  
1 small chilli  
2 T coriander, chopped  
1 bunch bok choy, shredded  
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.

# Vegetable Lasagne

**Type:** Main Meal   **Serves:** 24 Tastes   **Recipe source:** Healthy Food Fast

**Fresh from the garden:** sweet potato, pumpkin, spinach, shallots, parsley, garlic

<p><b>EQUIPMENT:</b></p> <p>1 ovenproof baking dish Measuring cups Measuring spoons Large bowl Peeler Knife Chopping boards Grater</p> <p><b>TO SERVE:</b></p> <p><b>t = teaspoon</b> <b>T = tablespoon n baking dish</b></p>	<p><b>INGREDIENTS:</b></p> <p>6 large potatoes (peeled &amp; sliced) 1 sweet potato, peeled &amp; sliced 1 eggplant 6 shallots 500gm ricotta 2 teaspoons crushed garlic or 2 teaspoons parsley 425g tomato pasta sauce Paprika 12 sheets lasagne sheets, softened in water</p> <p><b><u>Topping:</u></b></p> <p>2 eggs 2 T plain flour 2 cups milk Pinch nutmeg Paprika <math>\frac{1}{2}</math> cup parmesan cheese</p>
---	--

## What to do:

1. Preheat oven to 180 C.
2. Steam the pumpkin for 3 minutes, then cool.
3. Slice eggplant and sprinkle with salt and leave for 15 minutes.
4. Plunge spinach into boiling water until wilted and drain well to remove excess liquid.
5. In a large bowl combine ricotta, onion and parsley.
6. Arrange lasagne sheets in base of the baking dish.
7. Pat dry eggplant slices with paper towelling.
8. Top with 1/3 each of pumpkin, eggplant, tomato sauce and spinach ricotta mixture.
9. Repeat twice and top with remaining lasagne sheets.
10. To make topping, break eggs into flour and nutmeg and mix well to remove lumps.
11. Whisk milk, pour into a saucepan and bring to boil, whisking until smooth and thickened.
12. Add pepper, pour over top of the lasagne and sprinkle with cheese. Sprinkle paprika over cheese.
13. Bake for 30 minutes or until golden brown.

# 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.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
<p>Wok or frypan Measuring spoons Garlic crusher Measuring cups 2 x wooden spoons Bowls Knives Chopping boards</p> <p><b>For serving:</b> Serving platter Large serving spoon</p>	<ul style="list-style-type: none"><li>•</li><li>• 2 tablespoons rice bran oil</li><li>• 2 medium brown onions, halved, thinly sliced</li><li>• 2 garlic cloves, thinly sliced</li><li>• 2cm piece fresh ginger, peeled, finely grated</li><li>• 1/2 small cauliflower, cut into small florets</li><li>• 125g packet fresh baby corn</li><li>• 80g snow peas, trimmed</li><li>• 1 cup roughly chopped green cabbage</li><li>• 1/3 cup oyster sauce</li><li>• 1/2 teaspoon ground white pepper</li><li>• 1 teaspoon cornflour</li><li>• 1/2 cup chicken style liquid stock</li><li>• 227g packet chow mein noodles</li></ul> <p><b>t = teaspoon      T = tablespoon</b></p>

## What to do:

1. Heat a wok over high heat. Add oil.
2. Swirl to coat.
3. Add onion, garlic and ginger.
4. Stir-fry for 1 minute or until fragrant.
5. Add cauliflower and corn.
6. Stir-fry for 2 minutes or until just tender.
7. Add snow peas, cabbage, oyster sauce and pepper.
8. Stir-fry for 2 minutes.
9. Place cornflour in a bowl. Add stock, stirring until smooth.
10. Add to vegetable mixture. Stir-fry for 1 to 2 minutes or until sauce begins to thicken.
11. Add noodles.
12. Toss to combine.
13. Serve.

# Tropical Fruit Delight

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

**Fresh from the garden:** strawberries, kiwi fruit, mangoes, pineapple, passionfruit

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Bowls	1 small pkt sponge fingers
Knives	1 pkt lemon jelly
Tongs	250g ricotta cheese
Whisk	250g cream cheese
Wooden spoon	1/3 cup sugar
	$\frac{1}{4}$ cup lemon juice
	170g can evaporated milk
	<b>t = teaspoon</b>
	<b>T = tablespoon</b>

## What to do:

1. Arrange sponge fingers in a 5 - 6 cup oblong dish.
2. Make jelly following packet directions and allow to cool.
3. Beat ricotta, cream cheese and sugar until creamy.
4. Add lemon juice and beat well, then add jelly.
5. In a separate bowl beat milk until thick.
6. Fold into ricotta mix.
7. Pour over the sponge fingers and refrigerate overnight until firm.
8. Cut into portions.
9. Combine all the fruits to make a fresh tropical fruit salad then spoon on top.

# Pumpkin & Honey Bread

**Type:** Dessert, snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** Pumpkin, eggs, honey.

<p><b>EQUIPMENT:</b></p> <p>Loaf tin Whisk Fork Measuring spoons Sifter Measuring cups Wooden spoons Bowls Knives Chopping boards</p> <p><b>For serving:</b></p> <p>Serving platter Tongs</p>	<p><b>INGREDIENTS:</b></p> <p>1 cup honey 1/2 cup butter or margarine, softened 2 cups cooked pumpkin 4 eggs 4 cups plain flour 4 teaspoons baking powder 2 teaspoons ground cinnamon 2 teaspoons ground ginger 1 teaspoon baking soda 1 teaspoon salt 1 teaspoon ground nutmeg</p> <p><b>t = teaspoon</b> <b>T = tablespoon</b></p>
---	--

## What to do:

1. In large bowl, cream honey with butter until light and fluffy.
2. Stir in pumpkin.
3. Beat in eggs, one at a time, until thoroughly incorporated.
4. Sift together remaining ingredients. Stir into pumpkin mixture.
5. Divide batter equally between two well-greased 9 x5 x 3-inch loaf pans.
6. Bake at 350°F for 1 hour or until a wooden pick inserted in center comes out clean.
7. Let loaves cool in pans for 10 minutes; invert pans to remove loaves and allow to finish cooling on racks.