

# Honey, Soy & Garlic Chicken Stir-Fry

**Type:** Main

**Serves:** 30 tastes

**Recipe source:**

**Fresh from the garden:** broccoli, garlic, chilli, cauliflower, shallots, capsicum, snow peas, bok choy, spinach, cabbage, carrots

## **EQUIPMENT:**

Knife  
Chopping boards  
Bowls  
Large frypan  
Serving spoon  
Measuring cups & spoons  
Garlic press  
Wooden spoon

## **INGREDIENTS:**

2 tablespoons vegetable oil  
1.5kg chicken thigh fillets, sliced thinly  
2 cloves garlic, crushed  
3 shallots, sliced thinly  
4 carrots, julienne  
1 capsicum, sliced thinly  
2 cups cauliflower florets  
2 cups broccoli florets  
Snow peas, handful  
1 cup sliced mushrooms  
2 tablespoons soy sauce  
3 tablespoons honey  
1 tablespoon finely chopped ginger  
Spinach, bok choy or cabbage  
Pkt Hokkien noodles

## **What to do:**

1. Cut chicken into strips and place in wok or frypan and cook until lightly browned.
2. Then add honey, shallots, capsicum and garlic.
3. Add carrots straws and stir-fry for 2-3 minutes.
4. Then add mushrooms, spinach/bok choy/cabbage and stir-fry for 2-3 minutes
5. Mix soy sauce and honey together and mix together to make marinade.
6. Add marinade mixture to frypan.
7. Lastly add noodles and stir fry until vegetables are just cooked.
8. Serve on a bed of rice.

**ENJOY**

# Chinese Fried Rice

**Type:** Main

**Serves:** 30

**Recipe source:** Taste.com.au

**Fresh from the garden:** eggs, green onions

## **EQUIPMENT:**

Bowls  
Chopping board  
Cooks knives  
Frying pan/wok  
Wooden spoon  
Measuring cups & spoons  
Saucepan  
Colander  
Whisk

## **INGREDIENTS:**

2 cups (380g) SunRice Long Grain  
Brown Rice  
olive oil cooking spray  
4 eggs, lightly beaten  
125g packet 97% fat-free bacon,  
chopped  
1/2 teaspoon sesame oil  
4 green onions, sliced  
500g cooked prawns, peeled,  
halved  
1 cup frozen peas  
1 cup beansprouts, trimmed  
2 tablespoons light reduced-salt  
soy sauce

## **What to do:**

1. Cook rice in a saucepan of boiling salted water for 30 to 35 minutes or until tender.
2. Drain.
3. Rinse under cold water. Set aside.
4. Heat a wok over medium-high heat. Spray with oil.
5. Pour in half the egg.
6. Swirl to coat.
7. Cook for 1 minute or until just set.
8. Remove to a board. Roll up.
9. Stand for 1 minute.
10. Repeat with remaining egg. Thinly slice.
11. Increase stovetop heat to high.
12. Spray wok with oil.
13. Add bacon. Stir-fry for 3 to 4 minutes or until golden.
14. Add oil, onions, prawns and peas.
15. Stir-fry for 1 minute.
16. Add rice.
17. Stir-fry for 3 minutes or until heated through.
18. Add egg, sprouts and soy sauce.
19. Stir-fry until combined.
20. Serve.

# Crunchy Noodle Salad

**Type:** Main/salad

**Serves:** 30

**Recipe source:** Taste.com.au

**Fresh from the garden:** shallots, cabbage

## **EQUIPMENT:**

Bowls  
Chopping board  
Cooks knives  
Frying pan/wok  
Wooden spoon  
Measuring cups & spoons  
Saucepan  
Colander  
Whisk

## **INGREDIENTS:**

½ Chinese cabbage, or ¼ savoy cabbage, shredded finely  
6 shallots, sliced to 4-5mm  
1 packet Chang's Original Fried Noodles or Crunchy Noodles

## **Dressing:**

¼ cup White Vinegar  
¼ cup Caster Sugar  
1 tablespoon Soy Sauce  
2 teaspoon Sesame oil (optional)  
½ cup Olive Oil

## **What to do:**

1. Combine the sliced cabbage, chopped green onions in a salad bowl.
2. Mix dressing ingredients together.
3. Add dressing to taste, and mix well.
4. Add Original Fried Noodles to the salad just before serving.

## **The Best Way To Shred Cabbage**

5. Cut the cabbage in half, remove the thick white core section from the centre of each half.
6. To do this, lay cabbage flat side down on the board and cut a "v" in the centre.
7. Turn it over and ease the core out.
8. Using a large, sharp knife, cut the cabbage into very fine shreds, working from one end.
9. Regular cabbage tends to have tighter leaves so it's best to shred it into one piece.
10. Hold the cabbage firmly with one hand and shave down one side.

# Indian Flatbread

**Type:** Side/Bread

**Serves:** 30 Tastes

**Recipe source:** SAKG

## Fresh from the garden:

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
To cook the bread: 2 baking trays 2 heavy-based frying pans rolling pin spatula or egg flipper tongs	To cook the bread:  flour for dusting the workbench
For the dough: small bowl mixer with large bowl and dough hook attachment large bowl clean tea towel	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:

1. Preheat the oven to 120°C and place the baking trays in the oven.
2. Tip out the dough and divide it into even pieces, each the size of a small egg. What do you think the best method is to divide the dough?
3. Do not play with or knead the dough – if you do your bread will be tough to eat!
4. 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.
5. While the dough is being shaped, heat frying pan until hot.
6. Place a disk of rolled-out dough into a hot, dry pan and cook for 3 minutes. Repeat procedure.

# Vermicelli Pudding

**Type:** Dessert

**Serves:** 30 tastes

**Recipe source:** Allrecipes.com

**Fresh from the garden:**

<b>EQUIPMENT:</b> Chopping boards Bowls Saucepan Serving spoon Measuring cups & spoons Wooden spoon	<b>INGREDIENTS:</b> 4 cups milk 5 Tablespoons sugar 1 packet vermicelli 8 cardamon seeds 8 raisins
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## What to do:

1. Bring milk, sugar, and cardamom seeds to a boil in a saucepan.
2. Reduce heat to medium-low and simmer for 5 minutes.
3. Stir broken vermicelli pasta and raisins into milk mixture and simmer until pasta is tender and the cream sauce has thickened, about 5 more minutes.
4. Remove from heat and let stand until warm, about 15 minutes.
5. If pudding is too thick, stir in a little milk