

# Kangaroo Meatballs with Warrigal Greens, Beetroot & Feta

**Type:** Lunch

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** beetroot, warrigal greens/spinach, coriander, mint, onion, parsley

## EQUIPMENT:

Knife  
Chopping boards  
Bowl  
Platter  
Measuring cups & spoons  
Wooden spoon  
Frypan  
Peeler  
Saucepan  
Mortar & pestle

## INGREDIENTS:

2 small beetroots, peeled, thinly sliced  
1/3 cup (80ml) olive oil, plus extra to drizzle  
1 small onion  
600g kangaroo mince  
1 tsp ground cumin  
1 tsp ground coriander  
2 tbs finely chopped mint  
2 tsp dried native pepperberry (see Notes), ground  
150g warrigal greens (see Notes) or baby spinach leaves  
1 tsp whole black peppercorns, crushed  
1/2 bunch flat-leaf parsley, leaves picked  
1/2 bunch fresh mint, leaves picked  
100g feta, crumble

## What to do:

1. Preheat oven to 180C. Place beetroot on a baking tray, brush with 2 tbs oil and season with salt. Bake, turning halfway, for 15 minutes or until just crisp.
2. For the kofta, grate the onion and drain on paper towel to remove excess liquid. Combine the onion, kangaroo mince, cumin, coriander, mint and 1 tsp pepperberry in a bowl, then season with salt.
3. Use your hands to mix well. Roll heaped tablespoonful of the mince into balls, cover and chill for 30 minutes to firm up.
4. Heat a chargrill or frypan over medium heat. Brush meatballs with remaining 2 tbs oil and cook, turning, for 7 minutes until browned or cooked to your liking.
5. Place the warrigal greens in a saucepan of simmering salted water and cook for 1 minute or until just wilted, then drain.
6. Mix the black pepper with the remaining 1 tsp pepperberry.
7. For the salad, combine the warrigal greens, parsley and mint. Top with beetroot, feta and kofta, then sprinkle with pepper mixture, drizzle with extra oil and serve with lemon wedges.

# Bush Tomato, Lemon Myrtle & Wattleseed Muffins

**Type:** Dessert/Snack Serves: 30 tastes

**Recipe source:** [Bushtuckerrecipes.com](http://Bushtuckerrecipes.com)

**Fresh from the garden:** Bush tomatoes, lemon myrtle, eggs.

<b>EQUIPMENT:</b> Muffin tins Spoon Measuring spoons Sifter Measuring cups Wooden spoon Bowls Knives Chopping boards  <b>For serving:</b> Serving platter Tongs	<b>INGREDIENTS:</b>  2 $\frac{1}{2}$ cups self-raising flour 90g butter 1 cup castor sugar 1 $\frac{1}{4}$ cups milk 1 egg 1 cup ground bush tomatoes 2 T ground bush tomato 2 T ground wattleseed 1 tspn ground lemon myrtle
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## What to do:

1. Sift flour into large bowl and rub in butter.
2. Stir in sugar, milk and eggs being careful not to over mix.
3. Add bush tomatoes, wattleseed and lemon myrtle leaving a little of each to sprinkle on top.
4. Spoon mixture into muffin trays lined with muffin patty pans.
5. Place two or three bush tomatoes on top of each muffin and dust with wattleseed and lemon myrtle.
6. Bake 180C for 20 minutes.

# Bush Tucker Tomato Relish

**Type:** Bread

**Serves:** 30 tastes

**Source:** [taste.com.au](http://taste.com.au)

**Fresh from the Garden:** chilli, onion, eggplant, tomatoes, garlic

EQUIPMENT:	INGREDIENTS:
<p>1 large red bowl</p> <p>1 wooden spoon</p> <p>1 knife</p> <p>Measuring spoons</p> <p>Measuring Jugs</p> <p>Saucepan</p>	<p>1 long red chilli, finely chopped</p> <p>1 tablespoon brown sugar</p> <p>2 teaspoons ground cumin</p> <p>1/2 teaspoon ground native pepperberry</p> <p>2 tablespoons balsamic vinegar</p> <p>1 tablespoon dried bush tomatoes, ground</p> <p>1 tablespoons olive oil</p> <p>2 onions, halved, sliced</p> <p>1 small (230g) eggplant, chopped</p> <p>5 vine-ripened tomatoes, chopped</p> <p>2 tablespoons tomato paste</p> <p>2 garlic cloves, finely chopped</p>

## What to do:

1. Heat the oil in a large heavy-based saucepan over medium heat. Add the onion and eggplant, season with salt and cook for 10 minutes or until softened.
2. Add the tomato, tomato paste, garlic, chilli, sugar, cumin, pepperberry and 2/3 cup (165ml) water.
3. Then season and simmer, uncovered, stirring occasionally, over medium heat for 15-20 minutes until broken down.
4. Add the vinegar and ground bush tomato, then simmer, stirring, for a further 5-10 minutes until thickened.
5. Serve warm or at room temperature.

# Early Settlers Damper/Johnny Cakes

**Type:** Bread

**Serves:** 30 tastes

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
1 large red bowl	1kg self raising flour
1 wooden spoon	4 teaspoons salt
1 knife	700ml water
Measuring spoons	
Measuring Jugs	
Baking tray	
Baking paper	

## What to do:

1. Preheat oven to 200 degrees celcius
2. Measure the flour into a large red mixing bowl. Add the Salt to the bowl as well
3. Make a well in the middle of the flour and add the water, pulling the mixture together with your fingers and using only as much water as you need to make it all stick together.
4. Tip it out onto a floured benchtop and shape it into 3 rounds.
5. Place on a tray lined with baking paper. Make diagonal cuts in the top of the bread with a knife.
6. Bake in a hot oven 180-200 degrees for 10 minutes, or until golden brown.
7. Reduce heat to moderate (170 degrees) and bake another 20 minutes.
8. Serve with golden syrup, butter, pesto or lilly pilly jam.

# Bush Lemonade

**Type:** Beverage

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** lemons, oranges, mint

## EQUIPMENT:

Knife  
Chopping boards  
Measuring cups  
Measuring spoons  
Jug  
Juicer  
Saucepan  
Ladle

## INGREDIENTS:

1 cup lemon juice  
3 cups water  
1 cup sugar  
Ice to serve

## What to do:

1. Juice lemons to render 1 cup worth of juice.
2. Mix simple syrup and lemon juice together.
3. Then add 2 to 3 cups of water until the desired level of diluteness is achieved.
4. Place slices of lemon (or any citrus) and mint in the drink.
5. Serve with ice & enjoy.