

# Spanish Omelette

**Type:** Breakfast/Main   **Serves:** 30 taste   **Recipe source:** taste.com  
**Fresh from the garden:** potatoes, onion, eggs

## EQUIPMENT:

Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
Peeler  
Frying pan

## INGREDIENTS:

1 chorizo sausage, thinly sliced  
1 large brown onion, halved, cut into thin wedges  
1 tablespoon olive oil  
2 large Golden Delight potatoes, peeled thinly sliced  
10 eggs

## What to do:

1. Heat a large non-stick frying pan over medium heat. Cook the chorizo for 2 minutes each side or until browned. Transfer to a bowl.
2. Add the onion to the pan and cook, stirring, for 3 minutes or until light golden and just tender. Transfer to a separate bowl.
3. Heat the oil in the pan over medium heat. Arrange half the potato, overlapping slightly, over the base of the pan to cover completely.
4. Top with half the chorizo and half the onion. Repeat with remaining potato, chorizo and onion.
5. Whisk eggs and water in a large bowl. Season with salt and pepper. Pour into the pan. Reduce heat to medium-low.
6. As the omelette sets, gently pull up the edge so any uncooked egg runs underneath. Repeat 2-3 times during cooking.
7. Cook for 20-25 minutes or until almost set.
8. Preheat grill on high.
9. Cook under grill for 5-10 minutes or until golden.

# Burritos

**Type:** Starter

**Serves:** Tastes 30 **Recipe source:** SAKG

**Fresh from the garden:**

**Cook's Tip:**

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Frypan	1 tsp olive oil
Fork	500gm mince
Chopping Board	1 sml onion
Knife	1 clove garlic
Wooden spoon	1x 425gm can tomatoes
Serving spoon	35gm taco mix
Bowl	$\frac{1}{2}$ cup water
Grater	300gm can kidney beans
Oven tray	1 cup cheese
Juicer	Sour cream
	<u><b>Guacamole</b></u>
<b>TO SERVE:</b>	1 sml tomato
3 platters	2 tsp lemon juice
3 bowls	Few drops tabasco sauce
paper	1 avocado
	$\frac{1}{2}$ onion

## What to do:

- Preheat oven to 100 C
- Saute mince in frypan until browned. Add onion and garlic and cook until onion is soft.
- Stir in undrained tomatoes, taco seasoning, water and kidney beans.
- Simmer uncovered for 15 minutes or until thickened.
- Divide mixture into tortillas.
- Place on greased oven tray
- Sprinkle with cheese and bake for 15 minutes.
- Serve with guacamole and sour cream and extra cheese.

## Guacamole

- Mash avocado with fork and add onion, tomato, lemon juice and tabasco sauce. Mix thoroughly.

# Spring Rolls

**Type:** Entree/Main

**Serves:** 30 tastes

**Recipe source:** Coles

**Fresh from the garden:** ginger, carrot, cabbage, spring onions, chillies, garlic

## EQUIPMENT:

Knife  
Chopping board  
Bowls  
Garlic press  
Heatproof bowl  
Frypan  
Zester  
Measuring cups & spoons  
Tongs  
Baking tray  
Baking paper

## INGREDIENTS:

100 g rice vermicelli noodles  
1 tablespoon olive oil  
4 spring onions, chopped  
3 garlic cloves, crushed  
3 teaspoons ginger, finely grated  
1 carrot, grated  
3 cups cabbage, finely chopped  
2 tablespoons soy sauce  
250 g pkt spring roll wrappers, thawed  
Finely chopped red chilli, in soy sauce, to serve

## What to do:

1. Place noodles in a heatproof bowl. Cover with boiling water. Stand for 5 minutes, then drain and cool.
2. Squeeze out any excess liquid, and use kitchen scissors to cut into shorter lengths.
3. Meanwhile, heat 1 tablespoon oil in a frying pan over medium heat.
4. Add the spring onions, garlic and ginger.
5. Stir fry for 1 minute.
6. Add carrot and stir -fry for 2 minutes. Add cabbage and stir-fry for 2 minutes or until soft.
7. Add soy sauce and noodles to the pan and toss until evenly combined.
8. Set aside to cool.
9. Lay out 1 spring roll wrapper with the top, bottom and sides.
10. Place  $\frac{1}{2}$  cup filling in a 9cm long pile across the lower third of the wrapper.
11. Fold bottom corner up and over filling, then fold in the sides and roll up.
12. Dab a little water at the top corner to seal.
13. Repeat with remaining wrappers and filling.
14. Cook rolls in batches, for 2 minutes or until golden.
15. Serve with combined soy sauce and chilli.

# Sushi for Kids

**Type:** Main , snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** Cucumber, carrot, avocado.

## EQUIPMENT:

Food processor  
Sushi mat  
Saucepan  
Knife  
Bowls  
Measuring cups  
Measuring spoons

## INGREDIENTS:

1 1/2 cups SunRice  
Japanese Style Sushi  
Rice (see note)  
2 tablespoons rice wine  
vinegar  
1 tablespoon caster sugar  
4 nori sheets  
2 tablespoons whole-egg  
mayonnaise  
1 Lebanese cucumber, cut  
into matchsticks  
1 medium avocado, thinly  
sliced  
1 medium carrot, grated  
Salt-reduced soy sauce,  
to serve

## What to do:

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 1/2 cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand covered for 10 minutes.
3. Meanwhile, place vinegar and sugar in a saucepan. Cook on high for a few minutes. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread 3/4 cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over centre of rice. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.

# 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.

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

## 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.