

Tomato, Spinach & Pesto Calzone

Type: /Snack **Serves:** 30 tastes **Recipe source:** healthylunchbox.com

Fresh from the garden: eggs, basil, tomato, spinach

EQUIPMENT: Knife Chopping boards Bowl Platter Measuring cups & spoons Wooden spoon Baking trays Whisk Pastry brush	INGREDIENTS: 8g sachet instant yeast Pinch salt 1 tsp caster sugar $\frac{3}{4}$ cup warm water 2 cups plain flour 2 tbsp olive oil Filling 4 large handfuls baby spinach 1 cup ricotta 1 egg yolk 1 large egg, lightly beaten with 2 tablespoons water 2 tomatoes, diced 4 tbsp basil pesto (see recipe) 2 tbsp parmesan cheese, grated
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What to do:

1. Combine the yeast, salt, sugar and warm water in a jug. Stir with a fork. Cover and set aside in a warm place for 5 minutes or until bubbles form on the surface.
2. Sift the flour into a large bowl and add the yeast mixture along with the olive oil. Mix to form a dough. Knead on a lightly floured surface until smooth and elastic (approx. 8 minutes).
3. Place in a lightly greased bowl, cover and set aside in a warm place for 20 minutes or until doubled in size.
4. Pre-heat oven to 220°C. Line a baking tray with baking paper.
5. Punch the dough with your fist and gently knead on a floured surface again. Divide into either 4 large balls or 8 small balls for kid sized calzones. Roll out on a floured surface with a rolling pin and shape into rounds.
6. Combine the spinach, ricotta and egg yolk in a large bowl. Mix well and then fold through the diced tomato.
7. Spread each calzone with a thin layer of pesto. Spread the spinach mixture evenly over one half of the round, leaving a 2.5cm border. Brush the edges with the egg wash and fold the other half of the dough over the spinach mixture, leaving the bottom 2cm border uncovered.
8. Pinch the edges of the dough together. Cut 3 steam vents in the top of the calzones, brush the tops with egg wash and bake for 8 minutes. Brush the tops with the remaining egg wash and sprinkle with grated parmesan and bake for another 7 minutes. Remove and let cool for 5 minutes before serving.

Chicken Caesar Wraps

Type: Lunch/Snack

Serves: Tastes 24

Recipe source: Taste.com

Fresh from the garden: tomatoes, lettuce, cucumber, lemons, garlic, corn

Cook's Tip: Pack wraps and dressing separately. Drizzle the wrap with dressing as you go.

EQUIPMENT: Cooks Knife Fry Pan Large mixing bowl Wooden Spatula Chopping Board Whisk Grater Spoon TO SERVE: Platters Tongs	INGREDIENTS: 2 corn cobs, husks & silks removed 1 tablespoon olive oil 6 Chicken thigh fillets Soft wraps, lightly toasted Lettuce leaves Lebanese cucumbers Tomatoes, diced Dressing: 1 $\frac{1}{2}$ tablespoons lemon juice $\frac{3}{4}$ cup yoghurt $\frac{1}{4}$ cup parmesan cheese, grated 1 Tablespoon Dijon mustard 1 Tablespoon olive oil Anchovies (optional) garlic
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What to do:

1. To make the dressing, in a blender, blend yoghurt, parmesan, lemon juice, mustard, oil, anchovies and garlic until smooth. Season with salt and pepper.
2. Coat corn with 2 tablespoons of oil and season with salt and pepper. Place in hot frying pan and cook for 18 minutes turning occasionally until charred.
3. Meanwhile coat chicken with the remaining oil and season. Cook until cooked through. Set aside to rest.
4. Thinly slice chicken.
5. Lay the wraps on work surface. Top with lettuce, corn, tomatoes, chicken and cucumber. Fold bottom third over filling and roll up. Drizzle dressing into wraps as desired.

Easy Savoury Muffins

Type: Lunch **Serves:** 30 tastes **Recipe source:** healthylunchbox.com

Fresh from the garden: eggs, onion, tomato, spinach, carrot

EQUIPMENT:	INGREDIENTS:
Knife Chopping boards Bowl Platter Measuring cups & spoons Wooden spoon Muffin tins Grater Saucepan	1 tbsp olive oil 1 medium onion, diced $\frac{1}{2}$ cup self-raising flour $\frac{2}{3}$ cup polenta $1\frac{1}{4}$ cup grated cheese $1\frac{1}{3}$ cup milk 4 eggs 30g butter, melted 1 tomato, chopped (or use dried)

What to do:

1. Preheat Oven 200°C.
2. Pan fry onion in a small amount of olive oil until brown.
3. Combine all ingredients in a mixing bowl and pour into mini muffin baking tray.
4. Bake for about 20 minutes or until muffins rise slightly and are lightly browned.

Variation

- For added vegies, add a handful of baby spinach, 1 grated carrot and half a teaspoon of dried thyme when browning the onion.
- Sprinkle the top of the muffins with $\frac{1}{4}$ cup pepitas (pumpkin seeds) prior to baking for a crunchy top.

Weetbix Brownie Bliss Balls

Type: Lunch/Snack Serves: 30 tastes Recipe source: taste.com

Fresh from the garden:

EQUIPMENT:	INGREDIENTS:
Knife Chopping boards Bowl Platter Measuring cups & spoons Wooden spoon Baking trays Food processor	1 cup pitted prunes, roughly chopped 4 Weet-Bix, crumbled 2 tablespoons cocoa powder 1 teaspoon vanilla bean paste 2 tablespoons rice malt syrup 1/3 cup desiccated coconut 1/3 cup moist coconut flakes, finely chopped

What to do:

1. Place prunes in a heatproof bowl. Cover with boiling water. Stand for 2 minutes to soften. Drain.
2. Place Weet-Bix, prunes, cocoa, vanilla, syrup and desiccated coconut in a food processor.
3. Process until well combined and a coarse mixture forms.
4. Place coconut flakes in a small bowl.
5. Press and roll 1 level tablespoon of mixture into a ball, then roll in coconut flakes to lightly coat.
6. Place on a plate.
7. Repeat with remaining mixture and coconut flakes. Refrigerate for 20 minutes or until firm.
8. Serve.