

# Beetroot & Carrot Muffins

**Type:** Snack

**Serves:** 30 tastes

**Recipe source:** Taste.com

**Fresh from the garden:** chives, eggs, garlic, parsley, spring onion, spinach

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Electric beater	3 eggs, separated
Saucepan	$\frac{3}{4}$ cup vegetable oil
Bowl	1 cup self raising flour
Wooden spoon	$\frac{1}{2}$ cup plain flour
Spatula	1 teaspoon mixed spice
Baking pan	1 teaspoon bi carb soda
Baking paper	$\frac{1}{2}$ cup maple syrup
Knife	1 teaspoon vanilla
Skewer	$\frac{1}{2}$ cup brown sugar (firmly packed)
Juicer	1 large carrot (grated)
	1 medium beetroot (grated)
	Caramel sauce (optional)
	<b>Caramel icing:</b>
	250 gm cream cheese
	50gm butter
	$\frac{1}{4}$ cup brown sugar (firmly packed)

## What to do:

1. Preheat oven to 170C/150C fan-forced. Grease a muffin pan.
2. Sift flours, bi-carb soda and mixed spice into a large bowl. Make a well.
3. Whisk sugar, oil, syrup, eggs and vanilla together in a large jug.
4. Pour oil mixture into flour mixture. Stir to combine. Stir in carrot, beetroot until combined. Pour mixture into prepared pan.
5. Bake for 20 minutes or until a skewer inserted into the centre of muffin comes out clean. Cool in pan for 5 minutes.
6. Turn, top-side up, onto a wire rack to cool completely.  
Make Caramel icing: Using an electric mixer, beat cream cheese, butter and sugar until light and fluffy.
7. Spread icing over the top of the cake. Drizzle with caramel sauce (optional). Serve.

# Spanakopita (Greek Spinach Pie)

**Type:** Main

**Serves:** 30 tastes

**Recipe source:** allrecipes.com

**Fresh from the garden:** spinach, eggs, garlic, parsley, chives, spring onions

## EQUIPMENT:

Measuring cups and spoons  
2 clean tea towels  
chopping board  
cook's knife  
colander  
wooden spoon  
fine grater  
large non-stick frying pan  
large bowl  
whisk  
baking dish  
pastry brush  
small knife  
serving dish

## INGREDIENTS:

2 tablespoons olive oil  
6 spring onions, finely chopped  
2 cloves garlic, crushed  
 $\frac{1}{4}$  tsp nutmeg, freshly grated  
 $\frac{1}{4}$  tsp black pepper, freshly ground  
1 very large bunch spinach  
3 tbsp fresh chives, chopped  
a handful of parsley, chopped  
4 eggs  
220 g feta cheese, crumbled  
220 g ricotta  
80 g parmesan freshly grated  
 $\frac{1}{4}$  cup olive oil, for brushing  
16 sheets filo pastry

## What to do:

1. Preheat the oven to 175 degrees C. Lightly oil a square baking pan.
2. Heat 3 tablespoons olive oil in a large frying pan over medium heat.
3. Saute chopped spring onions, and garlic in the hot oil until soft and lightly browned, about 5 minutes.
4. Stir in spinach and parsley, and continue to saute until spinach is limp, about 2 minutes. Remove from the heat and set aside to cool.
5. Mix feta cheese, ricotta cheese, and eggs in a medium bowl until well combined. Stir in spinach mixture.
6. Lay one sheet of filo pastry in the prepared baking pan, and brush lightly with olive oil.
7. Lay another sheet of filo pastry on top and brush with olive oil.
8. Repeat the process with two more sheets of filo pastry; the sheets will overlap the pan.
9. Spread spinach and cheese mixture into the pan. Fold any overhanging filo pastry over the filling. Brush with oil.

# Warm Roasted Vegetable Salad

**Type:** Main/side salad

**Serves:** 30 Tastes

**Fresh from the garden:** coriander, lemon, parsley, thyme

## EQUIPMENT:

Medium saucepan

Measuring spoons

Measuring cup

Frypan

Baking tray

Whisk

Chopping board

Knife

Bowl

Mixing spoon

## INGREDIENTS:

300g pumpkin, peeled & chopped into 2cm cubes

1 beetroot, peeled & chopped into 2cm cubes

1 capsicum, seeded & cut into large pieces

1 onion, chopped into eighths

100g mushrooms, quartered

Olive oil

Spinach leaves

Lettuce

Tomato

Parsley, shallot, garlic

## Dressing:

1 Tablespoon balsamic vinegar

1 teaspoon olive oil

1 Tablespoon honey

1 Tablespoon basil, chopped

## WHAT TO DO:

1. Preheat oven to 220 C.
2. Line a baking tray with baking paper.
3. Place pumpkin, beetroot, sweet potato, capsicum, onion and mushrooms on the baking tray and lightly toss in oil.
4. Bake for 30-40 minutes, turning after 15 minutes.
5. Mix dressing ingredients in a small bowl.
6. When vegetables are cooked add to lettuce, tomato and herb mixture.
7. Add dressing to salad.
8. Serve immediately.

# Banana Bread

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

**Fresh from the garden:** banana, eggs

## EQUIPMENT:

Loaf tin  
Whisk  
Fork  
Measuring spoons  
Sifter  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
**For serving:**  
Serving platter  
Tongs

## INGREDIENTS:

2 ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)  
1/3 cup (76g) butter, unsalted or salted, melted  
1 teaspoon baking soda (not baking powder)  
1 pinch salt  
3/4 cup (150g) brown sugar packed firm (1/2 cup if you would like it less sweet, 1 cup if more sweet)  
2 eggs, beaten  
1 teaspoon vanilla extract  
1 1/2 cups (205g) all-purpose flour  
1/4 cup honey  
1/2 cup milk

## What to do:

1. Preheat oven to 180°C. Spray loaf pan to lightly grease.
2. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.
3. Sift the combined flours and cinnamon into a large bowl.
4. Stir in the sugar and make a well in the centre.
5. Place the milk, eggs, honey, melted butter and banana in a medium bowl, and stir until well combined.
6. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.
7. Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes.
8. Turn onto a wire rack to cool completely. Cut into slices to serve.

# Tzatziki

**Type:** Dip/Side    **Serves:** 30 tastes    **Recipe source:** Lemons & Love

**Fresh from the garden:** Cucumber, garlic, lemon, dill, mint

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Bowl	$\frac{1}{2}$ cup finely grated cucumber
Tongs	1 cup thick whole milk Greek yoghurt
Grater	1 tablespoon lemon juice
Knife	$\frac{1}{2}$ tablespoon extra-virgin olive oil
Zester	1 garlic clove, grated
Tea towel	$\frac{1}{4}$ teaspoon sea salt
Juicer	1 tablespoon chopped dill
	1 tablespoon chopped mint, optional

## **What to do:**

- 1.** Place the cucumber on a towel and gently squeeze out a bit of the excess water.
  - 2.** In a medium bowl, combine the cucumber, yoghurt, lemon juice, olive oil, garlic, salt, dill, and mint, if using.
  - 3.** Chill until ready to use.
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