

Best Ever Muffins

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

<p>EQUIPMENT:</p> <p>Muffin tins Whisk Fork Measuring spoons Sifter Measuring cups Wooden spoons Bowls Knives Chopping boards</p> <p>For serving:</p> <p>Platter Tongs</p>	<p>INGREDIENTS:</p> <p>2 cups all-purpose flour 3 teaspoons baking powder $\frac{1}{2}$ teaspoon salt $\frac{3}{4}$ cup white sugar 1 egg 1 cup milk $\frac{1}{4}$ cup vegetable oil</p>
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What to do:

1. Preheat oven to 400°F (205°C).
2. Stir together the flour, baking powder, salt and sugar in a large bowl.
3. Make a well in the centre.
4. In a small bowl or 2-cup measuring cup, beat egg with a fork.
5. Stir in milk and oil.
6. Pour all at once into the well in the flour mixture.
7. Mix quickly and lightly with a fork until moistened, but do not beat.
8. The batter will be lumpy. DO NOT OVERMIX. This will create tough/heavy muffins.
9. Pour the batter into muffin tins.

Variations: Blueberry Muffins: Add 1 cup fresh blueberries.

Raisin Muffins: Add 1 cup raisins.

Cheese Muffins: Add 1 cup cheese and so on.

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.

Tuna & Zucchini Slice

Type: Lunch/Snack **Serves:** 24 Tastes **Recipe source:** Taste.com.au

From the Garden: zucchini, garlic, eggs, onion, shallots

EQUIPMENT:	INGREDIENTS:
Wooden spoon Large bowl Baking dish Measuring cups Measuring spoons Knife Chopping Board Frying pan Spoon	1 Tablespoon olive oil 1 brown onion 1 shallot 1 garlic clove, crushed 425g can tuna, drained, flaked 1 cup shredded tasty cheese 1 cup SR flour 4 eggs $\frac{1}{2}$ cup olive oil, extra

What to do:

1. Preheat oven to 180 degrees Celcius.
2. Grease and line baking dish.
3. Heat oil in a frying pan over high heat.
4. Cook onion and garlic for 3 minutes or until softened. Transfer to a large bowl.
5. Stir the zucchini, tuna, shallot, cheddar cheese and flour into the onion mixture.
6. Combine the extra oil and eggs in a bowl.
7. Add to the zucchini mixture and stir until well combined.
8. Pour into prepared pan.
9. Bake for 40 minutes or until golden brown. Cool in the pan.

Potato & Spinach Frittata

Type: Lunch/Meal

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: spinach, parsley, shallot, eggs, potatoes, garlic

EQUIPMENT: Baking dish Saucepan Chopping board Cooks knives Grater Large Bowl Whisk TO SERVE: 2 platters 2 tongs	INGREDIENTS: 400g washed potatoes, peeled, cut into 3cm pieces 1 tablespoon olive oil 6 spinach leaves 4 eggs Parsley 1 shallot 2 egg whites 1 garlic clove, crushed Salt & freshly ground black pepper
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What to do:

1. Cook the potato in a large saucepan of salted boiling water for 7-8 minutes or until tender.
2. Drain well.
3. Heat oil in a 20cm-diameter (base measurement) non-stick frying pan over medium-high heat.
4. Add the potato and cook, stirring occasionally, for 5-6 minutes or until golden. Reduce heat to medium.
5. Add the baby spinach leaves and cook, stirring occasionally, for 2 minutes or until spinach wilts.
6. Preheat grill on high.
7. Whisk together the eggs, egg whites and garlic in a medium jug. Season with salt and pepper.
8. Pour the egg mixture into the pan. Cook for 4-5 minutes or until frittata is set around the edge but still runny in the centre.
9. Cook under preheated grill for 3-4 minutes or until golden brown and just set. Cut into wedges to serve.

Tropical Granola Bar

Type: Lunch/Snack

Serves: 30

Recipe source: livesimply.com.au

Variation: Granola bars can be made with almost anything. Use your imagination!

EQUIPMENT:

Mixing bowls

Knife

Large Spoon

Fork

Measuring cups and spoons

TO SERVE:

Platter

INGREDIENTS:

1 cup old-fashioned rolled oats (110g)

1/3 cup sliced almonds unsalted (optional)

1/4 cup pumpkin seeds raw and unsalted (optional)

1/3 cup honey (118g)

1/4 cup [coconut oil](#) (55g)

1/4 cup almond butter (65g)

1 1/2 tsp pure vanilla extract

1 cup unsweetened dried mangos chopped (or any dried fruit)

1/2 cup unsweetened shredded coconut (40g)

1/4 tsp ground cinnamon

1/8 tsp ground ginger

1/8 tsp ground nutmeg

1/4 tsp salt

What to do:

1. Preheat the oven to 350°F and line a baking tray with baking paper.
2. Spread the oats, almonds, and pumpkin seeds onto a baking sheet and toast in the oven for 10 minutes, or until golden and fragrant.
3. Add the honey, almond butter and coconut oil to a small saucepan and stir over medium-low heat until the coconut oil has melted, then stir in the vanilla.
4. When the oat mixture has finished toasting, add it to a large mixing bowl, then mix in the chopped dried mangos, shredded coconut, cinnamon, ginger, nutmeg, and salt.
5. Pour the warm honey mixture over the dry ingredients and stir to combine completely.
6. Spoon the mixture evenly into the prepared 9x9 pan then pack it down firmly with your hands or the back of a measuring cup.
7. Bake for 20 mins, until the bars are lightly golden.
8. Let the bars cool completely before cutting into squares with a sharp knife.

Tip: Store the bars in an air-tight container, in the fridge, for up to 2 weeks, or in the freezer for up to 6 months.