

# Broad Bean Mint Bruschetta

## with Parmesan

**Type:** Side/Entree/Tappas

**Serves:** 30 tastes

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

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Measuring spoons	sourdough or ciabatta bread 1 loaf
Measuring cups	1 tablespoon olive oil to brush
Fork	garlic 2 cloves
Spoon	broad beans 500g shelled (fresh or frozen)
Juicer	mint leaves 2 handfuls, finely chopped
Pastry brush	parmesan cheese $\frac{1}{2}$ cup, grated
Baking trays	lemon juice of 1
Saucepan	extra virgin olive oil 2-3 tablespoons
Bowls	
Knives	
Chopping boards	

### What to do:

1. Preheat oven to 180degC/360 Fahrenheit.
2. Cut bread on an angle into 1cm thick slices. Finely chop or crush garlic and mix with 1 tablespoon of olive oil.
3. Lay on a baking tray and brush with olive oil and garlic mixture. Bake for 15 minutes or until light golden and crispy. Remove and allow to cool.
4. Bring a pot of water to the boil. Add broad beans and cook for 1 minute. Drain and allow to cool, before popping their dull skins to reveal the bright green beans.
5. Roughly mash broad beans with a fork and mix in mint, parmesan cheese, lemon juice and extra virgin olive oil.
6. Season to taste with salt and pepper.
7. To serve, top each bread base with some broad bean mixture.

# Spinach & Ricotta filled Sweet Potato

**Type:** Main/Side

**Serves:** 30 tastes

**Recipe source:** Fresh.com

**Fresh from the garden:** sweet potato, spinach.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Saucepan Measuring spoons Measuring cups Wooden spoons Bowls Knives Chopping boards Baking trays Spoons	Small sweet potatoes Cooking oil spray 250g ricotta 12 pitted Kalamata olives, quartered ¼ cup semi dried tomato strips Spinach leaves, shredded 1 cup grated cheese 1 tablespoon olive oil

## **What to do:**

- 1.** Preheat oven to 200 degrees celcius.
- 2.** Halve sweet potatoes lengthwise. Cover with paper towel and microwave in batches for 8 – 10 minutes or until just tender.
- 3.** Cool slightly then scoop out flesh from centre leaving a 1cm thick shell.
- 4.** Place on a baking paper lined baking tray and spray with oil and bake for 12 minutes.
- 5.** Chop sweet potato flesh and place into bowl. Add ricotta, olives, tomatoes, spinach and ½ cup cheese.
- 6.** Add oil, season and mix well.
- 7.** Fill each sweet potato shell with mixture and sprinkle with remaining cheese.
- 8.** Bake for 25 minutes or until golden brown.

# Savoury Bliss Balls

**Type:** Main/Side

**Serves:** 30 tastes

**Recipe source:** Fresh.com

**Fresh from the garden:** pumpkin, parsley.

<b>EQUIPMENT:</b> Saucepan Measuring spoons Measuring cups Wooden spoons Bowls Knives Chopping boards Baking trays Saucepan Food processor Spoons	<b>INGREDIENTS:</b> 400g chickpeas, drained 1 cup cooked, mashed pumpkin 2 tablespoons quinoa flakes 2 tablespoons chopped parsley 2 tablespoons sesame seeds (optional) Cooking oil spray
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## What to do:

1. Preheat oven to 160 degrees celcius.
2. Line a baking tray with baking paper.
3. Process chickpeas, pumpkin, quinoa flakes and parsley in the food processor until combined.
4. Roll rounded tablespoons of mixture into balls.
5. Place sesame seeds on a plate and rolls balls in seeds to lightly coat.
6. Place balls on prepared tray.
7. Spray lightly with oil and bake for 15 – 20 minutes or until golden brown, turning halfway through cooking time.
8. Set aside to cool.

# Spinach Dolmades

**Type:** Main/Side

**Serves:** 30 tastes

**Recipe source:** Fresh.com

**Fresh from the garden:** spinach, onion, lemons, mint.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Saucepan	Spinach leaves, stems removed
Measuring spoons	2 tablespoons olive oil
Measuring cups	1 small brown onion, finely diced
Wooden spoons	½ cup white long grain rice
Bowls	1 1/2 cups vegetable stock
Knives	2 lemons
Fork	2 tablespoons pine nuts (optional)
Chopping boards	Bunch mint, stems removed, finely chopped
Frying pan	Lemon wedges, to serve
Saucepan	
Spoons	

## **What to do:**

1. Place spinach leaves into a large bowl.
2. Cover with boiling water and stand for 2 minutes or until just wilted.
3. Drain and refresh in iced water. Cool. Drain.
4. Heat 1 tablespoon oil in a saucepan over medium heat.
5. Add onion and cook for 3 minutes or until softened.
6. Stir in rice. Add stock and bring mixture to the boil. Simmer for 5 minutes or until craters form in the rice.
7. Stand to cool for 10 minutes. Stir rice with a fork to separate grains. Cool.
8. Finely grate rind of 1 lemon and juice both lemons. Add rind, half of the juice, pine nuts (optional), currants and mint to cooled rice. Stir well to combine.
9. Lay leaves onto a board to make a rectangle 15cm x 12cm. Spoon 2 tablespoons of rice mixture onto spinach.
10. Fold sides and then roll up firmly to enclose the filling. Repeat with remaining leaves and filling.
11. Place any damaged or remaining leaves and stems over the base of a deep frying pan.
12. Arrange rolls on top. Combine 1 cup water, remaining lemon juice and remaining oil in a jug and pour over rolls.
13. Place over medium heat and bring to a simmer. Reduce heat to low and simmer for 40 minutes. Set aside to cool then transfer to a serving platter and refrigerate for 1 hour.

# Sweet Potato Croquettes

**Type:** Main      **Serves:** 30 tastes

**Recipe source:** SAKGF

**Fresh from the garden:** sweet potato, mixed herbs, eggs

## EQUIPMENT:

Colander  
Fork  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards  
Peeler  
Saucepan  
Frying pan  
Kitchen paper

## For serving:

Serving platter  
Tongs

## INGREDIENTS:

2 eggs, lightly whisked  
3 large sweet potatoes, peeled and chopped into 2cm dice  
2 handfuls mixed herbs  
1 teaspoon salt  
 $\frac{1}{2}$  plain flour  
3 cups breadcrumbs  
1 tablespoon water  
2 tablespoons butter  
 $\frac{1}{2}$  teaspoon black pepper  
2 tablespoons vegetable oil

## What to do:

1. Steam the sweet potato until tender, about 15 minutes.
2. Drain in a colander, then pour the sweet potato back into the pot and mash it with a fork or potato masher.
3. In a large bowl, combine the mashed sweet potatoes, salt, pepper, butter and mixed herbs. Mix until all ingredients are thoroughly combined.
4. Chill in the freezer for 20 minutes.
5. Lightly beat the eggs in a small bowl, and add 1 tablespoon of water to the eggs.
6. Put the flour and breadcrumbs into separate bowls.
7. Once the mixture is cold, use a  $\frac{1}{4}$  cup measure to shape the mixture into small croquettes with your clean hands. Make sure you have enough croquettes for every diner to have at least one.
8. Dip the croquettes into the flour, then into the egg, then back into the breadcrumbs.
9. Heat the oil in a frypan or large shallow pan.
10. Carefully shallow-fry the croquettes in the hot oil until they are golden brown and crisp on the outside - it should take a few minutes.
11. Make sure they are not too crowded in the frying pan, and cook them in batches if necessary.
12. Remove from oil and drain on several layers of kitchen paper before serving.