Pumpkin & Spinach Lasagne

Type: main Serves: 30 Tastes Source: Rosemary Stanton

Fresh from the garden: pumpkin, spinach, spring onions, parsley, eggs

<table>
<thead>
<tr>
<th>EQUIPMENT:</th>
<th>INGREDIENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring spoons</td>
<td>500g pumpkin, peeled &amp; sliced</td>
</tr>
<tr>
<td>Measuring cup</td>
<td>1 bunch spinach</td>
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<tr>
<td>Saucepan</td>
<td>500g ricotta cheese</td>
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<tr>
<td>Chopping board</td>
<td>½ cup spring onions, sliced</td>
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<tr>
<td>Knife</td>
<td>½ cup parsley, chopped</td>
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<tr>
<td>Bowls</td>
<td>12 lasagne sheets</td>
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<tr>
<td>Grater</td>
<td>2 cups milk</td>
</tr>
<tr>
<td>Wooden spoon</td>
<td>2 Tablespoons plain flour</td>
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<tr>
<td>Baking/casserole dish</td>
<td>2 eggs</td>
</tr>
<tr>
<td></td>
<td>¼ teaspoon nutmeg</td>
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<tr>
<td></td>
<td>1 cup parmesan cheese, grated</td>
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</tbody>
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WHAT TO DO:

1. Steam pumpkin and spinach for 3 minutes each.

2. Combine spinach, ricotta, onions and parsley.

3. Dip lasagne sheets in hot water to soften slightly and arrange 3 sheets in a greased casserole dish.

4. Top with one third of the spinach/ricotta mixture. Repeat twice.

5. Top with remaining lasagne sheets.


7. Cook, stirring constantly until thick.

8. Pour over lasagne, sprinkle with cheese and bake in a moderate oven (180 C) for 30 minutes.
## Greek Salad

**Type:** Main/side salad  
**Serves:** 30 Tastes  
**Fresh from the garden:** cucumber, red onion, tomatoes, spring onion, spinach, parsley

### EQUIPMENT:
- Medium saucepan  
- Measuring spoons  
- Measuring cup  
- Whisk  
- Chopping board  
- Knife  
- Bowl  
- Mixing spoon

### INGREDIENTS:
- 1 cucumber, seeded and cubed  
- ½ red onion, sliced  
- 4 ripe tomatoes, cut into wedges  
- 12 black olives  
- 125g feta cheese, diced  
- 1 spring onion, sliced  
- 2 handfuls spinach leaves, washed & drained  
- 2 Tablespoons parsley, chopped  
- ½ cup Greek salad dressing

#### Dressing:
- 2 fresh garlic cloves, crushed  
- ½ teaspoon salt (optional)  
- 1½ teaspoons Dijon mustard  
- ½ cup extra virgin olive oil  
- 2 tablespoons fresh lemon juice  
- ½ teaspoon sugar  
- 5 tablespoons red wine vinegar  
- ½ teaspoon basil leaves  
- ¼ teaspoon oregano leaves

### WHAT TO DO:
1. Combine ingredients in a serving bowl.
2. Make dressing by simply pouring all dressing ingredients into a container (bottle is best).
3. Shake vigorously until well mixed.
4. Store tightly at room temperature.
5. Pour over salad mix just before serving and mix well.
Rice Pudding

Type: dessert/snack  Serves: 30 Tastes  Source: Taste.com.au

**EQUIPMENT:**
- Measuring spoons
- Measuring cup
- Saucepan
- Chopping board
- Bowls
- Wooden spoon

**INGREDIENTS:**
- 4 cups (1 L) milk
- \( \frac{3}{4} \) cup (165g) medium-grain rice
- \( \frac{1}{4} \) teaspoon salt
- \( \frac{1}{2} \) (110g) cup caster sugar
- 1 teaspoon vanilla essence
- Ground nutmeg, to serve

**WHAT TO DO:**

1. Place the milk, rice and salt in a large saucepan over medium-high heat and bring to the boil.

2. Reduce heat to medium-low and cook, stirring, for 20 minutes or until the rice is tender.

3. Add the sugar and vanilla. Increase heat to medium-high and bring to the boil.

4. Boil for a further 2 minutes or until the rice is soft and the mixture thickens.

5. Spoon the rice evenly among serving bowls. Sprinkle with nutmeg and serve immediately.
### Macaroni Cheese

**Type:** Main/Side  **Serves:** 30 Tastes  **Recipe source:** Taste.com.au

**Fresh from the garden:**

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<thead>
<tr>
<th><strong>EQUIPMENT:</strong></th>
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</tr>
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<tbody>
<tr>
<td>Chopping Board</td>
<td>400g macaroni</td>
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<tr>
<td>Knife</td>
<td>1 ½ cups (300ml) cream</td>
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<tr>
<td>Medium saucepan</td>
<td>¾ cup (185ml) milk</td>
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<tr>
<td>Tongs</td>
<td>1 ¼ cups grated tasty cheese</td>
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<tr>
<td>Serving spoon</td>
<td>½ cup grated parmesan</td>
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<tr>
<td>Large Bowl</td>
<td>salt and ground black pepper</td>
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<tr>
<td>Food processor</td>
<td>1/3 cup breadcrumbs</td>
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<tr>
<td></td>
<td>extra ½ cup grated cheese</td>
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<tr>
<td></td>
<td>ground paprika, to serve</td>
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</tbody>
</table>

**TO SERVE:**

Serving bowls/mugs

**WHAT TO DO:**

1. Preheat grill to high and grease a large baking dish.

2. **Cook the pasta** in a large saucepan of salted boiling water according to packet instructions or until al dente.

3. Drain and keep warm.

4. In the same saucepan, place the cream and milk over medium heat.

5. Bring to the boil, reduce the heat, then stir in the cheeses and add a generous sprinkling of salt and pepper.

6. Stir over medium-low heat until cheese has melted, then return the pasta to the pan.

7. Toss to coat the pasta in the sauce then transfer to the greased baking dish.

8. Sprinkle the pasta with breadcrumbs, extra cheese and a sprinkle of paprika.

9. Place under the hot grill and cook for 2 minutes or until topping is golden and crispy.
Quick Wheaten Herb Bread

Type: Main/Side  Serves: 30 Tastes  Recipe source: Taste.com.au

Fresh from the garden: Rosemary,

**EQUIPMENT:**
- Chopping Board
- Knife
- Tongs
- Serving spoon
- Large Bowl

**INGREDIENTS:**
- 1 cup (150g) white plain flour
- 1 cup (160g) wholemeal plain flour
- 1/2 teaspoon salt
- 1/2 teaspoon bicarbonate soda
- 1/2 teaspoon sugar
- 1 cup (250ml) buttermilk

**WHAT TO DO:**
1. Preheat oven to 220°C. Line a baking tray with baking paper.

2. Sift flours, salt, bicarbonate soda and sugar into a large bowl.

3. Add buttermilk and use hands to combine mixture. Knead until smooth and shape into a 14cm round loaf.

4. Place dough on prepared tray and cook for 25 minutes. The loaf should sound hollow when tapped underneath.

5. Cool bread on wire rack ready to serve.